



22

nd **FAMILY
MEDICINE
SCIENTIFIC
CONFERENCE
2019**

**Transforming Community Care;
Preventing Diseases**

31st July-3rd August 2019, Kuching, Sarawak

were the commonest sources of information. Lower level of knowledge (AOR: 0.73, 95% CI: 0.57-0.92, p-value: 0.010) and no previous counselling on childhood vaccination given by other HCPs (AOR: 8.86, 95% CI: 2.10-37.39, p-value: 0.003) were independently associated with vaccine hesitancy. **Conclusion:** Prevalence of childhood vaccine hesitancy among expectant mothers was substantial. Early targeted educational intervention on childhood vaccination during antenatal period by HCPs would be beneficial to reduce vaccine hesitancy among them.

PP64

A case control study on infant massage and breastfeeding outcome among mothers

Chan Kim Geok¹, Saloma Pawi¹, Shalin, Lee Wan Fei¹, Hii, Emily², Ooi, Chor Yau², Zurraini Arabi², Helmy Hazmi²
¹Department of Nursing, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak; ²Department of Family Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak; ³Department of Community Medicine and Public Health, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak, Malaysia

Introduction: The practice of infant massage has been reported to provide benefits of improved mother-infant interaction and breastfeeding outcome. The objective of the study is to examine the influence of infant massage on breastfeeding outcome.

Methods: Using a comparative cohort study design, 310 mothers whose babies were 4 weeks old and still breastfeeding were recruited from the selected MCH clinics within Kuching District for the intervention and control groups, after prior ethnics' approval. Study group mothers (mean age 29.2 years) were taught the adapted infant massage program by a certified infant massage instructor in a small group of 4-5 mothers each. A bottle of (60 mls) cold-pressed olive oil and a hand-out of the massage strokes were given to mothers who were asked to have baby massage session twice a day for 10-15 minutes each. Questionnaire on breastfeeding-related outcome (frequency, duration, supplementary food; exclusiveness) were administered to both groups of mothers on recruitment and on baby's age 12 weeks. A dropout of 10 study group participants was noted due to loss to contact.

Results: 84.8% (n=123) of the study group (N=145) reported still breastfeeding versus 77.4% (n=120) in the control group (N=155). However, almost half of the both groups had started on complementary feeding with formula milk of at least 1-2 times per day. Higher percentage of the study group than control group breastfed their babies at least 3-4 times per day. Apparently more of the study group reported at least 6-10 minutes for each breastfeeding session. Among the reasons indicated from mothers of both groups for not breastfeeding include milk insufficiency and the needs to resume work.

Conclusion: Infant massage could be one of the factors which influence positively on breastfeeding outcome in the local context.

PP65

Feasibility of asthma self-management booklet utilization amongst family medicine physicians

Nik Munirah Nik Mohd Nasir¹, Suraya Abdul Razak¹, Anis Safura Ramli^{1,2}, Haizlene Abd Halim¹, Hasidah Abdul-Hamid¹
¹Faculty of Medicine, Universiti Teknologi MARA, Selangor, Selangor; ²Institute of Pathology, Laboratory and Forensic Medicine (I-PPerForM), Universiti Teknologi MARA, Malaysia

Introduction: Development of a user-centered healthcare intervention tool requires feasibility and usability study to evaluate acceptability, usability, strengths and weaknesses of the tool. To ensure that the Asthma Self-Management Booklet is acceptable and useful, we aimed to explore its feasibility and refine it based on the findings.

Methods: Semi-structured focus group discussions (FGDs) were conducted amongst family medicine physicians to explore user experience, appropriateness and satisfaction of usage of the tool. Participants were recruited via purposive sampling. FGDs were transcribed verbatim, coded and analyzed thematically. Atlas.ti version 8 was used for data management.

Results: Ten family medicine physicians participated in two FGDs between December 2018 to April 2019. Most were females (n=8, 80%) and postgraduate trainees (n=8, 80%). Three themes were found: user experience; perceived appropriateness and intent to continue use. For user experience, participants expressed convenience as the booklet facilitates assessment of symptoms control using ACT scoring and asthma diary. However, the book is under-utilised by patients due to lack of awareness for self-monitoring. Participants found the booklet is useful for monitoring of symptoms, and an essential and relevant resource for asthma. However, lack of training affects its usage among the physicians. Participants expressed that having supportive system in the clinics and involvement of nurses would help in continued usage of the booklet.

Conclusion: The Asthma Self-Management Booklet is acceptable amongst the family medicine physicians. However, the uptake and its continued usage can be improved via patient awareness, physician training and support from the nurses.

PP66

The psychological morbidities among spouses of men with type 2 diabetes mellitus (T2DM) and erectile dysfunction (ED)

Nazeera Fatimah Kalikuljaman¹, Zuhra Hamzah², Hizlinda Tohid², Noor Azimah Muhammad²
¹Klinik Kesihatan Putatan, Ministry of Health Malaysia, Lot 13A-2, Pusat Dagangan Donggongan Penampang, Sabah
²Department of Family Medicine, Faculty of Medicine, Universiti Kebangsaan Malaysia, Jalan Yaacob Latif, Bandar Tun Razak, Cheras, Kuala Lumpur, Malaysia

Introduction: Erectile dysfunction (ED) negatively affects sufferers' emotions, but its effect on their spouse's