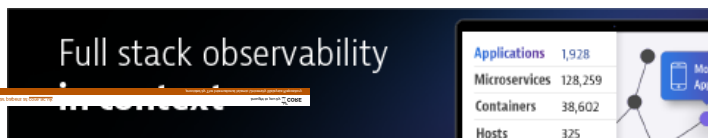
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Wan Nursyafiqah Wan Mohd Azmi, Abdul Rahman Fata Nahas, Nor Hidayah Mohd Taufek

Department of Pharmacy Practice, Kulliyah of Pharmacy, International Islamic University Malaysia, 25200 Kuantan, Pahang, Malaysia

**Corresponding author:** wnsfiqah@gmail.com**Introduction:** Pregnancy has been associated with discomfort and several health issues that may prompt self-medication. Although various reasons and types of self-medication among pregnant women have been reported worldwide, little is known whether this practice is common among pregnant women in Malaysia. **Objectives:** The study aimed to investigate the practice**In this article****Article Access Statistics**

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and factors of self-medication among pregnant women in Kuantan, Pahang. **Materials and Methods:** A cross-sectional survey was conducted by distributing a validated self-administered questionnaire among pregnant women who attended prenatal check-up at the International Islamic University Malaysia Medical Centre Kuantan, Pahang. Data was analysed using Statistical Package for Social Sciences version 22. **Results:** A total of 80 pregnant women participated in the study over a period of five months which accounted for 80% of total sample size. The range for age was 23–45 years and gestational age was 12 – 39 weeks. Most of them had experienced their symptoms such as fever and flu at home but only 32.5% (n=26) practiced self-medication, whereas 67.5% (n=54) did not agree without consulting doctors. Participants took modern medicines (18.75%, n=15), health supplements (76.2%, n=61) and herbal products (5%, n=4). Self-medication was practiced by women who took modern medicines (n=3), health supplements (n=19) and herbal products (n=3). Factors that influenced self-medication were information from the internet (70%), friends (53.75%), articles/books (40%), family members (41.25%) and media (33.75%). **Conclusion:** Self-medication occurred among pregnant women and involved various types of products. Intervention to improve this practice is required to prevent associated risks of adverse outcomes in pregnancy.

**Keywords:** Factors, pregnant women, practice, self-medication

#### ID 4. Antibiotic Prescribing in an Intensive Care Unit: Findings from a Public Malaysian Setting

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**Introduction:** Data on antibiotic prescribing together with its knowledge and perception in Malaysian ICU is lacking. **Objectives:** To explore knowledge, perception, and antibiotic prescribing among specialists and advanced trainees in Malaysian ICU. **Materials and Methods:** A cross-sectional survey was employed which consisted of three sections namely knowledge, perception, and practice. Three case vignettes consisted of hospital-acquired pneumonia (HAP), infected necrotising pancreatitis (INP), and catheter-related bloodstream infection (CRBSI) were presented in the practice section to gather information on prescribing practice. **Results:** About 868 respondents were approached but only 104 responded (12.0% response rate). Seven different classes of antibiotics giving a total of 390 were empirically prescribed for the three cases combined. Antibiotic prescribing compliance which indicates correct choice of antibiotics and dosing were 66.3%, 56.7%, and 19.2% for HAI, INP, and CRBSI respectively. In perception, 97.2% and 85.6% of respondents conceded that antibiotic concentration is inadequate, and that dosing be based on MIC respectively. Majority (94.2%) perceived that antibiotic dosing follows PK/PD profile but only half (50.9%) agreed that therapeutic drug monitoring be routinely performed. Comprehension on antibiotics showed that all respondents acknowledged PK/PD profile of antibiotics but only 64.4% able to correlate given antibiotic with their respective PK/PD. Only 13.5% of respondents able to identify the best PD approach for  $\beta$ -lactam antibiotics in sepsis patients. **Conclusion:** Antibiotic prescribing was somewhat appropriate in Malaysian ICU. Prolong therapy and inadequate coverage are the hallmark need to be considered especially in CRBSI. Clinicians are conversant with available antibiotics but apprehension in its PK/PD is scant.

**Keywords:** antibiotic, survey, beta-lactam

#### ID 5. Investigating the Use and Knowledge of Analgesics among IIUM Undergraduate Pharmacy Students

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**Introduction:** Analgesics are commonly used to relieve pain and can be obtained through prescription or self-medication. Little is known regarding the use of analgesics among pharmacy students given their unique knowledge and training on medications. **Objectives:** The study aimed to investigate the use and knowledge of analgesics among IIUM Undergraduate Pharmacy Students in Kuantan, Pahang. **Materials and Methods:** A cross-sectional survey was conducted using a validated questionnaire among undergraduate pharmacy students from Year 1 to Year 4. The data from stratified sampling were analysed using IBM SPSS Statistics 22 for descriptive statistics. **Results:** A total of 371 students (82%) participated in the study (age range: 18–25 years). The analgesics used to treat fever (73.0%) and headache (69.3%) were paracetamol (96.5%), mefenamic acid (33.7%), ibuprofen (24.6%) and diclofenac sodium (20.5%). The average score for the knowledge was 5.4/9.0. The fourth year students

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had the highest knowledge score (6.7) compared to first (3.6), second (5.7) and third (6.1) year. Some took supplements to relieve pain (1.3%). The analgesics used from over the counter/pharmacist recommendation (56.1%) were chosen based on dosage form (52.6%), price (48%) and availability (63.1%). The sources of information were from lecturers (78.4%) and health care providers (73%). The sources of supply were community pharmacies (76.3%), government hospitals/clinics (44.5 %) and convenience stores (38.3%). Majority of them took analgesics with food (86.3%) whereas some experienced side effects (16.2%). **Conclusion:** Analgesics were commonly used among pharmacy students through over the counter/pharmacist recommendation. The knowledge regarding analgesics needs to be improved among pharmacy students.

**Keywords:** *Analgesics, factors, knowledge, pharmacy students, sources, use*

#### **ID 6. Investigating the Use of Dietary Supplements among Undergraduate Pharmacy Students**

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**Introduction:** Dietary supplements are commonly used among adult's population for various indications. Little is known about the common types of dietary supplement used and the monthly expenditure for supplements among pharmacy students. **Objectives:** The study aimed to investigate the use of dietary supplements among undergraduate pharmacy students in Kuantan, Pahang. **Materials and Methods:** A cross-sectional survey was conducted using a validated Dietary Supplement Questionnaire among undergraduate pharmacy students at International Islamic University Malaysia. Data were analysed using SPSS for descriptive statistics. **Results:** A total of 372 students participated in the study (age range: 19–25 years), with 45.7% of them took supplements where brands were preferred over generic types. A majority (92.2%) of them did not have any illnesses. The reasons for taking supplements were for general health (38.2%), boosting immunity (18.6%), energy source (9.5%) and enhancing memory (8.8%). The average monthly expenditure for supplement was RM58.73 (USD 14.01). The types of supplements used were multivitamin, evening primrose oil and ginkgo biloba. A majority (68.0%, n=253) of them would recommend supplements with doctors' advice. They agreed that supplements could prevent chronic diseases (38.8%), were harmless (34.9%), are necessary for all ages (21.3%), and could prevent cancer (5.0%). The sources of information were doctors/pharmacists (33.5%), internet (33.1%) and friends/family/relatives (25.0%). They also reported positive (42.5%), neutral (52.4%) and negative (5.0%) experiences from taking supplements. **Conclusion:** Dietary supplements were taken by two-fifths of pharmacy students. Further research is needed to evaluate the rational use of supplements among pharmacy students.

**Keywords:** *Dietary supplements, pharmacy students, types, use*

#### **ID 7. The Prevalence of Prescribing Medications Associated with Geriatric Syndromes among Discharged Elderly Patients**

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**Introduction:** A geriatric syndrome is a group of signs and symptoms that happen in older people and do not fit into a discrete disease. Several medications were reported to be associated with the incidence of geriatric syndromes. **Objectives:** To