2015

Wonea Asia Pacific Regional Conference

Family Medicine: New Horizons and Challenges

March 4-8, 2015
Taipei International Convention Center
Taipei, Taiwan

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Yin-Yu CHANG (Taiwan)

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No.138  Public's Views and Experiences on Health Checks for Cardiovascular Disease Prevention: A Preliminary Finding
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Lap Kin CHIANG (Hong Kong)

No.285  Factors Associated with the Preferred Place of Death among Community Residents in Shizuoka, Japan: A Cross-Sectional Study
Machiko INOUE (Japan)

No.130  Implementation of Clinical Guidelines on Diabetes and Hypertension in Urban Mongolia: A Qualitative Study with Primary Care Providers
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Hai-Hua CHUANG (Taiwan)

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Quynh LE (Australia)

No.221  Factors Influencing the Use of Masks in an Multi-Ethnic Asian Community — A Qualitative Study
Peter kirm Song MOEY (Singapore)

No.304  How to Make It Easier for Older People to Use a Health Website? Findings from a Usability Study in Malaysia
Yew Kiong LEE (Malaysia)

No.336  The Difference of Urgency, Medical Quality and Medical Consumption among Different Age Regimens of Geriatric Emergency Patients under Taiwan Triage and Acuity Scale (TTAS) Tiling Soon LING (Taiwan)
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Public’s Views and Experiences on Health Checks for Cardiovascular Disease Prevention: A Preliminary Finding

Ai Theng CHEONG1,2*, Ee Ming KHOO2, Su-May LIEW2, Karuthan CHINNA3

1Department of Family Medicine, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia  
2Department of Primary Care Medicine, Faculty of Medicine, University of Malaya  
3Department of Social and Preventive Medicine, Faculty of Medicine, University of Malaya

Background/Purpose:
Cardiovascular disease (CVD) is the leading cause of death in Malaysia. Yet, more than half of those with CVD risk factors are unaware of their increased cardiovascular risk. This underscores the need for public engagement in health checks for CVD prevention. The aim of this study is to explore public’s views and experiences on health checks for CVD prevention.

Methods:
We used a qualitative approach in this study. Participants had to be 30 years or older, without a medical history of CVD. Purposive sampling was used to recruit participants from a wide range of age, gender and sociodemographic backgrounds. A semi-structured interview guide was used to facilitate the interviews, which were audio-recorded, transcribed verbatim and used as data for thematic analysis. Data collection will continue until data saturation is reached.

Results:
This paper presents the preliminary analysis of one focus group discussion and three in depth interviews with 7 participants in total. The participants consisted of the 3 major ethnic groups in Malaysia with an age range of 33 to 60 years. Three were on regular follow-up for chronic diseases while the rest had attended health checks. Health checks were used as a means to assess health status. There did not appear to be focus on cardiovascular risk screening. Although participants perceived prevention of CVD to be important, they were more worried about cancer. CVD risk was assessed by blood investigations in health assessment packages. Some participants expected investigations such as stress electrocardiograms and echocardiogram which were perceived as being more objective. Participants were aware of CVD risk factors but not of absolute global risk scores. Participants professed to have changed health practices as a result of abnormal results detected during health checks.

Conclusion:
Health checks are used for self-assessment of general health and not specifically for cardiovascular disease prevention. Participants regarded cancer to be more worrying than CVD. Results of investigations in health checks can potentially change health practices.