



Kulliyah of
MEDICINE
كلية الطب



INTERNATIONAL

VIRTUAL 2023

MEDICAL 
RESEARCH
SYMPOSIUM

**SPEARHEADING RESPONSIBLE
RESEARCH & INNOVATION TOWARDS
ACHIEVING SUSTAINABILITY**

7TH & 8TH DECEMBER 2023

ABSTRACT BOOK

International Virtual 2023 Medical Research Symposium

*'Spearheading Responsible
Research & Innovation towards
Achieving Sustainability'*

7th-8th December 2023

Organised by:

Kuliyah of Medicine
International Islamic University Malaysia

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OC001

Mild Cognitive Impairment and Its Associated Factors Amongst the Elderly Attending Government Health Clinics in Kuantan

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Introduction: The population of Malaysia is shifting upwards. More Malaysian are becoming elderly and at risk of having dementia. Nevertheless, there is an intermediate clinical state between normal cognition and dementia, without affecting daily functional activities known as mild cognitive impairment. Early detection of mild cognitive impairment (MCI) is of extreme importance as treatment at an early-stage, identification and modification of its risk factors yields encouraging results. **Materials and Methods:** A cross-sectional study involving 328 geriatrics attending primary health care clinics is conducted to measure the prevalence of mild cognitive impairment and its associated factors among them using Malay version of the Elderly Cognitive Assessment Questionnaire, Geriatric Depression Scale and Barthel Index. Multiple logistic regression will be used to assess association and predictors for MCI. **Results:** 77.1% of the geriatrics have MCI with majority have poor comorbid control. The significant predictors for MCI include increasing age ($p = 0.004$), poor education ($p = 0.017$) and uncontrolled blood pressure ($p < 0.001$). **Conclusion:** This study proves that the majority of our geriatrics are at risk of developing dementia but underdiagnosed at its early stage. Optimization of blood pressure control is one the important measures to prevent the progression of MCI towards irreversible overt dementia. Active cognitive impairment screening at primary care should be implemented for its early identification to improve the geriatrics' cognition towards later in life.

Keywords: Geriatric; mild cognitive impairment, primary care