PREVALENCE OF HYPERTENSION AMONG ADULT TYPE-2 DIABETES PATIENTS: A PRELIMINARY STUDY IN KUANTAN, PAHANG, MALAYSIA

Fa'iza Abdullah[1], Tin Myo Han[2], Mohd Basri Mat Nor[3], Mohd Aznan MA[1], Ida Zuriaty Ismail[4]

[1] Department of Family Medicine, Kulliyyah of Medicine, IIUM. [2] Medical Statistics Unit, Kulliyyah of Dentistry, IIUM. [3] Anaesthesiology & Critical Care, Kulliyyah of Medicine, IIUM. [4] Klinik Kesihatan Bandar Kuantan, Kuantan

Introduction: Hypertension (HPT) is the most common co-morbidity among type-2 diabetes mellitus (T2DM) patients which ominously increased their morbidity and mortality from cardiovascular diseases (CVD).

Objective: We aimed to describe the prevalence and control status of HPT, and also the glycemic control among T2DM patients in the primary care clinic.

Methodology: It was a study of 154 patients' record, aged ≥18 years selected by random sampling. Of these, 47% were Malay, 45% Chinese and 9% Indian. The control status was compared between the last visit and the visit done one year previously.

Results: The prevalence of HPT among T2DM was 72.1% and majority were women (60%). Out of 82 T2DM patients aged >60 years, 80.5% were hypertensive. 67.2% of T2DM patients between age 40-60 and 25% age <40 years were also hypertensive (P=0.003). BP control status were classified into controlled, uncontrolled, systolic and diastolic HPT. All patients were compared between the last visit and one year before, which reported 55.8% vs. 33.1%, 14.9% vs. 51.9%, 20.1% vs. 10.4% and 9.1% vs. 4.5% respectively. There were significant rise in percentage of uncontrolled diastolic HPT (by 4.6%) and uncontrolled systolic HPT (by 9.7%), p<0.001, from the first visit. BP controlled status for aged group >60 years showed increments in systolic HPT and diastolic HPT which were significant (p<0.001). Regarding glycemic parameters, 71.4% T2DM patients had poor controlled level of Hb1Ac (≥6.5) and only 20.1% remained controlled after one year (p<0.001).

Conclusions: The study concluded high prevalence of HPT, increasing prevalence of systolic HPT and diastolic HPT in older age group as well as poor glycemic control among T2DM patient which mandate aggressive intervention.

FACTORS AFFECTING ONLINE HEATH INFORMATION SEEKING BEHAVIOUR VIA FACEBOOK IN MALAYSIA: THE MALAYSIAN MEDICAL GAZETTE EXPERIENCE.

Hidayah I.[1], Dhesi B.R.[2]

[1]Department of Basic Medical Sciences, Kulliyyah of Medicine , International Islamic University Malaysia, Jalan Sultan Ahmad Shah, Bandar Indera Mahkota, 25200 Kuantan, Pahang. [2]Department of Community Medicine & Public Health, Universiti Malaysia Sarawak, Jalan Datuk Musa, 94300 Kota Samarahan, Sarawak.

Introduction: The popularity of social media networks (SNSs) such as Facebook offer enormous potential for online health information sharing. The Malaysian Medical Gazette (MMG) is an online health education website (www.mmgazette.com) that incorporates SNSs plugins to increase reader engagement and propagate information.

Objective: This study aims to identify peak traffic times and factors that influence article engagement among MMG readers.

Methodology: The data was collected from Google Analytics (Malaysian Medical Gazette) and Facebook Share Analytics (4.2.5 Plug-in) over 22 months from 1st January 2014 to 31st October 2015.

Results: Out of 655 posts, 169 articles were found to have more than 1000 total counts. The most frequent monthly total page views were on weekdays (n=20), with 4 peak traffic times noted at 8 A.M.-9 A.M., 4 P.M.-5 P.M., 9 P.M.-10 P.M. and 11 P.M.- 12 A.M. Bahasa Malaysia articles received the most total counts with 136 articles achieving more than 1000 total counts. Articles discussing medications (12.4%) and women's health (10.7 %) were the most frequent categories of articles receiving more than 1000 total counts.

Conclusion: The results suggest that MMG readers engage with the website more on weekdays and during several peak times. Articles written in Bahasa Malaysia and those discussing medications and women's health are the most