PL-003

Institute for Clinical Research as the pillar in establishment of research culture

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ABSTRACT

Summary: The Institute for Clinical Research (ICR), previously known as the National Clinical Research Centre, Ministry of Health Malaysia was founded more than 20 years ago. The research areas mainly focus on clinical trials, clinical epidemiology, digital health and patient related outcomes. For an institution to improve its research culture, the most important considerations are to reflect on its organisational values and purpose. ICR's research culture is driven by research that matters to patients and to support evidence-based clinical practice founded on ethical conduct of research, data integrity and scientific validity. Whilst obstacles to developing a research culture can come in many forms, it is important that solutions are identified and implemented. For that, ICR developed a strategic framework with defined pillars of excellence in a) Clinical Research Hub, b) Technology in Clinical Research, c) Sustainable Human Capacity Building and d) Visibility. Further, the working environment reflected the concepts of research freedom, use of advanced scientific approaches, and encouraged high inflow of young talented researchers. In addition, researchers' funding requirements from internal and external grants, access to infrastructure, academic training, research collaboration within and beyond the organization were facilitated. Arguably, transforming research culture is complex, and developing a strategic framework and implementing it well most certainly helps to drive research excellence of national and international relevance.

PL-004

Managing prediabetes through digital health and pharmacy-supported program

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ABSTRACT

Summary: Pre-diabetes is defined as an intermediate state of hyperglycaemia with glycaemic parameters above normal but below the T2DM threshold. It was estimated that >25% of pre-diabetic individuals convert to T2DM within 3-5 years, and 70% of individuals with pre-diabetes will develop into full-fledge T2DM within their lifetimes. In Malaysia, the prevalence of prediabetes is estimated to be around 20-30%. There is an urgent need to address this issue to reduce the diabetes burden in the country. Leveraging the advancement of digital health technology and the readily available large network of community pharmacies, our team is piloting a digitally supported prediabetes intervention program in the community pharmacy. Our preliminary results suggested that the participants are ready to embrace mobile apps to manage their personal health. The project also enables community pharmacists to play a bigger role in chronic disease management in Malaysia.