

Bed-Watcher System: Alleviating Urban Hospitals' Crowded Beds

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ABSTRACT

INTRODUCTION: Higher patient density in urban areas lead to higher workload especially in emergency departments (ED) of public hospitals. The bed-watcher system (BWS) was an in-house development of one of the tertiary hospitals in Klang Valley (Hospital A), aimed to facilitate staff in handling patient load in ED through better bed management. This study assesses the effectiveness of BWS in improving Hospital A's bed management. **METHODS:** A mixed-methods approach was used. 3-months data from BWS and hospital reports for year 2015 (pre) and 2016 (post) were used to compare Bed Occupancy Rate (BOR), Bed Turnaround Time (BTT), number of patient transfers (PT) and Discharge Time (DT). The study also conducted In-depth Interviews (IDIs) and Focus Group Discussion (FGDs) amongst hospital staff and patients to explore their experience of bed management with BWS. **RESULTS:** Quantitative results showed an increase in BOR and PT from 2015 to 2016. BTT showed a reduction in performance, though DT was maintained above 90% for both years. These results imply that there was no significant improvement in Hospital A's performance through BWS use. However, qualitative results from IDIs and FGDs indicated that BWS enhances bed management in this hospital. The staff described benefits from BWS use although issues of manpower and data quality needs to be addressed. **CONCLUSION:** Implementation of BWS enhances bed management in Hospital A and has potential to be scaled-up in other Ministry of Health's hospitals.

KEYWORDS: Bed management, bed watcher system, emergency department

Body Weight, Body Weight Perception and Bullying Among Adolescents in Malaysia

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ABSTRACT

INTRODUCTION: Being overweight, with body weight perception as a mediator, has been identified to be primary reasons for bullying among adolescents. This study aimed to explore the association between body weight, body weight perception and bullying among students 13 to 17 years of age in Malaysia. **METHODS:** A two-stage stratified cluster sampling design was used and 212 schools across Malaysia were selected for this survey. A validated self-administered questionnaire was used to collect information on bullying and the student's reflection of their body weight. Anthropometric measurements were recorded by trained research assistants. The complex sample design and weights were taken into account during all analysis. **RESULTS:** The prevalence of being bullied among adolescents in Malaysia was 16.2%. There was a significant interaction found between body mass index (BMI) and body weight perception. Students who were obese had 74% higher odds of being bullied compared to students in the normal BMI category. Students with a normal BMI but with a body weight perception of smaller than their actual category had 68% higher odds of being bullied while students with a normal BMI but with a body weight perception of higher than their actual category had 57% higher odds of being bullied. **DISCUSSION:** Obesity and body image perception are both equally important modifiable factors that may help reduce the prevalence of bullying among Malaysian adolescents. Obesity prevention, together with instilling positive body weight perception, should be part of all programs directed towards tackling the problem of bullying.

KEYWORDS: Adolescent Health Survey, NHMS, Body weight, Body weight perception, bullying