

UNIVERSITI TEKNOLOGI MARA

**Towards Improving The Health Of A Nation: The Role
Of Community Pharmacists In Shah Alam And Klang
In The Management And Prevention Of Diabetes.**

FARAH NADIA BINTI YAHAYA

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Abstract

Diabetes mellitus is a worldwide health problem. Diabetes is associated with abnormalities in protein, carbohydrate and fat metabolism. Pharmacists are in an ideal position to play an important role in the management and prevention of diabetes. So, it was important for community pharmacists to establish good attitude, practice and knowledge towards diabetes in order to improve the health of the nation by taking steps in reducing the prevalence of diabetes in Malaysia. The current study attempts to determine the level awareness and knowledge of diabetes and prediabetes among pharmacists from community pharmacies in Shah Alam. Questionnaires were distributed to 46 community pharmacies and the data were analyzed using SPSS. On the surface, community pharmacists in Shah Alam and Klang had a good attitude (93.5%), practice (67.4%) and knowledge (95.7%) towards diabetes management and prevention. However, some of the pharmacists lacked an opportunity to practice their skills. Only 45.7% of pharmacists did pharmacological intervention and most of them did non-pharmacological intervention. The recommendation of this study include all the pharmacist in Malaysia should undergo Continuing Professional Development (CPD) training in order to maintain their skill and knowledge of diabetes management and prevention. D-MTAC should implement in community pharmacies so that community pharmacists can directly monitor the patient's adherence to diabetes therapy in a positive manner. The Ministry of Health and numerous stakeholders should organize health campaigns to boost community awareness of diabetes.

CHAPTER 1: INTRODUCTION

Diabetes mellitus is a global health problem (Mafauzy, Hussein, & Chan, 2011). Diabetes is associated with abnormalities in protein, carbohydrate and fat metabolism (Palaian, Chhetri, Prabhu, Rajan, & Shankar, 2005), all of which can lead to devastating complications for the patient and thus reduced patient's quality of life. In the Asia Pacific region, roughly 200 million people are estimated to be suffering from diabetes, which is equal to 7.6 % of the adult population (The Organization for Economic Cooperation and Development, 2012). In developing countries such as Australia, the United Kingdom (UK) and the United State (US), there has been a substantial increase in the prevalence of diabetes with an estimated 42% of the population by 2025. The number of Malaysian citizens with diabetes has nearly doubled over the past 14 years from 6.3% in 1986 to 11.6% in 2010 (M Mafauzy, Z Hussein, S P Chan, 2011). The Ministry of Health has made much effort towards improvement, management and prevention of diabetes in Malaysia, however, it is reckoned that 1.6 million Malaysians will have diabetes by 2025, almost double than the WHO's target of 807,000 for the year of 2025 (B E Mustaffa, 2004).

Pre-diabetes is a term used to indicate a situation where patients showed elevated blood glucose levels, which were not sufficiently high to warrant a diagnosis of diabetes. However, if ignored, and without lifestyle intervention, these glucose levels could be stayed to rise eventually leading to diabetes.