

## Evidence Based Medicine: Knowledge, Attitudes and Beliefs of Doctors in Four Main Hospital Penang State

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### ABSTRACT

**Introduction:** Evidence Based Medicine (EBM) has appeared to be accepted as a pointer for health care quality. Over the past 20 years, EBM has dominated much of the healthcare and policy literature due to its success and the wider use of its theory. It has also been credited with proving efficacy of many treatments and exposing the ineffectiveness of many others. **Methods:** A cross-sectional descriptive study was performed on a randomly selected sample of 264 hospital doctors from four Penang main hospitals. Awareness and Attitude towards EBM, accessing to internet and Midlines and perceived barriers to practice EBM among participants were the main outcome measures. **Results:** In all 92.1% strongly welcomed introduction and promotion of EBM in daily management of patients. About 92 % respondents heard about EBM. Most of the participants had access to internet (89%) and those who were never had a course on EBM were (40.5%). Only 73 % respondents used EBM in their clinical practice. The major barriers to practicing EBM were no time due to patient overload (85%), lack of libraries (65%) limited resource (62%) and lack of training (60%). **Conclusion:** Although there is a high support among doctors for the promotion of EBM, there is a deficit in knowledge and lack of skills of EBM. Hence, the time is suitable for planning and implementing an effective EBM educational programme for both undergraduate and postgraduate doctors. Evidence-based medicine has limitations, and more efforts need to be directed toward improving doctors' skills and access to evidence at the point of care.

## Dietary Risk Factors and Odds of Colorectal Adenoma in Malaysia: A Case Control Study

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### ABSTRACT

**Introduction:** Current evidence suggests that dietary and lifestyle factors may play an important role in colorectal cancer risks but there are only a few studies that investigated the relationship of the factors with colorectal adenomas (CRA), the precursors for colorectal cancer. **Methods:** A case-control study was conducted to determine the relationship between dietary and lifestyle factors associated with CRA risk. Questionnaires were used to obtain information on diet and physical activity using dietary history questionnaire (DHQ) and International Physical Activity Questionnaire-Short Form (IPAQ), involving a sample of 125 subjects with CRA and 150 subjects without CRA at Hospital Canselor Tuanku Muhriz UKM (HCTM), Malaysia were recruited. Data analysis perform by SPSS 21. **Results:** The findings of this study revealed that male gender [OR=2.71 (95% CI= 1.01-7.27)], smoking [OR=6.39 (95% CI= 1.04-39.30)], family history of cancer [OR=6.39 (95% CI= 1.04-39.30)], high body fat percentage [OR=1.25 (95% CI= 1.04-1.51)], high calorie and fat intake [OR=1.03 (95% CI= 1.01-1.06)], [OR=1.01 (95% CI= 0.95-1.09)] and red meat intake more than 100 g per day [OR=1.02 (95% CI= 1.01-1.04)] increased CRA risk. Working status [OR=0.05 (95% CI= 0.01-0.31)], high fibre intake and calcium intake decreased CRA risk with [OR=0.78 (95% CI= 0.64-0.95)] and [OR=0.78 (95% CI= 0.98-1.00)]. Risk factors which include gender, body fat percentage, smoking, family history of cancer, red meat intake, high fat, high energy, low fibre and inadequate calcium have significant association with risk of colorectal adenoma in the Malaysian population. **Conclusion:** The results of this study will help to inform the design of healthy lifestyle promotions which are necessary to reduce the risk of colorectal adenoma.