First International Nursing Conference 2014
By the Nursing Council of the Public Institutions of Higher Learning Malaysia

Transforming Nursing

Riverside Majestic Hotel, Kuching, Sarawak
22nd – 24th May 2014

Conference Programme and Abstracts Book

Organised by

JEMAAH KEJURURAWATAN IPTA
Nursing Council, Public Institutions of Higher Learning

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Welcome Message

Datuk Hajah Fatimah Abdullah
Minister of Welfare, Women and
Family Development
Sarawak

A warm greeting and welcome to all delegates.

I am happy and privileged to be part of this 1st International Nursing Conference 2014 which is organized by the Nursing Council of the Public Institutions of Higher Learning Malaysia and hosted by UNIMAS and eight other IPTAs in Kuching, Sarawak. Anyone who has ever organized a conference of this magnitude knows that it is, first and foremost, a labour of love. We are grateful for their vision and willingness to work hard to make this conference happen.

The theme "Transforming Nursing" which is chosen for this Conference 2014 is indeed very appropriate. We know that nursing is a physically, intellectually and emotionally demanding profession that could impact health and well being of all. Nurses play a critical role in providing safe and quality care in our health care system.

I always believe that quality health care can be achieved through the use of evidence-based practice, an enabled and empowered nursing workforce. This is one of the platforms where nursing community is gathered together to share their valuable knowledge to further improve nursing.

To have the expertise, strength, and knowledge to lead the world towards better health, it is important that nurses speak with one voice, develop leadership skills and able to advocate for public health policy that would benefits many.

It is my sincere hope that you will have an enjoyable and fruitful time. Lastly, my appreciation to all the staff for making the conference a success!

Welcome Message

Professor Dato'
Dr Mohamad Kadim Suaidi
Vice Chancellor, UNIMAS



A warm greeting and welcome to the 1st International Nursing Conference.

I wish to congratulate the Nursing Council of the Public Institutions of Higher Learning Malaysia, and the Nursing Department of UNIMAS for bringing together nurses from far and near to this conference. This conference serves as an excellent avenue for nurses to share their experiences and a platform to establish networking and inter-professional collaboration at a national and international level.

The theme "Transforming Nursing" brings up a particular caste of mind – one that is driven by curiosity, drawn to a dynamic discussion and prepared to evolve to a new leap of nursing. An international conference of this kind provides opportunities amongst nurse academicians, managers and clinicians to share their knowledge and experience in order to improve nursing.

Apart from attending this exciting conference, do take the opportunity to explore Kuching, the capital city of Sarawak with its diversified look of modernity against buildings of the colonial days. Much of Kuching's charm also lies in their harmonious ethnicities that display enthralling cultures, crafts and cuisines.

May I wish all participants a fruitful and an enjoyable conference.



Welcome Message

Professor Dr Hj Ahmad Hata Rasit

Dean, Faculty of Medicine and Health Sciences, UNIMAS

Welcome to all speakers and participants to IMNC2014 conference and to Kuching.

This international conference is the first of its kind organized by the Nursing Council of the Public Institutions of Higher Learning Malaysia. I would like to congratulate the organizing committee who have worked hard to ensure that everyone would benefit from this conference.

Nurses play an integral role towards the health care system. I hope this conference will bring nurses together to have a dynamic discussion and to work towards excellence in education, research and practice. It is one avenue for nurses to discuss and develop the ideas that would translate into practice.

May this conference benefit each participant, the nursing profession and the healthcare system as a whole.

Welcome Message



Assoc. Professor Dr Zabidah Putit
Chairperson of IMNC 2014

A warm greeting and welcome to all participants of the IMNC2014 Conference to Kuching.

This conference is co-organized by nine Public Institutions of Higher Learning in Malaysia and is hosted by Universiti Malaysia Sarawak (UNIMAS). It is an honour to host this conference that gathers health professionals from around the globe here in Kuching. This conference provides an avenue to examine the future direction of nursing particularly in tertiary nursing education; to inculcate the value of research and innovation amongst health professionals and to promote evidence-based practice.

The theme "Transforming Nursing" is driven by the demand for nurses to keep abreast with the progressive change of both the society as well as disease pattern. Transforming nursing is essential in its commitment in making today's nursing better than it was yesterday. It is important that nurses as health professionals constantly strive forward in pursuit of excellence. Nurses as an important work force for change in healthcare, is indeed crucial in its evolvement.

The organizing committee wishes to express our heartfelt gratitude to the Honourable Minister of Welfare, Women and Family Development, Sarawak and our State Secretary of Sarawak for their invaluable support in this conference, the Vice Chancellor of the nine co-organizers of this conference that includes UNIMAS, UKM, UM, UPM, USM, IIUM, UMS, UiTM and UNISZA for their continuous encouragement and guidance. We are indebted to the Sarawak Convention Bureau for the financial and moral supports that make this conference possible.

To all the committee members, your belief and synergy deserve respect and "Thank You".

To all the speakers and participants, my heartfelt gratitude for your participation. I wish you a fruitful conference and wonderful stay in Kuching.

Programme | Pre-Conference Workshops

Date : 22 May 2014 (Thursday)
Venue : Lot 77, Faculty of Medicine and Health Sciences, UNIMAS

Time		Workshop Topics	Venue
9:00 am	:	Evidence-Based Practice in Action Professor Sally Chan, University of New Castle *Session Chairperson: AP Dr Zabidah Putit*	CSL 2
	:	A to Z of Qualitative Research: Doing It Right Assoc. Prof Dr Khatijah Lim Abdullah, UM, Kuala Lumpur *Session Chairperson: Dr Chan Kim Geok*	CSL3
	:	ABC of Publishing Research Papers Assoc. Prof Dr William Lim, UNIMAS *Session Chairperson: Ms Lily Lim*	CSL 4
	:	Ethnography Research Professor Eleanor Holroyd, RMIT, Australia *Session Chairperson: Ms Jane Buncuan*	Task Force Room
10:00 -10:30 am	:	Tea Break	
12:30 pm	:	Lunch	
2:00 pm	:	Pre-Conference Workshop	
4:00 pm	:	End of Session / Tea	

Programme | Launching Ceremony

Date : 23 May 2014 (Friday)
Venue : Riverside Majestic Hotel, Kuching

8:30 am	:	Arrival of invited guests
8:50 am	:	Arrival of YBhg Prof Dato' Dr Mohamad Kadim Suaidi, Vice Chancellor, Universiti Malaysia Sarawak
9:00 am	:	Arrival of YB Datuk Hajah Fatimah Abdullah, Minister of Welfare, Women and Family Development, Sarawak
	:	National Anthem "Negaraku"
	:	Doa Recitation
	:	Welcoming Speech by YBhg Prof Dato Dr Mohamad Kadim Suaidi Vice Chancellor, Universiti Malaysia Sarawak
	:	Opening Speech by YB Datuk Hajah Fatimah Abdullah, Minister of Welfare, Women and Family Development, Sarawak
	:	Conference Launching Ceremony
	:	Souvenir Presentation
	:	Press Conference
	:	Refreshment
	:	End of Ceremony

Day 1- 23 May 2014, Friday

Venue: Chamber 3, Riverside Majestic Hotel, Kuching

7:00 am	:	Registration
8:00 am	:	Poster Talk
9:00 am	:	Launching Ceremony by YB Datuk Hajah Fatimah Abdullah, Minister of Welfare, Women and Family Development, Sarawak
10:00 am	:	Tea at Foyer / Poster Talk
10:30 am @ *SC 3 Level 3	:	**Keynote Address: Sustainable Transformation in Nursing** Professor Thomas Wong Kwok-Shing, President of Tung Wah College, Hong Kong *Session Chairperson: Assoc. Prof. Dr Zabidah Putit*
11:30 am @ *SC 3 Level 3	:	**Plenary I: Leading Nursing: Development and Progression** Professor Siti Rabikhatun Bt Datuk Mohd Zain, National University of Malaysia *Session Chairperson: Assoc. Prof. Dr Chang Ching Thon*
12:15 pm @ *SC 3 Level 3	:	**Plenary II: Integrating Research Into Practice** Professor Eleanor Holroyd, RMIT Australia *Session Chairperson: Ms Jane Buncuan*
1:00 pm	:	Lunch at Chamber 1 (Level 3) & Blue Lagoon (Level 4) *Poster Talk*
2:00 pm @ *SC 3 Level 3	:	**Plenary III: Curriculum Reform: Where Does Nursing Education in Malaysia Stand in the International Context?** Professor Dr Nik Safiah Ismail, National University of Malaysia *Session Chairperson: Dr Greta Miranda Goh*
2:45 pm @ *SC 3 Level 3	:	**Symposium I: Evidence-Based Practice** *Session Chairperson: Dr Sidiah John Siop*
2.50pm	:	1.1 Evidence-based practice in Singapore *Professor Sally Chan, University of Newcastle, Australia*
3.25pm	:	1.2 Translating Evidence Into Practice: Wound Healing *Dr Suriadi Adi Suriadi, Muhammadiyah Institute of Nursing, Pontianak, Indonesia*
4.00pm	:	1.3 Does Evidence Always Translate Into Practice? *Dr Soon Lean Keng, University Sains Malaysia*
4.25pm		*Q&A Session*
4:30 pm	:	Tea at Foyer / Poster Talk

* SC: Sarawak Chamber

Programme | Conference

Day 2 - 24 May 2014, Saturday

7:00 am Level 3	Registration & Poster Talk		
8:00 am *SC 3, Level 3	**Plenary Speaker IV**: Rural Health Services of Sarawak Datuk Dr Andrew Kiyu, Consultant Epidemiologist, Sarawak Health Department *Session Chairperson: Mdm Shanui Shabas*		
	Concurrent Session I @ Level 3		
Venue	**Sarawak Chamber 3**	**Sarawak Chamber 2**	**Deer Lady Suite**
Moderator	*Dr Chan Kim Geok*	*Dr Greta Miranda Goh*	*Mdm Rose Nanju*
9:00 - 10:00 am	OP01 - OP04	OP05 - OP08	OP09 - OP12
10:00-10:30 am	Tea at Foyer / Poster Talk		
	Concurrent Session II @ Level 3		
Venue	**Sarawak Chamber 3**	**Sarawak Chamber 2**	**Deer Lady Suite**
Moderator	*Mdm Saloma Pawi*	*Mdm Ong Mei Fong*	*Ms Feryante Rintika Belansai*
10:30 - 11:15 am	OP13 - OP16	OP17 - OP20	OP21 - OP24
	Concurrent Session III @ Level 3		
Venue	**Sarawak Chamber 3**	**Sarawak Chamber 2**	**Deer Lady Suite**
Moderator	*Mdm Azylinna Gunggu*	*Dr Rosalia Saimon*	*AP Dr Chang Kam Hock*
11:30 am - 12:15 pm	OP25 - OP28	OP29 - OP32	OP33 - OP36
12:30 - 2:00 pm	Lunch @ Chamber 1 (Level 3) & Blue Lagoon (Level 4) [Poster Talk]		
	Symposium II @ Level 3		
Venue	**Sarawak Chamber 3**	**Sarawak Chamber 2**	**Deer Lady Suite**
Moderator	*Ms Rashidah Shahrudin*	*Ms Joyce Leong*	*Dr Kasmah Wati Pardi*
2:05 pm	**(2.1) The needs for paediatric nurses to advocate for quit smoking-related initiatives** *Dr Chan Kim Geok, UNIMAS*	**(2.2) The Concept of ICU Without Walls: It's Time to Change** *Assist. Prof. Dr. Salizar bt Mohamed Ludin, UIA*	***(2.3) Sub-specialty in nursing*** *Dr Pathmawathi Subramaniam, UM*
2:25 pm	**(2.4) CAM in cancer patients** *Dr Miranda Goh, UNIMAS*	**(2.5) A New Look at Obesity** *Assoc. Prof. Dr Chang Ching Thon, UNIMAS*	**(2.6) The Ageing Nurses** *Dr Sidiah John Siop, UNIMAS*
2.45 pm	**(2.7) Tertiary nursing education: Gearing for the future** *Assoc. Prof. Dr Rosidah bt Mohamed, UiTM*		**(2.8) Pressure Ulcer Management** *Sumita Poopalaingam*
3.05 pm	Q&A		
3:10 pm @ *SC 3, Level 3	**Forum: "Leadership as a driver in achieving better nursing outcome"** *Panel Speakers:* 1. Professor Thomas Wong Kwok-Shing, 2. Professor Eleanor Holroyd, 3. Professor Sally Chan, 4. Professor Siti Rabikhatun Bt Datuk Mohd Zain, 5. Professor Dr Nik Safiah Ismail, 6. Dr Suriadi Adi Suriadi *Session Chairperson: Assoc. Prof. Ho Siew Eng*		
4:30 pm @ *SC 3, Level 3	Closing by Assoc. Prof. Dr Zabidah Putit, Organising Chairperson & Chairperson of the Nursing Council of the Public Institutions of Higher Learning Malaysia		
5:00 pm	Tea at Foyer / Poster Talk		* SC: Sarawak Chamber

Speakers' Biodata and Abstracts

Keynote Address

Sustainable Transformation in Nursing



Professor Thomas K.S. Wong
RN, GRNC, Dip T (N Ed.), B Ed (Soc.), GD Instr. Uses Comp, MSc (IT), PhD, JP

Wong is the Founding President of the Tung Wah College. He has served many international and local organizations and public committees throughout his career in academia, for example, the Western Pacific Advisory Committee on Health Research, World Health Organization, the Tele-nursing Network Advisory Group of the International Council of Nurses, Hospital Authority and Hong Kong Nursing Council. Currently, he is the President of a newly established knowledge transfer company.

Wong is a senior member of many international health bodies such as Editorial Board of Journal of Clinical Nursing, Journal of Nursing Scholarship, Nursing Inquiry and International Journal of Nursing Science. In Hong Kong, he is the Chairman of the Social Work Manpower Advisory Committee, Member of the Manpower Development Committee, Hong Kong SAR Government, Chairman of the Advisory Steering Committee of the Alzheimer's Disease Association, Member of the Castle Peak Hospital and Siu Lam Hospital Governing Committee, Member of the Regional Advisory Committee of the Hospital Authority. In Chinese mainland, he is the Vice-chairman of the Committee on College and University Nursing Education, Chinese Nursing Association. Lately, he was also elected as the Vice-chairperson, Specialty Committee of Nursing, the World Federation of Chinese Medicine Societies.

Wong is a pioneer in the development of information technology for nursing education, research and practice, and was instrumental in harnessing computerized simulations, virtual reality and Web-based learning for the University's health programmes. He and his team created the city's first tele-health and tele-care system, which has been adopted by some local Integrative Health Clinic and a community health centre in the United Kingdom. He and his research team have garnered many major awards and patents for their inventions. Since 2002, they have received three commendatory awards, nine gold medals, one silver medal, and two bronze medals in international and local competitions.

Wong has published widely in international research journals, and has served on the advisory boards of several renowned journals. He has also been honoured for his significant contributions to Hong Kong society and nursing. He was chosen as one of Hong Kong's "Ten Outstanding Young Persons" in 1991 and was made a Justice of the Peace in 2007.

Abstract

Changing landscape in health services has brought about the need to advance nursing. As the population continues to age, the need for health care is markedly increased. This need, together with the rapid advancement of technology and medicine, has attributed to the ever escalating cost of health services. It is therefore important that when nursing transforms, be it in the form of role extension or expansion, it must give serious consideration to the issues of continuous development and sustainability.

Ageing population is a common phenomenon in modern societies. Hong Kong is no exception. We enjoy a life expectancy of 81 years for men and 86 years for women. The population aged 65 or above will surge from 980,000 (14% of the population) at present to 2.5 million (30% of the population) with almost one million aged 80 or over by 2040. Nursing has made numerous attempts to change its model of care in the past decade in order to manage the care demand derived from this. The emerging model emphasizes strengths, opportunities, self-reliance and innovativeness. Undoubtedly, this has implications to nursing education. What attributes should graduates of nursing programmes possess in order to have the necessary capacity to

work in a model of care which constantly changes? It is a real challenge to nursing which probably had never encountered this in history. Changes in nursing used to follow those of medicine in the days when nursing did not have much autonomy and its body of knowledge was not clearly defined. Nowadays, it is not unusual to see nursing pioneering new initiatives which were subsequently taken up by medicine.

How do we prepare practitioners of our profession so that they are fully informed of the reality of nursing? Does practice inform education? With the overwhelming demand for evidence based practice, what role does education play in promulgation of its ethos? The transformation of nursing would not succeed without answering these questions. Our experience in Hong Kong may shed some light on this.

Plenary Sessions

(I) Leading Nursing: Development and Progression



Prof Siti Rabikhatun Bt Datuk Mohd Zain
Nurse Consultant, Adjunct Professor, National University of Malaysia

Siti started her nursing career in 1969 as a student in University Hospital School of Nursing. She was graduated as a gold medallist in 1972. After working for eight months in the general surgical ward, she went to UK to do her Midwifery and General Intensive Care Nursing, from 1973 - 1975. On returning to Malaysia, she worked in the Intensive Care Unit of University Hospital for 1½ years. She then went for a Nurse Tutor's course and on passing became a Tutor in the School of Nursing for 4½ years. She taught in the Advanced Nursing Programme for 11 years. During this time she went on to further her education at the University of Manchester where she obtained her bachelor degree in 1983 and masters degree in 1987.

Currently, Siti is a free lance nursing lecturer – teaching Bachelor and Masters of Nursing students at UiTM, UPM, UKM, PPUM, as well as conducting short courses and workshops especially in clinical teaching where ever requested. She has been a nurse educator for more than 36 years. Was responsible for the development of the first nursing degree programme in Malaysia – planned and implemented the Bachelor of Nursing Sciences course at University of Malaya from 1993 to 2002. Headed the Nursing Sciences Unit in UM from 1993 and was promoted to Associate Professor in 1998.

On retiring from UM, she worked at the International Medical University as Associate Professor and Head of the Nursing Programme from 2002 – 2004 where she planned the degree program for IMU until it's approval by LAN. She is currently an Adjunct Professor to the Department of Nursing, UKM for the last 8 years. She had helped with curriculum review of the bachelor program and planned the masters program.

She is also a member of the Panel of Evaluators for Nursing programs at Malaysian Qualification Agency (MQA). Siti is an active life member of the Malaysian Nurses Association, have held various posts as Hon. Treasurer, Hon. Secretary, Vice President, President and Education Officer. She was Chairman of the Malaysian Nursing Foundation for more than 8 years. She represents the MNA as a Council member of the Malaysian Society for Quality in Health.

Abstract

According to the landmark report by the Institute of Medicine of the USA in 2010, "Future of Nursing: Leading Change, Advancing Health", it recommended that nurses take a lead in transforming health care. Emphasis was on the need for strong and capable leadership in nursing if health care is to be transformed, to ensure that patient care is of high quality at all times. One of the recommendations by the IOM was that nurses should take on a more prominent leadership position in the health care system, thus nursing must produce leaders at every level of the nursing education and practice, both within the academic and clinical environment. This was stated in the report as "nurses are to be full partners with other health care professionals in redesigning health care". Although the IOM report is for the healthcare system in the USA, it can be applied to our situation here in Malaysia too as many of the recommendations put forth are very much similar to what had been recommended by the Ministries of Higher Education and Health of Malaysia for the nursing profession.

The development of nursing leadership programmes in Malaysia had started in 1968 at the University of Malaya Medical Centre with the certificates in nursing administration and nursing education, which was later upgraded to Advanced Diploma. With the development of the first nursing degree programme at the University of Malaya in 1963, these courses were upgraded further to a bachelor degree. Both the UMMC and UM had produced most of the nursing leaders for the country – as nursing managers and educators right up to 2010.

This paper will study the development of nursing leadership in Malaysia and provide a background as to how the qualities and capabilities of leadership are instilled into the nurses as they progress in their nursing careers within the educational and clinical environment.

(II) Integrating research into Practise: Examples from the Australian Context



Professor Eleanor Holroyd
Health Sciences, RMIT

Eleanor Holroyd, who is a registered nurse, a registered midwife, has a bachelor's degree in Nursing, a post graduate certificate in Midwifery, masters of Public health and a PhD in Medical Anthropology, from the University of Hong Kong (1998). She has been researching and teaching ethnography in Asia for the past 23 years and has published over 80 papers in nursing, public health and anthropology. She currently works at RMIT University, Melbourne, Australia and previously was employed at the Chinese university of Hong Kong 1992-2007 first full Masters in Design Ethnography, which she developed and leads. She has taught ethnography in HK, Singapore, where she was a visiting professor, as well as in Fiji and Australia.

Abstract

Various activities have been initiated to facilitate EBN practice, including the development and offering of undergraduate courses on locating and critically appraising research evidence the development of clinical practice guidelines, the development of EBN committees in clinical settings and research to identify the most effective strategies for disseminating research findings to nurses. But there is a long way to go. How do we create a culture shift that ensures that nurses search the literature for high-quality studies as proficiently and has access to the best research evidence to incorporate into clinical decision-making?

Rather than isolating the teaching of critical appraisal of research in its own undergraduate course, can we re-examine our nursing curricula and consider how critical appraisal of research can be integrated into each and every learning experience. If this were the approach to every course

students took and every clinical experience they had, would consideration of best research evidence in their clinical decision-making become second nature for these future nurses? To ensure that nurse educators of the future are prepared to teach in an EBN curriculum, it is vitally important that the graduate nursing programs include required courses on critical appraisal and application of research evidence. These ideas require financial and human resources as well as a supportive environment for change. Incorporation into the accreditation process of specific objectives and recommendations for transforming nursing education programs into evidence-based education programs.

Many nurses, while highly motivated to become evidence-based practitioners, have not had any opportunity in their nursing education to learn searching and critical appraisal skills. To complicate matters further, time is more limited than ever. There exist, however, numerous secondary sources of pre-appraised evidence that provide immediately applicable information for decision-making. Administrators of clinical settings can make a significant contribution to the development of evidence-based practice by providing access to these resources, along with opportunity for nurses to learn how to track down and efficiently use them. Such resources, which apply a methodological filter to original investigations and therefore ensure a minimum standard of validity, include *Clinical Evidence, The Cochrane Library, Evidence-Based Nursing* (and other discipline-specific abstraction journals, such as *Evidence-Based Mental Health*), high-quality clinical practice guidelines and an increasing number of computerized decision-support systems. Ready access to computers in the clinical setting and librarians is the key.

There is an increasing awareness of the importance of interdisciplinary learning to facilitate the effective working of the multidisciplinary healthcare team in service delivery. We are beginning to see how challenging it is to promote interdisciplinary service when learning has occurred in uni-disciplinary silos. Is there an opportunity in the clinical setting to bring together students from programs such as nursing, midwifery, medicine, occupational therapy and physiotherapy to consider a common patient problem and to search out and discuss relevant research findings. Nurse managers may want to consider lobbying for inclusion of standards related to EBN practice in the accreditation mechanisms for their clinical settings.

This action would appropriately highlight the importance of evidence-based practice and would ensure that essential resources be allocated to its development.

The development of an evidence-based profession is an extremely important initiative in nursing, one that warrants international attention and collaboration and particularly in Malaysia. Enthusiasm for evidence-based practice is growing in the nursing community. We must now develop, implement and evaluate a plan to make it happen.

(III) Curriculum Reform: Where Does Nursing Education In Malaysia Stand In The International Context?



Nik Safiah Nik Ismail
RN. BScN (CAN), MScN (USA), MHP (AUS),
(HON) Doctor of Health Science (UKM)

Nik Safiah was a graduate of three universities: University of Alberta, Canada (BSc Nursing), Indiana University at Indianapolis USA (MSc Nursing), and University of New South Wales, Australia (Master of Health Planning), a recipient of Honorary Doctor of Health Science from Universiti Kebangsaan Malaysia (2008). Currently, she is an Adjunct Professor at the Department of Nursing, Faculty of Medicine, UKMMC.

She was formerly an Associate Professor, Faculty of Medicine UKM serving firstly as an academic staff of the Department of Medical Education and later (1996) as Head, Department of Nursing. Played a major role in the conduct of medical education programmes (1989-1996); the setting up and the implementation of the Master of Family Medicine Programme by distance (1991-1997); and the establishment of the Department of Nursing including the design of four curricula: Diploma in Nursing, Advanced

Diploma in Midwifery, the Bachelor of Nursing (1996-2004), and Master of Nursing in Midwifery, Mental Health, Community Health and Orthopedics and Traumatology (2009). Other major activities include being the sole instructional designer of more than 100 self-learning packages (SLP) for the Master of Family Medicine programme (1993-1997); being an active member of the Medical Curriculum Review Committee (2001-2004) and the commissioning of UKM Hospital as well as heading the Department of Nursing Service, HUKM (1997-2002).

Since 1989, had been appointed as a Consultant to some major professional bodies, nationally and internationally: WHO Consultant in health planning in Western Samoa (3 month, 1989); WHO and IDRC Consultant in Training of Trainers in Health Systems Research (HSR) for doctors, Accra, Ghana (3 weeks, 1991); Consultant for the Commonwealth of Learning, Vancouver, Canada in distance education for nursing (8 months, 1991/1992); Nurse Consultant for PETRONAS Hospital (Prince Court Medical Centre) for nursing and other hospital issues (3 years 2002-2005); Training Consultant for LAN (Lembaga Akreditasi Negara) (2006 - 2007); Panel member for Accreditation and Institutional Audit for LAN/MQA since 1998.

Research activities include active participation for 3 years in Health Systems Research for the Ministry of Health (1985-1987); distance education for 51 Commonwealth Countries (1991-1992); supervisor for Masters Theses: 3 for Masters in Family Medicine students, UKM (1993-1994) and 8 for Master in Nursing, Monash University (1999-2004); was appointed external examiner for Masters theses for Monash University, Australia (2002-2004).

Nik Safiah is the author of a book titled *Soft Skills: The What, The Why, The How* published in 2010.

Abstract

The nursing curriculum, like any other curriculum within the institutions of higher learning, is subject to meeting the code of practice prescribed by the Malaysian qualifications framework (MQF) which serves as a basis for quality assurance of higher education. MQF is an instrument that classifies qualifications based on a set of criteria that are approved nationally and benchmarked against international best practices. All nursing curricula

within the institutions of higher learning are expected to meet these world standards.

Any reform to the nursing curriculum that compares well with international standards must be unique only to the nursing profession itself. At least four issues will impact the nursing curriculum and its implementation:

a) Outcome based education (OBE) in which the design and implementation of an appropriate system for student assessment must be given special focus in the belief that evaluation drives the curriculum;

b) Inter Professional Education (IPE) to develop a learning environment where trust and respect can be established between professions;

c) Clinical expertise and professional values to prepare entry level graduates, nurse experts and managers of care, nurse researchers and nurse scientists; and

d) Prerequisite qualifications into nursing that must consider students level of maturity through studies of the humanities, social and natural sciences.

(IV) Nursing, Universal Health Coverage and Inclusive Health



Datuk Dr Andrew Kiyu
Consultant Epidemiologist, Sarawak Health Department, Malaysia

Dr Andrew Kiyu has over 30 years experience in public health, initially as a district and divisional medical officer of health, then as an epidemiologist, Deputy Director for Public Health in Sarawak and finally as Sarawak State Health Director. He is a consultant field epidemiologist with Sarawak Health Department after his retirement as the Sarawak State Health Director in 2008. Dr Andrew has wide experience in managing outbreaks including those due to emerging infectious diseases and zoonoses. He obtained his MBBS from University Malaya in 1976, MPH from University of Malaya in 1981, and Doctor of Public Health in Epidemiology from Tulane University, New Orleans, USA in 1990. He is a Fellow of the American College of Epidemiology, and a member of the Academy of Medicine, Malaysia. Dr Andrew is well-known internationally for his work in Healthy Cities and settings and has served as WHO short term consultants on the subject, as well as on the WHO's Knowledge Network on Urban Settings. His research has covered micronutrient deficiencies, especially iodine deficiency and Vitamin A deficiency, rural water supply and sanitation, and nutritional status of children in Sarawak.

Abstract

Universal health coverage is a descendant of the "Health for All" movement. Its goal is that all people have access to services and do not suffer financial hardship paying for them. It all began with the "Health for All" movement in the 1970s and was enshrined in the Alma Ata Declaration of 1978, as an aspiration towards "the enjoyment of the highest attainable standard of health" which, as stated in WHO's constitution, is "one of the fundamental

rights of every human being without distinction of race, religion, political belief, economic or social condition".

The Alma Ata Declaration is best known for promoting primary health care as a means to address the main health problems in communities, fostering equitable access to health promotion, preventive, curative, palliative and rehabilitative health services. The central role of primary care within health systems was reiterated in The World Health Report 2008. The World Health Report 2010 on health systems financing built on this heritage by proposing that health financing systems should be developed with the specific goal of universal health coverage in mind.

The World Health Report 2010 represented the concept of universal health coverage in three dimensions: the health services that are needed, the number of people that need them, and the costs to whoever must pay– users and third party funders. The path to universal health coverage has been dubbed "the third global health transition", after the demographic and epidemiological transitions.

Health for all, equity and accessibility: The core value of "Health for All" is equity. Equity in health is defined as "the absence of systematic disparities in health (or in the major social determinants of health) between groups with different levels of underlying social advantage/disadvantage". It "implies that ideally everyone should have a fair opportunity to attain their full health potential; that no one should be disadvantaged from achieving this potential, if it can be avoided".

For health care to be equitable, it must be accessible. Accessibility refers to the need for health facilities, goods and services to be accessible to everyone without discrimination. The four related dimensions of accessibility are non-discrimination, physical accessibility, economic accessibility (affordability) and information accessibility.

Inequities in access may occur when resources and facilities are unevenly distributed around a country, generating resource insufficiency in deprived and rural regions. Such unequal distribution means that health services are least available where they are most needed – the so-called Inverse Care Law.
Inclusive Health: Inclusive health is about health for all humankind. It requires

health services that are efficacious, equitable and affordable. Health policies built on equity will prioritise vulnerable and socially marginalised groups. Vulnerable groups are 'social groups who experience limited resources and consequent high relative risk for morbidity and premature mortality'. Vulnerable groups may include: disability, ethnicity, gender, age, class, socio-economic status, religion, sexual orientation, geographical location, immigrant/refugee status, and others. What marginalises many vulnerable groups is often not the intrinsic features that characterise membership of those groups, but instead their position in, and positioning by, larger society. For health to be more inclusive, we need to be more proactive in reaching out to specific groups and identifying and addressing their particular needs. Inclusive health refers to not just "access to health" (i.e., who gets it), but also to "delivery of health" (i.e., who provides it). Inclusive health delivery means allowing for a range of health practitioner cadres to be involved in providing an acceptable quality of care in the most efficient and cost-effective manner. This will help in achieving a more comprehensive and inclusive service delivery, promoting greater coverage, including coverage of a more diverse population, many of whom face significant barriers to accessing health care. In summary, Inclusive Health seeks to build on the idea of Health for All, strengthen it through the rights-based approach; stress the need for more active inclusion by recognising that particular groups have particular needs; particular barriers have to be overcome to address these needs; utilise a much greater range of healthcare delivery options embodied in a greater variety of human resources for health.

Symposium 1

(1.1) Evidence-Based Practice in Singapore



Professor Sally Wai-Chi Chan
University of Newcastle, Australia

Sally Chan is a leading global nurse researcher and educator. Supported by 62 funded studies, 300 publications in international healthcare journals and international presentations, Sally have developed and sustained international inter-institutional partnerships. The results of her sustained research agenda have made a recognized impact on healthcare policy and service delivery in Hong Kong, Singapore and China related to community mental health care. She established the Nursing Unit for Academic and Practice Excellence (NAPE), which is collaboration between the hospital and the university to enhance nursing research development, evidence based practice implementation and clinical education.

Being the Principal Nurse Researcher at the National University Hospital, Singapore, she has been working closely with the Director of Nursing to build up capacity in nursing research for the hospital. The results of Sally's program of scholarship are integrated into nursing practice and education in the regions. She has been appointed by the World Health Organization (WHO) to the Primary Care Consultation group for Revision of ICD-10 Mental and Behavioral Disorder. Her leadership is evident in her appointment to the Expert Group on Mental Health Services by the Hong Kong Government and National Nursing Task Force by the Singapore Government. Sally has served on the editorial and advisory board of many renowned journals. She is the editor in chief of the *Journal of Nursing Interventions* and *Singapore Nursing Journal,* associate editor of the *International Journal of Mental Health Nursing*, and *Nursing & Health Sciences*.

She is the President of Sigma Theta Tau International Singapore Upsilon Eta Chapter; Chair, East Asia Forum of Nursing Scholars. She co-chairs the Nursing Professional Discipline Forum of the International Psychogeriatric Association. Sally has been honored for her significant and sustained contribution to nursing which improved the nursing profession and the people it serves. Sally is the fellow of the American Academy of Nursing, Provisional Hong Kong Academy of Nursing, and Hong Kong College of Education and Research in Nursing. In 2013, she has been awarded the 'International Nurse Researcher Hall of Fame' by the Sigma Theta Tau International Honors Society of Nursing. She has been awarded the 'Teacher of the Year' in 1998, 2002, 2003, 2004, 2006, and the 'Master Teacher' in 2007 by Faculty of Medicine, The Chinese University of Hong Kong.

Abstract

Evidence-based practice (EBP) is an interdisciplinary approach to clinical practice. It is an explicit and conscientious attempts to make quality decisions and providing nursing care based upon personal clinical expertise in combination with the most current, relevant research available on the topic. EBP aims to provide the most effective care that is available. EBP also has an important role to play in ensuring that health resources are used wisely and that relevant evidence is considered when decisions are made about funding health services. In this presentation, Sally will share her experience of promoting evidence-based nursing practice in Hong Kong, Singapore and Australia. She will discuss facilitators and barriers to EBP, EBP implementation models, and limitations of EBP.

(1.2) Translating Evidence Into Practice: Wound Healing



Dr Suriadi Adi Suriadi
Mohammadiyah Institute of Nursing,
Pontianak, Indonesia

Dr Suriadi obtained his PhD in wound management from the Faculty of Medicine, Kanazawa University, Japan in 2007. Upon his return to Indonesia, he is the Chief of International Affair Division, the Muhammadiyah Institute of Nursing, Pontianak, Indonesia. He is also the wound and stoma clinic consultant at Soedarso Public Hospital. His research work in wound care and wound management was published internationally. He also authored few books on wound care and wound management.

Abstract

The practice environment can provide a powerful influence on practitioners who can encourage or inhibit the transfer and use of evidence. A concept used in the implementation of knowledge is clinical questions, evidence and transfer into practice. Evidence -informed practice or evidence-based practice or nursing in improving wound care professional responsibility and authority and provide a much more secure basis for decision-making.

In evidence-based wound care is now significant research results that have had a positive effect on wound healing. Principles of wound management in this time are based on the preparation of the wound bed. The concept of wound bed preparation will consider the causes, local wound care, and patient. Although the research evidence is often used to answer clinical questions, additional information is needed to determine whether the findings are appropriate, effective , and easily integrated into practice : the value of patient : patient preferences, cultural norms, family dynamics, clinical circumstances : disease severity, location care settings, inter-professional

relations, cultural practices, clinical knowledge: expert knowledge / expert knows / expert opinion, experience, expertise and skills, sources Healthcare: cost, time, energy, and leadership to champion change.

The strength and consistency of evidence that illustrates the magnitude of the treatment effect and the treatment of wounds observed in clinical studies. Review the current knowledge about wound care, whether modern wound care, wound treatment modality complementary or alternative therapies, and the basic principles within the framework of the existing research questions to be answered demonstrate a clear path to obtain much-needed evidence. In the current traditional wound care is progressing very rapidly as wound care with honey, aloe vera, and plants that exist around us. In wound care, using a clear process to study patient-centered outcomes (e.g. complete healing) and only a group of products that meet the operational definition of function (eg, moisture – retentive on wound care) will help the practitioner decide whether an intervention can work and do not work and whether the clinical benefit and economic value is greater than the potential dangers and costs.

(1.3) Does Evidence Always Translate Into Practice?



Dr Soon Lean Keng
Senior Lecturer, School of Health Sciences,
Universiti Sains Malaysia

Dr Soon Lean Keng is a Senior Lecturer in the School of Health Sciences, Universiti Sains Malaysia, Kubang Kerian, Kelantan. She received a Bachelor of Nursing Sciences from the Universiti Malaya, Master in Midwifery from the Flinders University, Australia and Ph.D in Nursing from the University of Flinders University, Australia. Her major research interests have focused on the nursing and midwifery education and practice, illness perspectives and

women health issues. She has published widely on these issues in Malaysia and international journals.

Abstract

While excellence is an important criterion by which to evaluate healthcare, advancing the science of knowledge through translating the evidence into practice is one of the biggest challenges in healthcare. The literatures also suggest that evidence has the potential to narrow those gaps, leading to more improve and informed healthcare. However, these practices are not always implemented in care delivery, and variation in practices abounds. A number of mechanisms shape the work on health-related knowledge translation and how the evidence is introduced and executed. Despite a growing body of literature documenting the value of new evidence-based practices and nursing has a rich history of using research in practice; some of these practices are not always implemented effectively in clinical. Achieving the competencies in translating research findings into clinically meaningful information is a challenge for healthcare professionals. The challenge exists in fulfilling expectations that research evidence results in beneficial impacts for society. In some cases, however, a sufficient research base may not be available included limited research presentations and publications. In this presentation, I highlight a study related to translating evidence into practice an electron microscopic study on the reuse of re-sterilized fetal scalp electrode. This presentation will illustrate its biocompatibility and microbiological culture, and the impact on health care.

Symposium II

(2.1) The needs for paediatric nurses to advocate for quit smoking-related initiatives



Dr Chan Kim Geok
Department of Nursing, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak

Chan Kim Geok, serves as a senior lecturer in the Department of Nursing in University Malaysia Sarawak. She has obtained her Ph.D in Nursing (2012), Master of Nursing in Paediatric, Child and Youth Health (2002), Bachelor degree in Nursing Science (Teaching) (1999), post basic in paediatric nursing and midwifery cum public health nursing. Prior to leaving for her doctoral study in University Malaya in 2008, she was the program coordinator in the Department of Nursing at UNIMAS. Her research interest is in child health and disability-related studies. She has several journal publications to her credit. She is a reviewer for the Malaysian Qualitative Research Association Journal.

Abstract

Children's exposure to second-hand smoke due to parental smoking at home is a problem to be concerned about both locally and worldwide across various ethnic groups and nations. A high percentage of the parents were either unaware or had misconceptions of the second-hand smoke hazard towards health. Exposure to second-hand smoke due to their parents' smoking by children who spend most of their time at home implies that they are exposed to the exhaled cigarette smoke and the unfiltered side stream smoke which contain numerous cytotoxic substances. Children's hospitalization provides an opportunity for paediatric nurses to implement quit smoking-related initiatives among parents of these children. A survey study was conducted to

determine the action-intentions and attitudes towards quit smoking related initiatives of paediatric ward nurses (n = 267) in the three main hospitals in Sarawak. Generally, a majority of them indicated a positive attitude though they indicated that they would only assess hospitalized children's parents' smoking status depending on the child's diagnosis on admission. More than half of them (66%) indicated 'no' to documenting parents' smoking status. About half of them were not aware of any existing quit smoking clinics. Variation in their attitude towards parental quit smoking initiatives may be attributed to their perceived busy workload and nursing priority to be involved in quit smoking related initiatives. There is a need to integrate knowledge related to negative impacts of children's exposure to second hand smoke into the basic nursing curriculum, and a need for support and affirmation from ward managers for paediatric nurses to advocate and promote parental quit smoking-related initiatives in the paediatric nursing setting.

(2.2) The concept of ICU without walls: It's time to change



Dr Salizar M.L
Assistant Professor, Kulliyyah of Nursing,
International Islamic University, Kuantan Campus

Salizar Mohamed Ludin is an Assistant Professor and Dean in the Kulliyyah of Nursing, International Islamic University, Kuantan Campus. She completed her PhD in Nursing in 2011 from Flinders University, Adelaide, South Australia. Her research work and interest is in the area of Critical Care Nursing-Transitional Care, ICU Outreach, Cardiothoracic and Intensive Care Nursing, nursing education and Qualitative Research. She is currently working on a project entitled "General ward nurses' awareness on the needs of ICU Outreach services in East Coast Malaysia" under the MOHE research

grant with her team. She is also the external examiner for IMU, MSU and UNIMAS, member of Malaysian Nurses Association (since 1992), Australian College of Critical Care Nurses (ACCCN)(2013), Sigma Theta Tau (Thailand Chapter)(2014), Senate and Deans Council member of IIUM, Board of Studies member for Master & PhD in Bio-behavioural Science, Nursing program, IIUM. Presented various papers local and internationally and published papers in refereed journals.

Abstract

The long-held traditional view that critical care nursing is regarded to be a 'speciality within nursing that deals specifically with human responses to life threatening problems' (American Association of Critical Care Nurses, 2009) is being increasingly challenged. The concept of the traditional intensive care unit (ICU), where patients, staff and equipment are geographically co-located is being increasingly challenged by the concept of 'critical care without walls' (McGloin 2009). The underpinning philosophy to 'critical care without walls' is that any patient whose physiological condition deteriorates should receive both the appropriate medical and nursing care to which their condition dictates, no matter where they are physically located within the primary or tertiary care setting. To facilitate this shift in the approach to the delivery of critical care, Endacott et al. (2008) argue that there is now an emphasis on empowering both the medical and nursing staff, who work within the acute care settings such as acute medical and surgical wards, with the knowledge, skills and attitude to recognize and effectively manage the deteriorating patient before they become severely and critically ill. In this paper, I will briefly explain the concept of ICU without walls, its necessity and advantages to the patients, family members, healthcare professional and health institutions. One of the initiatives widely used nowadays to push the boundaries of traditional nursing is called ICU Outreach program "ARE WE PRACTICING THIS SYSTEM IN MALAYSIA."

(2.3) Sub-Specialty in Nursing



Dr Pathmawathi A/P Subramanian
Dept of Nursing Science, University of Malaya, Kuala Lumpur

Dr Pathmawathi A/P Subramanian is a Senior Lecturer in the Department of Nursing Science, Faculty of Medicine, University of Malaya, Kuala Lumpur. She received her Bachelor of Nursing and Master's Degree from the University of Malaya. In 2009, she graduated from the University of Nottingham, UK with a PhD Since then, she has made significant contributions through lectures, leadership, professional activities and publications. She specialized in continuous nursing education and is passionate in educational technology. She is a panel of Malaysian Qualification Agency, and Committee Member oh Jemaah Kejururawatan IPTA.

Abstract

Nursing specialty and subspecialty is related to the types or career practice a nurse can pursue. A subspecialty is a narrow field within a specialty such as addictive nursing which is subspecialty of mental health nursing. Sub-specialty certification is a process by which a professional nurse who already has an accredited clinical nursing specialty certification. This session will explore the notion of specialty and sub specialty within contemporary health and nursing care. The development of sub specialization requires collaborative development of appropriate process, systems and pathways in nursing knowledge and clinical practice. The session will also highlight the current issues and challenges in development and establishment of sub-specialization in order to empower nurses' with a unique knowledge, skills and attributes of a specialist nurse.

(2.4) Complementary and Alternative Medicine in Cancer Patients



Dr Greta Miranda Goh
Senior Lecturer, Department of Nursing,
Faculty of Medicine and Health Sciences,
Universiti Malaysia Sarawak

Dr Greta Miranda Goh is currently a senior lecturer in the Department of Nursing within Faculty of Medicine and Health Sciences, University Malaysia Sarawak. She studied nursing at the School of Nursing, Singapore. She received her Bachelor's degree from La Trobe University, Australia and her Master's degree, majoring in Medical–Surgical Nursing, from University of Michigan (Ann Arbor), USA. She completed her PhD in Nursing at the University of Melbourne, Australia. After completing her PhD, she became the Programme Coordinator for the Department of Nursing at UNIMAS, before assuming her current position. Over the 20 years of her nursing career, she has worked in various clinical areas in Singapore, USA, Australia and Malaysia in the capacity of a nurse practitioner, research assistant and nurse educator. Her research interests focus on complementary and alternative medicine and an evidence base to enhance the supportive care for people with cancer.

Abstract

The popularity of complementary and alternative medicine (CAM) has grown enormously in recent years. The demand for CAM is in part a search for a broader range of therapies, but is also a call for a different approach to care, with emphasis on drugs, and a more whole-person approach. Most people look to CAM when conventional medicine has failed. But CAM is also increasingly becoming a first-line intervention for some, because of the worry about the side-effects of conventional treatments and a perception that conventional medicine has become dehumanized. Hence, as nurses, we must understand what CAM therapies patients are using and how these

therapies work. We must ask if these CAM therapies interact with their prescribed medicines. We must recognize that nursing care is both science, and a connection between patient and environment. And we must be open to the likelihood that, as in the past, some therapies that are now considered alternative will be standard practice in the future.

(2.5) A New Look At Obesity



Assoc. Prof Dr Chang Ching Thon
Department of Nursing,
Faculty of Medicine and Health Sciences,
Universiti Malaysia Sarawak

Associate Professor Dr. Chang Ching Thon is currently a Board Member for Asia Pacific International University, Thailand, Board member for Adventist College of Health Sciences, Penang, Panel of Assessor for Malaysian Qualification Agency, and a member of Faculty Post-Graduate Committee. She has PhD in Community Health, Master degree in Community Health Nursing and a Bachelor degree of Nursing Science. Presently she is involved in a research entitled "Physical activity and sustainable health: nutrition status, community wellbeing and environmental enhancement" under Universiti Sains Malaysia Research University Grand (Team) as well a consultancy project partnered with Universiti Malaya funded by National Population and Family Development Board Malaysia. She had published several papers in national and international journals and a reviewer of two international journals.

Abstract

Around 2.5 million of Malaysians are obese. Obesity is not a single clinical disorder. It is a complex chronic illness resulting from the interplay among genetics, environment, and lifestyle. Emerging scientific concepts provide a new basis for understanding the multiple causes of obesity as well as the underlying mechanisms involved in weight dysregulation. Most obese

individuals respond to focused lifestyle intervention based on a whole-foods, low-glycemic load, phyto-nutrient-rich diet combined with exercise and stress management. However some of them do not. Researchers have proposed a novel hypothesis linking environmental and internal toxins to disruptions of key mechanisms involved in weight regulation that may explain treatment resistance in obesity. This presentation **will not** touch on the usual proposed solution, to exercise more and eat less in order to lose the extra weight, as it is known that this has yet to reduce the problem. In fact, it has been an absolute failure, in many cases. This presentation, instead, will explore a novel hypothesis that links obesity and toxins and strategies to reduce the exposure of toxins and reduce its link to obesity.

(2.6) The Ageing Nurses



Dr Sidiah John Siop
Senior Lecturer, Department of Nursing,
Faculty of Medicine and Health Sciences,
Universiti Malaysia Sarawak

Dr Sidiah ak John Siop obtained her PhD in Gerontology from Universiti Putra Malaysia, Master of Health Science (Hons) from the Auckland University of Technology New Zealand, and the Bachelor of Health Sciences (Nursing) from the University of Western Sydney Nepean Australia. She is a trained public health nurse before embarking into academia. Her area of research interest is the ageing population particularly in disability and health needs. Currently, she is involved in research entitled "Constructing prevention framework about pandemic influenza outbreak for rural communities" and "Stress coping and quality of life among undergraduate nursing students in Malaysian Higher Education providers". She is a life member of the Malaysian Nurses Association, a member of the Population Association of America and a committee member of the Board of Visitors, Home of the Aged, Kuching Sarawak. She is also a reviewer for Asia-Pacific Journal of Public Health.

Abstract

The ageing of the baby boomers registered nurses prompts concern for the nursing profession as the workforce will be losing highly skilled and knowledgeable nurses through retirement. Consequently, the resources of healthcare organizations and academic institutions will be strained as this demographic cohorts move into old age. Drawing on best practice views, older nurses are seen as a resource to be cherished and the main reasons for this, include older nurses are experienced, knowledgeable and skillful, committed, low sickness and absence rates, and have the ability to teach and mentor younger nurses. Some literature postulated that as a very experienced generation withdraw from the workforce and enter retirement, there is potential for a lack of depth of experience and knowledge in the clinical setting, in the classroom and in managerial position. The question raised is, "Will these ageing baby boomers registered nurses work?" This presentation will explore some of the options that could be considered in relation to the ageing workforce.

(2.7) Tertiary Nursing Education: Gearing for the Future



- Inter professional learning (IPL)
- I.P. Education (IPE) 9.15 - 9.30 am.

Assoc. Prof Dr Rasidah Mohamed
Department Nursing School of Health Sciences, UiTM

Dr. Rasidah Mohamed has worked as a nursing lecturer for 15 years. She graduated Bachelor in Health Sciences Nursing from University of Western Sydney, Australia in 1992. In the following year, she obtained her Master in Nursing from the same University of Western Sydney, Australia. She was awarded PhD from the University Science of Malaysia in 2006 for studies in Curriculum Evaluation. She has worked in the areas of curriculum design and programme development. Outside of the University, she is a Member of Accreditation Council Malaysia Panel Assessor LJM 2010 – 2014, Panel Assessor for Malaysian Qualifying Agency.

Abstract

Overall the main outcomes of any health care programmes are to produce quality graduates to provide for quality patient care. But the current practice within medical and health care educational disciplines, nursing included, is in developing and implementing individual programme with some input from other professionals. As such most programmes developed are stand alone. The Nursing discipline developed nursing programmes for nursing students even when in common subjects such as the basic medical and behavioural sciences. This practice goes for all the other health care disciplines. The students then undergo their clinical practice experience without prior preparation of what to expect and how to interact with the other professionals they work with. Upon graduation, the interdisciplinary gap is established. The teamwork highly required for holistic patient care is left to chance. Meeting comprehensive and holistic patients' health care needs requires collective effort from all health care disciplines. Each discipline has equally important role and professional contribution towards this. As such, searches for an educational model to address the current short comings of health care education are required. An Inter Professional Education model is introduced. Its basic principles emphasizes on the need for inter professional collaboration in the total sphere of education which starts from curriculum development, its implementation and in clinical practice where students are guided by related professionals to the final assessment level. This model has been proven to address the inter-professional gap to meet quality patient care.

(2.8) Pressure Ulcer Management



Sumita Poopalaingam
Asia – Pacific, Ferris MFG Corp

Pressure ulcers are areas of tissue damage that occur in people who cannot reposition themselves, in children, in persons with neurological disorders and spinal cord injuries, the acutely ill, in the elderly, in palliative care, and the malnourished. Pressure ulcers negatively affect quality of life and impose a significant financial burden on healthcare systems. Therefore best practices are intended to guide practice and promote a consistent, cohesive and achievable approach of care to persons suffering from or at risk of pressure ulcers, in particular through research and the education of the medical staff. These are realistic but challenges to health professionals. One of the best practices is by influencing the usage of polymeric membrane advance dressing. This will not only for pain relief and wound healing but also in the prevention of pressure ulcers by providing the cushioning effect and bruise reduction, thus, providing a holistic patient-centred and cost effective pressure ulcer care.

List of Abstracts for Oral and Poster Presentations

Oral Presentations

Code	Authors	Title
OP01	Azera Hasra Ismail, Aini Ahmad, Surindar Kau & Shahrul Bahyah binti Kamaruzzaman	The Effectiveness of an Education Program Towards the Level of Physical Strain and Quality of Life Among Caregivers of Elderly Patients
OP02	Hng Siew Hong, Syed Zulkifli Syed Zakalia, Ho Siew Eng, Teoh Koi Hong, Hasnah Yahaya, Rohani Mamat, Anthony Barnett.	Needs of family caregivers of advanced cancer patients: a study at a hospice center in Malaysia
OP03	Ho Siew Eng, Koo Yew Lie, Nik Safiah Nik Ismail, Hing Hiang Lian, Widad Osman, Nabishah Mohamad & Christopher Ho	Concept Mapping Approach on Clinical Decision Making among Nursing Students in a Tertiary Hospital
OP04	Jayanthi Marimuthu, Aini Ahmad & Norsiah Rahmat	The Effect of Fetal Monitoring Education Program on Nurse Midwives' Knowledge and Skills in a Teaching Hospital
OP05	Ong M.F, Saloma P, Siti Hajar M, Chan K.G	Knowledge on Fall Related Factors and Fall Prevention Strategies Among Community-Dwelling Older Adults and Their Caregivers In Kuching
OP06	Saloma P, Chan KG, Ong MF & Balang, RV	Care provision-related concerns and perceived service needs of families of people with mental illness in the community
OP07	H. Iyus Yosep, Ai Mardhiyah & Siti Endah	Maltreatment and Emotional Violence by Family to Schizophrenic Patients at a Mental Hospital of West Java
OP08	Ai Mardhiyah & Vivin Afriza	The Relationship Between Parents' Physical Violence and Tendencies of Aggressive Behaviour of Children
OP09	Puziah Yusof & Lorna Porcellato	Exploring Effective Clinical Mentoring Process to Enhance Student-Centred Learning in the Operating Theatre

OP10	Dorothy Kulai and Rashidah Shahruddin	Dysmenorrhoea, Body Mass Index and the General Well-Being of Female University Students
OP11	Md Khairulamin Abdullah Sungkai	High Fidelity Simulation in Paramedic, Nursing and Midwifery Education: Brunei Perspective
OP12	Jezamine Lim, Min Hwei Ng, Zainul Rashid Bin Mohd Razi, Jia Xian Law, Azmawati MN, RuszymahBtHj Idrus	Isolation of Wharton's Jelly Mesenchymal Stem Cells from three different anatomical segments of Human Umbilical Cord
OP13	Arbaktun Mardiah Binti Mohamed & Tengku Shakirah Binti Tengku Kamarul Bahri	Health Risks Associated with Computer Users: Musculoskeletal Symptoms and Computer Vision Syndrome
OP14	Devi K.S. Muthu, Rajalexmi Rajagopal & Samsiah Mat	Effectiveness of Massage Therapy on Asthma Control Among Children in Rural Health Clinic in Klang District
OP15	Nur Fatin Fairul Izham, Musaadah Mohd Yusuf & Razif Ramly	Organ Donation Among Generation Y – Knowledge and Media Roles
OP16	Liew Siew Kee, Aini Ahmad, Lee Wan Ling & Vivek Ajit Singh	The Effects of Back Massage on Pain and Anxiety Among Postoperative Orthopaedic Patients
OP17	Zainah Mohamed	Belongingness: Malaysian Nurses' Experiences in the Clinical Workplace
OP18	Noor Azizah Mohd Ali, Pathmawathi Subramaniam Lee Wan Ling & Aini Ahmad	The Immediate Needs of Family Members of Hospitalized Relative in an Intensive Care Unit
OP19	Rainbow L.P. Lee, Polly H.M. Leung, & Thomas K.S. Wong	Thinking Out of Box – Management of MRSA Colonized Wound
OP20	Mohd Said Nurumal, Achara Sukonthasarn, Suparat Wangsrikhun & Chawapornpan Chanpransit	Assessing and Exploring the Competency of Prehospital Emergency Medical Service Personnel in Klang Valley, Malaysia: A Mixed Method Approach

OP21	Jayanthi Marimuthu, Aini Ahmad & Norsiah Rahmat	The Effect of Fetal Monitoring Education Program on Nurse Midwives' Knowledge and Skills in a Teaching Hospital
OP22	Chai Li Sze, Zabidah Putit & Sidiah John Siop	Experience of Patients with Acute Myocardial Infarction
OP23	Norimah S, Norlaila S, Hatijah J, Fauziah, Hamisah & Faridah MS	Moral Distress among Nurses in General Hospital at South Region of Malaysia
OP24	Pit a/p Din Keliang	The Effectiveness of Music Therapy Intervention for Patients Receiving Ventilator Support: A Systematic Review
OP25	Abdullah Lim, K.	An Inquiry into Nursing Leadership Style
OP26	Anthony B. Ramiro	Shielding Career Integrity: A Classic Grounded Theory in Nursing
OP27	Martha Ann Carey	The Roles for Evaluation and Policy Development in Transforming Nursing
OP28	Amarasekara A.A.T.D, Fongkaew W., Chanprasit C., Wimalasekera S.W. Turale S.	Barriers To Sustained Glycemic Control Among Adults With T2DM: Perspectives From Health Care Professionals
OP29	Fatemeh Eskandari, Khatijah Lim Abdullah, Nor Zuraida Zainal, Wong Li Ping	Psychometric properties of Malay version of the Knowledge, Attitude, Practice and Intention of nurses towards Physical restraint questionnaire
OP30	Anne Odell & Martha Ann Carey	Wellness: An Examination of Culture and Adaptation
OP31	Law KS, Narazah MY, Musa MY , Siti Amrah S & NHazlina NH	The effect of virgin coconut oil as supplementation on QOL among breast cancer patients
OP32	Nita Fitria, Nur Oktavia Hidayati Taty Hernawaty	Description Adversity Quotient Nursing Faculty Student 2011 The Following is based and Competence Curriculum Method Student Cantered Learning
OP33	Lily L., Zabidah Putit & Chang CT	Clinical Experiences of Nursing Students
OP34	Norsiah Rahmat, Aini Ahmad & Chua Y.P	Factors Influencing The quality Of Work Life (QWL) Of Community Health Nurses.
OP35	Tiu, M.M.H, Lee, W.W.M., Yeung, N.M., et al.	Attitudes of nursing students towards organ donation in Hong Kong: A qualitative study

Poster Presentations

	Authors	Title
1	Chithradevi Kanan, Khatijah Lim Abdullah & Rasnah binti Abdul Rahman	A Quasi Experimental Study on Microbial Count and Duration Between Two Surgical Hand Scrubbing Methods in a Malaysian Tertiary Hospital
2	Fatimah S, Devi KSM, Saripah H, NorZalila A.W, &Ruzanna J	Hand Hygiene Practices Among Nurses In Community Health Facilities In Pahang
3	Hamidah Othman, Pathmawathi Subramaniam, Vineya Rai Hakumat Rai, Haszalina Hassan, &Noor Azizah Mohd. Ali	The Effect of Information Booklets on Family Members' Satisfaction with Decision- Making in an Intensive Care Unit
4	Lee SH, Bokari UK, Arumugam T, Yasnon Y & Abd Rahman A	Failure Mode Effect Analysis (FMEA) to Reduce the Incidence of Infiltration/Extravasation in a Private Hospital in Johor Bahru
5	Mohd Khairul Zul Hasymi Firdaus & Santhna Lecthmi Panduragan	Knowledge and Practice of Foot Care among Diabetes Mellitus Type 2 Patients
6	Norhaliza AH, Norliza AS, Nizuwan A, Law KS & Musa MY	Prevalence and Knowledge of Tuberculosis Among Orang Asli in Baling, Kedah
7	Rasnah Abdul Rahman	Learning Needs of Expectant Mothers for Postpartum Care
8	Rohani Mamat, Aslina Mohamed Yassin, Hng Siew Heng, Hasnah Yahya, Roziah Arabi, Qaratul Aini Hussin, Chong Mei Yen, Ho Siew Eng	Perception of nursing students on general physical activity in a Malaysian tertiary hospital
9	Saloma, P, Chan, KG, Ong, MF	Social adaptive functioning of people with mental illness recently discharged from hospitalization in three Malaysian states

10	Nadzirah T. and Saloma.P	Perception Towards Sex Education Among UNIMAS Community
11	Teoh K.H., Azera Hasra I., Nor Zila Muhammad., Hng S. H., Noor Siah A. A., Satiapoorany S & Ho Siew Eng	Knowledge and Attitude Towards Papanicolaou Test (Pap Smear) Screening Among Malaysian Women
12	Zainab, M. S., Rohani, I., & Che Rabiaah, M.,	Birth Education Programme for expectant father: Qualitative Study on Needs Assessment
13	Wan Marina Wan Ismail & NorHaini Majid	Work Satisfaction among Nurses in Intensive Care Unit at Hospitals in Selangor
14	Wan Nur Atirah, W.A., Sarimah, A. & Kasmah Wati, P	Relationship between the Most Common Side Effects of Chemotherapy and Quality of Life among Hospitalised Breast Cancer Patients
15	R. Kavitha Rasaiah, Saedah Siraj, Khatijah Binti Abdullah & Pathamawathi Subramaniam	The Experiences of Malaysian Registered Nurses Undertaking Post Registration Nursing Degree in a Public Institution of Higher Learning
16	Norheiza MB & Buncuan J	The Perceptions and Attitudes of the Public Towards People Living with HIV/ AIDS
17	Nurisma binti Ismaili &Jane Buncuan	Caregivers' Experiences in Meeting the Spiritual Needs and Care of Cancer Patients
18	Raja Lexshimi RG, Nik Safiah NI	Development of a Patient Information Aid for Women Newly Diagnosed with Breast Cancer.
19	Soong Shui Fun & Bella Puvok shuifun@live.com	Health Promotion Programme As An Early Exposure To A Rural Community Health Setting at Tambunan District For Medical And Nursing Students, Universiti Malaysia Sabah
20	Rosiah A. & Rashidah S.	Health Related Quality Of Life Among Women/Caregivers Of Client Receiving Medication-Assisted Therapy

21.	Deena @ Clare Thomas & Pathmawathi Subramaniam	The Effect of Non-Weight Bearing Exercise on Physical Function Performance Among Diabetic Peripheral Neuropathy Patients
22.	Fong, NM & Buncuan J	Experiences on Transition Among Newly Graduate Nurses
23.	Haryanto, T. Urai, K. Mukai, Suriadi , J. Sugama, T. Nakatani, Cau Kim Jiu, Wuriani,Lidia Hastuti & Supriadi	Effectiveness of Indonesian Honey Toward Acceleration of Cutaneous Wound Healing Compared with Hydrocolloid: An Experimental Study In Mice
24.	Hasnah Yahaya, Rohaida Saat,NikSafiahNik Ismai1, Hng Siew Hong,Rohani Mamat, Ho Siew Eng	Understanding the Experiences of Malaysian Women with Breast Cancer: A Qualitative Study
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27.	Roziah Arabi, Jane Neill, and Alison Hutton	Neonatal Intensive Care Unit in Malaysia: Staff Nurses' Negative Experiences
28.	Siti Nur Illiani Binti Jaafar, Khatijah Lim Abdullah, Shireene Ratna A/P D B Vethakkan, Rasnah Binti Abdul Rahman & Karuthan Chinna	Effectiveness of Foot Care Education on Knowledge And Practice Among Type 2 Diabetes Patient with Diabetic Foot Complications at Malaysian Teaching Hospital
29.	Talep N & Buncuan J	Knowledge, Attitude and Practices on Family Planning among Married Males in Kuching
30.	Maniam R, Subramaniam P, Surat Singh SK & Lim SK	Exercise Program in Reducing Fatigue and Improve Quality of Sleep among Long-term Hemodialysis Patients

Oral Presentations

OP01: The Effectiveness of an Education Program Towards the Level of Physical Strain and Quality of Life Among Caregivers of Elderly Patients

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Introduction: Providing care for elderly patients with chronic illness is a burden for many caregivers. Caregiver's burden is frequently associated with physical strain and emotional stress. The aim of this study was to assess the effectiveness of an educational program towards the level of physical strain and quality of life among caregiver's of elderly patients in a hospital. **Methodology:** The research design consisted of a pre-test and post-test. An educational program related to elderly care was also provided to the respondents. The questionnaires included demographic characteristics, Caregiver Strain Index (CSI) and General Health Questions (GHQ).The sample size was 64 respondents. The data was analyzed using SPSS ver. 21. **Results:** 44 (68.8%) respondents were in primary education, whereas 20 (31.2%) were from institutions of higher learning, 41 (64.1%) were married and 23 (35.9%) respondents were single, 42 (65.6%) respondents were children of the caregivers and 22 (34.4%) were the caregivers spouses. There were no significant differences of total CSI and GHQ score between education level, marital status, and relationship of caregivers ($p>0.05$) respectively. The post educational program, however indicated an improvement of 54.7% in the CSI score related to physical strain The findings on the quality of life also reported an increase of 18.8% in the GHQ score. **Conclusion:** This study showed an improvement of caregiver's physical strain and quality of life after implementation of an educationalprogram. The reinforcement of an educational program by health care providers and the attendance by the caregivers is essentially and important in reducing caregiver's burden.

Keywords: education program, physical strain, quality of life, caregivers, elderly patients

OP02: Needs of family caregivers of advanced cancer patients: a study at a hospice center in Malaysia

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Background: Nurses played an important professional roles and responsibilities to address the identified gaps in cancer care and understand the unmet needs of family caregivers. The objective of the study was to determine the information needs of caregivers of advanced cancer patients at a hospice center in Malaysia. **Method:** A descriptive cross-sectional study was conducted in Palliative Homecare Service at a hospice center in Malaysia in Malaysia. Eighty seven family caregivers who are the primary caregivers of the patient were recruited. A 20 items Family Inventory of Needs questionnaire was adapted from Kristjanson et.al (1995) and administered to respondents. The data were analyzed using SPSS version 16. **Results:** The findings reported high score for all the 20 needs and a high level of total mean and standard deviation of Family Inventory of Needs score (188.32 ± 11.098) among respondents. Chi-square analysis were found to be significant differences between age groups (x^2 10663.466; $p<0.05$); education level (x^2 6373.237; $p<0.05$); relationship of caregivers (x^2 6176.237; $p<0.05$); and duration of care (x^2 10119.006; $p<0.05$) of the respondents respectively. **Conclusion:** In conclusion, the findings demonstrated that the family caregivers of advanced cancer patients at a hospice center in Malaysian required more succinct information needs by the health care providers. To meet optimum information needs of family caregivers of advanced cancer patients at hospice center, health care providers need to consider how to tailor resources and interventions to meet the needs of family caregivers of advanced cancer patients.

Keywords: information needs, caregiver, advanced cancer, patients, hospice.

OP03: Concept Mapping Approach on Clinical Decision Making among Nursing Students in a Tertiary Hospital

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Background: Decision making in nursing is one of the most important skills nurses must apply and utilize in their nursing practice. The purpose of this study was to compare the clinical decision-making ability of bachelor of nursing students who use a concept mapping care plan and those who use a traditional nursing care plan. **Methods:** A quasi-experimental pre-test and post-test research design was conducted using Jenkins' Clinical Decision Making in Nursing Scale (CDMNS). A purposive sampling of 97 respondents, 50 using traditional nursing care plan (control group), and 47 using concept mapping nursing care plan (treatment group). A 40-item questionnaire was used to measure four subscale scores: search for alternatives and options scale, canvassing of objectives and values scale, evaluation and re-reevaluation of consequences scale, and search for information and unbiased assimilation of new information scale. **Results:** The findings obtained from this study showed that there was an increase in mean score from pre-test to post-test for both the control and treatment groups. There was no significant Trial*Treatment interaction effect for total CDMNS scores with $F(1,84)=2.668$, $p>0.05$, partial eta squared = 0.031, which suggested minimal effect size for interaction between pre/post-test and care plan. The CDMNS scores for the two trials were independent of treatment. There was significant Trial*Marital interaction effect for total score and searching for alternatives and options ($p<0.05$) indicating that trial score is dependent on marital status. There were no significant Trial*Age, Treatment*Age and Treatment*Marital interaction effect for total CDMNS score. **Conclusion:** Both traditional and concept mapping nursing care plan were found to be effective in improving nursing students' clinical decision making ability. The concept mapping care plan is capable of improving decision making skills of single students to a higher extent compared to the traditional care plan.

Keywords: clinical decision, nursing student, concept map, care plan.

OP04: The Effect of Fetal Monitoring Education Program on Nurse Midwives' Knowledge and Skills in a Teaching Hospital

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Introduction: Fetal monitoring is done to assess the wellbeing of the fetus in utero. There has been no compulsory structured in service program designed for nurse midwives' in interpreting CTG tracing in Malaysia. **Objective**: This study is to determine the pre-existing knowledge and the skills of interpreting CTG among nurse midwives and to assess the effect of the fetal monitoring program conducted on nurse midwives' in a tertiary teaching hospital. **Design:** A quasi experimental; single group design (pre-test post-test approach). The study was conducted at a tertiary teaching hospital. All respondents, 54 nurse midwives participated in a 2 hours fetal monitoring educational program. **Findings:** There were no significant mean differences among the various obstetric unit (ante natal ward, labour ward and post natal ward) at the p value > .05 for the three units nurse midwives' on the pre-test knowledge [$F(2,51) = .87$, $p = .43$] and pre-test skill [$F(2,51) = .061$, $p = .984$]. The nurse midwives' in the labour ward scores the most on post-test knowledge ($M = 11.16$, $SD = 3.39$) follows by the antenatal nurse midwives ($M = 8.83$, $SD = 2.01$) and the least mean score was the nurse midwives' working in the postnatal ward ($M = 8.59$, $SD = 1.94$). For the post test skills, the labour ward nurse midwives' scores the most ($M = 12.58$, $SD = 2.61$) follows by the antenatal nurse midwives ($M = 10.28$, $SD = 1.93$) and the least mean score was the nurse midwives' working in the postnatal ward ($M = 9.88$, $SD = 2.09$). There were significant differences in the mean score of pre-test ($M = 5.35$, $SD = 1.79$) and the post test ($M = 9.57$, $SD = 2.78$); $t(53) = -9.27$, $p < 0.05$ on knowledge and pre-test ($M = 5.98$, $SD = 2.82$) and post-test ($M = 10.96$, $SD = 2.51$); $t(53) = -10.43$, $p < 0.05$ on skills. There was significant association between the working experiences and the pre-test knowledge; $r(54) = -.39$, $p = 0.03$. There were no association between the working experiences and post-test knowledge; and skills either in pre and post-test. **Conclusion:** In-service fetal monitoring education program can increase nurse midwives' knowledge and skills in interpreting CTG. The existing fetal monitoring program needs to be re-evaluated as to ensure its suitability.

Keywords: fetal monitoring, educational program, cardiotocography.

OP05: Knowledge on Fall Related Factors and Fall Prevention Strategies among Community-Dwelling Older Adults and Their Caregivers in Kuching

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Introduction: The aging population in developed countries is expected to increase in the next few decades. However, due to the aging process, the intrinsic and extrinsic factors may contribute to older adults' fall and lead to morbidity or mortality. The understanding towards factors related fall might not well comprehend by older adults or their caregivers. Therefore, the purpose of this study is to assess the knowledge on fall-related factors and fall prevention strategies among community-dwelling older adults and their caregivers. **Methods**: A cross-sectional study was conducted at the three outpatient's clinics of Sarawak General Hospital. Participants were older adults aged 60 years and above. The caregivers were also included. A structured questionnaire and self-administered approach were employed. Data was analyzed with SPSS version 21. The demographic profile variables of older adults were tested with descriptive of percentage, mean and standard deviation. The factors related fall and the prevention strategies' variables were tested with multiple logistic regression. **Findings**: Almost half (46.9%) of older adults sustained at least a fall and the older adults that indicated as a high risk for fall was 15.8%. More than half (74.4%) of caregivers reported that fall was an important concern and 79.7% of them stated that fall can be prevented among older adults. Gender, education level, marital status, poor position of handrails, poor vision, chances of falling again, problem with coordination and balance variables were shown to be affecting older adult's risk of fall and previous fall in multiple logistic regression. **Conclusion**: Thus, findings from this study will contribute an understanding and concern of fall-related risk factors among older adults and caregivers in order to reduce the risk of fall and incidence of fall. The appropriate fall prevention strategies will be identified to enhance their restoration and maintenance of health and wellness for higher self-esteem and independent living.

Keywords: knowledge on fall, risk factors of fall, prevention strategies of fall

OP06: Care provision-related concerns and perceived service needs of families of people with mental illness in the community

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With the objective to reduce stigmatization of the illness and deinstitutionalization of the people with mental illness (PMI), the locus of care has moved from hospital care to be in the community since about two decades ago. With shorter inpatient stays, PMI often leave the hospital in acute conditions with the needs for prompt and focused care from their families which include the needs to manage the frequent crises due to the chronic nature and severity of the illness, lower level of social adaptive and other functions. This relocation of care from hospital to home of the PMI has tremendous impact on every aspect of the families as carers. These include their work life, income, leisure time, personal health and social relationship with others. This study examines the experiences of 100 families in caring for people with mental illness in the community. Qualitative interviews were conducted in the participants' homes within three Malaysian states of Sabah, Sarawak and Johor in year 2013. Findings of *'care demands'* of these families were related to the needs of people with mental illness for *continuing care provision, their non-compliance with medication and relapse, altered sleep pattern, limited self-care ability, behavioral problems and also social isolation.* Insights into the impacts of their mental illness has several implications for improved services provided with particular emphasis on education, work and independence as these would restore health and social functioning while establishing and maintain valued social roles within the community.

Keywords: community; people with mental illness; non-compliance with medication; relapse; social isolation

OP07: Maltreatment and Emotional Violence by Family to Schizophrenic Patients at a Mental Hospital of West Java

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Schizophrenia is an acute mental disorder. Schizophrenic patients are often maltreated and experienced emotional violence because they are an embarrassment to their family. Hence, this research aims to understand the maltreatment and emotional violence by families of people with schizophrenia at the Provincial Mental Hospital of West Java. This research used quantitative descriptive design. The subjects were schizophrenic patients at the Provincial Mental Hospital of West Java. A purposive sampling method was used and 40 respondents participated. Data was collected using a set of questionnaires. Result revealed that 75% of the schizophrenic patients received rather high maltreatment and emotional violence from their family members. Most of the respondents felt that they were treated harshly by their families. This happened because negative perceptions about schizophrenia persisted. As a result, patients often receive threats, scorn, intimidation, and being isolated from their family members. This finding could be used to plan intervention for the schizophrenic patients who are maltreated and experienced emotional violence by their family members. Nurses could better understand these patients when nursing care to them.

Keywords: maltreatment, emotional violence, schizophrenia

OP08: The Relationship Between Parents' Physical Violence and Tendencies of Aggressive Behaviour of Children

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Introduction: Parents' aggressive behavior and drug addiction are increasing problems in both Indonesia and Malaysia. This study aims to determine the relationship between parents' physical violence against children with aggressive behavior. **Method:** A quantitative study was employed using a probability sampling that is by proportionate stratified random sampling technique. The population sample was the class VII and VIIII students of SMP Negeri Satu Jatinangor. Spearman rank correlation technique was used to examine the relationship between parent physical violence against children with aggressive behavior with the resulting value of rxy = 0.720. **Results**: Based on the result of significance test obtained by value t count equal to 14.599 and the value t table with α = 1,972%. It can be seen that t (14.599) > t table (1.972). Hence, Ho is rejected. Thus, we can conclude that there was a relationship between parents' physical violence against the children's tendency of aggressive behaviors. **Conclusion**: The result showed that a higher experience of physical violence is related to a higher tendency of aggressive behavior in children. On the contrary, children has lower tendency of aggressive behavior where parents has lower physical violence against them. It means that good parenting is a force for better generation.

Keywords: physical violence, aggressive behavior tendencies

OP09: Exploring Effective Clinical Mentoring Process to Enhance Student-Centred Learning in the Operating Theatre

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Background: The Operating Department Practice (ODP) Program is a course for preparing students to work in the operating theatre as a non-nursing member with a significant role to provide effective assistance to the multi-disciplinary team of surgical team within the peri-operative environment. As a new academic member of the program, the author have observed in many instances mentors were not willing to become fully involved in clinical supervision as well as students who seem to have difficulties in accepting mentor as a role model, thus lead to barriers for effective clinical supervisory process for ODP students in Malaysia. *Aim*: To explore the lived experience of ODP students for in-depth knowledge and greater understanding of their clinical to support future improvements. **Methodology:** Is a phenomenological hermeneutic qualitative approach. There were (10) students consented to participate in this study but six (6) was interviewed. The face to face interviews using probing and open-ended questions were undertaken in one of the counselling room within the campus of the author's workplace. The data were taped recorded with immediate verification. This approach allowed the authors to interpret emerging themes which essentially formed the basis of data analysis. The interviewed data and field notes; were analysed simultaneously using thematic analysis and open-coding method. **Results:** Four main themes emerged through the process of data analysis; the effects of *clinical environment, clinical support, integration of theory and practice and professional roles.* Analysis of the data also revealed that opinion and views of the respondents with regards to lived clinical experience affects their learning, and the nature of mentor- mentee relationship were central to the growth of their knowledge and practice skills. **Discussion:** The role of interpersonal relationship, and communication on student's perception of their clinical experience were discussed. There was also concern about the professional status of ODP students in Malaysia and the perceptions of clinical staff on the profession as ODP. The **recommendation** include enhance faculty-clinical collaboration; consider to appropriately preparing students prior to clinical placements and the provision of formal mentorship program for all clinical mentors.

Keywords: ODP students, effective clinical supervision, effective mentor, clinical education, clinical experience

OP10: Dysmenorrhoea, Body Mass Index and the General Well-Being of Female University Students

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Many women in their lifetimes would experience a seemingly never-ending pain related to menstruation is dysmenorrhoea. The aim of this study is to determine the prevalence of dysmenorrhoea and body mass index (BMI) of female university students in relation to their general well being. A set of self-administered questionnaire were given to 158 female university students. The results showed a high prevalence of dysmenorrhoea at 92.4% with the mean of 4.61(SD± 2.69) with a median of 5.00 and a range of 0-10 on a likert scale. The levels of pain experience by the participants on the Likert scale are distributed as - no pain (66.7%), mild pain (69.0%), moderate pain (73.8%) and severe pain (87.5%).The interference of dysmenorrhea on the general well-being was assessed by seven questions. There was a significant association between dysmenorhoea with attending class (p=0.000), completing assignments (p=0.000), social activities (p=0.000), relationship with family (p=0.001), relationship with friends (p=0.000), relationship with partner (p=0.001), sport and exercise (p=0.000) amongst female university students. There was a significant association between dysmenorhoea with low body mass index (underweight) (p=0. 009) amongst female university students. This study concludes that with the high prevalence of dysmenorrhoea, thus, indicates that dysmenorrhoea is disruptive to a woman's daily life and the general well-being especially for those with low body mass index (BMI).

Keywords: dysmenorrhoea, female university students, body mass index, general well- being

OP11: High Fidelity Simulation in Paramedic, Nursing and Midwifery Education: Brunei Perspective

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Nursing and midwifery education have been known for using skill laboratory practice and actual clinical practice as a pedagogic learning model for clinical skills acquisition knowledge and experiences. However, factors such as advances in technology, ethical issues in clinical practices, patient safety and limited student opportunities to practice in the clinical, has changed the dimension of teaching-learning approach. One of the approaches is through high fidelity simulation (HFS) learning to mimic the realism of the clinical practices. HFS has widely gained its momentum and becoming a fast moving trend in health education, despite of the price tags and the debate of adequate literatures to address it cost-effectiveness. In line with HFS development, Brunei is not in exception of not embracing the technology. It has been actively implemented in nursing, paramedic and midwifery curriculum. It is still at infancy stage but has shown a rapid development and positive outcomes in acquisition of clinical knowledge and practices. This paper presents the journey of the early stage of HFS usage in paramedic, nursing and midwifery education in Brunei. It covers the area of its early development, current situation, challenges and future direction. Besides that, the result of a survey on student's perspective of using HFS in their learning will be also presented.

OP12: Isolation of stem cells in abundance from the maternal and fetal segment of human wharton's jelly derived from Umbilical cord.

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Introduction: Wharton's Jelly, mucous connective tissue derived from Human umbilical cord is a remarkable source of stem cells for cellular therapy.Normal umbilical cord is 50-60cm long, but there has been no mention of which segment of the cord was used in the previous studies. For the first time, we determine the presence of MSCs derived from three anatomical segments of the umbilical cord. **Methods:** Three segments of whole umbilical cord are identified anatomically as Maternal end, Middle segment and Fetal end. hWJSCs were isolated from 3cm-length cord of each segment Population doubling time and viability were determined at each subculture. Immuno-phenotyping of mesenchymal markers were analyzed. Multilineage potential of each segment was determined. **Results:** Isolated cells from Maternal and Fetal ends are significantly more proliferative and had a higher viability rate as compared to those from Middle segments ($p<0.05$). hWJSCs derived from Maternal and Fetal ends have a lower mean population doubling time of (2.5 days from passage 1-3) compared to Middle segment with Population Doubling time of (4.6 days from passage 1-3. Immuno-phenotyping showed hWJSCs from all three segments showed presence for MSC markers (CD105, CD73, CD90, CD44, CD13) with lower expression at the middle segment. Hematopoietic markers (CD14, CD34, CD45) and HLA DR (MHC Class 2) expression were absent. All segments showed multi potency differentiation into chondrogenic, osteogenic and adipogenic lineages. **Conclusion:** hWJSCs is the can be an alternative source of MSC besides bone marrow. For the first time, we isolated a three centimeter segment length from the maternal and fetal ends of the cord which is sufficient for subsequent isolation, expansion and banking. Nurses should be aware of the value of human umbilical cord which is often discarded.

Keywords: wharton's jelly, hwjscs, regenerative medicine, mesenchymal stem cells, umbilical cord

OP13: Health Risks Associated with Computer Users: Musculoskeletal Symptoms and Computer Vision Syndrome

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Introduction: Computers that evolved from day to day have now become a threat to humans' health. People knew the importance to prevent is always better than to cure, yet most of them disregard it and took for granted until the health problem arises. Since, it could affect one's physiological and mental health, people should realize that proper computing is also a crucial factor towards having a good quality of life. Thus matter should be taken seriously before it becomes more serious and unbearable in the future. The purpose of this study is to determine the association between the usage of computer with musculoskeletal symptoms and Computer Vision Syndrome. **Methodology:** a cross sectional study was conducted among students, academic and non academic members of a Nursing Faculty in a district of East Coast Region Malaysia. Random sampling method was applied in order to select the participants. 182 respondents are involved and data was collected by using self-administered questionnaire adapted from Jamjumrus (2007), Necas (1996) and Cohen (2008). Multiple Logistic Regression analysis was applied. **Result:** The majority of respondents were Malay, female and student nurse. 35.9% of the respondents had been used computer more than ten years and about 22.8% use computer around four hours per day. Finding revealed that gender (OR 5.1, 95% C1 1.30, 8.53, p-value=0.03), occupation (OR 0.7, 95% C1 0.03, 5.20, p-value=0.0069), year of computer usage (OR 1.4, 95% C1 0.71, 7.20, p-value=0.217) is the significant factor that associated with the occurrence of the musculoskeletal symptoms. **Conclusion:** Overall, the findings indicate that years of computer usage increases the risk for having musculoskeletal problems. This revealed plan of actions need to be ruled out before it becomes more severe and disrupts the quality of life.

Keywords: computer usage, musculoskeletal symptoms, computer vision syndrome

OP14: Effectiveness of Massage Therapy on Asthma Control Among Children in Rural Health Clinic in Klang District

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Asthma is the most common chronic illness in childhood and despite significant improvements for disease control and development of many drugs, it prevalence is increasing worldwide. In recent years, the use of complementary medicine (CAM) in treatment of many diseases is increasing. This study aimed at evaluating the effect of massage therapy on the asthma control among children with asthma in rural health clinic in Klang District. This quasi experimental study was conducted on 89 children aged 2- 7 years diagnosed with asthma. Convenient sampling method was used to collect samples from two different health clinics in Klang district. The group from KK Pandamaran was chosen to be in the experimental group and the subjects from KK Bukit Kuda were selected to be in the control group. Subjects in the massage therapy group received a 20-minute massage therapy by their parents at home before bedtime every night for 5 weeks in addition to the standard asthma treatment. The control group received the standard asthma treatment alone. The Juniper's Asthma Control Questionnaire (ACQ-IA) was completed by the parents of subjects before and after 5 weeks of intervention. Training sessions on massage therapy and telephone follow-up were done in the experimental group. At the end of the study, mean ACQ score of the massage therapy group was significantly higher than controls ($M = -7.00$, $SD = 4.22$ versus $M = -1.04$, $SD = 3.6$; $p < 0.001$). In addition, ACQ ratio showed a significant improvement in the massage therapy group ($M=17.09$, $SD=6.63$ versus $M=10.09$, $SD=3.19$; $p < 0.001$).There was no statistical significance in the association between age, sex and race and ACQ score. According to the study results, daily massage can improve asthma control among children. Therefore, the necessity of such an intervention in rural health clinics is emphasized. However, further research on a larger scale is required.

Keywords: asthma, children, massage therapy, asthma control score

OP15: Organ Donation among Generation Y – Knowledge and Media Roles

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Malaysia is among the lowest country in organ donation in which Malays compared to other races is the least to donate organ. This study is to identify the knowledge and attitudes towards organ donation among Generation Y of Malay ethnicity studying Art and Science courses in UiTM Puncak Alam Campus. Data for this study were collected among380 students of Universiti Teknologi MARA (UiTM) Puncak Alam. The result shows 40.5% respondents stated media as the main source for seeking information, 93.9% (n = 357) students have good knowledge on organ transplantation, 40.8% (n = 155) students know about organ donation while 6.1 % (n = 23) claim they totally have no knowledge regarding organ donation. Unfortunately only 18.9% (n = 72) students are willing to donate their organs after death, and 7.6% (n = 29) of students have organ donor card. There is a significant association between knowledge and organ donation χ^2 (1, N = 380) = 4.990, p = 0.025 and there are also a significant association between attitudes and organ donation χ^2 (1, N = 380) = 6.332 p = 0.012. Students from Art or Science course do not differ significantly with willingness to donate organ. Three factors associated with willingness to donate organ among university students are gender type, good knowledge of organ donation and knowledge on brain death. Female respondents were less willing to donate organs compared to male respondents (OR = 0.487, 95% CI 0.295 – 0.803). Respondents with good knowledge of organ donation and brain death were more willing to donate organs after death (OR = 1.908, 95% CI 1.233 – 2.953 and OR = 1.456, 95% CI 0.945 – 2.241). The main reason for reluctance to donate organ was the desire to be buried whole, 34.7% (n = 61). In conclusion, having the knowledge on organ donation eventually reflects on their attitudes towards willingness to donate organ. As media is a strong medium for transferring knowledge, it needs to be more effective and interactive in their roles with well–designed publicity on donor registration campaigns. This could correct any misconception regarding organ donation to a media savvy generation

Keywords: organ donation, generation Y, knowledge, media

OP16: The Effects of Back Massage on Pain and Anxiety Among Postoperative Orthopaedic Patients

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Background: Despite recent advances in pharmacological therapy, pain remained the major factor that interfered with the comfort of postoperative patients. Massage therapyhas increasingly been recommended as one of the non-pharmacological therapy which has proven by many studies to have positive benefits in reducing pain, and anxiety in postoperative patients. **Objective**: To determine the effects of back massage on pain, and anxiety among post operative orthopaedic patients. **Methods**: Quasi experimental design with control group was conducted in an adult orthopaedic ward at University of Malaya Medical Centre in Malaysia which involved sixty-six patients (control, n = 33; intervention, n = 33). A convenience sampling method was used to identify the research participants. Pre-test and post-test pain levels were recorded using Short-Form McGill Pain Questionnaire (SF-MPQ) and the anxiety measures were measured using Visual Analogue Scale. **Results**: There were significant difference in both groups post-test-pre-test on pain, control ($z= -4.763$, $p<0.05$), intervention ($z=-5.017$, $p<0.05$). The intervention group showed slightly greater effect size on pain compared to the control group. There was no significant difference in anxiety in both groups, control ($z=-.647$, $p>0.05$), intervention ($z=-1.568$, $p>0.05$). However, the intervention group had greater effect size compared to the control group. **Conclusion**: Massage therapy was shown to have beneficial effects in reducing pain within the subjects but was not significant in reducing anxiety. Overall results support the use of massage therapy as one of the non-pharmacological therapies in enhancing the comfort of postoperative orthopaedic patients.

Keywords: postoperative pain, postoperative pain management, massage therapy, back massage, non-pharmacological therapy

OP17: Belongingness: Malaysian Nurses' Experiences in the Clinical Workplace

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Introduction: The need to belong has been proposed to be the most basic need for human psychological wellbeing. Lack of belongingness has been associated with stress, anxiety, and lack of esteem. Understanding the nature of nurses' interconnection with others and their perceptions of belongingness has been linked to social and psychological functioning in the workplace. The purpose of this study was to explore factors contributing to Malaysian nurses' sense of belonging in the workplace. **Methodology:** This is a mixed-method study. Registered nurses (n = 437) from two hospitals in Kuala Lumpur, Malaysia, completed a previously validated questionnaires translated into the Malay language. Questionnaires were analysed using a variety of statistical measures for the close-ended questions, and content analysis for two open-ended questions. Subsequent to answering the survey, ten nurses participated in individual interviews which were thematically analysed. **Findings:** Nurses enhanced their sense of belonging through acceptance, 'fitting in', respect, and group harmony. There were no specific demographic factors contributing to the perceptions. The four core themes that emerged from the interview were: what it means to belong; being heard; finding a way to fit in; and the influence of Malay culture. The findings confirmed the positive effects of sense of belonging on feeling motivated, confidence level, and job satisfaction. The results also provide evidence for an effect of positive workplace culture which included supportive colleagues, the nursing manager and the other health care team members in enhancing a sense of belonging among nurses. **Conclusion:** Aspects of belongingness in Malaysian nurses reflect those of nurses elsewhere. However, there are specific cultural influences at play. Given the likely influence of Malaysian culture, development of a measurement scale based on Eastern culture would help in enhancing understanding of workplace practices among these groups of nurses.

Key words: belongingness, sense of belonging, nurses, clinical workplace

OP18: The Immediate Needs of Family Members of Hospitalized Relatives in an Intensive Care Unit

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Introduction: Admission of the loves one in ICU is known to be at crisis state for majority of family members. Since various studies highlighted that unmet need may result in psychological impact, thus it is crucial to assess their instant needs. **Objective:** The aim of this study is to determine family members' perceptions of their immediate needs following admission of a relative to ICU. **Methodology:** A convenience sample of 64 family members was drawn from those available during the first 72 hours of hospitalization in an ICU of University Malaya Medical Centre. Self-reported questionnaires, consisting demographic data and 45-item Critical Care Family Needs Inventory (CCFNI) with 4 point Likert scale ranging from "not important" to "very important" was the instrument used. Descriptive and inferential statistic of Kruskal-Wallis and Chi-Square were employed for the data analysis. **Findings:** The support subscale of CCFNI ranked the highest perceived followed by proximity, information, assurance and the least important subscale was comfort. However, most of family members perceived the statements of *"to have explanations given that are understandable, "to know the expected outcome"* and *"to have questions answered honestly"* as the most important statements and categorized under the assurance subscale, whereas statement of *"to be assured it is alright to leave the hospital for a while"* found to be the least important statement under comfort subscale. The significant association between education level of family members and comfort subscale was found with p value of 0.03 whereas other tested variables showed no associations. **Conclusion:** The study revealed the family members are desperately need the assurance upon their relative. It is recommended for critical care nurses to be more sensitive on immediate needs and provide focused interventions such as providing information based on the priority needs to prevent psychological consequences.

Keywords: immediate needs, family members, ICU

OP19: Thinking Out of Box – Management of MRSA Colonized Wound

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Introduction: Tea tree oil has been claimed to have anti-bacterial, analgesic and anti-inflammatory effects. Some in-vitro studies found it effective against MRSA. The aims of this study were to evaluate the effectiveness of 10% topical tea tree preparation to remove MRSA from MRSA-colonized wounds. **Method**: The study reported was a randomized controlled trial, single-blind study. Thirty-two elderly residents were recruited from two non-government nursing homes, 16 for the control group and 16 the tea tree oil group. They all had MRSA colonized wounds of stage II or above and had given their informed consent formed the sample. Two outcome measurements, the MRSA bacterial count and wound healing condition were taken at baseline and at 1-week intervals during the 4-week dressing intervention period. **Findings:** The control group residents received routine saline gauze dressing, while the tea tree oil group residents received the 10% topical tea tree preparation dressing. In the tea tree oil group, all chronic wounds that had previously been delayed in healing healed within 28 days without adverse reaction. MRSA was completely removed in 14 (87.5%) out of 16 wounds in this group. In the control group, no significant effect was shown among the 16 residents. **Conclusion:** The prevalence of MRSA colonized wounds is escalating particularly in the community. The findings of this study provide evidence to support the use of 10% topical tea tree preparation for the treatment of these wounds.

Keywords: tea tree oil, MRSA, chronic wounds

OP20: Assessing and Exploring the Competency of Prehospital Emergency Medical Service Personnel in Klang Valley, Malaysia: A Mixed Method Approach

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Introduction: The concept of competency in pre-hospital emergency medical service personnel is mainly focused on the professional proficiency that he/she has to provide intervention outside of hospital setting. Consequently, the effectiveness of pre-hospital EMS performance very much depends upon the capability of the personnel at the scene and as well during transport to the definitive care center. The aim of this study is to appraise and explore the competency of pre-hospital care staff and provide strategies for improvement. **Methods:** A mixed method approach featuring the concurrent nested design was employed. The method of qualitative design is embedded into quantitative data. Of 134 staff only 111(82.84%) returned the questionnaire. Nine semi-structured interviews and two focus group discussions were performed. The main informants were nurses/assistant medical officers, nurse/assistant medical officer administrators, and emergency physicians. **Results:** From the quantitative finding on the competency of staff handling pre-hospital EMS, all had the essential knowledge and skills. However, most of them reported not having good skills for invasive procedures, include giving medications. The qualitative information provided insight about the issues and strategies for the personnel in regards to competency. **Conclusion:** Pre-hospital EMS systems need to consider that the competency of pre-hospital EMS personnel has to come along with the responsible attitude of the staff itself, the support of medical direction, clear protocol for guiding them whenever needed, and continuous professional-development courses require them to maintain their professional proficiency.

Keywords: emergency medical service, competency, nurse and assistant medical officer, mixed method research

OP21: The Effect of Fetal Monitoring Education Program on Nurse Midwives' Knowledge and Skills in a Teaching Hospital

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Introduction: Fetal monitoring is done to assess the wellbeing of the fetus in utero. There has been no compulsory structured in service program designed for nurse midwives' in interpreting CTG tracing in Malaysia. **Objective**: This study is to determine the pre-existing knowledge and the skills of interpreting CTG among nurse midwives and to assess the effect of the fetal monitoring program conducted on nurse midwives' in a tertiary teaching hospital. **Design:** A quasi experimental; single group design (pre-test post-test approach). The study was conducted at a tertiary teaching hospital. All respondents, 54 nurse midwives participated in a 2 hours fetal monitoring educational program. **Findings:** There were no significant mean differences among the various obstetric unit (ante natal ward, labour ward and post natal ward) at the p value > .05 for the three units nurse midwives' on the pre test knowledge [$F(2,51) = .87$, $p = .43$] and pre test skill [$F(2,51) = .061$, $p = .984$]. The nurse midwives' in the labour ward scores the most on post test knowledge ($M = 11.16$, $SD = 3.39$) follows by the antenatal nurse midwives ($M = 8.83$, $SD = 2.01$) and the least mean score was the nurse midwives' working in the postnatal ward ($M = 8.59$, $SD = 1.94$). For the post test skills, the labour ward nurse midwives' scores the most ($M = 12.58$, $SD = 2.61$) follows by the antenatal nurse midwives ($M = 10.28$, $SD = 1.93$) and the least mean score was the nurse midwives' working in the postnatal ward ($M = 9.88$, $SD = 2.09$). There were significant differences in the mean score of pre test ($M = 5.35$, $SD = 1.79$) and the post test ($M = 9.57$, $SD = 2.78$); $t(53) = -9.27$, $p < 0.05$ on knowledge and pre test ($M = 5.98$, $SD = 2.82$) and post test ($M = 10.96$, $SD = 2.51$); $t(53) = -10.43$, $p < 0.05$ on skills. There was significant association between the working experiences and the pre test knowledge; $r(54) = -.39$, $p = 0.03$. There were no association between the working experiences and post test knowledge; and skills either in pre and post test. **Conclusion:** In-service fetal monitoring education program can increase nurse midwives' knowledge and skills in interpreting CTG. The existing fetal monitoring program needs to be re-evaluated as to ensure its suitability.

Keywords: fetal monitoring, educational program, cardiotocography.

OP22: Experience of Patients with Acute Myocardial Infarction

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Introduction: In the management of Acute Myocardial Infarction (AMI), delay in seeking treatment after symptom onset and psychological difficulties during recovery could have great consequences on prognosis. This study was done to seek for an understanding on how AMI patients' experience and perception might influence their interpretation and coping strategies in the course of AMI. **Objective:** The objective of this study is therefore to explore the experience, process of perceiving the event, and the coping strategies of patients with AMI. **Method:** Qualitative research approach was used and nineteen AMI participants were interviewed through in-depth, individual, and semi-structured interviews to obtain data for analysis. The Common Sense Model of Illness Representation (Leventhal, Meyer, & Nerenze, 1980) underpinned the methodology and guided the interpretation of the findings. **Findings**: Five themes that emerged from this data analysis highlighted the inadequate knowledge of AMI symptoms, poor severity recognition, and delay to seek treatment in pre-hospital phase. As participants progressed through the in-hospital phase, initial difficulties of shock and disbelief about diagnosis later was found to extend to psychological difficulties and perceived difficulties to adhere to healthy lifestyles. **Discussion:** The importance of this study is its contribution in adding new knowledge to an under researched issue in Malaysia. Findings indicate the reality of participants' experience that cannot be ignored. Support is needed for their lack of situation control. These findings provide a basis for assessing, planning, implementing, evaluating nursing care for AMI patients to reduce decision time to treatment and foster success in promoting recovery and lifestyle changes.

Keywords: AMI, experience, perception, coping strategies

OP23: Moral Distress among Nurses in General Hospital at South Region of Malaysia

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Background: Moral distress is a negative state and is associated with job dissatisfaction, working environment and contribute to stress and burnout among nurses. The aim of this study is to evaluate level and factors contributing to moral distress among nurses. **Methodology:** A total 149 out of 150 nursing staffs from district hospitals in the southern region of Malaysia completed the Moral Distress Scale-Revised (MDS-R), Nursing Work Index-Revised (NWI-R) subscale items and Perceived Stress Questionnaire (PSR). **Results:** Nurses in general showed moderate levels of moral distress (69.8 %; n=104/149). 18.8% (n=28/14) nurses have high level of moral distress and 11.4% (n=17/149) has low level of moral distress. There is a significant correlation between level of moral distress and working area which is medical or non medical (p=0.045). Age between 30-35 years old showed highest level of moral distress compared to age below 30 and above 36 years of age. Median of moral distress score is highest among baccalaureate level but is not statistically significant (p=0.293). There is statistically significant association (p<0.001) between the Nursing work index-revised (NWI-R) and Perceived Stress among nurses. **Conclusion:** This study provides evidence that level of moral distress exists in the nursing profession in moderation but if not addressed, will eventually cause burnout and job dissatisfaction and cause an impact on the quality of nursing care.

Keywords: negative state, moral distress, burnout, job dissatisfaction, working environment

OP24: The Effectiveness of Music Therapy Intervention for Patients Receiving Ventilator Support: A Systematic Review

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Background: Despite as a lifesaving and frequently used treatment, mechanical ventilation often become primary causes of anxiety and distress leading to decrease comfort among Intensive Care Unit patients. Patient's psychological and physiological distress may be relieved by analgesics. However, studies have shown numerous consequences resulting in the need of intravenous sedatives. **Objective:** The purpose of this study was to critically examine the effect of music intervention as compared to the standard care while patients are on mechanical ventilation. **Method:** Published studies related to the effect of music therapy on mechanically ventilated patients were identified from 1998 to 2010 through electronic database including CINAHL, EBSCOhost, Google, Yahoo, British Nursing Index, Pubmed, Cochrane Library, Science Direct, Proquest and Swetwise. A total of 11 research articles met the inclusion and exclusion criteria. **Findings:** Analysis of the studies showed that listening to music could significantly reduce anxiety, heart rate, respiration rate, bloods pressure and biomarker of stress response on levels of corticotrophin and cortisol among experiment group. **Conclusion:** It suggested that music therapy could decrease anxiety and promote relaxation among mechanically ventilated patients. This intervention was considered by many researchers as not only able to reduce expenditure for drugs which could lower the side effects of medication but most importantly it reduce hospital stay and ultimately reduce hospitalization cost. Nevertheless, more research with large sample size need to be carried out especially in developing region such as the South East Asia.

Keywords: music therapy, music intervention, anxiety, stress, mechanical ventilation

OP25: An Inquiry into Nursing Leadership Style

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Introduction: Leadership style has been shown to be an important determinant of organisational success. There is evidence to suggest that a transformational leadership style is positive correlated with increased organisational productivity. This paper will present the second part of a mixed method study that examined leadership style of nurse leaders. **Methods**: Twelve eligible nurse leaders were interviewed using a semi structured interview guide around a framework on leadership behaviours. The interviews were audio-recorded, and transcribed verbatim. The transcripts were used as data and were analysed using a thematic approach. **Findings**: Four themes were identified as adaptation transition, motivation factors, barriers and team dynamics. The results suggest that whilst individuals are aspiring to be transformational in style, key barriers such as organisational culture, inter-professional dynamics and a lack of leadership developmental meant responses more characteristic of a transactional style were encountered. **Conclusion**: There is a need to have joint responsibility between developing the individual leadership style and the organisational that facilitates such development for their leaders.

Keywords: leadership style, transformational, transactional

OP26: Shielding Career Integrity: A Classic Grounded Theory in Nursing

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The current critical care environment has shown an increasing workload and nurse responsibilities including patient acuity and complexity. ICU nurses navigate through the process of solving day to day problems in the different phases and levels within the practice setting. Many of the research studies that attempted to identify nursing decision-making skills are informed by heuristic or psychological theories of information processing. The reasons for gaps could be related to insufficient capture and reporting of details that can help determine if the outcomes are relevant and replicable in other areas. This study adopted the classic grounded theory methodology that was discovered by Barney Glaser and Anselm Strauss. The twenty-two ICU nurses who were recruited as participants through theoretical sampling, were interviewed regarding their main concern and coping strategies. The *transitory causal mechanisms* emerged as the main concern of the ICU nurse. There is a need to contain the elements that potentially contribute to a directional misalignment of a career that is ongoing. Something has to be done to achieve control over the effects of occurring and re-occurring incidents that create directional spikes disturbing an expected linear trajectory. This study discovered *shielding career integrity* as the concept to model the process of discovery and control integration. The process is not limited to creating a strategy or coping mechanism but also provides a sense of direction and meaning to the personal life of the nurse. The core category is divided into four linked sub-processes namely: *staging point, readjusting curve, partializing control cycle and leveraging authority*.

Keywords: ICU Nursing, Grounded Theory, Career Trajectory

OP27: The Roles for Evaluation and Policy Development in Transforming Nursing

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The profession of nursing continues to be affected by enormous pressures from advances in health sciences and technology, increased complexities in morbidities, and complicated health care systems. In order to respond to and optimally manage change, it is imperative to examine this from a broad perspective. The call for nursing practice to be based on empirical evidence is only one of the important considerations. Translational studies and community-engaged designs are increasing used. How can research be utilized in informing a caring practice? How can evaluation help guide nursing's response? As the nursing profession continues to evolve, "developmental evaluation" (Patton, 2010) may be an appropriate method to examine the professional transformation. How can nursing work with other professions in an inter-professional approach to education and leadership development? Collaboration will become even more needed to address complex care. Policy constrains and enables practice, with variations across geographical areas as well as across country borders. What is nursing's role in policy development? This presentation will review these factors and provide suggestions for consideration.

OP28: Barriers to Sustained Glycemic Control Among Adults with T2DM: Perspectives from Health Care Professionals

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Introduction: Type 2 Diabetes mellitus (T2DM), is a major health concern of the world. Diabetes mellitus affects over 10.3% of the Sri Lankan population. Most of the affected patients are of working age group contributing to the economy of the country. On assessment of fasting blood glucose, 71.3% of adults with T2DM had not achieved appropriate glycaemic control. Uncontrolled glycaemic levels are known to produce serious complications. There is limited data available on health care professionals' perspectives regarding glycemic control among adults with type 2 diabetes mellitus in Sri Lanka. **Objectives:** To explore the perception towards glycemic control among adults with T2DM as perceived by health care professionals. **Methodology:** A qualitative study design was adopted. Focus group discussions with nurses (n=30) and in-depth interviews with doctors (n=16) were conducted until data saturation. Matrix analysis was used to analyze data. **Findings:** Three themes were identified. They are barriers to glycemic control, reasons for adequate glycemic control, and suggestions to improve glycemic control. The identified barriers to glycaemic control were: insufficient knowledge about the illness, low socioeconomic status, lack of family support, poor compliance to health advice and insufficient diabetes care. The reasons for adequate glycemic control were; understanding about the illness, sufficient family support, adequate income and education, and motivation to control. The suggestions to improve glycemic control were improving knowledge about diabetes and providing better diabetes care. **Conclusions**: Nurses and doctors perceived that doing diet control, regular exercise and taking medication properly on a long-term basis are challenging behaviors for adults with T2DM. The findings emphasize the need to urgently remedy the provision of health care in the health institutions and the importance of having a community health nurse allocated to each health care area serving the community in the country.

Keywords: type 2 diabetes mellitus, glycemic control, health care professionals, barriers

OP29: Psychometric properties of Malay version of the Knowledge, Attitude, Practice and Intention of nurses towards Physical restraint questionnaire

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Background: Physical restraints are commonly used in the management of disturbed behavior in hospitalized patients. However, nurses still hold misconceptions about the use of physical restraint. The development of reliable and valid instrument to assess nurses' KAP towards physical restraint is essential to identify and rectify areas that need to be improved on. **Aim:** The purpose of this study was to assess the psychometric properties of the Malay version of the Knowledge, Attitude, Practice and Intention of nurses (KAPI) toward physical restraint questionnaire. **Method:** A survey using the questionnaire was conducted on 345 nurses working in a teaching hospital in Malaysia that had been selected based on purposive sampling. Forward-backward translation technique was used to translate the questionnaire. AMOS software version 21 was used for the data analysis. Content validity, construct validity, internal consistency and test-re test reliability of the questionnaire were assessed. **Results:** Cronbach's α coefficient for the Malay version of the instrument was 0.85. Satisfactory test-retest reliability was evident (0.88).The translated questionnaire demonstrated good content validity and appropriate convergent and discriminant validity. Confirmatory factor analysis added further evidence of the construct validity of the questionnaire ((Chi-squared = 1053.9, df = 445, SRMR = .037, CFI = .948, AGFI = .80, GFI = .824, RMSEA =0.068). **Conclusion:** The Malay version of the KAPI questionnaire was shown to be a valid and reliable instrument for measuring KAPI of nurses about physical restraint in Malaysia .This scale can be used in future studies to obtain high quality data for improving patient care.

Keywords: physical restraint, validation, knowledge, attitude, practice, intention, nurses, psychometric properties

OP30: Hawaiian Wellness: An Examination of Culture and Adaptation

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Introduction: This program of research addresses health disparities in the Native Hawaiian population, through honoring native perspectives. It is important for researchers and clinicians to understand the belief system and the values of the local society, and how clinical practice may be adapted to fit with the health beliefs of the clients. By developing authentic information, clinical practice can use research-based evidence to fit with cultural belief systems. **Methodology**: This study analyzed data collected using focus groups with *Kupuna* (elderly Native Hawaiians), key interviews, and document reviews. Grounded theory was used initially to develop of model of *pono*, or balance. Further analysis explored how this population adapted and adopted new information and technology to further their traditional culture. **Findings**: The meaning of wellness, the importance of returning to Native life style as much as practical, and the concept of balance in life were key findings. The embeddedness of the individual in native society, as a strength and as a responsibility, was very clear. The necessity to engage with the changing social, economic, political, and physical environment was guided by traditional values. **Conclusion**: The collaboration of client and clinician, enhanced through knowledge developed with this approach, can lead to improved health outcomes. By appreciating the adaptation process, the clinician can form an alliance with patients.

Keywords: wellness, culture, grounded theory

OP31: The Effects Of Virgin Coconut Oil (Vco)As Supplementation On Quality Of Life (QoL) Among Breast Cancer Patients

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Purpose: The aim of this study was to examine the effectiveness of virgin coconut oil (VCO) on the quality of life (QOL) of patients with breast cancer. **Methods:** This is a simple randomized experimental study among breast cancer patients admitted at an Oncology unit, Hospital USM, Kubang Kerian, Kelantan. The sample consisted of 60 patients with type III and IV of breast cancer allocated to an intervention group (n = 30) and a control group (n = 30). QOL was evaluated from the first cycle of chemotherapy to the 6th chemotherapy and the data were collected using a validated Malay version of European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Breast Cancer Module (EORTC QLQ-C30) and its breast specific module (QLQ-BR 23) instrument. **Results:** The mean age of breast cancer patients was 50.2 (SD = 13.5) years. In general, breast cancer patients showed a significant mean score different for functioning, global quality of life, appetite lost, fatigue, breast symptom and systemic therapy side effect between groups (p value = 0.05). VCO consumption helped in improving the functioning status and global quality of life. It also could reduce the symptom effect of chemotherapy. Therefore, we can conclude that VOC give positive affect for some part of items that determine the quality of life among breast cancer patient during chemotherapy.

Keywords: virgin coconut oils, quality of life, breast cancer patient, chemotherapy

OP32: Adversity Quotient of 2011 Intake Nursing Students

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Introduction: Adversity Quotient (AQ) is a form of measurement used to determine a person's ability to respond to a challenge or difficulty in achieving a successful life. One of the challenges and difficulties for nursing students was to face the program's Competency-Based Curriculum (CBC) with Student Centered Learning (SCL). **Purpose:** The purpose of this study was to determine the level of Adversity Quotient Force among nursing students of 2011 Intake who were following the CBC with SCL. **Methodology:** A descriptive quantitative method was employed. All of the 2011 intake nursing students were taken as samples. A modification of the Adversity Response Profile Quick Take™ measuring device was used in this study. **Findings:** The findings showed that out of 142 students, a majority of them (n=87, 61.27%) were in the 'climber group', a fraction (n=50, 35.21%) in the 'transition to a camper climber group' and only five (3.52%) of the respondents were in the 'camper group'. None of them were in the 'transition to camper quitter group' nor on the 'quitter group'.
Conclusion: This study suggested that most of the students are able to response to the challenge to succeed in life.

Keywords: adversity quotient, competency-based curriculum, student centered learning, adversity response profile quick take™

OP33: Clinical Experiences of Nursing Students

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Introduction: Nursing students face challenges in learning at the clinical areas. This study aims to explore the Malaysian nursing students' perception of their clinical experiences. Students' expectation, feelings, challenging experiences related to work culture, knowledge and skills in patient care, teaching-learning supports, people interpersonal relationship, students' role and their coping mechanism in nursing were explored. **Methodology:** This study used qualitative research method. Nine undergraduate nursing students posted to the Malaysian hospitals and clinics were purposively sampled for the study. The study used face to face interview and a question guideline to collect the study data. NVivo software was used to analyse the data, with emergent themes which illustrated the students' clinical experiences. **Findings:** Three major themes emerged: 1) "Gaining insight into the hospital setting" 2) "Challenges" and 3) "Coping mechanism". These themes painted a picture of students' feeling, responses and learning experiences that resulted from working at the busy patient care environment. Students' reports highlighted work challenges such as problems related to communicating, interacting, learning, working with as well obtaining learning support from other people at work. Their coping strategies included obtaining support from experienced nurses as well as active learning about patient care. **Conclusion:** This study proposed practical strategies to empower students in clinical learning and increase their self-esteem and confidence. The key to improve and support quality of students' clinical education focused on encouraging adequate and effective teamwork spirit between education and health care service staff. It also recommended future research related to students' clinical learning.

Keywords: nursing students; clinical experiences, coping mechanism, collaboration.

OP35: Attitudes Of Nursing Students Towards Organ Donation In Hong Kong: A Qualitative Study

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Introduction: Organ donation saves lives and brings hopes to desperate patients and their families. The organs donated which undergone transplantations are considered as the only treatment to a wide range of life-threatening and end-stage organ failure. However, there is a huge discrepancy in organ supply and demand which leads to organ shortage in Hong Kong. Research found that positive attitudes of healthcare providers directly affect donation rate. An in-depth understanding of the attitudes of the nursing students provides insights to nursing educators to develop appropriate teaching materials and raise the awareness of both the parties towards organ donation. The aim of this study is to explore the attitudes of nursing students towards organ donation in Hong Kong. **Methodology:** A convenience sampling was adopted in this study. Fifteen nursing students from four universities in Hong Kong were recruited.In-depth, semi-structured interviews were used to generate the data. Interviews were audiotaped, transcribed, and then analyzed using the content analysis method of qualitative research. **Findings:** Eight themes were emerged under the cognitive, affective and behavioural component of attitudes. They were: embracing altruism, obliging nursing mission, trusting on medical system, utilizing the corpse effectively, having empathic concern, experiencing personal distress, procrastinating discussion with family member and willing to register as an organ donor. **Conclusion:** This study aroused the awareness of nursing students on organ donation and provided insights for nurse educators in curriculum development. Despite the majority of nursing students had positive attitudes towards organ donation, a discrepancy between attitudes and actual commitment still exist. Strategies were identified to resolve the problem.

Keywords: Attitudes, Organ donation, Nursing students, Hong Kong

OP34: Factors Influencing the Quality of Work Life (QWL) of Community Health Nurses

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Maternal and child health care service including midwifery are basic component provided by the community health nurses. Many countries including Malaysia continue to experience nursing and midwifery staff shortages, inequitable distribution of capabilities and skill-mix imbalances. Quality of work life of health workforce is crucial in effort to improve health outcome. The objective of this study is to investigate the factors influencing the QWL of community health nurses in Malaysia. This paper discusses the literature review that was performed as part of phase one of this project. Review of the literature revealed that some of the studies suggested that the nurses were dissatisfied with their work life. The major influencing factors were unsuitable working hours, inability to balance work with family needs, inadequacy of vacations time for nurses and their families, supervision practices, lack of professional development opportunities, and an inappropriate working environment, recreation facilities. Other related factors are related to psychological issue such as stress and anxiety. These review finding are useful as a basis in the development of the conceptual framework and the hypothesis. Published report indicated that many studies were mainly focused more of hospital nurses. More study to be conducted in relation to quality of life among community health nurses.

Keywords: community health nurses, quality of work life, dissatisfaction.

Poster Presentations

1. A Quasi Experimental Study on Microbial Count and Duration Between Two Surgical Hand Scrubbing Methods in a Malaysian Tertiary Hospital

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Background: Surgical hand scrubbing is significant in preventing surgical site infection. However, in most hospitals in Malaysia, scrubbing with brush is still practiced. **Objective:** This is to determine microbial count and duration taken when using the alcohol based hand rubs as an alternative to traditional surgical hand scrubs among operation theatre (OT) personnel. **Method:** This is a non-equivalent quasi experimental study design 50 OT personnel - 25 nurses and 25 doctors are divided into control group for traditional scrubbing and interventional group for rubbing method. Post microbial count and duration after scrubbing and rubbing method was taken, measured and compared. Independent t-test was used to analyze the duration for scrubbing and rubbing methods. **Results:** There was statistical significant difference between duration rubbing method to scrubbing method. On the microbial count measurement for scrubbing and rubbing, there is no statistical difference between the two methods. Duration taken for scrubbing and rubbing method is statistically significant with shorter duration for rubbing method. **Conclusion:** The study demonstrated rubbing method using alcohol based hand rubs has the same microbial count despite taken shorter duration compared to the traditional hand scrub method. It provides an alternative practice to prevent surgical site infection.

Keywords: microbial count, hand rubs, hand scrubbing, surgical site infection, non-quasi experimental design

2. Hand Hygiene Practices Among Nurses In Community Health Facilities In Pahang

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Nurses can contaminate their hands with microorganism when in contact with the patient. This study aimed to evaluate hand hygiene knowledge and practices among nurses in Primary Health Care facilities. This cross-sectional descriptive and observational study was conducted on nurses in 11 Districts from Mac to June 2013. About 150 samples from Health Clinic was chosen as respondents. Six section tool of items for the data collection was used in this study. The study finding revealed that the most common hand hygiene adherence are during after gloving procedure which accounts 97.3%, followed by compliance to hand hygiene after blood taking and before gloving 96.7% . Only 77.3% of the respondents wash their hand when gloves were torn and 16% of them were not adhering during performing anthropometry procedure. Result showed that 90% of the respondent had a good compliance in the hand hygiene procedure. Only 8.7% have a moderate compliance and 1.3% has a poor compliance towards hand hygiene. The lowest barriers was unsure off need is 2.7%. It is important to carry out training programs on hand hygiene regularly for health care workers as it has been associated with increased compliance to hand hygiene practices and reduces the infection. It is important to instill a correct practice and a correct knowledge regarding hand hygiene during the primary training.

Keywords: hand hygiene, nurses, primary health care facilities in state pahang, infection control.

3. The Effect of Information Booklets on Family Members' Satisfaction with Decision- Making in an Intensive Care Unit

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Introduction: The ICU unit is usually a very emotionally charged environment and can create a great deal of tension and stress for families. Family members who frequently ask nurses for information can place an additional burden on the nursing staff. Thus, having information about the patients' condition, management of care and the ICU setting is vital to ensure family members' satisfaction. **Objectives:** To test the effect of information booklets on family members' satisfaction with decision-making around the care of critically ill patients in an intensive care unit. **Method:** Quasi-experiment with non-randomized study groups, using a pre and post-test design. The study was conducted in an adult intensive care unit, where 84 family members of critically-ill patients were assigned to an intervention group and a control group. Recruitment of sample: admission of patients to ICU on even days; control group, odd days; intervention group. On admission, self-reported pre-test questionnaires were given after received consent. Intervention group received information booklet and were explained between 20-30 minutes; control group, received routine information if any. Day-2: reinforcement on information about 10-20 minutes for intervention group only. Day3: completion of post-test questionnaire by both groups. The Family Satisfaction – Intensive Care Unit (FS-ICU) & Quality of Communication (QOC) instrument was used to measure families' satisfaction level. **Finding:** There are significant differences in Family Satisfaction between the intervention and control groups. Satisfaction with decision-making increased significantly from pretest to posttest, the family member who received the booklet had a significant increase in satisfaction level compared with the group who received the usual information. The significant association between variable 'staying with' and family members' satisfaction level was found with p value of 0.03 whereas other tested variables showed no associations. **Conclusion:** The study findings confirm that the information booklet results in a substantial increase in family satisfaction regarding decision-making for patients' care. Thus, it's relevant as an important method to measure one aspect of ICU care as well as the quality of the care provided.

Keywords: decision making, family satisfaction, information need, intensive care unit, structured communication.

4. Failure Mode Effect Analysis (FMEA) to Reduce the Incidence of Infiltration/Extravasation in a Private Hospital in Johor Bahru

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Background: Infiltration and extravasation are complications arising from accidental leakage of an IV solution into the surrounding tissue. There are serious consequences that patient experiences such as loss or limited limb function, amputation, scarring and long term pain. There were three cases of infiltration and extravasations being reported from October to December 2013 and it was obvious that urgent measures had to be taken to reduce and contain any further incidence in the interest of patient safety. **Objective:** This study aims to explore the knowledge of trained nurses and their understanding on intravenous management and its complications. **Method:** FMEA was used as it provides an organized, critical analysis of potential failure modes of the system being defined and identifies associated causes. An open and close ended questionnaire was distributed to 144 nurses who provided continuous care to patients; Nurses excluded from the study were those working in transition areas such as endoscopy unit, operation theatre and special diagnostics as they were not involved in provision of total care for the patient. **Result:** Out of 144 nurses, 82 (60%) of them responded. All of the 82 nurses who responded had selected 3 most possible causes of IV infiltration / extravasation; prolong usage of the same IV line, lack of responsibility in checking the IV site and no dedicated IV team to monitor patient with IV line and access. **Conclusion:**The provision of a trained nurse on IV management and assigning her to check daily on patients with IV lines and IV access did indeed reduce IV complication to zero. Documentation on IV peripheral care has also improved significantly. Unfortunately, this study did not explore whether the knowledge of the nurses taking part in the study did commensurate with their years of experience.

Keywords: infiltration, FMEA, intravenous complication, v.i.p (visual infusion phlebitis) score

5. Knowledge and Practice of Foot Care among Diabetes Mellitus Type 2 Patients

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Background: Diabetic Foot Ulcer (DFU) remains as common complication of Diabetes Mellitus Type 2 (DMT2). Knowledge and practice of foot care play a crucial role in preventive measures. **Purpose**: To explore general knowledge of diabetes mellitus, knowledge and practice of foot care among Diabetes Mellitus Type 2 patients. **Method**: Sixty six clients from Endocrine Clinic, Pusat Perubatan Universiti Kebangsaan Malaysia were recruited conveniently. Self-administered questionnaires namely Michigan Diabetes Knowledge Test (MDKT) and knowledge and practice of foot care were used. The scoring was classified into two categories low (score of <7) and acceptable (score of ≥ 7) on the level of general knowledge. As for the knowledge and practice of foot care, the respondent was categorized into low (score of <6), satisfactory (6-7) and good (score of >7). **Findings**: Result showed evenly distribution on general knowledge of diabetes mellitus. Besides, foot care levels of knowledge among respondents were 65% good and 35% satisfactory. Conversely, merely 12% demonstrated good level practice of foot care. Meanwhile 49% and 18% of respondent disclose satisfactory and poor level of foot care practice. **Conclusion**: This study indicates the necessity on assurance of health education for general knowledge of diabetes mellitus. Despite of having knowledge of diabetic foot care, foot care practice still need to be emphasized and monitored in preventing DFU.

Keywords: diabetes mellitus; knowledge and practice of foot care; diabetic foot ulcer

6. Prevalence and Knowledge of Tuberculosis Among Orang Asli in Baling, Kedah

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Introduction: In Malaysia, tuberculosis is spreading again and with increase mortality and morbidity. **Objective**: The objectives of this study were to determine the prevalence and basic knowledge of Tuberculosis among orang asli at Kampung Ulu Legong, Baling, Kedah. **Methodology**: This cross sectional descriptive study was conducted from May 2013 till April 2014 using structured close-ended questionnaires. Descriptive analysis was used to analyze the mean, standard deviation (SD), range and percentage (%) for the respondent demographics. **Results:** Of these 74 respondents, 54.1% were female, 75% were married, 45.9% only had attended primary school and 71.4% of respondent had income less than RM500. The majority of them (92%) knew about Tuberculosis.17.6% of respondents had been infected with tuberculosis. Nearly 65% of the subjects chose bacteria/germs, followed by 59.5% of smoking, chewing betel leaf, drink alcohol and 43.2% because of fever were the main cause of TB disease. Sixty two of them knew that TB can be infected each other with 77% can be infected through sharing drinks/ food with TBs' patient. Modern medicine was the main choice of medicine if the cough contains blood (90.5%) while only 9.5% would have chosen traditional medicine. **Conclusion:** Effective prevention programs, including basic awareness of the spread of the disease should be carried out among orang asli community. Besides that, this finding could assist the healthcare provider to plan strategy for health education to ensure that the incidence or infectious disease can be reduced by providing them accessible, transparent and understandable information regarding the disease.

Keywords: tuberculosis, knowledge, prevalence

7. Learning Needs of Expectant Mothers for Postpartum Care

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Introduction: Multiple physical problems have been reported to occur in women after birth. Shorter hospital stays for mothers and new-borns have affected the care of these patients in a number of ways. Less time is available for support of postpartum mothers during the hospital stays and as a result, the postpartum mothers have voiced concerned over the lack of knowledge about physical care during postpartum recovery. This study aims to identify postpartum mothers' information needs in the care of self and newborn during the postpartum period. **Method:** It was a cross-sectional survey. Recruitment of 403expectant mothers were conducted at the antenatal clinic of one teaching hospital in Lembah Kelang (n=403). Women who are pregnant for first time and second baby were eligible. Participants completed self-administered questionnaires addressing their prime concern on postpartum health care topics. **Results**: Infant care was the prime concern (35.6%) of all interest in postpartum health as identified by the first time mothers whereas physical health or self-care (33.6%) was the prime health topic requested by the multi-gravid women. The three main health topics concerns, regardless of gravid status, were newborn health (69%), newborn care (60.0%) and breast feeding (28%). The least frequently identified concerns were resumption of sexually activity (1%), body image (2%), emotional care (2.2%) and birth control (16.4%).A statistically significant difference was observed by number of pregnancies for only three topics, namely emotional care, resumption of sexual activity and body image. **Conclusion:** Parent seeks information to help them in their parenting role. The study's results contribute to nursing knowledge by identifying areas of postpartum care that the new mothers seek that can assist them in caring for themselves and their newborns during the postpartum period. The conclusions from this survey can assist nurses in the antenatal clinic and postnatal ward to plan and implement prenatal classes and postpartum teaching that are developed appropriately and relevant to meet the needs of the new mothers.

Keywords: postpartum teaching, postpartum health, learning needs

8. Perception of nursing students on general physical activity in a Malaysian tertiary hospital

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Background: Nursing students experience a high level of physical activity during their training that would improve their academic performance and wellbeing. However, there has been limited research related to this issue in Malaysia. **Aim:** To determine the level of general physical activity among nursing students in a tertiary hospital. **Method:** This study employed a cross-sectional design, conducted from January to March 2013 at Universiti Kebangsaan Malaysia Hospital. The instruments; Perceived International Physical Activity Questionnaire (IPAQ) was adapted and administered to 87 respondents of undergraduate nursing students participated in this study. **Results:** The findings reported that 32 respondents (36.8%) practiced a high level of physical activity with (1500 METs), followed by moderate 31 (35.6%) respondents of (600 METs) and 24 (27.6%) respondents with low level of physical activity (600METs) respectively. Respondents' strength endurance showed the strongest relationship with the physical activity ($r=0.294$; $p=0.006$). There was no significant differences between level of physical activity with body mass index (BMI) ($F=2.693$; $p= <0.05$) and academic performance ($r=0.096$; $p=0.379$). **Conclusion:** This study has concluded that the level of general physical activity and motivation has great impact towards the participation of physical activity among nursing students. Furthermore, it is found that an increased of physical activity behaviors are related to motivations, BMI and academic performances. In order to improve, it is crucial to promote the physical activity within the nursing curriculum.

Keywords: nursing, students, physical, activity, tertiary hospital

9. Social adaptive functioning of people with mental illness recently discharged from hospitalization in three Malaysian states

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Introduction: People with mental illness often experience significant disabilities. With the objective to reduce stigmatization of the illness and for deinstitutionalization of the individuals, they are often discharged from the hospital in a condition which may still require continuing care due to their social adaptive and other functions. **Objective**: this study aimed to determine the social adaptive functioning of people with mental illness who have been recently discharged from hospitals. **Methodology**: using a quantitative, cross-sectional approach, a survey was conducted among individuals with mental illness (N=160) who were just discharged within one month from the hospitals in the three Malaysian states of Sabah, Johore and Sarawak. Using the modified 16-item Social Adaptive Functioning Evaluation scale (Harvey, 1997), rated on a 5-point Likert's scale, *self care and instrumental functions, social functions* and *impulse control domains* of these individuals were assessed. This constitutes as part of a mixed method study which also explored the care givers readiness for continuing the care giving. **Findings**: with a higher score denotes more severe impairment, an overall SAFE mean of 1.32 (0.88) was obtained with a higher mean of 2.2(1.42) in the *social function domain.* A relatively higher item means were obtained for *'money management'; social interaction' and 'establish friendship with others'*. Overall findings show that 20% (n=32) of the participants were having severe or extremely severe impairment. In particular, half of them (n=80) were categorized as having 'severe' or 'extremely severe' impairment in term of their 'social function domain'. SAFE impairment score was found to be related to selected socio-demographic variables (age, gender and ethnicities) ($p<0.05$). More severe impairment level was found in the group >40 years old, female and of Chinese ethnicity. **Conclusions**: Findings related to the different levels impairment of the social adaptive functioning of individuals with mental illness who have been discharged from hospitals would provide further insights into challenges of caregivers in their continuing care provision in the local context.

Keywords: early discharge; people with mental illness; social adaptive functions

10. Perception Towards Sex Education Among UNIMAS Community

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With the increased rate of baby dumping cases and other related social problems,there were many debates on how to cope with the problems. One of the solutions proposed by the government was to implement sex education in school. However, this stirs controversial issues due to differences in opinions and perceptions about the implementation of sex education in schools. This study aimed to examine the perception of UNIMAS community towards sex education and its associative factors which indirectly would influence their perceptions. This study was conducted using quantitative approach whereby a descriptive cross sectional design was adopted. A total of 150 samples were collected using stratified random sampling. The samples were calculated based on the actual total population for each stratum: students, academic staffs and non-academic staffs. Data was analysed using descriptive statistics and Pearson chi square test. Results showed that 54.7% (n=81) of respondents had negative perceptions meanwhile 46% (n=69) had positive perceptions toward sex education. Their main source of sex information was peers (68.7%). Types of occupation, mothers' highest educational level, parents as a source of sex information, cultural or religion factors were found to have significant relationships with perception towards sex education. It can be seen that policy makers need to be cognizant on people perception towards sex education if it is to be implemented successfully.

Keywords: perceptions, baby dumping, sex education

11. Knowledge and Attitude Towards Papanicolaou Test (Pap Smear) Screening Among Malaysian Women

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Introduction: Cervix cancer is a second killer among Malaysian women and every four minute a death was cited from Malaysian Today Magazine (July 2012). An early detection of PAP smear screening would result in better prognosis to reduce mobility and mortality. **Objective:** The objective of the study was to determine knowledge and attitude towards Pap smear screening among Malaysian women in a health care center. **Methodology:** A descriptive cross-sectional study was conducted from April to July 2013. A total of 64 respondents were recruited at Cheras Health Care. A questionnaire including demographic characteristics (3 items), knowledge (14 items) and attitudes (9 items) towards PAP smear were administered. The data were analyzed using SPSS ver. 18. **Findings:** The socio-demographic data indicated 42 (66%) respondents possessed diploma education whereas 22 (34%) were degree qualification. Out of 64 women only 28 (44%) have experience on performing PAP smear. The findings showed that 33 (52%) respondents reported low level of knowledge compared with 31 (48%) with high level of knowledge. However 51 (80%) respondent's attitude was reported to be low level, whilst 13 (20%) possessed high level of attitude towards PAP smear screening. **Conclusion:** In this study reported that majority of the respondents showed to possess low knowledge and low attitude towards PAP smear screening at this health care center. Possible contributing factors could be due to lack of awareness and knowledge on the importance of early PAP smear screening among women. Hence, health care providers should constantly educate and emphasize the need on PAP smear screening to prevent complications.

Keywords: knowledge, attitude, papanicolaou test (pap smear), cervix, cancer

12. Birth Education Programme for expectant father: Qualitative Study on Needs Assessment

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Introduction: Government hospital allows husbands to be with their wives during labour, but unfortunately they do not know what to do during the labour process and they easily tend to get panic. So, birth education programme will be the way to provide the husbands with some knowledge and practice on what to do during the labour stage and be an active birth partner as well. **Objectives:** The general objective of this study is to explore the needs of birth education programme for expectant father. **Method:** It is a qualitative study which focuses on focus group discussion. Three focus group discussions are divided into groups of husbands, wives and nurses, and 32 participants selection is based on convenience purposively sampling from six health centers of Kuala Terengganu region. Open ended questions guideline was used to explore the needs of expectant father and data was transcribed according to identified themes. **Findings:** The identified themes are knowledge on pregnancy & birth, the pregnancy itself, care during pregnancy, the process of labour, treatment and intervention during labour, care during labour, husbands' attitude, and practices during assisting their wives, especially on practice to reduce pain and anxiety during labour. **Conclusions:** All participants agreed that husbands need to be involved in birth education programme. Support from husband is important during labour and this programme is trying to help husbands to be an active birth partner for their wives.

Keywords: expectant father, labour, birth partner

13. Work Satisfaction among Nurses in Intensive Care Unit at Hospitals in Selangor

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Introduction: Work satisfaction is an important reason for nurses to choose either to stay in or get out of his or her job. **Purpose**: The purpose of this study is to determine the level of work satisfaction of the Intensive Care Unit nurses. **Methodology**: The study used a non experimental, quantitative design with a theoretical framework based on Herzberg's theory. Stratified random sampling method was used in which the population in this research covered Intensive Care Units in two tertiary and secondary hospitals. The total number of respondents was 228. SPSS version 11.0 was used to analyse the data. **Result**: The overall mean score for the level of work satisfaction among nurses was 4.025 with a standard deviation of 0.82 (CI 3.915, 4.13). Work satisfaction was higher in secondary hospitals(4.18, SD 0.69). There was statistically significant of mean motivation factors between tertiary (3.92, SD 0.96) and secondary hospitals (4.27, SD 0.69, p value <0.001). There was strong positive correlation (r 0.798) between motivation and hygiene factors (p value <0.001). However, there is no significant difference in hygiene factor between secondary and tertiary hospital Nurses aged between 20 to 30 years old had a significantly lower level of work satisfaction (p value <0.001). Nurses who had less than 5 years experienced in nursing had a significantly lower level of work satisfaction (p value <0.001). **Conclusion:** This study showed that there was a moderate level of satisfaction among nurses in Intensive Care Unit. The work satisfaction among nurses in secondary hospital was higher. It also suggested that an increasing level of motivation factors will increase the hygiene factors. This result could be used to develop policies and guidelines to improve further nurses satisfaction at work and thereby lead to better patient care.

Keywords: motivation, hygiene factors, work satisfaction, nurses, intensive care unit

14. Relationship between the Most Common Side Effects of Chemotherapy and Quality of Life among Hospitalised Breast Cancer Patients

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Introduction: Breast cancer is one of the most common cancers in the world. It was reported in 2003 that over one million of women were newly diagnosed with the disease and majority of them were treated with chemotherapy drugs. Although such drugs would kill the cancer cells, its devastating effects have been reported to affect the patients' quality of life (QOL). **Objectives:** To determine the relationship between domains of QOL (physical, mental and social) and the three most common side effects of chemotherapy. **Methodology:** This cross-sectional study was conducted in oncology units of Hospital Universiti Sains Malaysia. Fifty two hospitalized patients on the units were randomly selected. Data were collected using a Malay version of self-administered questionnaire, EORTC QLQ-C30, to determine the three domains of QOL. In addition, the study also aimed to identify the three most common side effect of chemotherapy experienced by the patients. SPSS 20 was used to analyze the results (descriptive and Pearson correlation test). **Results:** The three most common side effects of chemotherapy experienced by the respondents (n=52) were alopecia (mean=3.75, SD=0.556), fatigue (mean=3.62, SD=0.653) and appetite alteration (mean=3.62, SD=0.599). Meanwhile, the level of overall QOL was at satisfactory level (78.8%). The study only found there were significant relationships between social domain and alopecia (r=0.309, p=0.026), social domain and fatigue (r=0.280, p=0.045) as well as physical domain and appetite alteration (r=0.422, p=0.002). **Conclusion:** Findings of the study showed the three most common side effects of chemotherapy which have affected chemotherapy patients' QOL from social and physical domains. Although the overall QOL of patients were at a satisfactory level, measures to increase their social and physical domain of QOL should be reviewed. It is recommended that nurses caring for such patients address this matter urgently for the sake of breast cancer patients undergoing chemotherapy in the oncology units.

Keywords: chemotherapy, breast cancer, quality of life, side effects of chemotherapy, oncology units.

15. The Experiences of Malaysian Registered Nurses Undertaking Post Registration Nursing Degree in a Public Institution of Higher Learning

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Introduction: In recent years, there was a significant increase of qualified nurses upgrading their qualification to degree but there has been little research that examined the value of post-registration education by universities. This paper reports the experience of registered nurses undertaking post registration degree program in a public university in Malaysia. The purpose of this qualitative study is to explore the expectations, experiences and impact of these experiences on Malaysian registered nurses. **Methods:** A qualitative, in-depth open and semi structured interview were used to capture a holistic view and lived experience of registered nurses' in degree program. Six graduates who completed their degree in various specialization and currently working participated in the study. Data was collected within six months. Participants' were asked to reflect on their experiences, challenges and how their experiences gave meaning to their nursing practice. Data were analyzed using thematic analysis. **Results:** Four themes emerged during the analysis: (i) expectations (ii) mixed reaction (iii) meeting conflicting demands (iv) benefits. Students had high expectations towards learning in a university which they believe will enhance their intellectual development and socialization. Findings indicate university education provides an environment to enhance students' thinking, access to academic experts and rich learning resources. Students value the transformation of becoming a graduate as they grasp the professional values. Mixed emotional reactions were reported as students learn to adapt to the new learning strategies, evaluation method and improving interaction among their peers. Stress was mainly due to adjusting to tertiary education and meeting family demands. This experience caused a transformation which contributed to their personal and professional development. **Conclusion:** Undertaking degree is a necessity for nurses to upgrade their knowledge to lead the future generation. Besides, improving quality of care, tertiary education is vital in enhancing nurses' autonomy and promoting lifelong learning.

Keywords : post registration, nursing, curriculum experience

16. The Perceptions and Attitudes of the Public Towards People Living with HIV/AIDS

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Introduction: Malaysia is among the countries that hasthe fastest growing HIV/AIDS. Thepeople living with HIV/AIDS (PLWHAs) continue toexperience stigma and discrimination. **Objective**: This study aims to explore the perceptions and attitudes of the public towards people living with HIV/AIDS. **Methodology**: This study used a qualitative method.Employing a purposive sampling, participants who volunteered were interviewed.It was conducted at a semi-urban district in Sarawak. Saturation reached at twentieth participants who volunteered. The data collected were transcribed and analyzed manually. **Findings**: The themes were grouped accordingly to perceptions and attitudes. Two themes emerged in perceptions ([1] PLHWAs are promiscuous and [2] HIV/AIDS is contagious). Three themes emerged in attitudes ([1] avoid physical contact with the PLWHAs, [2] discriminated and [3] rejected the PLWHAs. **Conclusio**n: The finding of this study is consistent with other studies. The public continue to reject and discriminate the PLHWAs). This finding is useful for nongovernmental organisation, health professional and other significant people to plan appropriate strategies to help the PLWHAs. The public need to be convinced that HIV is not transmitted through casual contact.

Keywords: HIV/AIDS, perceptions, attitudes, misconceptions, discrimination

17. Caregivers' Experiences in Meeting the Spiritual Needs and Care of Cancer Patients

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Introduction: Meeting the spiritual needs of the patients with terminally ill disease especially cancer is an important healing force to patients.

Objective: This study aims to explore the experiences of the caregivers in meeting the spiritual needs of the cancer patients. **Methodology**: This qualitative study employed a convenient purposive sampling. Participants who volunteered and able to share their experiences were interviewed at their homes. The in-depth interviews were tape-recorded and translated verbatim. Saturation reached on the fifth participants. The data collected were analysed manually. **Findings**: Seven themes emerged from the analysis of data: accepting the news; alternative methods of treatment; spiritual care given by caregivers patients; caregivers' view on the effects of spiritual care; qualities of care for spiritual aspect; regrets of the caregivers and barriers in providing spiritual care. **Conclusion**: The result showed that caregivers noticed positive changes on the patients when the spiritual needs were met. The barriers faced are lack of own spirituality of the caregivers and different point of view on spirituality between caregivers and the patients. This study could be used as a baseline for future study.

Keywords: caregiver, spiritual needs, terminally ill, cancer patients

18. Development of a Patient Information Aid for Women Newly Diagnosed with Breast Cancer.

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Introduction: Nurses play an important role in patient education. The Malaysian Breast Cancer Clinical Practice Guidelines 2010 has recommended the use of educational aids to provide information to women upon their diagnosis of breast cancer in all health care settings. The purpose of this study is to develop an educational information aid based on the nine-item information needs and test for its clarity, acceptability, feasibility and credibility. **Methods**: The educational aid covered information about cure, Sexual attractiveness, Spread of disease, Types of treatment, side-effects of treatment, Genetic risk, Social life, Self care and impact of breast cancer on family members. A total of six reviewers were randomly invited to critically review the drafts of the Information aid. The 1st draft was reviewed by a breast cancer surgeon and an oncologist and then followed by breast cancer survivors and women undergoing adjuvant treatment. The reviewers looked into all aspects of the information in relation to clarity/simplicity, feasibility, credibility, presentation, educational, informational and lastly acceptability as an information aid for women upon their diagnosis of breast cancer. **Results**: Qualitative and quantitative feedback regarding attitude was obtained from all reviewers. Input from reviewers was positive as five out of six agreed that contents in the information aid were clear, easy to understand and layout presentation was tidy. All six reviewers agreed that the information aid was educational and informative. Qualitative comments from reviewers reported information aid as highly acceptable, clear and informative and would recommend it to be used in women upon their diagnosis of breast cancer. **Conclusion:** This is the first such educational information aids was developed for women newly diagnosed with breast cancer. A Randomized controlled trial is currently being carried out to evaluate the effect of the information aid on women's knowledge and treatment decision making.

Keywords: education aids, breast cancer, patient education

19. Health Promotion Programmeas an Early Exposure to a Rural Community Health Setting inTambunan District for Medical and Nursing Students ofUniversiti Malaysia Sabah

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A health promotion module(EC1773), a community oriented co-curriculum programme that encompasses health promotion, disease prevention, assessment and targeting of population needs, environmental and social factors awareness where medical students who have completed Year 1 together with Year 3 nursing students were placed in groups at a rural community at the Tambunan district. Each group of ten to twelve students lived in the village during this two-week programme. They used the rapid rural appraisal (RRA) as the method to assess and collect data on current health issues of the villagers which was followed by interventions based on the RRA findings. The learning objectives were for the students to experience the general health behavior of the rural community; to plan, organize and implement health interventions through effective communication. The programme also provided early exposure for the students to the community in preparation for them to utilize the knowledge and experiences in future rural posting. Under this program, three groups of students were placed in three separate villages about 90 km from Kota Kinabalu. The study showed incidences of hypertension (18.75 - 73%) among those who participated in the study. The interventions included health education, health demonstration on healthy life style activities and referral to the nearby hospital.

Keywords: health promotion, rapid rural appraisal, effective communication, health education, hypertension

20. Health Related Quality of Life Among Women/Care givers of Client Receiving Medication-Assisted Therapy

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Background: Majority of studies has assessed the quality of life of drug users, and drug-dependent individuals. The quality of life of caregivers caring for drug- dependence individual is often neglected and ignored. **Aim:** This study aimed to identify the quality of life among caregivers of clients receiving methadone maintenance therapy and to explore whether there is any correlation between the quality of life of the caregivers and length of time or duration the clients received treatment. **Method**: This is a cross-sectional study of caregivers, age 18 years and above, caring for clients on methadone maintenance therapy. Fifty-four respondents, who are caregivers to clients in Methadone Clinic Hospital Sungai Buloh, answered questionnaires relating to the quality of life. The instrument used was a Malay version of the WHOQOL-BREF ,a 26-item version of the WHOQOL-100 which assesses the four main domains, physical health, psychological health, social relationships, and the environment. **Result:**The results of the study show that there is no statistical significant difference between the mean of each four main domains. The environment domain scored the highest (42.52±27.545) followed by (33.96±27.285) psychological domain, (31.79±26.426) social relationship and least scored (16.25±8.511) with physical health domain. In physical health domain, the low scores are observed in demographic characteristics of age group between 18-35 years, having more than two children (13.74±2.205), and among caregivers who look after the client less than 2 years (14.16±2.093). Quality of life and the length of time or duration received treatment showed no statistical significant. **Conclusion**: In this study, women caregivers of clients on medication-assisted therapy have higher scores in environment, social and psychological domain, but low scores reflected in the physical domain for those women caregivers who are adjusting to this new role and responsibilities as caregivers for less than 2 years is an overwhelming burden to their physical well being.

Keywords: caregiver, drug-dependence, medication assisted therapy, quality of life

21. The Effect of Non-Weight Bearing Exercise on Physical Function Performance Among Diabetic Peripheral Neuropathy Patients

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Background: Diabetic peripheral neuropathy (DPN) is a complication of diabetes which causes severe functional limitations in performing activities of daily living. The management of DPN can be managed through the combination of medication, foot care and foot exercise. Foot exercise can delay the development of DPN, however, as the risk of foot ulceration outweighs the benefits of exercise, physical activity is often restricted. **Objective:** To identify the effect of non-weight bearing foot exercise (NoWBEx) on the physical performance and outcome expectation of exercise among diabetic peripheral neuropathy patients. **Methods:** This is a quasi-experimental design with control group. 54 patients enrolled, with 26 (2 withdrew) and 28 were assigned to the control and intervention groups, respectively. The set of questionnaire were distributed to respondents at the beginning and after four weeks of the exercise. The intervention group was taught NoWBEx while the control group was instructed to carry out their activities as usual. Non-weight bearing foot exercise provides a combination of strengthening and flexibility of foot exercises without carrying own weight. **Findings:** There was improvement of physical performance in the intervention group, which is statistically significant increase of 2.57 (95%CI, 0.99 to 4.16) $p < 0.05$ with effect size =0.08. There were statistically significant different in expectation for exercise mean score over the time ($F(1.00,52.00)=92.97$, $p<0.05$, partial $\eta 2=0.641$), effect size 0.4. **Conclusion:** Those who performed NoWBEx were found to experience better improvement in their physical performance compared to those who did not perform the exercise. Positive expectations for exercise have a potential higher rates of expectation. Thus, based on this study, it is suggested that NoWBEX is an alternative for DPN patient to be more physically active.

22. Experiences on Transition Among Newly Graduate Nurses

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Introduction: Within the nursing profession, the transition from being a student to a graduate nurse is a common rite of passage experienced by all graduates. **Objectives:** The purpose of this study is to explore the transition experience of the novice newly graduated nurses. **Methodology:** A qualitative approach employing in-depth interview was adopted. Seven newly graduated nurses from a local university volunteered in this study. The participants worked as registered nurses from within two years in various clinical settings in Malaysia and Singapore. **Findings:** Six major themes emerged from analysis of the data. The themes include 'varies feelings', 'poor work organization', 'stressor associated with the role transition', 'support and communication with other health professionals', 'from novice to expert', and 'transition experience contributed to professional development'.
Conclusion: Although this study has small sample, the result of this study has important implications for nursing education and organization in their preparation to ensure a successful transition of the novice newly graduated nurses.

Keywords: experience, transition, newly graduate nurses, novice, rite of passage

23. Effectiveness of Indonesian Honey Toward Acceleration of Cutaneous Wound Healing Compared with Hydrocolloid: An Experimental Study In Mice

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Introduction: Indonesian honey has been used as topical therapy to various wounds. But the effectiveness of Indonesian honey toward wound healing is

unclear. **PURPOSE:** The aim of this study is to investigate the effectiveness of Indonesian honey in wound healing in comparison with Tegaderm hydrocolloid dressing. **Methodology:** This study was used two groups of male 24 BALB/cCrSlc mice (n=24) aged 8 weeks and weighing 22.0-23.8g were made two circular (4 mm in diameter) full thickness skin wounds on the dorsum of mice. They were then randomly allocated to receive daily Indonesian honey and Hydrocolloid (n=12 for each group). For macroscopic finding, they were observed from day 0 to 14 after wounding by taken photograph. Microscopic finding, on days 3, 7, 11, 14 after wounding to prepare paraffin section stained with Hemotoxylin Eosin to count neutrophil and to measure re-epithelialization, stained anti-α-smooth muscle actin antibody to detect and count myofibroblast and new capillaries and, conducted with Azan staining to measure thickness of wound tissue. **Findings:** The ratios of wound area on Indonesian honey group on day 3 smaller compared with hydrocolloid group (p=0.0001) Wound areas of honey groups gradually decreased to almost the same wound area hydrocolloid group on day 14. On day 7, the numbers of neutrophil on Indonesian honey and Hydrocolloid groups decreased than on day 3 ((p=0.0003). On thickness of wound tissue, there were no significant differences among Indonesia and Hydrocolloid groups all period . On day 3 after wounding, the rate of re-epithelialization of Indonesian honey group was faster than hydrocolloid group. There were not significant difference hydrocolloid group compared with Indonesian honey group ((p=0.67). After day 7, rates of re-epithelialization of all groups were almost the same. On day 3, Myofibroblasts on Indonesian honey group were observed and calculated, but no myofibroblasts were observed in hydrocolloid group. New blood capillaries were observed in wound tissue of Indonesian honey groups. No new blood capillaries were observed in wound tissue of hydrocolloid group. But on day 7, the numbers of new capillaries in granulation tissue of all groups were almost the same. **Conclusion:** These results indicate that Indonesian honey is almost as effective for wound healing as Tegaderm hydrocolloid dressing. Indonesian honey can be used as alternative dressing for wound care.

Keywords: indonesian honey, tegaderm hydrocolloid dressing, wound healing, myofibroblast, new blood capillary

24. Understanding the Experiences of Malaysian Women with Breast Cancer: A Qualitative Study

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Introduction: Breast cancer is most common and leading cause of cancer mortality among Malaysian women. The survival rates are good but the diagnosis of cancer still raises the unexplained feeling of stress, fear and uncertainty. **Methodology:** A qualitative study using semi- structured interviews to explore the lived experience of four women with breast cancer stage II and stage III who had undergone mastectomy and treatment were interviewed. Using a purposive sampling method four participants were recruited in this study. The participant's age groups range between 35 to 52 years. The interview was conducted with a standard protocol guidelines, audio recordings and verbatim transcript. Data analysis was performed in two stages; first stage during data collection and second stage after completion of data collection. **Results:** Similarities and divergence in women's experience were identified through thematic analysis of interview transcripts. Three themes emerged from the data: physical health problems during chemotherapy, psychological effects, and activities of daily living intolerance. However, other adjustments in respect of the alteration in activities of daily living, alteration in diet, self-awareness of exercise and monitoring their health by continuing treatment were been highlighted. **Conclusion:** The findings of this investigation have provided a platform to the healthcare professionals' rich preliminary information on the impact of illness and cultural influence on survivorship of breast cancer women. Family support plays an important role in maintaining the quality of life, in particular the support of the husband. These themes are important to healthcare professionals for ensuring an individualized approach to the treatment of women with breast cancer.

Keywords: breast, cancer, experiences, women, Malaysia

25. Risk in ICU Morbidity Between Acute Respiratory Distress Syndorme and Post Laparotomy patients in Intensive Care Unit at Hospital Universiti Sains Malaysia

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Background: Admission to the intensive care unit (ICU) has increased considerably over the last few years worldwide with long duration of stay giving rise to infection rate and delaying the weaning process, therefore increasing the rate of mortality and morbidity. The aim of this study is to evaluate the performance of Simplified Acute Physiology Score ii (SAPS II) on length of stay, infection rate and risk of mortality between ARDS and Post laparotomy patients at HUSM. **Method**: This is a cross-sectional study with 99 voluntary patients' conditions being scored using the Acute Physiology Score II (SAPS II). **Result:** The result showed that the majority of respondents were aged more than 51 years old (56.4%), dominated by Malays (93%), and (56.4%) were male patients. The majority 57.6% was admitted less than 3 days. To monitor cases at risk of infection, most patients in both cases presented with no risk for the first day of admission and after 72 hours, showed no risk of infection from blood (89.9%), sputum (86.9%) and urine (99%) culture and sensitivity. About 46.5% presented with risk of morbidity and mortality with 25.5% death. There was no significant relationship between length of stay ($p\ 0.133 > 0.05$) with blood (p, 0.369), sputum (p, 0.894), and urine (p, 0.369) for culture and sensitivity in both cases. However, there is a positive and modest relationship $r\ (99) = .580$, $p<0.01$ between the risk of mortality among ARDS and post laporatomy (p, $0.027 <0.05$). **Conclusion**: This study concludes that SAPS II scoring system is a useful tool to be used by nurses in ICU as part of the morbidity risk patient assessment monitoring in optimizing the quality of care for patients.

Keywords: acute physiology score ii, intensive care unit, length of stay, infection rate

26. Non-Adherence to Oral Hypoglycaemic Agent Among Type 2 Diabetes Patients

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Introduction: Non-adherence to oral hypoglycaemic agent among Type 2 diabetic patients is becoming significant health and economic burden globally as well as in Malaysia. **Objective:** This qualitative study was conducted to explore the barriers from patients' perspectives. **Methodology:** A total of eight respondents, four each from Beaufort District and Kuching City volunteered. This study employed in-depth interviews to explore respondents' thoughts in relation to their non-adherence to oral hypoglycaemic agent. Thematic analysis was used. **Findings:** This study identified six themes: [1] demographic issues, [2] psychosocial influences, [3] communication between patient and health care provider, [4] beliefs about disease and its treatment,]5] complexity of medication regime, and [6] side effects of oral hypoglycaemic agent as the factors that influence the Type 2 diabetes patients' adherence to oral hypoglycaemic agent. **Conclusion:** The findings suggest that those factors need to be considered when planning interventions to improve adherence to oral hypoglycaemic agent and health care providers need to update their knowledge on Type 2 diabetes and its treatment. Further study is recommended.

Keywords: non-adherence, adherence, oral hypoglycaemic agent, Type 2 diabetic patients, thematic analysis

27. Neonatal Intensive Care Unit in Malaysia: Staff Nurses' Negative Experiences

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Background: Stress can come in many forms and NICU is an environment where there may be many types of stress such as nursing a critically ill baby, increased workload, taking on other roles, coping with the death and dealing with parents. **Purpose:** To explore and describe staff nurses' (SN) negative experiences while working in a Neonatal Intensive Care Unit (NICU) in one of Malaysia Hospital particularly the issues of stress. **Method:** A qualitative interpretative approach, using a convenience sample of four staff nurses; described using pseudonyms, from NICU in one Malaysian hospital participated in an interview conducted in English, followed by answering a semi-structured questionnaire in Malay. Responses were translated into English prior to thematic analysis using the method of Braun and Clarke. **Results:** Two major themes emerged, (1) work patterns; dictated by rosters, routines and staff ratios, (2) physical and emotional support; discusses the difficulties of working in NICU due to insufficient equipments, lack of emotional support during critical incidents, and dissatisfaction with how mistakes were handled. **Conclusions:** The findings revealed sources of dissatisfaction and potential stress appeared to result from ineffective rostering and inflexible routines, inadequate staff for the number and acuity of babies, lack of equipment, insufficient emotional support at critical incidents, and being blamed for unintended mistakes or those made by other staff, which create professional and personal stressors.

Keywords: nurses experiences, stress, job dissatisfaction, staff nurses, and neonatal intensive care unit.

28. Effectiveness of Foot Care Education on Knowledge And Practice Among Type 2 Diabetes Patient with Diabetic Foot Complications at Malaysian Teaching Hospital

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Introduction: One of the complications of the type 2 diabetic mellitus is its effect to the foot. A foot care education on type 2 diabetes patient can be a preventive measure to prevent on foot-related complications which increase health care costs to the patient. The objective of this study is to evaluate the effect of the foot care education on type 2 diabetes patient with foot complications. **Methodology:** A quasi-experimental study using one group pre-test post test design. Sixty respondents with type 2 diabetes and foot complications completed a 26 items designed questionnaire of Foot Care Knowledge and Foot Care Practice Questionnaire (FoKaPs) before 30 minutes foot care education which contained of demonstration on practice of foot care was delivered face-to-face which contained demonstration on practice of foot care besides lectures on foot self-examination, foot cleanliness, trimming the toenail, how to moisturize the foot and exercise. Foot care booklet and foot care diary were given to the respondents after the session. Post test was done after three weeks using the same questionnaire. **Findings:** The foot care education improved the foot care practice score. Education level, income status and received diabetic info about foot care were found to be significant in the relationship with knowledge of foot care. However, there was no relationship between practice of foot care with any demographic variables. A positive correlation was found between knowledge score and practice of foot care. **Conclusions:** The demonstration on foot care practice by face to face significantly increases the compliance on practicing the foot care.

Keywords: diabetic foot care, education, knowledge, practice

29. Knowledge, Attitude and Practices on Family Planning among Married Males in Kuching

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Introduction: Women seem to have relatively limited personal control over their lives and are dependent on their husbands for many decisions which include contraceptive practice. Programs to promote family planning were, however, targeted mainly to women. **OBJECTIVE**: The aim of this study is to assess the knowledge, attitude and practices on family planning among husbands. **Methodology**: This study used a descriptive quantitative design. The 50 male respondents were staff of a hospital in Kuching. They were purposively selected. They completed a set of questionnaire on knowledge, attitude and practices of family planning which has been validated. Data was analyzed using Microsoft Excel. **Findings**: The finding showed that 84% of the respondents were knowledgeable on family planning. 84% of them discussed with their wives and make decision together regarding the type of family planning used. 84% of the respondents practice family planning. This study also revealed their positive attitude towards family planning as husbands. They discussed and made decision together with their spouse regarding family planning. Only 16% (n=8) of married male staff did not practice any of the method because they have just gotten married for less than a year. **Conclusion**: This study concluded that married males are knowledgeable on family planning, are positive towards family planning, and practice the method of family planning.

Keywords: family planning, contraceptive practices,

30. Exercise Program in Reducing Fatigue and Improve Quality of Sleep among Long-term Hemodialysis Patients

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Introduction: Fatigue and sleep quality found to be the main factors that contribute to poor quality of life among long-term hemodialysis patients. Published evidence has emphasized the importance of exercise among dialysis patients to improve their well-being. This study aims to determine the effectiveness of a pre-dialysis low-to-moderate intensity exercise program in reducing fatigue and improving sleep disorders among long-term hemodialysis patients. **Methods:** A quasi-experimental design was used in this study. The exercise program was conducted pre-dialysis three times a week for 12 weeks among 28 patients in the exercise group and 27 patients in the control group, involving two hemodialysis centres in Kuala Lumpur. The control group was asked to maintain their current lifestyle. Assessment of fatigue level and sleep disorders was measured by self-reported questionnaires at baseline and after the intervention period for both groups. A self-reported questionnaire on patients' perception of the exercise program was administered for the exercise group at the end of the study period. **Results:** The paired sample t-test indicated improvement in fatigue level where there is higher level of mean in post-treatment fatigue score (40.5±SD7.88) as compared to pre-treatment fatigue (29.95±SD10.38). The improvement also observed in sleep disorder where score mean among the exercise group was lower in post-treatment (7.6±SD3.29) as compared to pre-treatment (10.1±SD3.37). Meanwhile, the control group's post-treatment mean score showed deterioration in sleep quality (pre-treatment = 9.33±SD2.9 and post-treatment = 10.7±SD2.88). **CONCLUSION:** A simple low-to-moderate-intensity exercise program is effective in improving fatigue and sleep disorders among hemodialysis patients and their overall quality of life.

Keywords: exercise program, fatigue, hemodialysis, nursing, quality of life, sleep disorder

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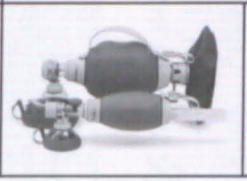
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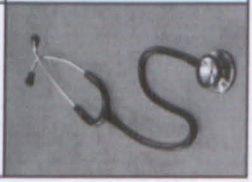












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Mile 9 ½, Princess Garden Commercial Centre, Kuching-Serian Road, 93250 Kuching, Sarawak.
Tel. No: 082-450602/459602/459602/013-8375587

SIBU
Sibu Learning Centre
C/O RH Academy Sdn. Bhd. No. 42,PusatSuriaPermata, Upper Lanang Road, 96000 Sibu, Sarawak. Tel. No. 084-217514/ 215881 / 013-6847514

MIRI
Miri Learning Centre
Lot 12337, MCITI Square, Airport Road, 98000 Miri, Sarawak
Tel. No: 015-48710100/48710101

BINTULU
Bintulu Learning Centre
Lot 7851 (No. 258) 1st Fl, Assyakirin Commercial Centre, 97000 Bintulu, Sarawak
Tel. No: 012-8539351

NOW OPEN – JANUARY, MAY & SEPTEMBER INTAKE

Entry Requirements:

Diploma – Minimum 3 credits in any subjects in SPM*.
Bachelor's Degree – SPM + STPM with at least 2 principals, or a recognised diploma, OR through Flexible Entry**
Master – Honours degree, or degree in related field, OR through Flexible Entry**

*possess minimum PS09 and be 21 years old on or before 1 January in year of application
**possess minimum diploma or STPM and be at least 25 years old on or before 1 January in year of application

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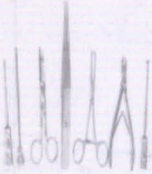
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