

Seeking the Environmental Source of Leptospirosis; Lembah Pantai District Health Office Experienced

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ABSTRACT

INTRODUCTION: Environmental contamination is the major source of human leptospirosis. Therefore, it is important to identify environmental source for public health actions to lower leptospirosis outbreak burden. The aim of this paper is to share experienced in detecting source of infection for Leptospirosis outbreak recently occurred in Lembah Pantai Health Office (LPHO) operational area. **METHODS:** Following the establishment of leptospirosis outbreak, LPHO has initiated investigation and control activities. Based on the history of the cases and epidemiological study, environmental sampling of the suspected contaminated freshwater and watered soil were sent to MKAK for Lepto pathogen. **RESULTS:** One Leptospirosis outbreak occurred in one of institutional on the 1st until 14th March 2019. A total of 73 cases have fulfilled the definition criteria for Leptospirosis among 599 people who have history of exposure to the risky area. Out of 73 cases, only 24 cases were having positive serology in which amongst them a total of 15 cases having positive PCR test. Epidemiological investigation revealed propagated source of infection. This was further support by environmental investigation showing two high risk places of rodent infestation, that were water recreational area and the hostel where the patients lived. Soil sample from the institutional was positive for Lepto. **CONCLUSION:** Based on LPHO experienced, environmental investigation is an important tool to control Leptospirosis outbreak. By identifying the positive environment, resources can be targeted and concerted to the specific area to lessen the outbreak duration as well as Leptospirosis burden.

KEYWORDS: Leptospirosis, environmental source, contaminated water, contaminated soil

Self-Reported Hypertension Among Older Person in Malaysia and Its Associated Factors

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ABSTRACT

INTRODUCTION: Hypertension is a preventable cause of cardiovascular disease (CVD) and a major cause of global morbidity and mortality. The objective of this study is to determine the prevalence of self-reported hypertension among the older person in Malaysia and its associated factors. **METHODS:** The study used data from the National Health and Morbidity Survey in 2018. It was a cross sectional study with stratified cluster sampling design. A total of 3977 adults aged 60 years and above were selected in this study. An information sheet and consent form were made available to every respondent. Respondents were given structured questionnaire via face to face interview using mobile device for data collection. Respondents were classified as having hypertension if they were told to have hypertension by medical personnel previously. Data was analysed using SPSS version 23. Multiple logistic regression model was used to examine the effects of associated factors with hypertension. **RESULTS:** The prevalence of hypertension was 51.1%. Hypertension was higher among other Bumiputras (aOR 1.92, 95%CI: 1.48, 2.49) and Chinese (aOR 1.24, 95%CI: 1.01, 1.53) and unemployed respondents (aOR 1.51, 95%CI: 1.26, 1.81), higher among respondents with: diabetes (aOR 3.27, 95%CI: 2.67, 3.99), high cholesterol (aOR 6.31, 95%CI: 5.34, 7.45), obesity (aOR 1.67, 95%CI: 1.35, 2.08), inactive (aOR 1.34, 95%CI: 1.12, 1.59), and non smokers (aOR 1.67, 95%CI: 1.34, 2.09). **CONCLUSION:** Strengthening the provision of healthcare services and improving some of the modifiable associated factors is important to avoid the complication of hypertension.

KEYWORDS: Hypertension, elderly, Malaysia