

Prevalence and Characteristics of Falls Among Malaysian Elderly

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ABSTRACT

INTRODUCTION: Falls is one of major issues concerning the elderly globally. An event of fall can lead to mortality, morbidity, higher rates of nursing home placement, expensive medical treatment, and loss of confidence leading to voluntary restrictions for activities. **METHODS:** Data from National Health and Morbidity Survey 2018, a nation-wide, cross-sectional using two-stage stratified sampling design was analysed. Data collection was done by face-to-face interview using validated questionnaire on falls. **RESULTS:** A total of 14.1% (95%CI: 12.47, 15.83) of elderly reported at least one fall in the last year. Females showed a higher prevalence of ever falling compared to males, 14.7% (95%CI: 12.73, 16.99) and 13.4% (95%CI: 11.52, 15.46) respectively. Among those who fall, more than one fourth (27.5%) reported had fall twice or more. More than half (63.5%) sustained injury and 16% were hospitalised after the fall. Highest percentage of fall among the elderly happened outdoors (43.9%) followed by indoors, outside the house and in the bathrooms (33.9%, 15.1% and 7.1% respectively). **DISCUSSION:** Falls in the elderly should be considered common with potentially serious consequences. Family members and caretakers have to be aware and educated about the importance of recognising risk factors of falls among elderly and the importance of safety at home.

KEYWORDS: falls, elderly, NHMS 2018

Prevalence and Determinants of Diabetes Screening Practice Among Communities in Sungai Petani

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ABSTRACT

INTRODUCTION: Diabetes screening in Malaysia is still low despite the increase in diabetes prevalence. Delay in diagnosis causes poor outcome in diabetes patients. This study aims to determine the prevalence and determinants of diabetes screening practice among Sungai Petani communities. **METHODS:** A cross-sectional study was conducted in Sungai Petani, Kedah using validated questionnaire in April 2019. **RESULTS:** The 370 non-diabetic adults were made of 38.1% male and 61.9% female, 79.2% Malay and 20.8% Non-Malay with mean (SD) age of 46.1 (13.1), monthly income of RM3037.40 (RM3005.90) and BMI of 25.8kg/m² (5.3). The prevalence of diabetes screening was 42.4%. High education level, high monthly income, hypertensive, had family history of diabetes, overweight and obese, high diabetes knowledge, high intention and high subjective norm were associated with diabetes screening use. The predictors of diabetes screening practice were hypertension (aOR 2.46; 95%CI: 1.37, 4.40), overweight (aOR 7.49; 95%CI: 1.61, 39.74), obese (aOR 5.43; 95%CI: 1.16, 95.33) and intention towards diabetes screening (aOR 1.83; 95%CI: 1.10, 3.04). **DISCUSSION:** The diabetes screening prevalence in Sungai Petani was higher compared to previous studies in Malaysia. Underlying diseases such as hypertension and obesity influence diabetes screening practice as the patients usually would go and seek for treatment. Intention is an important intrinsic factor that initiate screening practice.

KEYWORDS: Diabetes screening practice, diabetes knowledge, Sungai Petani