

The level of preparedness of nurses in managing diabetes patients in MOH health clinics

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ABSTRACT

Introduction: In Malaysia, almost 80% of patients diagnosed with type 2 diabetes (T2D) seek treatment at Ministry of Health (MOH) health care facilities, the majority at MOH health clinics. Treatment is provided by a multidisciplinary team of doctors, nurses, assistant medical officers, dieticians and pharmacists. This study aims to examine the level of preparedness of nurses in managing diabetes patients in MOH health clinics. **Method:** This is a qualitative cross sectional study of nurses in ten randomly selected MOH health clinics in Kuala Lumpur and Selangor, Malaysia. Data were collected through clinical observations and in-depth interviews of the nurses. The semi-structured observation and interview guides contained items on assessing the level of clinical competency, soft skills, preparedness and motivation. Interview transcripts and observation notes were analysed in combination using thematic content analysis. **Results:** Ten nurses were included in this study, with a median age of 27 years (range: 23-48), and duration of experience in managing diabetes patients ranging from 0.1 to 6 years (median: 3.3 years). All except one reported that nursing college poorly prepared them for managing diabetes patients at the primary care level. All reported acquiring most of their knowledge and skills from their senior colleagues at work through unstructured learning. Half were found to have a high level of motivation. Nine had either moderate or poor level of soft skills. Seven had their clinical competencies rated at novice, while the remaining three at intermediate. **Discussion:** The findings from our study found that since most of the nurses' knowledge and skills are acquired in an unstructured format while at work, therefore the quality of their learnings are high dependent on the level of knowledge and skills of their more senior colleagues. As such, we can deduce that these nurses do not have access to positive and strong role models.

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The prevalence and associated factors of depression, anxiety and stress among hypertensive patients attending health clinics in Negeri Sembilan, Malaysia

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ABSTRACT

Introduction: Patients with chronic conditions including hypertension may experience many negative emotions which increase their risk for the development symptoms of stress, anxiety and depression. Studies of factors associated with these symptoms among hypertensive patients in the Negeri Sembilan are scarce. Moreover, the interaction between the two remains largely unexplored. To fill this knowledge gap, the study sought to ascertain the prevalence of depression, anxiety, stress, and to explore its associated factors among hypertensive patients attending health clinic in Negeri Sembilan. **Methods:** A cross sectional study was conducted in seven districts in Negeri Sembilan from July to December 2016. Structured questionnaires were used to obtain patient's socio-demographic characteristics, depression, anxiety and stress symptoms. **Results:** A total of 394 out of 461 participants participated in this study, giving an overall study response rate of 85.5%. The prevalence of depression (5.6%), anxiety (13.2%) and stress (3.6%). Factors that were associated with depression were Indian (POR 3.40, 95%CI: 1.25-9.21), those on multidrugs therapy (POR 5.44, 95%CI: 1.25-23.62) and experience life changing event (POR 3.02, 95%CI: 1.05-8.71). Factors that were associated with anxiety were age less than 50 years old (POR: 2.06, 95%CI: 1.14-3.72), Indian (POR: 2.23, 95%CI: 1.02-4.85), attained high educational level (POR: 2.57, 95%CI: 0.98-6.71) and poor blood pressure control (POR : 2.25, 05% CI: 1.18-4.30). The only factor associated with stress was age less than 50 years old (POR: 5.35, 95%CI: 1.65-17.4). **Conclusion:** This study has demonstrated the need for health professionals to screen patients with hypertension especially among younger age group, Indian, attained higher educational level, poor control blood pressure, polydrugs and those experience recent life changing event. The recommendation is that attention should be directed toward early identification of mental disorder particularly anxiety to promote early intervention.