Food Poisoning Outbreak Among Hulu Langat Preschool Students

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INTRODUCTION Food poisoning is a type of gastroenteritis, usually caused by contaminated food. Hulu Langat district health officehad received an online notification of food poisoning on 28 Jun 2018. An investigation team wasmobilized immediately to determine the causal agent, identify risk factors and implement control measures. **METHODS** Case control study design was used. Cases were defined as any individual from the eight preschools affected presented with either symptoms of vomiting, diarrhoea, abdominal pain or fever since 27 Jun 2018. Active case detection was conducted. Laboratory analysis of stool, food, surface sampling of utensils, hazard analysis and critical control points (HACCP), and an interview with patients was carried out. Data was analysed using SPSS. **RESULTS** In total, 72 cases were identified among students and teachers from 544 who was exposed. The attack rate was 13.2%. A total of 29(40%) students were admitted and 25(35%) treated as outpatient in eight different hospitals in Klang valley. Main symptoms were diarrhoea (98.6%), fever (86.1%), vomiting (83.3%), abdominal pain (62.5%) and premises rating was 82.7%. The highest risk was from egg (OR 9.6; 95%Cl: 2.34, 41.37, p<0.05). Fried rice sample showed Bacillus cereus while stool sample positive for *Salmonella sp*. **CONCLUSIONS** The outbreak was most likely due to fried tomato egg which was served for lunch earlier. There might be cross contamination because of improper egg cleaning methods and prolonged food holding time. Suspected bacteria is Salmonella based on incubation period with a predominant of lower gastrointestinal symptoms. Action was taken including closure of premises and health education was given to food handlers.

KEYWORDS: Food poisoning, Outbreak, Hulu Langat, Preschool, Students

Friends or Family in an Ageing Asia: A Systematic Review.

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ABSTRACT

INTRODUCTION: Older adults in western countries have been shown to rely on friends support as they age. However, the culture of filial piety in Asia may result in reliance on family support among older adults in Asia. This study aims to identify the source of social support and the type of social support associated with depression among community-dwelling older adult in Asia. **METHODS:** A systematic review was conducted in six databases on 11th January 2018. Inclusion criteria were English studies conducted in Asia among community-dwelling older adults examining the association between social support and depression. Studies were screened, analysed and reported according to the PRISMA guidelines. **RESULTS:** A total of 16356 articles were screened and a final 24 articles were included in the review. The results revealed that older adults who have larger social network consisting of mostly family was associated with reduced depression compared to having friends. Higher family social support was associated with lower depressive symptoms compared to friend's support. The most common type of support measured was emotional and instrumental support. Both were found to be associated with reduced depressive symptoms. **CONCLUSION:** Family support, emotional and instrumental support are associated with lower depressive symptoms among community-dwelling older adults in Asia. Our review emphasised the importance of family support in reducing depressive symptoms. Therefore, policies which encourage family support must be included in developing programmes of preventing depression among older adults in Asia.

KEYWORDS: Older adults, systematic review, social support, depression, Asia