

Meeting The Challenges and Opportunities
of Innovation In Nursing



PROGRAMME BOOK

Organised by FINAL YEAR UNIMAS NURSING STUDENTS

UNIMAS GEMILANG

Terciptalah suatu sejarah
Wujudmu di persada negara
Di Bumi Kenyalang bertuah
Kebanggaan nusa dan bangsa
Berinovasi dan berwawasan
Berilmu berpandangan jauh
Inilah hasrat dan harapan
Kamilah pendukung warisan
Teguh terunggul namamu
UNIMASku yang gemilang
Dengan penuh keikhlasan
Kami wargamu di sini
Berbangga...

Berbudaya, bersifat sezaman
Bersatu hati mencurah bakti
Jasamu, tiada bandingan
Kau disanjung dan dihormati
Wajah mutakkan kami lupakan
Sentiasa terpahat di ingatan
Menjadi lipatan sejarah
Segar mekar dalam kenangan
Teguh terunggul namamu
UNIMASku yang gemilang
Dengan penuh keikhlasan
Kami wargamu di sini
Berbangga...
UNIMAS gemilang...



RNSC	Signifies the Regional Nursing Student's Conference, organised by the Final Year Nursing Students, UNIMAS
The colors of red, blue and yellow	Signifies the official color of UNIMAS logo, signifying that this conference is organised under UNIMAS
Cog and Bulb	Represents the theme of the conference; " Meeting The Challenges and Opportunities of innovation in Nursing"
Stethoscope	Signifies nursing as the branch of medicine
Hornbill	It represents Sarawak as the state of conference take place

OBJECTIVES OF THE CONFERENCE

To enhance knowledge among nursing students, nurses and allied health professionals

To meet the challenges and opportunities of innovation in nursing

To improve the health services via various perspectives

To enhance the network among the healthcare professionals.

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WELCOMING MESSAGE FROM
**Yang Berbahagia Professor Datuk Dr
Mohamad Kadim Bin Suaidi**
Vice Chanellor, UNIMAS



Assalamualaikum w.b.t and Salam UNIMASKu sayang.

It gives me great pleasure to welcome all of you to the 9th Regional Nursing Students' Conference which jointly organised by the Department of Nursing and the final year Bachelor of Nursing students of UNIMAS. Congratulations to all committees of RNSC 2018 for their effort in actualising this conference. As usual, the team has once again pulled off another successful gathering of great minds together with those who yearn to learn and know the latest issues in nursing.

Nurses have always had a massive impact on healthcare. That is because there is a sense of belonging in the profession that aims together in caring for those who need it. When meeting with challenges and opportunities in nursing, there is an increasing need for nurses to pull together and achieve things together; this conference is one gathering that we know can help our community of nurses meet up, brainstorm, discuss, collaborate and work together with the same objective – increasing the quality of healthcare. Nurses achieve more by doing things together (and also with other professionals in the healthcare system) and because they see more of the patient/client experience and their journey, that's where nurses can appreciate where they can actually add value to that journey towards optimal health. Sharing and learning consistently is the way to go; this ensures that we remain at the forefront of innovation and current thinking. Evidence-based practice is still the main school of thought; adding innovation and own creativity to it adds more value.

It is my hope that this conference will benefit all the delegates attending; I applaud your interest and effort in making your way to our humble campus here in Kota Samarahan, to spend your precious time with us, in order to constantly share and learn for the sake of healthcare in the future.

Yang Berbahagia Professor Datuk Dr Mohamad Kadim Bin Suaidi
Vice Chancellor, UNIMAS

WELCOMING MESSAGE FROM

Professor Dr Hj Ahmad Hata Bin Rasit

Dean of Faculty of Medicine and Health Sciences
UNIMAS



Assalamualaikum w.b.t. and welcome

I would like to extend my warmest welcome to all delegates to the Regional Nursing Students' Conference 2018, with the theme "Meeting the Challenges and Opportunities of innovation in Nursing". This conference had been organised for the past years, and for 2018, the conference is remained as Regional Nursing Students' Conference in continuing the tradition from previous years in providing new perspectives towards the nursing profession. I would like to congratulate the Final Year Nursing Students, with the help of the members of the Department of Nursing, for the efforts and hard work put in organising this conference.

It is a challenge for nurses to think about what would really transform care for patients and the community; innovation is not merely adopting good practice from elsewhere. Global nursing experts have been continuously encouraging the nursing community to pursue creativity and innovation in order to improve healthcare. In most healthcare systems, nurses may provide more than 50% of the primary healthcare which makes them the appropriate persons to provide creative solutions for current and future health challenges in the community. With the demands of healthcare and the resources needed; we also need to maximise our potentials in providing a conducive setting where nurses can think creatively. Issues on making these changes should be discussed so as to engage the nursing community; the educators, the policy makers, the nurse managers, those who are in direct contact to patients themselves – all need to collaborate and ensure that this environment is flexible and supportive for innovation.

With this, I wish everyone involved in this conference a great sharing session, and that everyone goes back with lots of inspired knowledge and opportunities to be shared with others back in your own settings and fields.

Professor Dr Hj Ahmad Hata Bin Rasit
Dean of Faculty of Medicine and Health Sciences
UNIMAS

WELCOMING MESSAGE FROM

Associate Professor Dr Sidiah John Siop

The Head of Department of Nursing
UNIMAS



Welcome to the 9TH Regional Nursing Students' Conference (RNSC) 2018

It is with much pride and joy that I commend our Final Year Nursing students (together with their facilitators) in organising the 9th Regional Nursing Students' Conference 2018, aptly themed "Meeting the Challenges and Opportunities of Innovation in Nursing". Heartiest welcome and thanks also to the delegates and speakers who devote their time to attend the conference.

I believe that one of the important keys to healthcare innovation is empowering nurses to create, diversify and innovate. With knowledge comes power to change; it is with this aim that this conference is being held, so that the nursing and healthcare community can converge and contribute ideas into empowering each other for future healthcare. Nursing care changes with constant challenges and trends; it is always highly encouraged that nurses upkeep and utilise their acquired knowledge and skills to generate and develop new ways of implementing care, using the latest information and technology to upgrade and evaluate quality healthcare. Nurses work in diverse settings, across many cultures, and yet all have the same objective – to render the best care to their patients. Coming together to discuss the issues and challenges of innovation in nursing is essential to create pathways for each other, to build that rapport so as we can all strongly support each other in the web of diversified healthcare.

Once again, I welcome each and every delegate who has come to attend; may you go back to your respective fields knowing that we are all weaving the same web of healthcare and that each of us strengthens our branches of the web by building upon our knowledge, skills and expertise constantly. Heartfelt gratitude and thanks to the respected speakers for accepting our invitation; your contribution is highly appreciated and anticipated.

Have a fruitful conference to all delegates - the nurse, being leaders, in transforming current care to provide better opportunities for the future.

Associate Professor Dr Sidiah John Siop
The Head of Department of Nursing
UNIMAS

WELCOMING MESSAGE FROM

Nur Fatin Nabilah Binti Japlus

The Student Organizing Chairperson of RNSC
2018



Assalamualaikum w.b.t.

On behalf of the committee, I would like to extend my warmest welcome to all delegates to the 9TH Regional Nursing Student Conference 2018. The theme for this year conference is "Meeting the Challenges and Opportunities of innovation in Nursing". Also, I would like to thanks to all the delegates for their willingness, interest, time and trust, to with us for the conference.

For your information, this conference is fully organised by the Final Year Nursing Students UNIMAS. This conference is a succession event following the Regional Nursing Students' Conference from previous years, which aimed to provide nursing delegates with new knowledge and a holistic point of view in the nursing profession, within a Malaysia context. Take this opportunity to connect, share and to learn from each other, in order to advance the nursing profession and achieve better health for all.

I would like to thank our respectful Vice Chancellor, our Dean, our Head of Department, all of our facilitators and the university staff, for their endless and unending support and commitment towards this conference. Special thanks to all the honorary guests, speakers and free-paper presenters. Last but not least, I would like convey my highest gratitude to all of my hardworking committee members, who have worked endless to ensure this conference a success.

I really hope that all delegates will be able to gain new knowledge and perspectives about nursing, and also have a good 'take home message' from the conference.

"Let us never consider ourselves finished nurses. We must be learning all of our lives."

(Florence Nightingale)

Thank you,

Nur Fatin Nabilah Binti Japlus

The Student Organizing Chairperson of RNSC 2018

PROGRAMME DAY 1

Saturday - 17TH MARCH 2018, DeTar Putra UNIMAS

Time	Activity
0630	Arrival of Committee Members
0700	Arrival and Registration of Delegates
0830	Arrival of: <ul style="list-style-type: none"> ☒ Ybhg Prof Mohd Fadzil Abdul Rahman, <i>Deputy Vice Chancellor (Student Affairs & Alumni), UNIMAS</i> ☒ Prof Dr Hj Ahmad Hata Rasit, <i>Dean, Faculty of Medicine and Health Sciences, UNIMAS</i> ☒ Assoc. Prof Dr Nor Aliza Abdul Rahim, <i>Deputy Dean (Student Affairs & Alumni), Faculty of Medicine and Health Sciences, UNIMAS</i> ☒ Assoc. Prof Dr Sidiyah John Siop, <i>Head of Department of Nursing, Faculty of Medicine and Health Sciences, UNIMAS</i>
0845	Arrival of Guest of Honour: Ybhg Prof Datuk Dr Mohammad Kadim Suaidi, <i>Vice Chancellor, UNIMAS</i>
0900	National Anthem "Negaraku" & "UNIMAS Gemilang" Song
	Doa Recitation
	Welcoming Performance
0910	Opening Speech by Fatin Nabilah Binti Japlus <i>Student Organising Chairperson of RNSC 2018, UNIMAS</i>
0915	Speech by Professor Dr Hj Ahmad Hata Rasit, <i>Dean, Faculty of Medicine and Health Sciences, UNIMAS</i>
0930	Speech by Guest of Honour: YBhg Professor Datuk Dr Mohamad Kadim Bin Suadi, <i>Vice Chancellor, UNIMAS</i>
1000	Open Ceremony & Multimedia Presentation
1005	Presentation of Souvenirs to Guest of Honour
1010	Press conference
1030	Tea Break
1100	Keynote Address I: Meeting The Challenges And Opportunities Of Innovation In Nursing: Nursing Education <i>by Asst. Prof Dr Mohd Said Nurumal</i>

1130	Plenary Session I: Teaching Innovation In Nursing Education: Blended Learning <i>by Dr Greta Miranda Goh</i>
1200	Plenary Session II: Robotic Surgery And Brainsuite In Main Operation Theatre, SGH <i>by Matron Andy Lim</i>
1230	Plenary Session III: Innovation In Healthcare: Experience Of A Perfusionist <i>by Ms Soh Ai Lim</i>
1300	Lunch break & Solat Zohor
1400	Free Paper I: The Effectiveness Combination of Family-Centered Education and Cognitive Behavior Therapy (CBT) on Interdialytic Weight Gain (IDWG) In Patients Undergoing Hemodialysis in Hospital Dr. Soedarso Pontianak 2017 <i>by Ridha Mardiyani</i>
1415	Free Paper II: Food Poisoning Outbreak at the Ocean: A Case Report <i>by Dr. Shafizah Ahmad Shafei</i>
1430	Free Paper III: Simulated Electronic Health Documentation: What Influence Nursing Students' Intention to Use? <i>by Dr. Chan Kim Geok</i>
1445	Free Paper IV: Oral Health Knowledge and Oral Hygiene Practices among Stroke-Care Nurses: A Cross-Sectional Study <i>by Dr. Normaliza Ab Malik</i>
1500	Free Paper V: Development of the Guideline for Diabetic Foot Ulcer Prevention in Diabetes Mellitus Patients in Indonesia <i>by Kharisma Pratama</i>
1515	Free Paper VI: Lived Experiences of Mastectomied Body <i>by Ms Jandy Perra</i>
1530	Free Paper VII: Economic Support to Diabetic Foot Ulcer Patients in Kitamura Pontianak <i>by Deni Candra</i>
1545	Free Paper VIII: The Efficacy of Violin Instrumental Music Therapy and Lavender Aroma Therapy among Post Major Surgery Patients in Pontianak City Hospital <i>by Mardianto</i>
1600	Tea Break and End of Day 1 Conference

PROGRAMME DAY 2

Sunday - 18TH MARCH 2018, DeTar Putra UNIMAS

Time	Activity
0630	Arrival of Committee Members
0700	Arrival of Delegates
0800	Innovative Project I: The Efficacy of Pomegranate on Cutaneous Wound Healing: An Animal Experimental Study <i>by Lee Jia Ming & Nur Harzureen Norjaya (UNIMAS)</i>
0815	Innovative Project II: Infant's Wrist Splint for Peripheral Intravenous Cannula <i>by Nurul Atiqah Rozman & Siti Atiqah Zolkapli (UNIMAS)</i>
0830	Innovative Project III: Multifunctional Polyfacet Wheel Chair: The Next Generation Wheelchair <i>by Lim Jia Zuan (AIMST University)</i>
0845	Innovative Project IV: Mommies' Breastfeeding Setting <i>by Siti Norfaridatul & Siti Muslihah (UNIMAS)</i>
0900	Free Paper IX: The Prevalence, Level of Awareness and Management of Urinary Incontinence Among Female Staff in AIMST University <i>by Kishera A/P Sivakumar</i>
0915	Free Paper X: Factors Influencing Stress and Coping Strategies among Nursing Students <i>by Nurul Shamira</i>
0930	Free Paper XI: Quality Of Life and Lifestyle Behaviors of Coronary Artery Bypass Graft Surgery <i>by Khor Shi Ying</i>
0945	Free Paper XII: Knowledge, Attitude, and Practice of Food Poisoning Among University Of Malaya Students <i>by Yu Quan Yow</i>
1000	Tea Break

1030	Keynote Address II: Meeting The Challenges And Opportunities Of Innovation In Nursing: Nursing Practice <i>by Prof Datu Dr Andrew Kiyu Dawie anak Usop</i>
1115	Symposium I: Clinical Leadership in Nursing <i>by Assoc. Prof Dr Khatijah Lim Abdullah</i>
1145	Symposium II Innovation in Healthcare: Issues & Implication in Management <i>by Ms Dorothy Kulai</i>
1215	Symposium III Career Advancement Opportunities: Overview of Advance Diploma Courses by KKM in Malaysia <i>by Ms Jidah Padang</i>
1245	Lunch Break and Solat Zohor
1400	Forum Session Creating Career Pathway In Nursing- Meeting The Future Challenges In Nursing Practice, Research And Education Moderator: Mr. Dev Nath Kaushal Speakers: Assistant Prof Dr Mohd Said Nurumal : Assoc. Prof Dr Khatijah Lim : Assoc. Prof Dr Sidiah John Siop : Ms Jidah Padang
1530	Closing Ceremony & Speech by Associate Prof Dr Sidiah, <i>Head of Department of Nursing, UNIMAS</i>
1540	Prize presentation for Innovative Projects & Free Papers
1550	Closing Performance
1600	Tea break and End of Conference

KEYNOTE SPEAKER I



Assistant Professor Dr. Mohd. Said Nurumal

The Dean
Kulliyyah of Nursing
International Islamic University Malaysia

He is an Assistant Professor and current Dean of Kulliyyah of Nursing, International Islamic University Malaysia. He is also the Deputy Chairman for Nursing Council of Public Higher Learning Institution, Malaysia. He completed his basic nursing education at University of Malaya and obtained his Bachelor of Nursing Studies (Hons) from Dublin, Ireland and Master Degree in Medical Education from School of Medical Sciences, Universiti Sains Malaysia, Kubang Kerian. He was conferred the Doctor of Philosophy degree in nursing by Chiang Mai University.

Prior to joining IIUM, he was attached to the Emergency and Trauma Department, University of Malaya Medical Centre. His research interest includes nursing education and clinical practice mainly in the field of emergency and trauma as well as patient simulation practice.

Meeting the challenges and opportunities of innovation in nursing: Nursing Education

Assistant Professor Dr. Mohd. Said Nurumal

Abstract

Nursing education has been evolving from conventional to the state of the art education approach for the past decade. It is in line with the Malaysia Education Blueprint and Malaysia Qualification Framework. These two documents clearly explain the importance of imbued innovation in teaching and learning for a programme. On top of that, Malaysia Higher Education has imposed to embed all the curriculum of higher learning into fourth (4.0) industrial revolution. This approach gives a greater opportunity to nursing to move to another milestone in the education system in line with the current trends and needs. This innovation in education not only covers the knowledge of the learner but also the requirement of the industry (clinical service) includes humanity. Interestingly, using pedagogy and andragogy alone are no longer sufficient; we should also use heutagogy, paragogy and cybergogy in current teaching and learning approach. Definitely, all these new approaches generate some challenges or will pose a real challenge for both teacher and learner. This is because nursing still strongly believes in highly prescribed course and structured learning times. At the same time nursing has high requirement of ethics, professional accountability, team work, practical skills and social skills that must be accompanied by academic knowledge, critical thinking, problem solving and decision making. In conclusion, this revolution certainly provides an excellent movement to the nursing education toward innovative approach without jeopardising the actual nursing roles for the society.

KEYNOTE SPEAKER II



Professor Datu Dr Andrew Kiyu Dawie anak Usop
Department of Community Medicine and Public Health,
Faculty of Medicine and Health Sciences, UNIMAS

Dr Andrew Kiyu has over 30 years of experience in public health, initially as a district and divisional medical officer of health, then as an epidemiologist, Deputy Director for Public Health in Sarawak and finally as Sarawak State Health Director. He is a consultant epidemiologist with Sarawak Health Department after his retirement as the Sarawak State Health Director in 2008. Dr Andrew has wide experience in managing outbreaks including those due to emerging infectious diseases and zoonoses. He obtained his MBBS from University of Malaya in 1976, MPH from University of Malaya in 1981, and Doctor of Public Health in Epidemiology from Tulane University, New Orleans, USA in 1990. He is a Fellow of the American College of Epidemiology and a member of the Academy of Medicine, Malaysia. Dr Andrew is well-known internationally for his work in Healthy Cities and settings and has served as WHO consultants, as well as on the WHO's Knowledge Network on Urban Settings. His research has covered micronutrient deficiencies, especially iodine deficiency and Vitamin A deficiency, rural water supply and sanitation and nutritional status of children in Sarawak.

Meeting the challenges and opportunities of innovation in nursing: Nursing Practice

Professor Datu Dr Andrew Kiyu Dawie anak Usop

Abstract

Nurses are a fundamental part of the healthcare industry, one that is being driven relentlessly and rapidly forward by innovation across the entire continuum of care. Innovation is necessary to achieve the triple aim of an improved patient experience of care, improved outcomes or health of populations, and a reduction in the per capita cost of healthcare. As a result, the daily practice of nursing regularly includes thinking creatively or 'outside the box'. There are many definitions of innovation. In healthcare, the National Health Service defines innovation as "an idea, service or product, new to the NHS or applied in a way that is new to the NHS, which significantly improves the quality of health and care wherever it is applied". Innovation needs to be replicable – and replicated- across similar settings. Innovation involves the whole process from invention, to adoption and diffusion of that idea into widespread use. Innovation is not as a gift, but a skill that everyone in the organisation can master. Encouraging nurses to bring their ideas or innovations forward needs nurturing. Liberating nurses to embrace innovation is difficult because providing high quality care for patients will always be a key priority for them; and so often doing the "day job" can become all consuming, that they can lose sight of the fact that part of the job is to identify and deliver improvements. Establishing a culture of innovation does not happen overnight; it needs a strong foundation of values and resources that encourage it. Innovation in practice is founded on creating innovative competencies, allocating resources to innovative projects, and managing an innovative pipeline from idea to market launch. It requires leadership teams that must take the responsibility for training and development, recruitment, and reward systems that elevate the innovation. Factors that determine whether an innovation will be taken up and replicated include characteristics of the innovation itself, the organisational settings and the community environment. Diffusions in large and complex healthcare systems require the interaction of top down pressures, horizontal pressures, and bottom up pressures.

PLENARY SPEAKER I



Dr Greta Miranda Goh

Senior Lecturer

Department of Nursing

Faculty of Medicine and Health Sciences, UNIMAS

Dr Greta Miranda Goh is senior lecturer at the Department of Nursing, Faculty of Medicine and Health Sciences, UNIMAS. Currently she holds the position as the Master of Nursing Program Coordinator. She is one of the key-person in the curriculum planning and evaluation at her department.

Dr Greta Miranda Goh obtained her registered nursing licensure in Singapore. After receiving her undergraduate degree from La Trobe University, Australia, she furthered her study in Master of Science in Nursing, majoring in Medical-Surgical Nursing, at the University of Michigan (Ann Arbor), USA, and PhD at the University of Melbourne, Australia. She has worked in the capacity of a nurse practitioner, nursing educator and researcher in various countries including Singapore, USA and Australia. Her research interests include complementary and alternative medicine (CAM), supportive care for people with cancer and health related quality of life experienced by patients with chronic medical illnesses.

Teaching innovation in nursing education: Blended learning

Dr Greta Miranda Goh

Abstract

Today, nurse educators face a millennial generation of technology-centric students who expect to be engaged in their learning. In the reality of today's education, students can learn anywhere and anytime via the Internet. E-learning offers a flexible, self-paced study with access to educational programs via asynchronous communication without the constraints of time or place. But not all skills can be acquired via e-learning; thus, the emergence of blended learning approaches. Blended learning is an intentional integration of 'mortar and brick' traditional learning and online learning to provide educational opportunities that maximise the benefits of each mode of delivery and thereby effectively facilitate student learning. There are many types of technology that allow students to be actively involved in their own learning. When choosing methods for teaching in classroom, online environment, clinical setting or laboratory, the nurse educator needs to consider – above all else – the specific learning outcomes to be achieved and the students' needs. The goal is not to use the newest technology available; but instead to assess if that technology will help students learn better, and improve their clinical skills and competencies more effectively.

One particular challenge for blended learning in nursing education is coming up with effective strategies students respond to that will generate positive outcomes, as well as produce graduates who can be immediately successful at the clinical setting. So, how do nursing schools reconcile the need to adopt technology within curricula as well as suitably prepare student nurses for clinical practice? How will the role of current and future nursing educators change? There is a pressing need to understand these issues and establish how to address them.

PLENARY SPEAKER II



Matron Andy Lim Han Siang

Perioperative Matron (U41)

Main Operation Theatre, Sarawak General Hospital, Kuching

Mr Andy Lim Han Siang is currently the Clinical Matron U41 in Main Operation Theatre (OT) at Sarawak General Hospital (SGH). He obtained his Bachelor of Sciences in Nursing (Hons) from Open University Malaysia (2011). He is a trained perioperative nurse. He has been working with the Ministry of Health (Malaysia) for the past 13 years. His experience involves in working at Surgical Unit Hospital Putrajaya, Male Surgical Ward, Acute Pain Service and currently at Main OT, SGH. His role as a Matron for Main OT is overseeing the nursing staffing at Main OT, training students and new staff as well as involved with the Hospital Mentoring Program.

Introduction of robotic surgery and brainsuite in main operation theatre, Sarawak General Hospital

Matron Andy Lim Han Siang

Abstract

Recently, one of our main tasks is undertaking the Robotics surgery and use of of BrainSuite at the Main OT at SGH. Robotics surgery is the latest procedure that could perform simple tasks, such as controlling an endoscopic camera as well as carrying out complex surgical manoeuvres which are beyond the capability of a surgeon's hand. Robotic systems respond to manual or voice-activated commands to manoeuvre mechanical arms or an endoscopic camera. The other advance technology in surgery is BrainSuite. It is a collection of image analysis tools designed to process magnetic resonance images (MRI) of the human brain whereby could extract and parameterize the inner and outer surfaces of the cerebral cortex, to segment and label the grey and white matter structures, and analyses diffusion imaging data. BrainSuite enables neurosurgeons with intra-operative CT Scan to remove complex and hard-to-access brain tumors during. This procedure enables patient to recover fast and is able to do normal daily activities when compared to traditional surgery.

PLENARY SPEAKER III



Ms. Soh Ai Lim
Senior Perfusionist
Borneo Medical Centre

Soh Ai Lim embarked on her career in perfusion in 1995. Currently, she is the Senior Perfusionist with Borneo Medic-I Centre in her hometown, Kuching, Sarawak. She is also the Clinic-I Educator, Certified AHA B-sic Life Support and AHA Advanced Cardiac Life Course Instructor. Prior to this, Soh served as the pioneer Senior Perfusionist with International Medical Center, Jeddah, and Kingdom of Saudi Arabia. She holds a Bachelor's Degree in Nursing, from Monash University and Master of Science in Nursing, from University of Northumbria. She also holds an Advanced Certificate in Critical Care Nursing, from Ashford Community Hospital, Adelaide and Certificate of Perfusion Technology, from National University Hospital, Singapore. Recently, she completed the International Society of Quality in Health fellowship award. She is passionate about the comprehensive teaching and staff training in the center concerning patient safety, and dedicated to the unified vision of excellence in patient-centered care.

Unleashing the Power of Practising Innovations: From Nursing to Perfusioning

Ms. Soh Ai Lim

Abstract

In-line with the 11th Malaysia Plan's theme "Anchoring Growth in People", healthcare in Malaysia is on the journey towards transformative changes in order to achieve the triple aim of an improved patient experience of care (including quality and satisfaction), improved outcomes or health of population, and a reduction in the cost of healthcare. Professional nurses represent the largest sector of the healthcare workforce responsible for patient care in most health care settings. Therefore, nurses are oriented to impart and lead these transformative changes. Their existing silos must be shattered and mandated to unleash their innovation power by acquiring a new or enhanced set of knowledge, skills, competencies and attitudes through a change in practice. A change in practice from nursing profession to perfusionist could turn innovation challenges into opportunities to harness the power of innovation. The power of innovation emerged from the collaboration of knowledge, experiences and skills from both Nursing and Perfusioning fields continue to be a driving force seeking to balance cost containment and provision of quality healthcare services. Nurses as Perfusionists could lead the innovations in development of care, processes, initiatives and policies pertaining to patient safety, quality improvement, provision of equitable and cost-effective health services especially in the fields of cardiac surgery, cardiology and pulmonary.


SYMPOSIUM I



Associate Professor Dr Khatijah Lim Abdullah
Department of Nursing Sciences, Faculty of Medicine,
University of Malaya

Khatijah Lim Abdullah currently holds an Associate Professor post at the Department of Nursing Sciences, Faculty of Medicine, UM. She completed her general nursing training at UM, and her midwifery and neonatal intensive care course in the United Kingdom (UK). Dr Khatijah obtained both her BSc (Hons) in Nursing Studies and Masters in Health Services Management from the University of Manchester UK and her PhD from the University of Southampton, UK. Her belief in patient centred care and the importance of patient preferences and values, beside clinical expertise have led her to a passion for diverse research methods, notably qualitative research methods and mixed research methods. Her current research interests are in inter professional education, patient shared decision making, particularly in non- communicable diseases (NCDs), patient safety and clinical leadership.

Dr Khatijah is a committee member and board members for various associations/agencies: The Malaysian Qualification Agency (MQA), Nursing Malaysia Board, and the Nursing Council Malaysia. She is also currently the Vice President for Malaysia Qualitative Research Association (QRAM) and Chief Editor for the Malaysia Journal of Qualitative Research (MJQR), Associate Editor for Nursing & Care Open Access Journal, Editorial Board Member for Pediatrics and Neonatal Open Journal (PNNJO), Austin Journal of Nursing & Health Care, as well as Research in Paediatrics and Neonatology Journal. She has co-written several book chapters, seminal papers and journal articles to her credit.



Clinical leadership in nursing services

Associate Professor Dr Khatijah Lim Abdullah

Abstract

The current healthcare system worldwide is slowly evolving into a new system built on a vision of health promotion, primary care and community based home care with the hospital still a core pillar of the healthcare system although no longer a primary source. The importance of leadership to the effective provision of health care is unquestionable, as is the centrality of leadership to nursing, not only at formal management level, but at all grades, from student nurse to director of nursing/matron.

However what are the characteristics that an organisation should look for in selecting the right person/nurse to be the leader in the clinical services? Can all nurses be clinical leaders? What form of leadership development is most appropriate for nurses? To answer these questions, the paper will discuss the evolutionary characteristics and competencies that we should emphasised in nursing leadership program for clinical nurses. An introduction to the issue of nursing leadership, addressing definitions and theories underpinning leadership, factors and competencies that enhance leadership in nursing services will also be integrated in this presentation.

SYMPOSIUM II




Ms. Dorothy Kulai

Lecturer

Faculty of Health Sciences,
Universiti Teknologi MARA (UiTM) Cawangan Sarawak

Ms Dorothy ak Kulai is currently a lecturer at the Faculty of Health Sciences, Universiti Teknologi MARA (UiTM) Cawangan Sarawak. She holds a degree in Bachelor of Sciences Nursing (Hons) from UNIMAS and Master of Nursing (Women's Health). She was one of the United Nation Development Program (UNDP) consultancy research project and had participated in innovation projects. She has been an OSCE external examiner for UNIMAS, evaluator of questions papers for the Nursing Board Malaysia professional examination, organising committee of many national and international nursing conferences and also as an invited speaker at the conferences. Prior to this, she managed the Infection Control Unit at Sarawak General Hospital, has vast experience as a registered nurse and midwife over 24 years in the fields of medical/surgical nursing, pediatric field, Burn, EYE/ENT, OT, and CSSD. In 2003, she has fully attended the "Basic and Advanced Asia Pacific Society of Infection Control" training in Singapore. In 2005, she went to UK for her infection control clinical placement at University College London Hospitals NHS. In 2006, she went to Singapore to get certification from "The Joint Hospital Accreditation Commission Organisation (JHACO) USA" as an infection control professional. She has been awarded the Excellence Service Awards twice by UiTM and earlier by Department of Health Sciences Sarawak. She was also conferred Bentera Bintang Sarawak by the State of Sarawak in 2005. She is an active life member of the Malaysian Nurses Association and held various posts such as Honorary Secretary and vice chairman.



Innovation in healthcare: Issues & implication in management

Ms. Dorothy Kulai

Abstract

The health care system operates in an environment of constant change and challenge. There is an increasing demand on the health care delivery organisations, thus, innovation in healthcare continues to be a driving force in the quest to balance cost containment and quality of health care. The healthcare industry has experienced a proliferation of innovations aimed at enhancing life expectancy, quality of life, diagnostic and treatment options, as well as the efficiency and cost effectiveness of the healthcare system. Information technology has played a vital role in the innovation of healthcare systems. Delivering affordable and quality health care presents enormous challenges and opportunities. Innovations could be a way to get quality care at a cost that the nation can afford. However, despite a significant improvement in the healthcare industry, inefficiency still exists and little is accomplished in understanding how to overcome those inefficiencies using innovation in healthcare. The aggressive rate of change facing health care calls for leaders who understand and possess this key competency, and know how to instill it throughout the organisations. Implications for management in nursing practice is by supporting innovative cultures in the workplace, collaborating with other key players to promote positive practice environments, which have a high 'readiness for change' and where innovative ideas can be openly discussed. Therefore, adopting innovations are increasingly becoming the norm across sectors in the healthcare system. Innovation is central to maintaining and improving quality of patient care.

SYMPOSIUM III



Ms Jidah Padang

Nursing Tutor & Head of Post Basic Program
College of Allied Health Sciences, Kuching, Sarawak

Miss Jidah Padang is currently the Head of the Post Basic Program at the College of Allied Health Sciences Kuching. She obtained her Bachelor of Nursing from University of South Australia, Critical Care Nursing from Nanyang Polytechnic Singapore and Diploma in Higher Education for Health Care from University of Northumbria University, UK. She has worked in several hospitals in Sarawak before embarking her career in education. She has not only coordinated and taught the Advanced Diploma in Intensive Care but was involved in its curriculum development. She is also an active trainer and facilitator for both the Basic and Advance Life Support trainings. She is the current vice chairman for Cardiopulmonary Resuscitation Sarawak. Her areas of interest are teaching and sharing her knowledge.

Career advancement opportunities: Overview of advance diploma courses by The Ministry of Health Malaysia

Ms Jidah Padang

Abstract

The healthcare industry is constantly evolving and opportunity is plenty for career advancement and specialisation. Working in the healthcare industry as a nursing professional is a great career choice for the right person. In the Ministry of Health Malaysia, there are long list of advanced post basic courses that one can pursue either in the conventional six-month program or the advanced diploma program that offers one year duration. Most intakes of courses are being offered either in March or September annually. Different specialties require different qualifications, experiences and levels of education. Candidates need to fulfill general and specific terms and condition to qualify for any of those courses offered. Nursing career advancement should not intimidate you. It should inspire you! Becoming certified in your own specialty area will help to advance your career and improve the quality of care.

The Effectiveness Combination of Family-Centered Education and Cognitive Behavior Therapy (CBT) on Interdialytic Weight Gain (IDWG) In Patients Undergoing Hemodialysis in Hospital Dr. Soedarso Pontianak 2017

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ABSTRACT

Adherence to fluid restriction program is the greatest stressor for hemodialysis patients. Non adherence to the program may lead to physical problems and psychological changes. Therefore, a multi-intervention approach such as psycho-education involving families as support system for patients is very strategic. This aims of study is to determine the effectiveness of a combination of family-focused education (FCE) with Cognitive Behavior Therapy (CBT) on Interdialytic Weight Gain (IDWG) of hemodialysis patients in Dr. Soedarso Pontianak. This study used quasi experimental design, with one group pre test and post test without control group approach. Data were collected from 12 respondents who IDWG more than 5%. The study was conducted in 2 phases, FCE with visual booklet media and combination FCE intervention CBT. The time have given intervention to evaluation almost 8 weeks. The results showed no significant difference of IDWG mean between before and after given FCE (p value 0,684) and there was no significant difference of mean of IDWG between before and after given combination of FCE with CBT (p value 0,097). It is concluded that both interventions are long-term behavioral investment, so it is necessary to optimize the role of the family and the active role of the respondents. Suggestions for nurses to undertake assessment of the structure, roles and functions of the family, so that interventions are targeted to families directly involved in patient care, modification of educational media and CBT implementation techniques in hemodialysis units.

Keywords: Compliance, Family Support, IDWG, Liquid Restriction

Food Poisoning Outbreak at the Ocean: A Case Report.

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Pejabat Kesihatan Bahagian Bintulu, Sarawak

Introduction: A food poisoning outbreak among offshore workers has taken place on an accommodation vessel in South China Sea near Bintulu shore. Communicable Disease Control (CDC) Unit of Bintulu Divisional Health Office had received a notification on food poisoning outbreak on 22nd August 2014 involving offshore workers from JC Company that stayed in an accommodation vessel in the South China Sea of Bintulu shore. JC Company is one of the many companies that is responsible for building oil rig for a multinational company that is based in Kuala Lumpur. All of the construction workers from all these different companies reside in an accommodation vessel that is attached to the oil rig platform. Altogether, there are about 284 crews on board the accommodation vessel. **Objectives:** To determine the epidemiology of the outbreak and its control measures. **Methodology:** Cases that was sent onshore was investigated using the standard form *FWBD/UMU/BG/007*. The remaining workers that experience the symptoms were investigated with the help of the Safety and Health Officer of the affected company using a questionnaire that was developed based on the standard form with additional questions on types of meals eaten by the workers. The food that caused the outbreak was identified by determining the food attack rate which was calculated based on the list of menu given. Investigation by HACCP was also conducted. **Results:** About 35 workers reported to experience GIT symptoms. Almost all cases had diarrhea (100%), while 94.2% experienced abdominal pain and 68.5% had fever. Only 60% had nausea and 48.5% had vomited and headache. The incubation period ranges from 15 to 53 hours. Fried chicken with dried tofu has the highest food attack rate of 10.25% followed by chicken curry and fried mee at 8.48% and 7.42% respectively. **Discussion:** A food poisoning outbreak has taken place in an accommodation vessel involving a group of 35 workers aged from 18 to 54 years old. The affected workers experienced mainly lower GI

symptoms with overall attack rate of 12.3%. The aetiological agent responsible for the outbreak was *Salmonella* spp. based on the incubation period, signs and symptoms of cases and food taken at that moment. The incubation period correlate with the incubation period of *Salmonella* spp. as well as the suspected menu that was based on chicken. The limitation for case investigation was mainly due to security purposes since it involves heavy industries in the sea. However, the investigation was completed by the safety and health officer under the guidance of CDC Unit of Bintulu Divisional Health Office.

Lesson learnt: Food poisoning can happen anywhere. Heavy industries must include food safety & hygiene in their safety practice especially those offshore industries. Innovative and alternative methods of investigations need to be implemented when normal procedure cannot be applied. Coordination with related agencies needs to be optimized to ensure timeliness of control measures

Keywords: Food poisoning, *Salmonella*

**Simulated Electronic Health Documentation: What Influence
Nursing Students' Intention to Use?**

**Chan Kim Geok^v, Saloma Pawi¹ Ong Mei Fong¹, Yanika
Kowitlawakul² & Goy Siew Ching¹**

University Malaysia Sarawak¹; National University of Singapore²

This study aims to examine the nursing students' perceptions, attitudes, intention to use a simulated, web-application Integrated Nursing Education System (iNES) for electronic health documentation and factors influencing their intention to use. Study guided by Technology Acceptance Model hopes to generate insights which would influence the future move of integrating educational, simulated electronic health documentation into the nursing curricular locally. A cross-sectional study design using self-administered questionnaire is adopted. A convenience sampling of 133 undergraduate nursing students in their year 2 to year 4 of study from one of the local public universities were recruited. Students were asked to access the iNES as part of the teaching-learning activities during the semester. Questionnaires were administered to the students at the end of one academic semester. Regression estimates indicate that both attitudes toward using and perceived usefulness had significant effect on their intention to use iNES. Together they explained about 39% of the variation, with perceived usefulness displayed a greater extent of influence ($\beta=0.475$; $p<0.001$). Perceived usefulness is statistically significant in its influence on attitude toward using ($\beta=0.370$, $p<0.001$). Students' perceived ease of use did predict a positive significant influence on their perceived usefulness ($\beta=0.857$, $p<0.001$). Educators in the faculty would do well to focus on explaining the usefulness of educational web-application to keep students motivated before assigning them to actually access it to practice simulated electronic documentation. Having an application which is user friendly and with adequate access to technological support are important to influence students' intention to navigate the application for their learning.

Oral Health Knowledge and Oral Hygiene Practices among Stroke-Care Nurses: A Cross-Sectional Study

Normaliza Ab Malik

Universiti Sains Islam Malaysia, Negeri Sembilan

Introduction: Following stroke, oral hygiene is often neglected due to functional and cognitive impairments. As a result, mouth can act as a reservoir for opportunistic infections that can lead to oral and medical complications. Thus, the oral hygiene care is essential among patients with stroke. **Objectives:** This study aims to explore the oral health knowledge and the oral hygiene practices among stroke-care nurses in Malaysia. **Methodology:** A cross-sectional survey was conducted in Malaysia among public hospitals where specialist stroke rehabilitation care is provided. Stroke-care nurses from the rehabilitation and general medical wards were invited to participate in the study. A standardized questionnaire on oral health knowledge for stroke care and clinical practices for oral hygiene care was developed and employed to the stroke-care nurses. **Results:** Questionnaires were completed by 806 stroke-care nurses across 13 hospitals. Oral health knowledge scores varied among the nurses with mean score of 3.7 (SD 1.1) (full score was 5.0). Approximately two-thirds (63.6%, n=513) reported on performing some form of 'mouth cleaning' for patients with stroke. However, only a third (38.3%, n=309) reported to perform or assist patients with oral hygiene care daily. The oral health knowledge of stroke care was associated with clinical practices of oral hygiene care for patients with stroke ($P<0.001$). **Conclusions:** The oral health knowledge for stroke care among stroke-care nurses is moderate, and the oral hygiene care for patients with stroke is less than ideal. Oral health knowledge was associated with the practice of oral hygiene care among stroke-care nurses. Thus, this has implications for oral health care training to stroke-care nurses and incorporates oral hygiene care within stroke rehabilitation.

Development of the Guideline for Diabetic Foot Ulcer Prevention in Diabetes Mellitus Patients in Indonesia

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Background: This descriptive study aimed to develop the guidelines for diabetic foot ulcer (DFU) prevention in DM patients. The Stetler Model of Research Utilisation (2001) was utilised as the development framework. Data collection was carried out from March to April 2017. Target populations were 20 nurses who work at IPD of provincial hospital and 20 nurses who worked at IPD of city hospital in Pontianak, West Borneo, Indonesia. **Methodology:** The study instruments included: 1) guidelines for DFU prevention, 2) nursing competency for DFU prevention, 3) nurse opinion questionnaire, and 4) nurse agreement on guideline. The content validity of the Nurse Opinion Questionnaire was 1.0 and Nursing Competency for DFU prevention was 1.0. The internal consistency of Nurse Agreement on Guideline using Cronbach's alpha was 0.89. Data analysis was performed using descriptive statistics. **Results:** The study findings showed that: 1) the guidelines of DFU prevention in DM patients who admitted into the hospital has been developed, and 2) most nurses agreed with all of the guideline statements. The agreement levels ranged from agree to strongly agree. Similar result of nurse opinion on guideline implementation, all nurses agreed with all of the statements. The agreement levels ranged from agree to strongly agree. **Conclusion:** It can be concluded that the guidelines of DFU prevention are useful and important for nursing practice. Nurses who look after DM patients in in-patient units can use the guidelines for DFU prevention which include assess of diabetic risk, categorise diabetic of risk, and provide the foot care intervention. Some recommendations for nursing practice and further study were proposed.

Keywords: Diabetic foot ulcer, diabetic foot ulcer prevention, diabetic foot ulcer and diabetes mellitus

Lived Experiences of Mastectomied Body

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National University Hospital, Singapore

Breast cancer is the commonest cancer in women worldwide. Most of the women undergo mastectomy, as a treatment and thus have to face the choice of living with no or only one breast following surgery. The purpose of this qualitative study is to explore the experiences of breast cancer survivors who had mastectomy done. Nine women who had been completed treatment for breast cancer participated in audio-taped interview. They were observed both verbally and non-verbally for further exploration regarding experiences following mastectomy. The analysis of the study revealed the women's experiences in three main themes: physical, physiological and social impacts following mastectomy. Physical impact was further categorised into the absence of the breast, scarring and hair loss and the willingness to undergo surgery while psychological impact was sub-categorised as mixed feelings, fear of death, fear of relapse and positive thinking. The third theme in this study revealed the social impact following mastectomy that described women's experience in regards to isolation, socialisation and stigma or lack of sensitivity from public. The finding of the study suggests that the experience of mastectomy due to breast cancer is very much individual and contextual. This identifies the need of the public especially the health care providers to be attentive and gains information on the various significant related to the surgery. Therefore, an exploration of breast cancer survivors' experiences in this study allows people to serve and give a better quality health care by understanding a personal meaning of losing a breast following mastectomy.

Economic Support to Diabetic Foot Ulcer Patients in Kitamura Pontianak

Deni Candra, Gusti Jhoni Putra, Uji Kawuryan
Nursing Institute of Muhammadiyah Pontianak

Introduction: Diabetic Foot Ulcer causes increase extra long period in healing process, cost, morbidity, quality of life, and mortality. Diabetic foot ulcer patient will prepare more money during the nursing care process. Relationship between income with nursing care process are very important to prepared as soon as possible to prevent high cost that increase. **Objectives:** this study aimed to explore economic support to diabetic foot ulcer patients in Kitamura Wound Specialist Clinic Pontianak, West Borneo. **Methodology:** This study used descriptive method with qualitative approach, by deep interview. The participants were documented related economic support which was source and management of economic among diabetic foot ulcer patients. **Results:** This study showed that sources of economic support come from family members who save money for diabetic foot ulcer patient. **Conclusion:** The family has important role to taking care their family members who are having diabetic foot ulcers. This study only analyzed the role of family in taking care diabetic foot ulcer patients related economic support, it also needs to analyze other aspects of family support.

Keywords : Diabetic Foot Ulcer, Economic Sources, Economic Management.

The Efficacy of Violin Instrumental Music Therapy and Lavender Aromatherapy among Post Major Surgery Patients at Pontianak City Hospital

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Background: Insomnia is a symptom or abnormality in sleep that is difficult to fall asleep or maintain sleep at night. Instrumental music therapy using violin can make the body become more relaxed and mentally healthy. Aromatherapy using lavender can improve the emotional state and cause soothing relaxation. **Objectives:** Aimed to know the effectiveness of violin instrumental music therapy and lavender aromatherapy in decreasing insomnia among patients during post major surgery at Pontianak City Hospital. **Methodology:** Using quasi experiments with pre and post-test two group design studies comparing the interventions of violin instrumental music therapy and lavender aromatherapy. Instruments in this study used questionnaire insomnia rating scale (IRS) and observation sheet as supporting data. This study involved 10 respondents in instrumental violin music intervention and 10 respondents in lavender aromatherapy interventions. **Results:** The Wilcoxon test of violin instrumental music intervention and lavender aromatherapy showed p - value = 0.007 and p - value = 0.004 which means $p < 0.05$ then this therapy effectively decreased insomnia in patients post major surgery. Mann Whitney test obtained p value = 0.542, because the value $p > 0.05$ then there was no difference in effectiveness between violin instrumental music therapy and lavender aromatherapy. **Conclusion:** There was no difference between the effectiveness of instrumental violin music therapy and lavender aromatherapy to decrease insomnia in post-operative patients at Pontianak City Hospital because both of treatments have a relaxing, soothing, mind - healthy and mental effect.

Keywords: Violin Instrumental Musical Therapy, Lavender Aromatherapy, Insomnia, Post Surgery Major Surgery.

FREE PAPER IX

The Prevalence, Level of Awareness and Management of Urinary Incontinence among Female Staff in AIMST University

Ghajeshre A/P Gunachandran, Kishera A/P Sivakumar, Teh Hwee San

School of Nursing, Faculty of Allied Health Professions, AIMST University.

Objective: To explore the level of the problem of urinary incontinence among parity women and to investigate the level of awareness and the management of urinary incontinence among women in parity. **Methodology:** A self-administered questionnaire survey was conducted on 100 university female staff age between 20-60 years old. The survey covers the prevalence of urinary incontinence, the level of awareness and the management of urinary incontinence taken by respondents. **Results:** The results indicate 47% of the respondents had urinary incontinence. Out of this proportion, one quarter of them had urinary incontinence symptoms several times a day. 51% of the respondents aware the importance of Kegel's exercise but are not practicing this exercise to strengthen their pelvic floor muscles. **Conclusion:** Other than Kegel's exercise, other management options which include traditional medication, home remedies and surgery are also choices of therapy by respondents. This study provides insight to health care providers to further enhance their health education strategies through community engagement via rigorous health campaign to parity women on the risks of pelvic floor disorder manifested with urinary incontinence.

Factors Influencing Stress and Coping Strategies among Nursing Students.

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NorZehan, A.

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Malaysia

Background: Literatures indicate that nursing students tend to have higher level of stress in comparison to other students. Various factors may influence the stress among the nursing students. Although some level of stress may act as pushing factors for students to excel in their academic, however excessive stress combined with poor coping mechanisms, may lead to poor academic performance and burn-out among nursing students. Consequently, students may lose interest in nursing and end up quitting nursing if they failed to handle the stress successfully. Thus, it is essential for students to use effective coping strategies to management their stress and health. In line with it, this study aims to assess level of stress among the nursing students, factors influencing the stress and their coping strategies to endure their stress.

Methodology: A cross-sectional survey design will be used in this study. A total 450 student nurses enrolled in a nursing college of a teaching hospital will be invited to participate in this study using universal sampling method. Students Stress and Coping Inventory (SSCI) questionnaire will be adapted with slightly modified to collect data. This self-administered questionnaire has 72 items with 5-Point Likert-scales, divided into 3 sections: (a) demographic information, (b) stress factors and (c) coping strategies. Data will be analyzed using one-way ANOVA test, Pearson's test, and independent sample -test with SPSS software version 25. **Conclusion:** It is hoped that this study would provide the baseline information on local context regarding level of stress, factor causing stress and also the coping strategies commonly used by nursing students to endure their stress. The results obtained will provide essential and useful information that may assist in planning effective interventions to reduce stress and enhance better learning environment among local nursing students.

Keywords: Stress, factors of stress, coping strategies, and nursing students.

Quality Of Life and Lifestyle Behaviors of Coronary Artery Bypass Graft Surgery

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Background of Study: Coronary artery bypass graft (CABG) surgery is one of the most frequently performed surgeries for coronary artery disease (CAD) around the world. The main goals of CABG surgery are to improve the quality of life and resume a healthier lifestyle by reducing angina and other CAD symptoms. However, CABG is not a cure to CAD. Research indicates that although CABG restores health to heart, arteries can again become occluded if lifestyle changes are not made. The aim of this study is to assess the quality of life and lifestyle behaviors of CABG patients in teaching hospital. **Methodology:** A cross-sectional study will be conducted from March 2018 to June 2018 in a cardiothoracic clinic of teaching hospitals. 300 CABG patients will be selected using a convenience sampling method. The inclusion criteria include patient who had undergone elective CABG surgery, clinically stable patients prior to the recruitment date, able to read and answer the questionnaire. The data will be collected using standardised WHOQOLBREF questionnaire to measure quality of life and a structured lifestyle questionnaire for measuring lifestyle. Data will be analysed using descriptive and inferential statistics test with SPSS software version 25. **Conclusion:** The findings of this study could provide information on the association between coronary artery bypass grafting surgery and the quality of life and healthy lifestyle behaviors of the patients. Measures to improve patients' quality of life and healthy lifestyle behaviors could be planned on the information obtained.

Keywords: Quality of Life, Lifestyle behaviors, Coronary artery bypass

**Knowledge, Attitude, and Practice of Food Poisoning Among
University Of Malaya Students**

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Malaysia

Background: Foodborne diseases or food poisoning represents a growing public health problem of prime interest all over the world. According to the Ministry of Health (2016), food poisoning recorded the highest incidence rate of 47.3 per 100,000 populations. It is assumed that knowledge on food hygiene may help to regular their practice on hygienic food intake, thus may prevent the incidence of food poisoning. In view that, university students are among the population that regularly in context with food intake outside of their home environment and venerable to food poisoning, this study aims to identify the levels of knowledge, attitude and perceived practice towards food poisoning among University of Malaya students. **Methodology:** This cross-sectional study will use a validated self-administered questionnaire on Knowledge, Attitude and Practice on food poisoning to collect data. It consists of 48 questions with 4 parts: a) Socio-demographic status; b) Knowledge regarding food poisoning; c) Attitude towards food poisoning; and d) Practice regarding food poisoning preventions. Responses will be recorded using Likert scale. 413 undergraduate students will be chosen from 5 faculties of local university using proportional stratified random sampling method. Descriptive and inferential tests to measure the study variables and to determine association between the variables using Statistical Package for Social Science Software (SPSS) version 25.0 for statistical analysis. The anonymous respondents will be clearly informed on the nature of the study and consent will be taken for ethical purpose. **Conclusion:** It is expected that this study will provide baseline information regarding university students' knowledge, attitude and practice towards food poisoning. The findings could help to plan measures that could increases students awareness on importance of food hygiene and measures to prevent food poisoning.

Keywords: Knowledge, Attitude, Practice, Food Poisoning

INNOVATIVE PROJECT I

The Efficacy of Pomegranate on Cutaneous Wound Healing: An Animal Experimental Study

Mohd Farhan Bin Zahari, Lee Jia Ming, Noor Hazimah Binti Jalani, Nur Hazureen Binti Norjaya, Siti Amalina Binti Mohamad Basar.
Bachelor of Nursing with Honours Programme, Faculty of Medicine and Health Sciences, UNIMAS

Abstract

Introduction: Pomegranate (*Punica granatum* L.) is an ancient fruit which belongs to the Lythraceae family. The therapeutic properties of pomegranate are its antioxidant, antibacterial, antiviral and antitumor properties. Pomegranate is also good for wound healing because of the phenolic acids as well as its bioflavonoids which help in epithelization of the wound and enhance the wound contraction. **Objectives:** This study compared the effectiveness pomegranate peel paste, pomegranate peel powder and control group (Normal Saline 0.9%) on superficial wound. **Methodology:** The preparation of pomegranate gel is adopted from previous study. Pomegranate peel paste and pomegranate peel powder were manually prepared, packaged and sterilised at Kitamura Clinic, Pontianak. The soaked gauze was applied on the wounds created at the dorsum area of the laboratory rats. Dressing was changed daily and observation was done started from day 0 until day 4. **Results:** The pomegranate peel paste showed better healing compared to the others. The percentage of wound contraction for pomegranate peel paste increased from 10% to 80%, while for pomegranate peel powder increased from 4% to 64% within four days. **Conclusion:** Pomegranate peel paste is effective in superficial wound healing and can be used as an alternative for modern dressing which will be more cost effective.

INNOVATIVE PROJECT II

Infant's Wrist Splint for Peripheral Intravenous Cannula

Anis Nabilah Rusli, Bebe Amanina Mohamed, Nurul Atiqah Rozman, Raja Balqis Raja Yaacob & Siti Atiqah Zolkapli

Bachelor of Nursing with Honours Programme, Faculty of Medicine and Health Sciences, UNIMAS

Abstract

Background: Children and neonates are at high risk for dislodgement of intravenous (IV) cannula. Therefore, this Infant's Wrist Splint for Peripheral IV Cannula was developed in order to restraint the peripheral IV cannula especially at the joint area of neonates. **Objectives:** This innovative project was conducted to improve the current infant's wrist splint and to ensure comfort as well as reducing the risk of infection towards the infants with peripheral IV cannula. **Methodology:** A hands-on demonstration was conducted using the current and modified version of Infant's Wrist Splint for Peripheral IV Cannula. This innovative project was done at Paediatric Ward of Serian Hospital, 10 participants agreed to participate in the study. The participants were given a set of self-administered questionnaire prior to demonstration done and were given a shift to complete it. **Results:** 100% of the participants were female and 50% of them responded of having difficulties when using the current infant's wrist splint. All (N=10) agreed that the current wrist splint need some improvement. All of the participants also agreed that it is easier when using and handling the infants with Infant's Wrist Splint for Peripheral IV Cannula. However, some suggestions were given in order to improve it. **Conclusion:** It was ascertained that the use of current infant's wrist splint still need some modification and improvement in order to maximize the use of it especially among neonates and infants.

INNOVATIVE PROJECT III

Multifunctional Polyfacet Wheel Chair: The Next Generation Wheelchair

Lim Jia Zuan

School of Nursing, Faculty of Allied Health Professions, AIMST University

Abstract

Over the years, numerous different functional wheelchairs had been invented based on people's demands. Many manual wheelchairs can be folded for storage or placement into vehicle, some high tech wheelchairs invented for standing and sport purposes, however most modern wheelchairs are rigidly framed. My invention is a multifunctional polyfacet wheelchair that able to cater for different needs which serve for three kinds of mobility- wheelchair, commode chair and bed. This wheelchair is multi-functional and is able to resolve the problem of shortage of bed in hospital. It maximises the mobility and ability of wheel chair in different angle of body positions for patients with multiple conditions. It can be used as a bed to wheel patient when necessary and lastly easy storage. The special feature of the polyfacet wheelchair is the panel that can be adjusted to be 180° flat or other angles with wheel-stand. The wheelchair seat assembled with well-ventilated cushion and special clip button. There is an opening with lock under the seat for easy defecation. The panel under the calf can be adjusted to be a flat bed. Handle is equipped with 2 buttons for controlling purposes for panel adjustment and brake system. The wheelchair has 360° turn-able wheels for easy and flexible to steer. This wheelchair also comes with light for a better visibility, and equipped with anti-tilt and anti-slippery features. The novelty value of this wheelchair lies with its added light source within the bed. It also has the wheel-stand added at the back of panel, with opening under the seat. It also comes with updated brake system for safe usage by patients. The additional advantages are this wheelchair is durable and is able to handle weight up to 150kg, all parts are replaceable if required, and thus multifunctional polyfacet wheelchair will be the next generation wheelchair to meet different patients' needs.

INNOVATIVE PROJECT IV

Mommies' Breastfeeding Setting

Nurhajar Asmad Binti Mohd Yusoff, Siti Masitah Binti Ismail, Siti Norfaridatul Binti Sulaiman, Siti Nurliyana Binti Ali, Siti Muslihah Binti Ab Mutalib & Syazani Izyan Binti Arshad
Bachelor of Nursing with Honours Programme, Faculty of Medicine and Health Sciences, UNIMAS

Abstract

Background: Most breastfeeding mother complained of back pain during and after breastfeeding because there is no proper back support for breastfeeding mother in the ward. This discomfort might discourage her from breastfeeding her baby. **Aims:** To promote good back support during breastfeeding and maximise breastfeeding rates among post-natal mothers. **Design:** A qualitative study using open ended question guideline was used. **Setting:** The Maternity Ward of Hospital Serian, Sarawak. **Participants:** A total of 20 participants in this study comprising of ten post-natal mothers and ten staff nurses in the Maternity Ward of Hospital Serian who was participating in this study. **Results:** All 20 participants agreed that this prototype can maintain good hygiene. 10 post-natal mothers stated the prototype is very helpful during breastfeeding at the bedside as it helps support the back and felt comfortable during breastfeeding. 9 out of 10 staff participants agreed that this prototype is comfortable and safe to be use. Only one staff nurse mentioned that it is inconvenient as it cannot be adjusted according to the human body posture. **Conclusion:** This study highlights the importance of post-natal mothers to breastfeed while taking a good care and supports their back with the correct position during breastfeeding.

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ENJOY 5-STAR PREMIUM NURSING CARE RESIDENCE



Our 5-star care facility with 71 suite rooms



Our nurses with trainers from Australia



Comfortable & well designed bedroom



Fully equipped Kitchen with renowned Chef



Senior Day Club & Cafe

Eden-on-the-Park nursing Care Residence is a 5-star facility designed according to state-of-the-art Australian standards and the Malaysian Private Healthcare Facilities and Services Act (No. 586). We offer long-term, short-term and rehabilitative nursing care to seniors.

Eden-on-the-Park nursing Care Residence is operated by an Australian-based company. Our mission is to provide compassionate person-centred care through innovative and efficient care service delivery.

We offer 71 luxurious, comfortable and well designed rooms (single and dual occupancy), each with all the home comforts of a quality bed, air-conditioning, bed, en-suite, TV, WiFi, and personal privacy, among others. This is supported by 24-hour nursing call, security systems and state-of-the-art personal medical record systems, care processes and dietary regime.

Our services include round-the-clock care attention from our trained care givers and nurses, quality meals and refreshment, house-keeping and laundry, in-house activities and many more.

Types of Care

- Long-term residential care
- Short-term residential care
- Residential Respite Care
- Home Nursing Care
- Hospital Companions
- Senior Day Care Club

Our Main Facilities

- Physiotherapy room
- Recreation/game room
- 120-seat auditorium
- Pharmacy
- Beauty Salon
- Sky Garden



082 - 378 500



care@eden-on-the-park.com.my


Optimum-Eden HealthCare Sdn. Bhd (1076911-P)

Lot 4989, Block 26, Muara Tuang Land District, Kuching - Samarahan Expressway, 94300 Kota Samarahan, Sarawak, Malaysia.

www.eden-on-the-park.com.my



Notes



Notes

Our People, Our Pride.

Nurturing the best talent for the future.

The NUH is a tertiary hospital and major referral centre for a comprehensive range of medical, surgical and dental specialties. The Hospital also provides organ transplant programmes for adults (in kidney, liver and pancreas) and is the only public hospital in Singapore to offer a paediatric kidney and liver transplant programme. A key member of the National University Health System, NUH works closely with the NUS Yong Loo Lin School of Medicine, Faculty of Dentistry, the Alice Lee Centre for Nursing Studies and the Saw Swee Hock School of Public Health, to nurture future healthcare professionals.

At NUH, our people are our greatest asset. Our nurses play a significant role in the holistic management of our patients' healthcare needs and recovery. Nursing careers in NUH are challenging, yet rewarding – we believe in developing our staff and will provide you with the opportunity to transform and improve the health and wellbeing of every patient who comes through our doors.

If you are energetic, enthusiastic, compassionate and possess the drive to excel, join us to achieve your professional and personal goals!

Visit us at www.nuh.com.sg



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