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'KENALI RISIKO LEMAH JANTUNG': A PRIMARY CARE AND CARDIOLOGY PUBLIC SCREENING PROGRAMME AT HASA

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NT-ProBNP is a blood marker released when the heart is under strain. It is frequently used as a diagnostic tool for patients with clinical findings suggestive of heart failure. More recently, clinicians are discovering ways to identify heart failure earlier by utilizing point-of-care NT-ProBNP screening for individuals with co-morbidities or specific risk factors[1].

Recognizing the critical importance of early detection, a collaborative effort was launched between the Department of Primary Care Medicine and the Cardiology Department. Together, they designed a two-day opportunistic screening programme, held from 23–24 June 2026, aimed at patrons visiting Hospital Al-Sultan Abdullah (HASA).

The target demographic for this initiative included individuals over the age of 40 who possessed one or more cardiovascular risk factors—such as a known diagnosis of diabetes mellitus, hypertension,



THE public attending Hospital Al-Sultan Abdullah (HASA) lining up to find out about the program offered to screen for heart failure.



A collaborative effort between Primary Care Medicine and the Cardiology Department. Deputy Director of HASA, Prof. Dr. Ahmad Izuanuddin Ismail, assessing the booth.

or hyperlipidaemia (high cholesterol). Additionally, individuals experiencing early warning symptoms like shortness of breath upon exertion, lower extremity swelling, unexplained chest pain, or palpitations were strongly encouraged to participate in the assessment.

The strategic placement of the screening booth along the hospital's bustling main walkway proved to be a highly effective approach. This highly visible location successfully attracted a steady stream of patrons, patients' family members, and visitors. The public demonstrated a remarkably strong interest in both learning about the underlying mechanisms of heart failure and actively participating in the health screening. This organic community engagement highlights a growing public awareness regarding cardiovascular health and preventative medicine.

Due to the overwhelming demand and public interest, the clinical team worked efficiently to collect 40 patient samples within just half a day, followed by an additional 51 samples on the second day. All blood samples were rapidly processed on-site using the advanced **COBAS H232 point-of-care machine**, providing fast, reliable, and actionable results directly at the screening site.

Out of the 91 total samples collected, three participants were identified as high-risk for heart failure. These individuals were immediately scheduled for a dedicated Cardiology follow-up, which will include a comprehensive echocardiogram and appointment. Another three participants were found to have borderline or elevated risk and were given prompt appointments for further assessment

and preventive care by a primary care physician. By identifying these six individuals early, the programme provided an important opportunity for timely intervention and potentially improved their clinical outcomes.

The success of this two-day community health programme was made possible by the exceptional dedication and coordinated efforts of the multidisciplinary clinical team. The Department of Medical Education (DOME) nurses, Cardiology nurses, Medical Laboratory Technologists (MLTs), Medical Assistants, and attending doctors worked seamlessly together to provide this potentially life-saving opportunistic screening programme to the community.

We would like to thank the nurses, Normarianne Harun, Nurul Asyiqin Hamdan, Norhayati Zakaria, Nor Aini Hashim, Zarina Mohd Zain, Nur Ain Aziz, Norlaila Danuri, Fathin Natasha Zainal Murad, Mohd Abdul Rashid Shahbany, Dr. Nor Afiqah Mohd Sebri, Dr. Muhammad Azrain Amri Mohd Farid, and all those involved in the two-day program.

References:

1. Bayes-Genis A, Docherty KF, Petrie MC, Januzzi JL, Mueller C, Anderson L, et al. Practical algorithms for early diagnosis of heart failure and heart stress using NT-proBNP: a clinical consensus statement from the Heart Failure Association of the ESC. Eur J Heart Fail. 2023;25(11):1891-1898. doi: 10.1002/ejhf.3036.



ALL in two days' work: The team at the end of the programme.