

## Perceived Stress and Stressors Among Nursing Staff in Besut Hospital

Zaidatul Zarina Bt Mohd Zahidi, MMed (Psychiatry)<sup>1</sup>, Noor Hazzayah Bt Isa, MBBS<sup>1</sup>, Raishan Shafini Bt Bakar, DrPH (Family Health)<sup>2</sup>, Hariza Bt Hussin, MPH<sup>1</sup>

<sup>1</sup>Hospital Besut, <sup>2</sup>Universiti Sains Malaysia Kubang Kerian

### ABSTRACT

**Introduction:** Nursing is a profession that faces high demands in providing services to patients. They are exposed to many stressful demands and pressures which directly or indirectly affects their quality and productivity of their work. Hence the objective of this study is to assess the perceived distress and what are the stressors among nursing staff in Besut Hospital. **Methods:** A cross-sectional study was carried out among all nursing staff from 15th April 2020 till 15th June 2020. Perceived stress level was assessed using Perceived Stress Scale which was validated in Malay language. 19-item Likert Scale questionnaires was used to assess source of stress among them. Data were analysed using descriptive analysis, correlation and multiple logistic regression analysis. **Results:** Majority of the participants had diploma (145 [72.5%]) and more than half of them (104 [52.0%]) has been working for more than 15 years. Majority of the nursing staff had moderate perceived stress (62.5%). There was a positive significant relationship between age and perceived stress among nursing staff. Among the 5 major sources of stressors contributing to their perceived stress, findings revealed that inconsiderate or inequitable supervisor (13.5%) was always a source of job stress among nursing staff in his hospital. **Conclusion:** Majority of the nursing staff had moderate perceived stress. The finding from this study may lead for further research involving relationship among superior and staff in nursing so that intervention could be made to improve this problem in improving the nursing quality and productivity in their work.

## Vildagliptin in The Management of Type 2 Diabetes Mellitus in Queen Elizabeth II Hospital: A Single centre Experience

Koo Li En, MPharm(Hons)<sup>1</sup>, Muhammad Nazir Akmal bin Rahman, BPharm(Hons)<sup>1</sup>, Michele Ng Xing Yi, BPharm(Hons)<sup>1</sup>, Serena Khoo Sert Kim, MRCP(UK)<sup>2</sup>

<sup>1</sup>Pharmacy Department, Queen Elizabeth II Hospital, Kota Kinabalu, <sup>2</sup>Endocrinology Unit, Queen Elizabeth II Hospital, Kota Kinabalu

### ABSTRACT

**Introduction:** In Queen Elizabeth II Hospital (QE2), Malaysia, Vildagliptin is often used as the second or third line oral hypoglycaemic agent (OHA) in the management of type 2 diabetes (T2DM). This study described real-life use of Vildagliptin and reviewed the change in HbA1c post-Vildagliptin prescription in T2DM management in QE2. **Methods:** From January 2019 till December 2019, a retrospective case note review was carried out in QE2. Irretrievable case notes and patients with poor medication compliance were excluded. **Results:** Case notes of 56 patients were reviewed. The patients had a mean age of 56-year-old (SD±14.2) with diabetes for a mean of 12 years (SD±9.02) and were treated with Vildagliptin for a mean of 8.29 months (SD±4.06). In all 60.7%(n=34) were females and 50%(n=28) belonged to Sabahan indigenous ethnics. 78.6%(n=44) received usual dose of Vildagliptin 50 mg BD and 57.1%(n=32) were treated with Vildagliptin concomitantly with insulin and OHA. HbA1c measurements were improved significantly by a mean of -1.44%(SD±1.9) post-Vildagliptin treatment (f values: 0.01-0.017). The mean change in HbA1c for Vildagliptin given at renal-adjusted dose was greater than that at usual dosing [-1.83%(n=12) vs. -1.33%(n=44)]. "Vildagliptin+Insulin" have the greatest HbA1c improvement with a mean reduction of 2.61%(n=9) followed by "Vildagliptin+Insulin+OHA"(-1.29%, n=32) and "Vildagliptin+OHA"(-1.05%, n=15). Malay patients had the greatest reduction in HbA1c (-1.97%, n=10), followed by Chinese (-1.47%, n=17), indigeneous Sabahan(-1.26%, n=28) and Indian(-0.6%, n=1). **Conclusion:** Real-life use of Vildagliptin in QE2 successfully reduced HbA1c among T2DM patients. A larger study to review the change in HbA1c post-Vildagliptin prescription among the population of Sabah is warranted.