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Poster Abstract 31
Pilot testing an innovative approach to identify patients’ agenda before consultation: The ‘Values in Shared Interactions Tool’ (VISIT) study

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Conclusion: The Values In Shared Interactions Tool (VISIT) is a web-based intervention that was developed to help patients at the University Malaya Medical Center primary care clinic to express their health concerns before seeing their doctors. The list of concerns would then be displayed on the doctor’s electronic medical records in real-time prior to the consultation.

Methods: We used a qualitative methodology to explore the views and experiences of the patients in using VISIT. The primary care doctors recruited patients who were on long-term follow-up for chronic conditions and were English-literate. Using a topic guide, patients were interviewed individually about the content, format and usefulness of the website as well as how VISIT had affected their consultation. The interviews were transcribed verbatim and analysed thematically using NVivo10 software.

Results: Eight patients participated in the pilot study. The patients were all female and their age ranged from 64-77 years old. Most had diabetes, hypertension and hyperlipidemia. Patients identified some benefits of using the tool. First, they felt more relaxed because they had written their concerns down prior to the consultation. Second, the doctor was more prepared for the consultation as they knew beforehand the patient’s agenda. Third, the website helped to remind them what to discuss with their doctor. Fourth, VISIT expanded the consultation beyond the usual discussion on the management of their chronic conditions; it allowed them to discuss other health issues which were important to them. However, most patients required assistance in using VISIT; they were either unfamiliar with computers or preferred touchscreen devices.

Conclusion: Patients found the website helpful to identify their health concerns; this facilitated their discussion with the doctors during the consultation. However, low IT-literacy hindered them from using the website independently.

Poster Abstract 32
The development of “E2: Elderly Empowerment”: a web based portal to promote social connectedness in the elderly.

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Introduction: Social integration is essential to successful aging because it provides connectedness in systems of norms, control, and trust, access to information and other resources, as well as social support. Having many ties to other people gives people alternative routes to valuable resources such as information, social support, financial connectedness, or cultural connectedness through connections to experts. However, due to current social trends of urbanization and breakdown of the traditional extended family, many elderly including the ones in Malaysia are experiencing increasing social isolation.

Objectives: The objective of the study is to describe the process of developing a web based portal to promote social connectedness in the elderly.

Methods: The development process included four steps: (1) setting up an interdisciplinary task force, (2) exploring the potential needs of elderly users through in-depth interviews and focus group discussion, (3) constructing an elderly-friendly web-based portal, and (4) evaluating the interface and design by elderly experts. A task force including specialists in information and communication technology (ICT), primary care physician, geriatricians and elderly patients worked together to develop a website portal. The web portal design and user interface was developed based on the recommendation for elderly friendly web site.

Results: Five important functionalities were incorporated in the web portal based from the interviews. Elderly found engaging in social activities with friends, staying connected with family members, ability to travel safely, and to be kept current with online information as important in maintaining social connectivity. Many are already using technology like skype, viber and whatsapp to stay connected. Elderly experts were concerned on the security element of the portal.

Conclusion: Taking advantage of an interdisciplinary team and elderly patients experience and expertise, a useable web portal, which incorporates elderly users’ expressed needs for social connectivity was constructed.

Poster Abstract 33
The prevalence of home blood pressure monitoring and its associated factors.

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Introduction: Home blood pressure monitoring (HBPM) has been advocated in many hypertensive guidelines worldwide and has been shown to be closely related to cardiovascular outcome. However, the prevalence of practising HBPM and its associated factors remain unclear in Malaysia.

Objectives: To assess the prevalence of home blood pressure monitoring (HBPM) among the hypertensive patients who attended the government health clinic in Malaysia and its associated factors.

Methods: Cross-sectional survey conducted at Klinik Kesihatan Taman Ehsan from 12th May 2015 till 12th June 2015. The survey has been translated into Malay and Mandarin.

Results: The prevalence of patient practiced HBPM is 42.8%. The proportion of patients who was aware of HBPM is higher, 62.3% (208 patients), out of which, only 65.9% (137 patients) of these patients practiced HBPM. Among patient who Practice HMPB, only 0.06% of the patients monitor their blood