



# WONCA 2024

## APR Conference

21 – 24 August | Singapore

**In conjunction with Singapore Primary Care Conference 2024**

**Dr. Leong Kah Chun**

**MBBS**

Klinik Amal Muhajir

Malaysia



**WONCA 2024**  
APR Conference 21 – 24 August | Singapore  
In conjunction with Singapore Primary Care Conference 2024



# Disclosures

I have no financial disclosure and no conflicts of interest related to the presented content of this speech.



**WONCA 2024**  
APR Conference 21 – 24 August | Singapore  
In conjunction with Singapore Primary Care Conference 2024



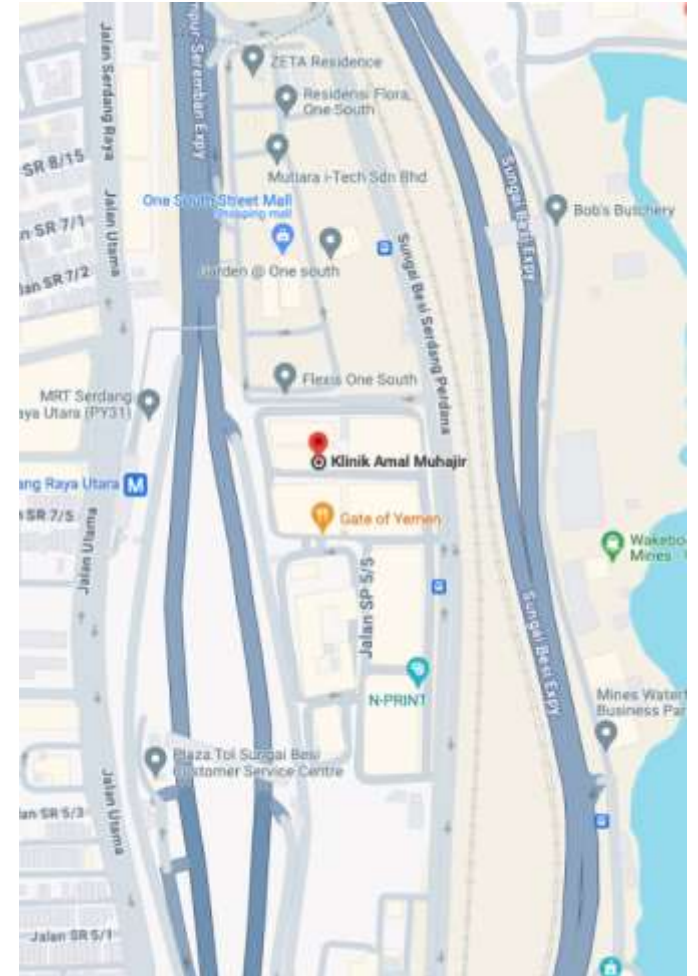
# Bridging Borders: Understanding Diabetes Among Refugee Communities in Malaysia

*About us...*

Klinik Amal Muhajir

Established since June 2020

As of July 2024, 5,000 refugees registered

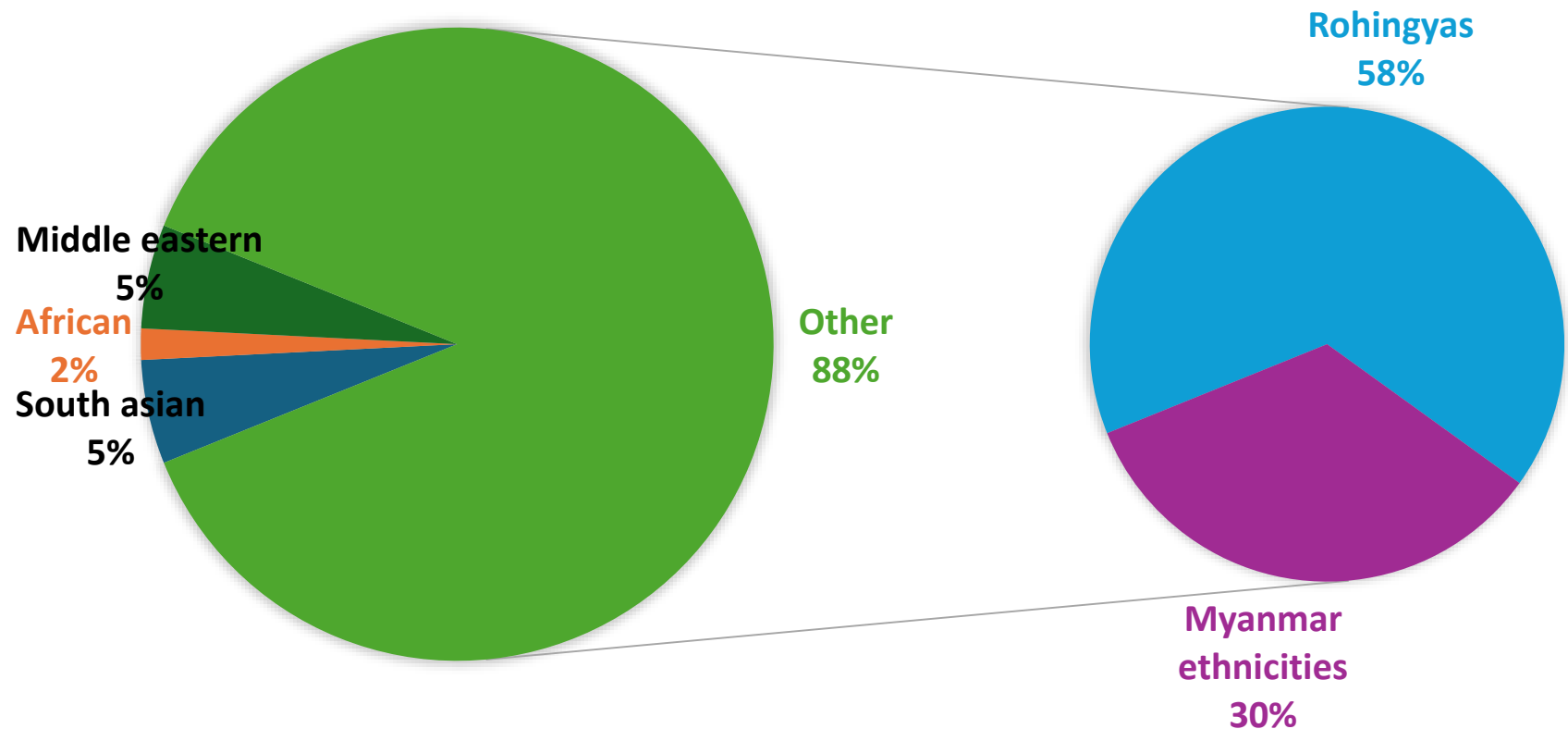


# Refugee Crisis in Malaysia

Date from UNHCR Malaysia:

As of May 2024, approx. 190,000 refugees and asylum seekers legally registered with UNHCR in Malaysia


## DEMOGRAPHY







# **Objectives**

- Study the demographic characteristics of the non-communicable disease (NCDs) – Diabetes mellitus Type II among refugee population in Malaysia
  - Study the severity of the diabetes mellitus among refugee population in Malaysia through HbA1c trend
  - Study the outcome of medication management on diabetes mellitus among refugee population in Malaysia
- 



# **Methodology**

Patient registered with KAM Electric Medical System

Cross-sectional, retrospective study

1 June 2020 to 31 December 2023

Inclusion criteria

- Type II diabetes mellitus
- Patient age above 18 years old
- On at least one type of diabetic medications and at least one HbA1c result

Exclusion criteria

- Patient diagnosed with gestational diabetes mellitus
  - Pregnant patient
  - Patient age above 80 years old
- 

# Results

Total of 168 participants included in the final analysis

Mean HbA1c level 8.59%

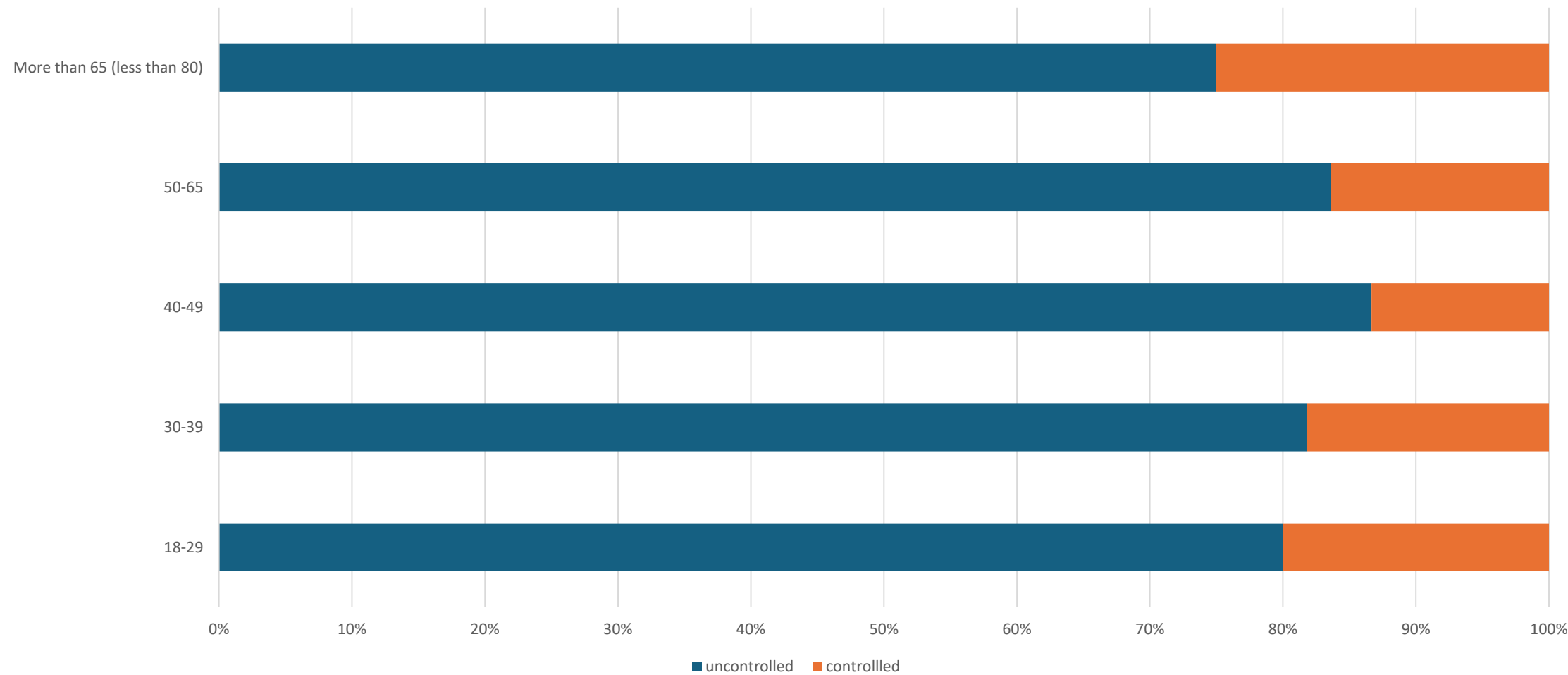
83.3% have HbA1c > 6.5%

MOH Malaysia 2020 HbA1c > 6.5%

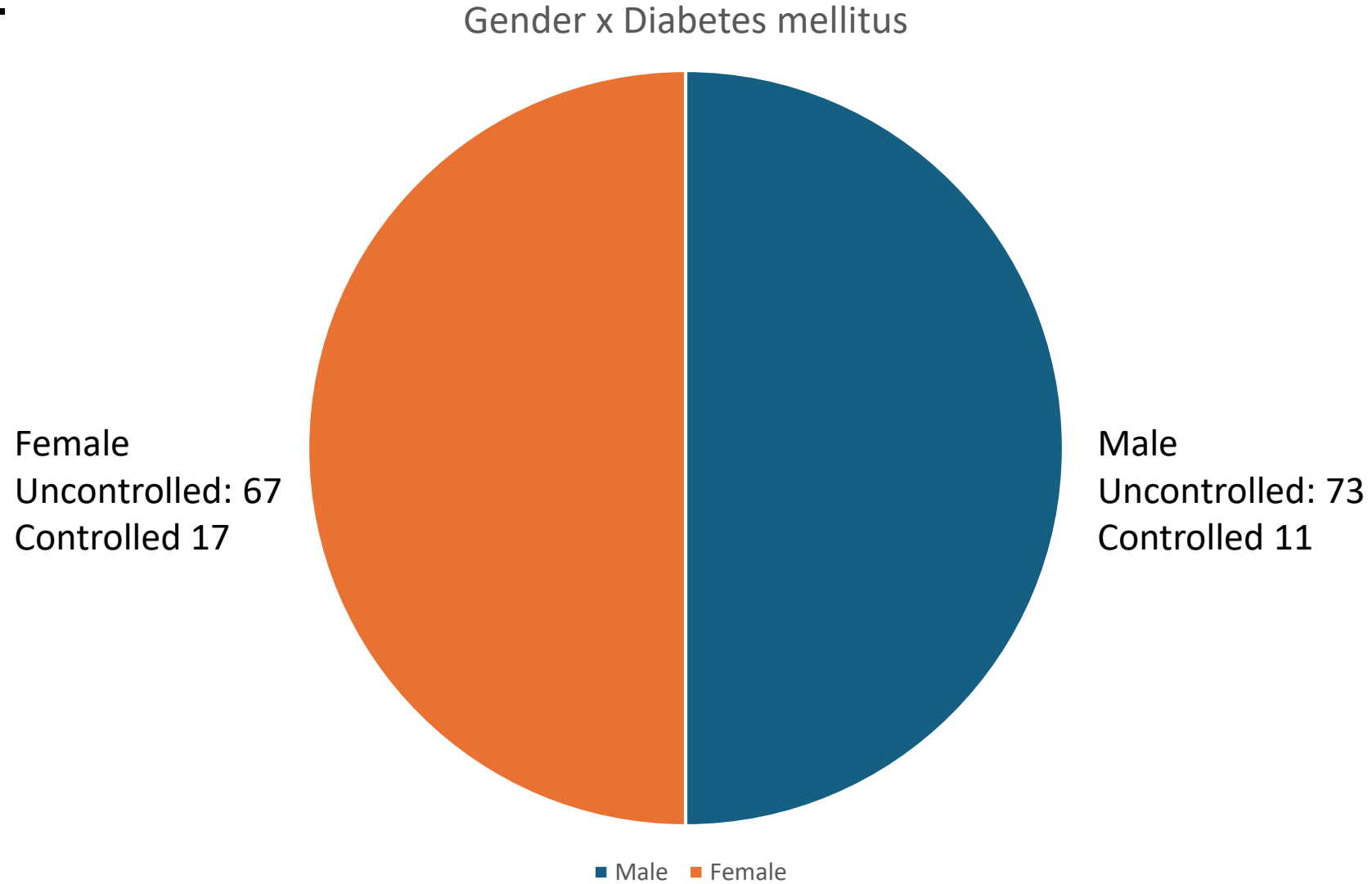


# Results

Age by percentage of controlled/uncontrolled DM



# Results





# Results

Total of 168 participants included in the final analysis

## Ethnicity

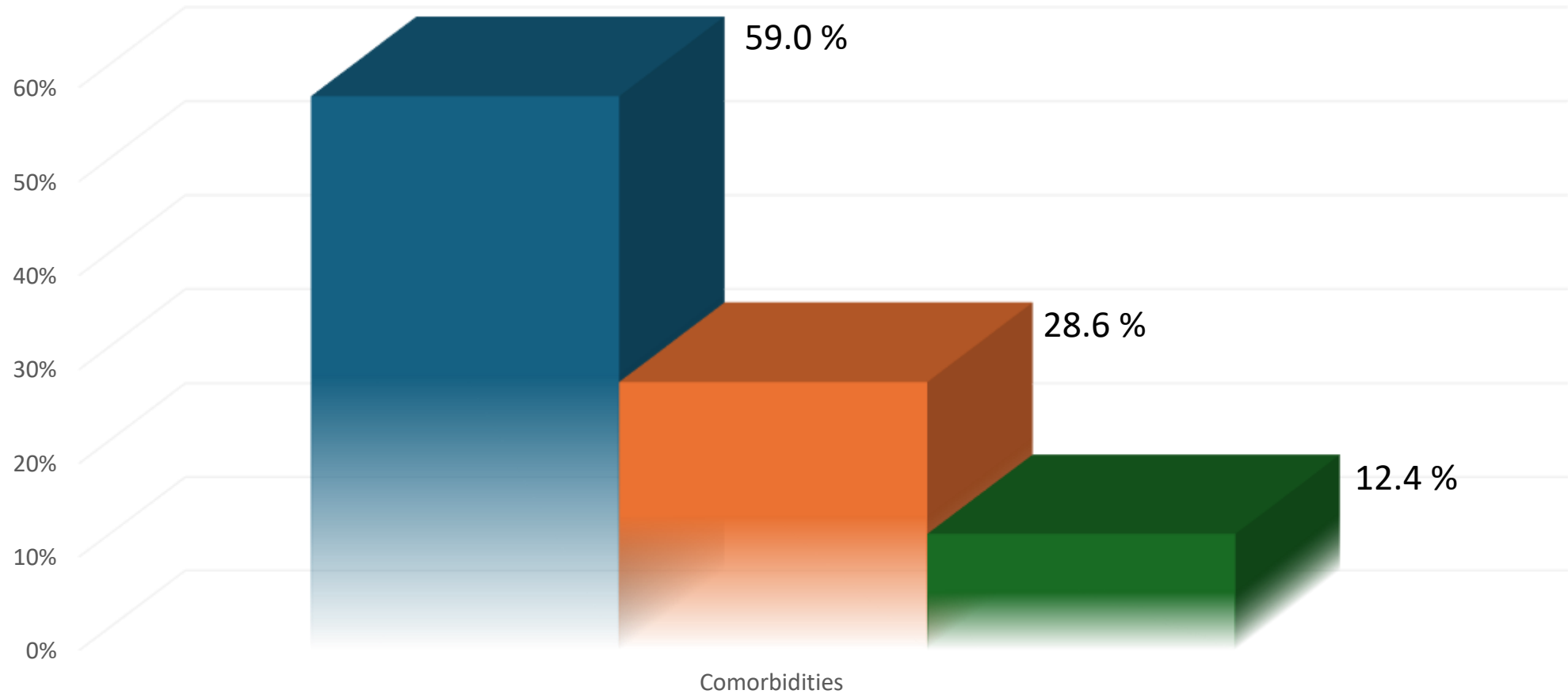
- 36.9% of patients are Myanmar
- 28.0% of patients are Yemen
- 35.1% of patients are Others

\*\* Others: Afghanistan, Egypt, Ethiopia, Pakistan, Palestine, Solomon island, Somalia, Sri Lanka, Sudan, Syrian, Tunisia



# Results

## COMORBIDITIES



■ Diabetes only ■ Diabetes with one comorbidities ■ Diabetes with dyslipidemia and hypertension



# Results

## Medications

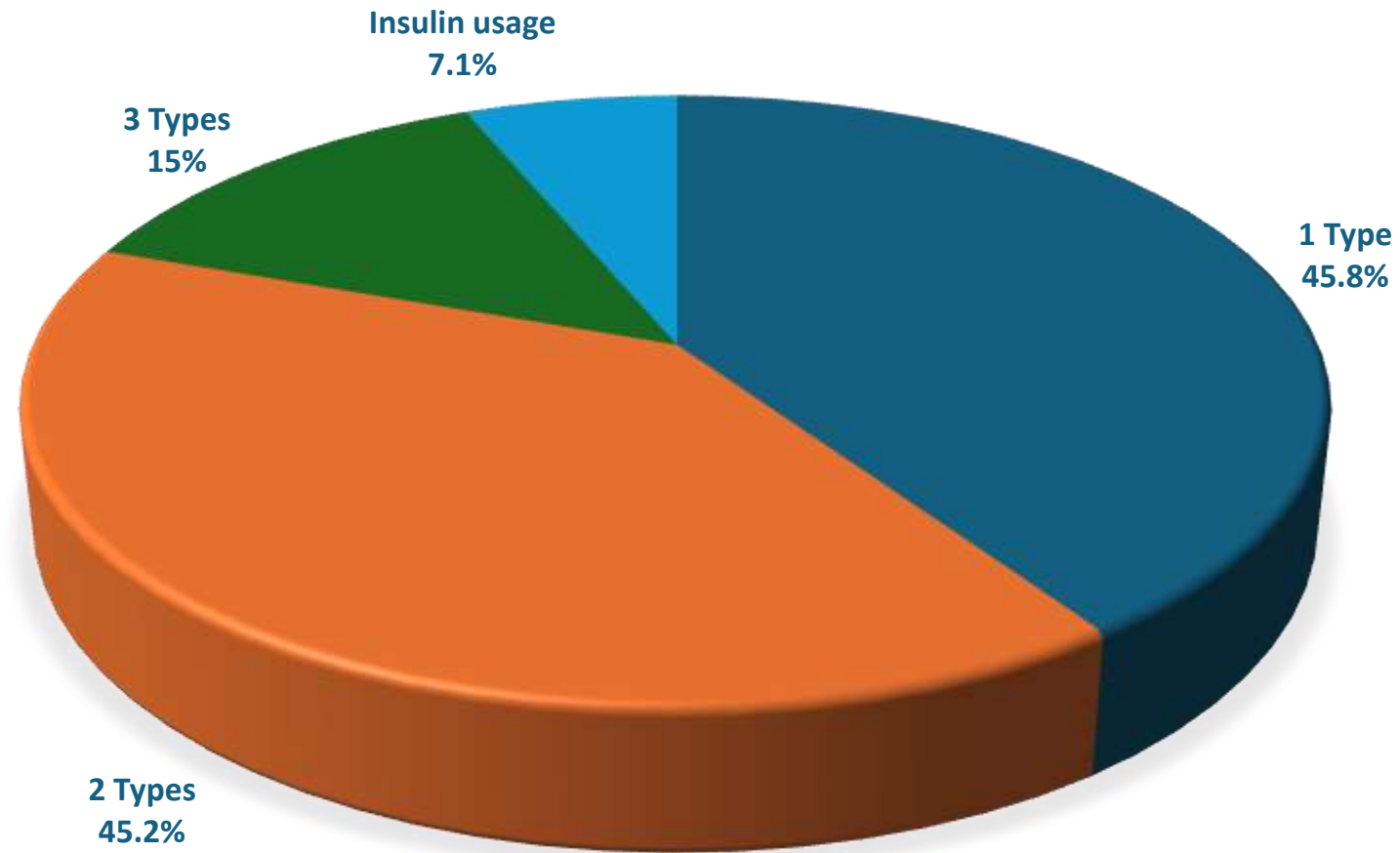
- 90.0 % of the sample are on less than 2 oral antidiabetic medications
- 7.0 % of the sample on s/c insulin

Our inventory:

- Tab Metformin
  - Tab Gliclazide MR
  - Tab Empagliflozin
- 

# Results

## TYPES OF ANTIDIABETIC MEDICATIONS








# **Conclusion**

A significant concern for diabetes mellitus among the refugee population

A comparable prevalence of diabetes mellitus between 40-49 years and 50-65 years.

High prevalence of uncontrolled HbA1c levels indicates the need for targeted healthcare interventions to mitigate the burden of diabetes in this population.



# Thank you



**WONCA 2024**  
APR Conference 21 – 24 August | Singapore  
In conjunction with Singapore Primary Care Conference 2024