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MENTAL HEALTH & WELL BEING IN THE 4th INDUSTRIAL REVOLUTION

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Cardiovascular Disease Risks among Medical Students in a Public University

Shaiful Ehsan Shalihin^{1,*}, Azaiyni Daeng², Imrah Halim², Nik Adlin Zainal²

¹ Department of Family Medicine, Kulliyyah of Medicine, International Islamic University Malaysia, Jalan Sultan Ahmad Shah, 25200 Kuantan, Pahang, Malaysia

² Kulliyyah of Medicine, International Islamic University Malaysia, Jalan Sultan Ahmad Shah, 25200 Kuantan, Pahang, Malaysia

*Corresponding author's email: shaifulehsan@iium.edu.my

ABSTRACT

Cardiovascular disease (CVD) is an important global health threat including in Malaysia and Asia. Ischemic heart disease is the most common cause of death among Malaysians. The majority had a minimum of three CVD risk factors. This is worrying as the risks present even in children and adolescents up to a 14% prevalence rate. This study aims to assess cardiovascular disease risks and other major risk factors among young medical students in International Islamic University Malaysia (IIUM). A cross-sectional study was conducted among 247 preclinical medical students from March to July 2019. Validated self-reported questionnaires were used, including sociodemographic, socioeconomic, lifestyle, International Physical Activity Questionnaire (IPAQ) and Knowledge, Attitude and Practice of CVD. A standardized stadiometer and weighing scale were used to measure body mass index (BMI), digital sphygmomanometer for measuring blood pressure and blood glucose test kit for random blood sugar. CVD risk score was calculated based on a 30-years risk Framingham simple model of calculation using BMI. Descriptive statistics were used to measure the prevalence of CVD risk and other major risk factors. Chi-square test, Fisher's exact test and independent-sample T-test were used to measure the association between risk factors and CVD risk score. The majority of students were female (68%) and Malay (99.6%). The mean age was 21 (standard deviation = 1.016) years old. 28.2% of the medical students had elevated full CVD risk scores. Prevalence of hypertension, central obesity, abnormal random blood glucose and abnormal BMI were 4.9%, 35.2%, 70.4% and 40.5%, respectively. The participants scored good marks in KAP (97.6%) with good knowledge (97.2%) and attitude (97.6%) however scored moderately in practice (78.1%). There is no significant association between KAP of CVD risks and the studied variables. Less than a quarter of the preclinical medical students have elevated full CVD risk. The major risks of cardiovascular disease, especially central obesity, overweight and obesity, abnormal blood glucose and family history of CVD, are abundantly present among the students. Despite being in medical school and a good KAP score, there are presents of smokers and a sedentary lifestyle among the students.

Keywords: Cardiovascular disease, CVD, Cross-sectional study, Framingham 30-years risk of CVD, KAP