



UMMC SPORTS & EXERCISE MEDICINE CONFERENCE 2022

Healthy Body & Mind:
Empowering Lives Through Physical Activity

12th - 14th September 2022

Pre-Conference Workshop: 12th September 2022

Main Conference: 13th & 14th September 2022

The Everly Putrajaya Hotel

Programme & Abstract Book

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OFFICIAL CONFERENCE VENUE

The Everly Putrajaya
1, Jalan Alamanda 2, Presint 1,
62000 Putrajaya,
Malaysia.
Tel: +603-8892 2929
Email: tep@theeverlygroup.co
Website: teg-hotels.com/b/everly-
putrajaya

PRECONFERENCE WORKSHOP

Room Irama 5 & 6 at M floor

MAIN CONFERENCE

Mesmera Ballroom 3 & 4 at 1st floor

REGISTRATION COUNTER

In front of Room Irama 5 & 6
for the preconference workshop &
in front of Mesmera Ballroom 3 & 4
for the main conference.

Opening hour:

12th Sept 2022 - 0815 - 1700

13th Sept 2022 - 0730 - 1700

14th Sept 2022 - 0800 - 1700

WASHROOM

Opposite Mesmera Ballroom 4

PRAYER ROOM

Behind Mesmera Ballroom 4

LUNCH VENUE

Fuze cafe at G floor

MOBILE PHONE

Delegates are requested to switch
their mobile phone to silent mode
during sessions inside the lecture
halls and workshop rooms.

SECURITY

Due to security reasons, please wear
your name tags at all times during
the conference.

LOST & FOUND

Please take care of all your belongings.
The organiser will not be held liable in
case of loss, theft or damage to
personal belongings. Kindly pass any
found item to the registration counter.

PARKING

Parking is at the basement of the hotel.
Parking is a flat rate of RM 5.00 for
conference delegates. Please validate
your parking ticket at the 1st floor near
the lift.

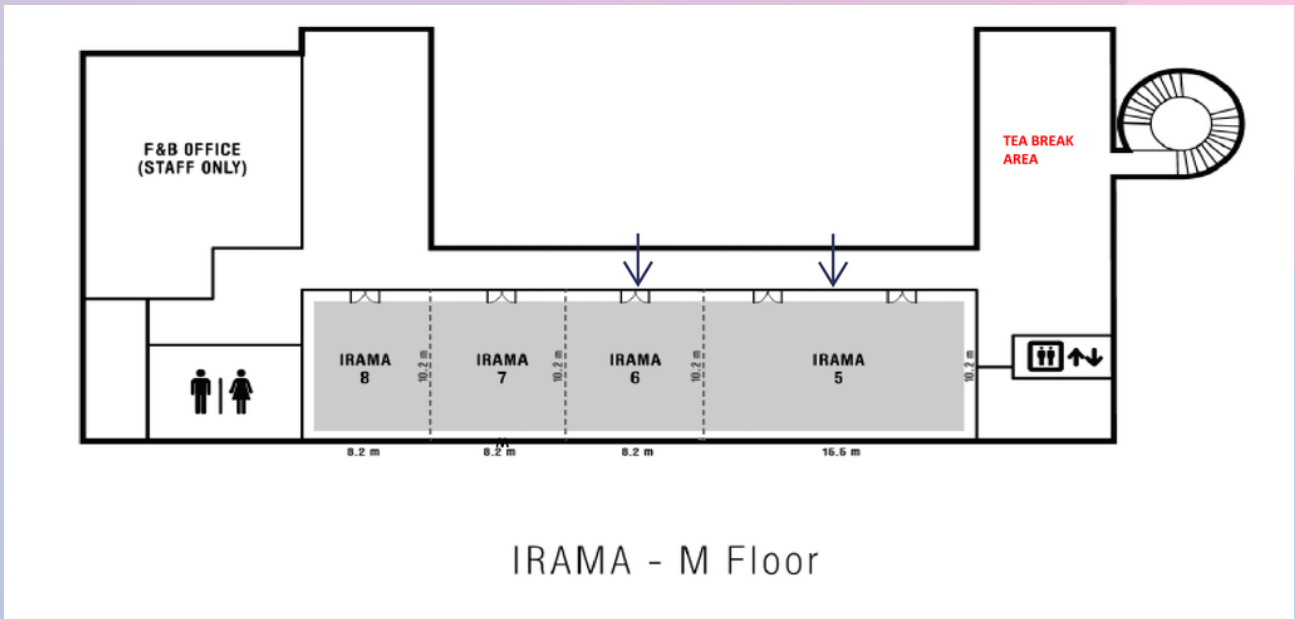
MMA-CPD POINTS

The secretariat will key in the CPD points
for medical practitioners via the MMA-
CPD portal. There is no CPD counter.
Preconference workshop: 4 CPD points
Main conference: 16 CPD points.

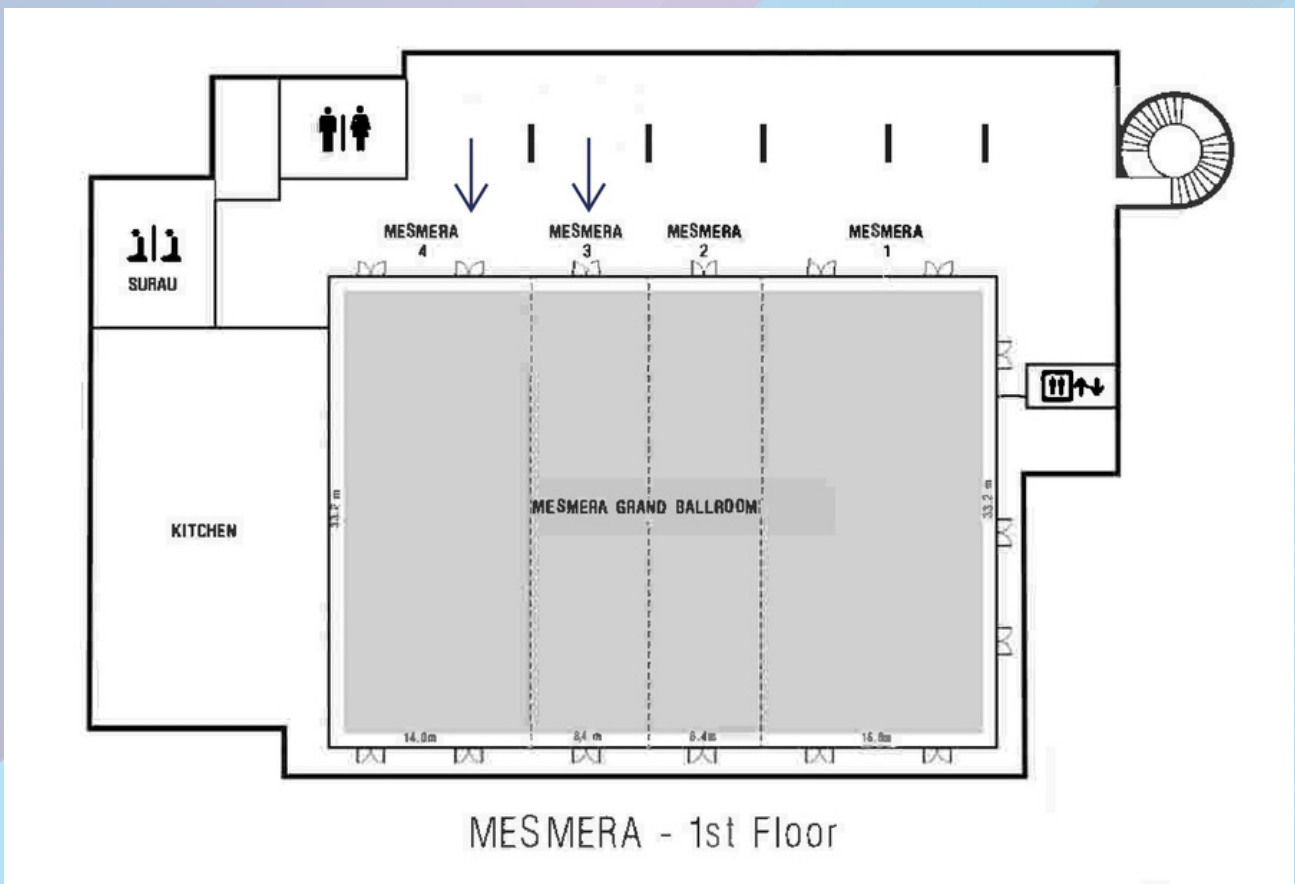
E-CERTIFICATE OF ATTENDANCE

E-certification will be emailed within 2
weeks after the conference, upon
verification of attendance and payment.
For any query, kindly email to
sales@ummc.edu.my or call +603-7949
6350/ +603-7949 4680.

PRECONFERENCE WORKSHOP AT ROOM IRAMA 5 & 6, M FLOOR



MAIN CONFERENCE AT MESMERA BALLROOM 3 & 4, FIRST FLOOR



A WARM WELCOME



Assoc. Prof. Dr. Mohd Nahar Azmi Mohamed

Head of Department of Sports Medicine, UMMC & Organising Chairperson of UMMC Sports & Exercise Medicine Conference 2022

Assalamualaikum Warrahmatullahi Wabarakatuh and Good Day.

It is my great pleasure to welcome everyone to the UMMC Sports & Exercise Medicine Conference 2022 organised by the Department of Sports Medicine, University Malaya Medical Centre. This prestigious conference is presented to all healthcare professionals, fitness enthusiasts and the general public with a keen interest in Sports and Exercise Medicine through hybrid mode for three exclusive days with the theme “Healthy, Body & Mind: Empowering Lives through Physical Activity”.

In line with the theme, we aim to provide a premier interdisciplinary platform for evidence-based discussion, the most recent innovations, trends and concerns, and practical challenges encountered and solutions adopted in physical activity, exercise and fitness. Participants will gain knowledge through talks delivered by experienced speakers in their respective fields. In addition, exercise workshops will provide great exposure to participants on proper exercise techniques. This conference also provides a platform for fellow researchers to present and share their works in Sports and Exercise Medicine internationally.

We have gathered some exciting topics such as issues of non-communicable diseases, health and fitness, technologies in sports and rehabilitation, women’s health, workshops on musculoskeletal ultrasound, exercise prescription, proprioceptive neuromuscular facilitation (PNF) training which will be delivered by local and international experts. I hope all the delegates will gain valuable knowledge and skills that could benefit their career and personal growth.

I sincerely thank Prof. Dr. Nazirah Hasnan, the director of the University Malaya Medical Centre for officiating this conference, and all the distinguished guest speakers who accepted our invitation. Furthermore, I truly thank to all the sponsors for their support. This conference would not be possible without their support. Last but not least, I would like to express my gratitude to the organising committee for their effort, hard work and precious time dedicated to making this conference a success.

Thank you.

MESSAGE FROM THE DIRECTOR OF UMMC



**Prof. Dr. Nazirah
Binti Hasnan**

Director of University
Malaya Medical Centre
(UMMC)

Assalamualaikum Warrahmatullahi Wabarakatuh and warm greetings to all delegates.

First and foremost, I would like to congratulate the Organising Committee, which is the Department of Sports Medicine, University Malaya Medical Centre, for their immense effort in putting together this prestigious UMMC Sports and Exercise Medicine Conference 2022 with the theme “Healthy, Body & Mind: Empowering Lives through Physical Activity”.

In this endemic phase of COVID-19, we aim to bring together leading experts from sports medicine doctors, sports scientists and researchers, as well as fitness professionals and sports enthusiasts to share their insights on how to put the latest scientific findings into practice and empower lives through exercise and medicine. The theme is in line with the current situation that we are facing due to COVID-19 and, lately, influenza spread, which has affected the general health and well-being of most people in various aspects.

This conference will cover many exciting topics of Sports and Exercise Medicine, mainly focusing on non-communicable diseases, health and fitness, technologies and female issues, which will be presented by local and international experts. I hope all the delegates could have excellent learning opportunities by giving your active participation in all the workshops, plenary lectures, presentations, and exhibitions.

I would like to sincerely thank and acknowledge the organizing committee for their effort and hard work in putting together a prestigious and informative conference for the benefit of healthcare professionals, researchers and the general public keen on health and well-being. I hope this conference will add value to the growth of the Sports and Exercise Medicine profession in our country and globally.

Thank you.

ORGANISING COMMITTEE

Organising Chairperson: Assoc. Prof. Dr. Mohd Nahar Azmi Bin Mohamed

Deputy Organising Chairperson: Assoc. Prof. Dr. Mohamad Shariff Bin A Hamid

Secretary: Ushantini Moorthy

Assistant Secretary: Azlinda Ahmad

Treasurer: Norhanim Binti Husaini

Assistant Treasurer: Nor Huda Binti Sulaiman

**Floor Manager: Dr. Nik Nadirah Nik Azis
Mohd Shahfiq Azam Bin Abidin**

**Publicity, Promotion & Registration: Mohd Shahfiq Azam Bin Abidin
Amir Asraf Bin Yunus**

**Technical & IT: Muhammad Ashraff Bin Muhammad Yazid
Muhammad Fikri Bin Othman
Amir Asraf Bin Yunus
Suhana Binti Borhanordin
Muhammad Faisal Ab Aziz**

**Sponsorships: Dr. See Zhi Huang
Dr. Mohd Zul A'la Bin Abdul Rahman
Dr. Adam Tan Jian
Dr. Kong Yee Tin
Norolhidayah Binti Majid**

**Logistics & Special Tasks: Nur Azlan Bin Mohd Marzuki
Mohamad Zawavi Bin Zakaria
Norolhidayah Binti Majid
Mohamad Alif Ab Razak**

**Food & Beverage: Sr. Suzaini Binti Ibrahim
Siti Nurhaniza Binti Zainuabidin
Normilah Binti Sharif
Hashimah Binti Bahari**

Programme & Abstract Book: Dr. Alston Choong Wai Kwong

Scientific Chair: Assoc. Prof. Dr. Goh Siew Li

Deputy Scientific Chair: Assoc. Prof. Dr. Zulkarnain Jaafar

Scientific Committee Members: Assoc. Prof. Dr. Abdul Halim Bin Mokhtar
Dr. Samihah Abdul Karim
Dr. Alston Choong Wai Kwong
Prof. Dr. Tin Tin Su
Prof. Dr. Hazreen Abdul Majid
Dr. Juliana Usman
Dr. Victor Selvarajah A/L Selvanayagam
Mr. Jerrican Tan
Ms. Wan Nor Afzan Wan Mahadi

Scientific Secretariat Lead: Dr. Nik Nadirah Nik Azis

Scientific Secretariat Members: Dr. Ahmad Hazwan Bin Ahmad Sushami
Dr. Natalie Lim Yi Zhen
Dr. Wan Ikram Shah Bin Hadi
Dr. Lam Jo Ee
Dr. Noorul Asyile Binti Rosli
Dr. Punitha A/P Kunabal
Dr. Mohamad Azwan Bin Aziz
Dr. Muhamad Rashidi Bin Sahari

Preconference Workshop (12th September 2022)(Monday)

0815 - 0900	Registration & Morning Refreshment	
	<i>Room Irama 5, M floor</i>	<i>Room Irama 6, M floor</i>
0900 - 1230	Basic Musculoskeletal Ultrasound Workshop	Functional & PNF Training Workshop
1230 - 1330	Lunch Break	
1330 - 1630	Exercise Prescription Workshop	Yoga Workshop
1630 - 1700	Tea Break	
1700	End of Preconference Workshop	

Main Conference Day 1 (13th September 2022)(Tuesday)

0730 - 0815	Registration/ Poster/ Booth Viewing	
0815 - 0900	Opening Ceremony	
0900 - 0945	Plenary 1: How It Began in UM/ UMMC?	
0945 - 1030	Plenary 2: The Paradox of Physical Activity	
1030 - 1045	Tea Break/ Poster/ Booth Viewing	
	<i>Room 1 (Mesmera 3)</i>	<i>Room 2 (Mesmera 4)</i>
1045 - 1110	Concurrent Lectures: Non Communicable Diseases	
1110 - 1200	Concurrent Lectures: Health & Fitness	
1230 - 1300	Sponsor Talk	
1300 - 1345	Lunch Break/ Poster/ Booth Viewing	
1345 - 1415	Oral Presentation 1	
1415 - 1445	Plenary 3: Battling Against Non Communicable Diseases & Mental Health	
1445 - 1535	Concurrent Lectures: Sports Medicine	
1535 - 1545	Tea Break/ Poster/ Booth Viewing	
1545 - 1615	Oral Presentation 2	
1615 - 1645	Evening Workout	
1645	End of Day 1	

Main Conference Day 2 (14th September 2022)(Wednesday)

0730 - 0830	Registration & Morning Workout	
0830 - 0900	Poster/ Booth Viewing	
0900 - 1030	Panel Discussion: Journey of Weight Loss & Active Aging	
1030 - 1045	Tea Break/ Poster/ Booth Viewing	
	<i>Room 1 (Mesmera 3)</i>	<i>Room 2 (Mesmera 4)</i>
1045 - 1135	Concurrent Lectures: Technologies in Sports/ Rehabilitation	
1135 - 1225	Concurrent Lectures: Female Issues	
1230 - 1300	Lunch Talk	
1300 - 1400	Lunch Break/ Poster/ Booth Viewing	
1400 - 1500	Trending Debate 1: Keto Diet vs Intermittent Fasting	
1500 - 1600	Trending Debate 2: Exergaming & Esports vs Traditional Sports	
1600 - 1630	Best Oral & Best Poster Award Giving & Closing Ceremony	
1630 - 1700	Tea Break/ Poster/ Booth Viewing	
1700	Adjourn	

Preconference Workshop - 12th September 2022 (Monday)

0815 - 0900	Registration & Morning Refreshment	
	Room Irama 5, M floor	Room Irama 6, M floor
0900 - 1230	Basic Musculoskeletal Ultrasound Workshop MAIN INSTRUCTOR: DR. SAMIHAH ABDUL KARIM	Functional & PNF Training Workshop MAIN INSTRUCTORS: MR. ONG LIP QIN & MR. FREDERICK KHOO
1230 - 1330	Lunch Break	
1330 - 1630	Exercise Prescription Workshop MAIN INSTRUCTOR: ASSOC. PROF. DR. MOHAMAD SHARIFF A HAMID	Yoga Workshop MAIN INSTRUCTOR: MS. REVATHI
1630 - 1700	Tea Break	
1700	End of Preconference Workshop	

BASIC MUSCULOSKELETAL ULTRASOUND WORKSHOP (ROOM IRAMA 5, M FLOOR)

0815 - 0900	Registration & Morning Refreshment
0900 - 0930	Lecture 1: Ultrasound Knobology & Ultrasound of the Knee <i>DR. MOHD AIZUDDIN BIN SAHAK</i>
0930 - 1000	Practical Session 1: Ultrasound of the Knee
1000 - 1030	Lecture 2: Ultrasound of the Ankle <i>DR. SAMIHAH ABDUL KARIM</i>
1030 - 1100	Practical Session 2: Ultrasound of the Ankle
1130 - 1200	Lecture 3: Ultrasound of the Shoulder <i>DR. VINOHA A/P GENISAN</i>
1200 - 1230	Practical Session 3: Ultrasound of the Shoulder
1230 - 1330	Lunch Break

Instructors:

- Assoc. Prof. Dr. Mohamad Shariff A Hamid (University Malaya Medical Centre)
- Dr. Samihah Abdul Karim (University Malaya Medical Centre)
- Dr. Mohd Aizuddin Bin Sahak (Sungai Buloh Hospital)
- Dr. Vinotha A/P Genisan (General Hospital Kuala Lumpur)



UMMC SPORTS & EXERCISE MEDICINE CONFERENCE 2022

13th SEPTEMBER 2022 (Tuesday)
The Everly Putrajaya

AGENDA OF OPENING CEREMONY

8.15 am	Arrival of Honorable Guests
8.30 am	Commencement of Ceremony
	National Anthem 'Negaraku' and Universiti Malaya (UM) Anthem
	Prayers Recital
	Opening Remarks by <i>Assoc. Prof. Dr. Mohd Nahar Azmi Mohamed</i> <i>Head of Department of Sports Medicine, UMMC</i>
	Officiating Remarks & Opening Gimmick by <i>Prof. Dr. Nazirah Hasnan,</i> <i>Director of UMMC</i>
	Souvenir Giving
9.00 am	Plenary Session
10.30 am	Tea Break

Main Conference Day 1 - 13th September 2022 (Tuesday)

0730 - 0815	Registration/ Poster/ Booth Viewing	
0815 - 0900	OPENING CEREMONY	
0900 - 0945	Plenary 1: How It Began In UM/ UMMC? <i>PROF. DATO' DR. ZALIHA OMAR</i>	
0945 - 1030	Plenary 2: The Paradox of Physical Activity <i>PROF. DR. MATTHEW NICHOLAS</i>	
1030 - 1045	Tea Break/ Poster/ Booth Viewing	
	Room 1 (Mesmera 3)	Room 2 (Mesmera 4)
	Concurrent Lectures: Non Communicable Diseases	
1045 - 1110	Empowering Disabled People With Active Lifestyle <i>PROF. DR. NAZIRAH HASNAN</i>	Pediatric Obesity: Weight Training <i>ASSOC. PROF. DR. MOHD NAHAR AZMI MOHAMED</i>
1110 - 1135	Practising Mindfulness For Seniors <i>DR. EUGENE KOH BOON YAU</i>	Music For Sports Performance <i>ASSOC. PROF. DR. GARRY KUAN</i>
	Concurrent Lectures: Health & Fitness	
1135 - 1200	Office Exercise and Relaxation - Everyone Can Do <i>CAPTAIN PRABHU NADARAJAN</i>	Understanding Food Labels: Why Do They Matter <i>MDM. NOOR KAMSINA AZIZ</i>
1200 - 1225		Ways to Get People to Move More and Sit Less <i>DR. ANDREA MATTHIAS MULLER</i>
1230 - 1300	Sponsor Talk <i>DR. SYAMSUL RIZAL</i>	
1300 - 1345	Lunch Break/ Poster/ Booth Viewing	

Main Conference Day 1 - 13th September 2022 (Tuesday) Cont.

1345 - 1415	<p align="center">Oral Presentation 1 <i>MODERATOR: ASSOC. PROF. DR. MOHAMAD SHARIFF A HAMID</i></p>	
1415 - 1445	<p align="center">Plenary 3: Battling Against Non-Communicable Diseases & Mental Health <i>DR. FEISUL IDZWAN MUSTAPHA</i></p>	
	Room 1 (Mesmera 3)	Room 2 (Mesmera 4)
	Concurrent Lectures: Sports Medicine	
1445 - 1510	<p align="center"><i>I Have A Shoulder Problem, What Should I Do?</i> <i>DR. SAMIHAH ABDUL KARIM</i></p>	<p align="center"><i>Updates On Musculoskeletal Injuries Management</i> <i>DR. NORLELAWATI MOHAMAD</i></p>
1510 - 1535	<p align="center"><i>Improving Painful Knees with Exercises Using Resistance Band</i> <i>MR. ONG LIP QIN</i></p>	<p align="center"><i>Overuse Injuries In Sports</i> <i>DR. JASMIZA KHUZAIRI JASME</i></p>
1535 - 1545	Tea Break/ Poster/ Booth Viewing	
1545 - 1615	<p align="center">Oral Presentation 2 <i>MODERATOR: DR. VICTOR SELVARAJAH SELVANAYAGAM</i></p>	
1615 - 1645	<p align="center">Evening Workout <i>MR. FIZAN KUSAINI</i></p>	
1645	End of Day 1	

Main Conference Day 2 - 14th September 2022 (Wednesday)

0730 - 0830	<p>Registration/ Morning Workout With <i>ASSOC. PROF. DR. MOHD NAHAR AZMI MOHAMED</i></p>	
0830 - 0900	<p>Poster/ Booth Viewing</p>	
0900 - 1030	<p>Panel Discussion: Journey of Weight Loss & Active Aging <i>PANELISTS: ASSOC. PROF. DR. MOHD. NAHAR AZMI MOHAMED DR. IMELDA BALCHIN MR. PETER WONG</i></p>	
1030 - 1045	<p>Tea Break/ Poster/ Booth Viewing</p>	
	Room 1 (Mesmera 3)	Room 2 (Mesmera 4)
	<p>Concurrent Lectures: Technologies in Sports/ Rehabilitation</p>	
1045 - 1110	<p>Choosing the Right Shoes <i>MR. GOH BOON-HWA (ASICS)</i></p>	<p>Delivering Seamless and Multidisciplinary Healthcare Through Digital Therapeutics <i>MR. AZRAN OSMAN-RANI</i></p>
1110 - 1135	<p>Teaming Up to Improve Performance and Reduce Injuries in Golf <i>MS. LIM SIEW AI</i></p>	<p>Electro-modalities: The Evidence <i>ASSOC. PROF. DR. MOHAMAD SHARIFF A HAMID</i></p>
	<p>Concurrent Lectures: Female Issues</p>	
1135 - 1200	<p>Do You Need Supplements to Prevent Breast and Cervical Cancer? <i>PROF. DR. HAZREEN ABDUL MAJID</i></p>	<p>Exercise For Diabetes In Pregnancy <i>DR. IMELDA BALCHIN</i></p>
1200 - 1225	<p>Energizing Strategies For The Working Mom <i>DR. JADEERA CHEONG PHAIK GEOK</i></p>	<p>Training In Elite Athletes During Pregnancy <i>DR. IMELDA BALCHIN</i></p>

Main Conference Day 2 - 14th September 2022 (Wednesday) Cont.

1225 - 1230	Infomercial
1230 - 1300	Lunch Talk: My Journey Now and Then <i>DATUK MARINA CHIN</i>
1300 - 1400	Lunch Break/ Poster/ Booth Viewing
1400 - 1500	Trending Debate 1: Keto Diet VS Intermittent Fasting <i>MODERATOR: PROF. DR. HAZREEN ABDUL MAJID</i> <i>PANELISTS: MS. ROZANA M. ROSLY</i> <i>MDM. MUSHIDAH ZAKIAH BINTI MOHAD AKRAN</i>
1500 - 1600	Trending Debate 2: Exergaming & Esports VS Traditional Sports <i>MODERATOR: DR. JULIANA USMAN</i> <i>PANELISTS: DR. MAZIAH MAT ROSLI</i> <i>DR. RIZAL RAZMAN</i>
1600 - 1630	Best Oral and Poster Presentation Award Giving & Closing Ceremony
1630 - 1700	Tea Break/ Poster/ Booth Viewing
1700	Adjourn

SEQUENCE OF ORAL PRESENTATION

Oral Presentation 1 on Day 1 (13th September 2022) starts at 1345 Moderator: Assoc. Prof. Dr. Mohamad Shariff A Hamid

No.	Title	Presenter
1.	Prototyping A Blended Physical Education Course on Japanese Mixed Volleyball in the Philippines	Roberto Figueroa Jr.
2.	Oral Health Attitudes and Behaviours Among Malaysian Elite Para-Athletes	Marini Ismail
3.	Effect of Core Strengthening for Knee Osteoarthritis on Balance, Pain and Function: A Pilot Study	Jo Ee Lam
4.	Athletes Identity Among Para-badminton Players	Emily Kui-Ling Lau

Oral Presentation 2 on Day 1 (13th September 2022) starts at 1545 Moderator: Dr. Victor Selvarajah Selvanayagam

No.	Title	Presenter
1.	Effects of High Intensity Interval Training (HIIT) with Motivational Music on Exercise Motives and Quality of Life in Sedentary Young Adults	Nurul Azuar Hamzah
2.	The Relationship Between Pain and Activities of Daily Living with Postural Balance in Primary Bilateral Knee Osteoarthritis Patients	Yuan Heng Lim
3.	Perception of Oral Health and Its Impact on Sports Performance Among Malaysian Para-Athletes	Lynn Wei Linn Ko
4.	Pain Relief Benefits of Acupuncture Compared to Non-injection Therapies in Knee Osteoarthritis: A Network Meta-Analysis	Melissa Chong Wee

Abstract for Oral Presentation

1. PROTOTYPING A BLENDED PHYSICAL EDUCATION COURSE ON JAPANESE MIXED VOLLEYBALL IN THE PHILIPPINES	18
2. ORAL HEALTH ATTITUDES AND BEHAVIOURS AMONG MALAYSIAN ELITE PARA-ATHLETES	19
3. PERCEPTION OF ORAL HEALTH AND ITS IMPACT ON SPORTS PERFORMANCE AMONG MALAYSIAN PARA-ATHLETES	20
4. EFFECTS OF HIGH INTENSITY INTERVAL TRAINING (HIIT) WITH MOTIVATIONAL MUSIC ON EXERCISE MOTIVES AND QUALITY OF LIFE IN SEDENTARY YOUNG ADULTS	21
5. EFFECT OF CORE STRENGTHENING FOR KNEE OSTEOARTHRITIS ON BALANCE, PAIN AND FUNCTION: A PILOT STUDY	22
6. ATHLETES IDENTITY AMONG PARA-BADMINTON PLAYERS	23
7. PAIN RELIEF BENEFITS OF ACUPUNCTURE COMPARED TO NON-INJECTION THERAPIES IN KNEE OSTEOARTHRITIS: A NETWORK META-ANALYSIS	24
8. THE RELATIONSHIP BETWEEN PAIN AND ACTIVITIES OF DAILY LIVING WITH POSTURAL BALANCE IN PRIMARY BILATERAL KNEE OSTEOARTHRITIS PATIENTS	25

OP 01

PROTOTYPING A BLENDED PHYSICAL EDUCATION COURSE ON JAPANESE MIXED VOLLEYBALL IN THE PHILIPPINES

Roberto Figueroa Jr.¹, Hiroshi Taniguchi^{1,2}

¹University of the Philippines Open University, Quezon City, Philippines

²デジタルランゲージスクール, Tokyo, Japan

Abstract

The lack of team-based physical education courses offered by the proponents' open university and the clamour from students to offer blended courses paved the way for actively exploring solutions to offer inclusive team-based sports in blended mode. In this regard, we present a study that involves the participatory design of a blended physical education (PE) course on mixed volleyball.

The study aimed to:

- identify challenges encountered in developing and prototyping this blended PE course;
- enumerate perceived benefits among participants when prototyping the blended PE course; and
- investigate the initial impressions among participants regarding satisfaction and interest.

The methodology followed a design-based learning approach which involved prototyping lessons based on sound instructional design principles and iteratively improving them based on retrospective analysis. Data were collected through retrospective analysis notes, observation notes, participant interviews, and a post-program satisfaction survey. Observation notes, retrospective summaries, and participant interviews were analysed through reflexive thematic analysis. The first major theme was about *challenges* to achieving the first aim. The second was about *perceived benefits* to achieve the second aim. To quantify satisfaction and interest among participants, survey data was analysed quantitatively through descriptive statistics to achieve the third aim.

The challenges identified included logistical and digital literacy-related issues. The perceived benefits centred around the flexibility, inclusivity, and interactivity of the course. Quantitative results showed generally high satisfaction and interest. In conclusion, a blended PE course on a team-based sport like mixed volleyball can be a good option among distance learners, provided they overcome logistical and digital limitations.

OP 02

ORAL HEALTH ATTITUDES AND BEHAVIOURS AMONG MALAYSIAN ELITE PARA-ATHLETES

Marini Ismail, Maryani Mohamed Rohani, Nosizana Mohd Salleh

Faculty of Dentistry, Universiti Malaya, Kuala Lumpur, Malaysia

Abstract

Background: Athletes commonly neglect oral health as an essential aspect of their well-being. The intense sports activities, dietary consumption, and oral health care practices affect the para-athletes' oral health.

Aim: To determine the oral health attitudes and behaviours among Malaysian elite para-athletes.

Methods: This quantitative and cross-sectional study used purposive sampling by utilizing the self-administered questionnaire adapted and developed by the University of College London, United Kingdom. The participants were recruited from Malaysian elite para-athletes registered under the National Sports Council, Malaysia.

Results: Fifty-eight out of 68 Malaysian elite para-athletes completed the questionnaire. The median age was 27 years (interquartile range 25-30 years). Most para-athletes were males (82.8%), and athletes with a physical disability (70.7%) were the highest compared to other types of disabilities, with most participating in athletics and badminton. Most para-athletes brush their teeth in the morning (94.8%) and before sleep at night (77.6%). Only 22.4% of para-athletes used dental floss. Most para-athletes consumed sports drinks, energy bars, and gels before and during sports competitions, and 70.7% of para-athletes consumed sports nutritional products. More than half of para-athletes reported having their last dental check-up more than one year ago.

Conclusion: Malaysian elite para-athletes had a high risk of poor oral health due to the lack of oral health attitudes and behaviours. They had poor oral health beliefs regarding sports nutritional products that might harm oral health, but knowledge of smoking habits was sufficient. Thus, oral health education and promotion are essential in preventing oral disease.

OP 03

PERCEPTION OF ORAL HEALTH AND ITS IMPACT ON SPORTS PERFORMANCE AMONG MALAYSIAN PARA-ATHLETES

Lynn Wei Linn Ko, Jessica Francis, Aisyah Ahmad Faisal

Faculty of Dentistry, Universiti Malaya, Kuala Lumpur, Malaysia

Abstract

Background: Oral health is an integral part of general health and is paramount for optimal athletic performance and maintaining good quality of life.

Aim: To study perception of oral health status and its impact on sports performance and psychosocial aspects among Malaysian para-athletes using a questionnaire adapted from the Oral Health Screening Toolkit for Athletes developed by University College London, UK.

Methods: This is an institutional cross-sectional, descriptive study utilising purposive sampling of elite para-athletes registered under the National Sport Council (NSC), Malaysia. Demographic data and self-reported questionnaire were recorded and collected. Descriptive analyses were performed.

Results: A total of fifty-eight (58) para-athletes from eleven sports participated in the study. The median age of the participants was 27 years (range 17-49), 82.8% were males and 70.7% having physical disabilities. Other categories of disabilities include learning disability (15.5%), visual impairment (12.1%) and multiple disabilities (1.7%). Two out of ten para-athletes (20.7%) assessed their general health as not good. Similarly, 18 (31%) of para-athletes in the study reported their oral health as fair to poor. More than half of them reported an impact on their quality of life (53.4%) and on sports performance (51%).

Conclusion: This is the first study of self-reported oral health in the para-athlete population of Malaysia. Even though most of the para-athletes felt that their oral health status is good, their perceived oral health-related impacts on well-being and sports performance were very substantial.

Keywords: sports dentistry, para sports, dental health, athletic performance, psychosocial impact

OP 04

EFFECTS OF HIGH INTENSITY INTERVAL TRAINING (HIIT) WITH MOTIVATIONAL MUSIC ON EXERCISE MOTIVES AND QUALITY OF LIFE IN SEDENTARY YOUNG ADULTS

Nurul Azuar Hamzah, Foo Kai Shian, Garry Kuan Pei Ern

Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia, Kota Bharu, Malaysia

Abstract

The increased rate of sedentary lifestyle makes it important to organise an enjoyable and time-saving exercise programme that can enhance individuals' motivation to exercise. The study aims to compare the effects of 6-week of High intensity Interval Training (HIIT) with music and with no music on exercise motivation and quality of life (QoL) among sedentary young adults. The study applied a quasi-experimental study design. Sedentary participants (N=20) were recruited ($M_{age}=25.5$, $SD_{age}=3.0$) and divided into two groups; HIIT-Music (HIIT-M, n=10) HIIT-No Music (HIIT-NM, n=10). HIIT-M group performed two sessions per week of HIIT exercise while listening to motivational music, whereas the HIIT-NM group performed two sessions per week of HIIT exercise with no music. Both groups spent six weeks completing the exercise intervention. Two parameters including quality of life (QoL) and exercise motives were assessed using the Motive for Physical Activities Measure (MPAM-R) and the Quality-of-Life Scale (QoLS), respectively, at pre-and post-test. Results: The result for QoL shows no significant effects of group, $p = .13$ and time, $p=.11$. Also, the result for exercise motives shows no significant effects of group (Fitness, $p=.31$; Appearance, $p=.60$; Competence, $p=.09$; Social, $p=.82$; Enjoyment, $p=.09$) and time (Fitness, $p=.23$; Appearance, $p=.14$; Competence, $p=.26$; Social, $p=.24$; Enjoyment, $p=.76$). In conclusion, applying motivational music during HIIT did not bring significant effects on QoL and exercise motives. The increments of values from pre- to post-test in all variables in the HIIT-M group partially support the functional role of motivational music during exercise.

OP 05

EFFECT OF CORE STRENGTHENING FOR KNEE OSTEOARTHRITIS ON BALANCE, PAIN AND FUNCTION: A PILOT STUDY

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Abstract

Background/Aim: Pain from Knee osteoarthritis (KOA) may compromise the balance of affected individuals, leading to increased fall risk. This study aimed to assess the potential efficacy of adding a core strengthening program, to conventional KOA exercise program in improving balance, pain, and function for these patients.

Methods: This 6-week intervention study involved 20 KOA subjects. 10 KOA patients (55.90 ± 7.74 years) in the control group (CG) received conventional exercise program focusing on lower limb range of motion, flexibility and closed kinetic chain strengthening only, while 10 patients in the intervention group (IG) (56.40 ± 8.87 years) received conventional exercise program and core strengthening. Both groups performed thrice weekly home-based exercises. Pre- and post-intervention measurements include static and dynamic balance using Biodex Balance System, functional-performance tests including: 6-Minute Walk Test, 30-second Chair Stand, Timed Up and Go Test, and also Knee Injury and Osteoarthritis Outcome Score (KOOS) assessing pain and function.

Results: After 6-weeks, the IG showed clinical improvement in static balance with a lower mean variance indicating better postural stability (M=0.533; SE=0.049), and dynamic balance where a higher mean score reflected better performance (M=46.006; SE=3.12) but was statistically insignificant compared to CG (Static balance: M=0.547; SE=0.049, Dynamic: M=42.794; SE 3.12). Similarly, the IG also performed better across all functional-performance tests and KOOS Pain and Function but was also insignificant.

Conclusion: Further studies are needed to determine the effectiveness of core strengthening as an add-on intervention, as compared with stand-alone conventional treatment for KOA patients to improve balance, pain, and function.

OP 06

ATHLETES IDENTITY AMONG PARA-BADMINTON PLAYERS

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Abstract

Background/Aim: Athlete identity, the degree an individual regard himself/ herself as an athlete, could determine an athlete's wellbeing. This out-of-competition survey was conducted among para-badminton players to assess their athlete identity using the Athlete Identity Measure Scale (AIMS), and to investigate its modifying factors.

Methods: Questionnaires were disseminated to all national badminton federations registered with Badminton World Federation (BWF) via online platform over six months in 2020. Responses were also collected online. Potential of gender, competition experience, type of disability, employment, education level and region as modifying factors were investigated. AIMS was scored on 1-7 Likert scale. Descriptive analyses were reported using means and standard deviation. Comparison between groups were performed using parametric tests.

Results: A total of 170 athletes (63% male) responded to the survey of which 146 completed AIMS. Overall, responses to all items were mostly at the favourable spectrum of the Likert scale in AIMS except for question 9. In general, European athletes appear to report significantly lower score in subdomains of social identity, self-identity and exclusivity in AIMS compared to athletes from other regions. Self-employed athletes also recorded lower score in all subdomains of AIMS compared to those with fixed income or part-time employment. However, the difference was not statistically significant. AIMS did not differ with gender, competition experience, type of disability and education level.

Conclusion: Personal level factors may not be as important as regional factors in determining the level to which the para-badminton players identify themselves as athletes.

OP 07

PAIN RELIEF BENEFITS OF ACUPUNCTURE COMPARED TO NON-INJECTION THERAPIES IN KNEE OSTEOARTHRITIS: A NETWORK META-ANALYSIS

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Abstract

Background/Aim: Acupuncture for the treatment of osteoarthritis (OA) pain is relatively new and its pain benefits is still actively investigated. Numerous meta-analyses had been conducted to compare the efficacy of different types of acupuncture or combination therapy in knee OA, but no recent work to explore the magnitude of treatment effect using acupuncture monotherapy (as a group) in comparison to non-injection therapies.

Methods: This is a subgroup analysis of a more comprehensive network meta-analysis (NMA) that aims to investigate the relative efficacy of different types of injection therapies in knee OA. Reports related to knee OA, injections and randomised controlled trials (irrespective of language and publication date) were last searched in December 2021 using 5 electronic databases. Screening and data extraction were performed independently by at least 2 reviewers. Reports related to acupuncture were selected for this NMA. Short term pain benefits (<3 months) were pooled from endpoint measurements under the random effects model.

Results: A total of 7253 reports were retrieved. Following removal of duplicates, title and abstract screening, 260 were deemed eligible for full text screening. Only 8 studies were used for analysis (3-arm study: 2, 2-arm study: 6, number of participants: 1670). The pain benefits from acupuncture is the greatest when compared to non-injection therapies [2.25; 95% confidence interval (CI): -0.41 to 4.91] than to sham [1.29; 95%CI: -3.52 to 0.94]. However, the differences between these comparisons were not statistically significant and demonstrate wide CI.

Conclusion: Due to the wide uncertainty in the estimates, the use of acupuncture may be considered as adjunctive therapy until more robust evidence becomes available.

OP 08

THE RELATIONSHIP BETWEEN PAIN AND ACTIVITIES OF DAILY LIVING WITH POSTURAL BALANCE IN PRIMARY BILATERAL KNEE OSTEOARTHRITIS PATIENTS

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Abstract

Background/Aim: Most knee osteoarthritis (OA) patients suffer from pain and functional disability at some point in their disease progression. They are also prone to falls due to impairment of their joint proprioception. In view of these factors, in this study, we wish to determine the relationship between pain and activities of daily living (ADLs) with postural balance in patients with primary knee OA.

Methods: This was a cross-sectional study involving twenty subjects with primary bilateral knee OA (15 females and 5 males), with a mean age of 69.2 ± 10.4 years. The pain and ADLs subscales of the Knee Injury and Osteoarthritis Outcomes Score (KOOS) were administered. Postural stability of the subjects was assessed using the Biodex Balance System. The primary outcome was the overall stability index (OSI). Pearson's correlation was used to determine the association between the variables of interest.

Results: There was a significant positive correlation with moderate strength between the KOOS pain score and the OSI ($r=0.40$, $p=0.04$). However, there was no correlation between KOOS ADLs function and OSI ($r=0.10$, $p=0.33$). There was no significant association between both KOOS scores and the other parameters of postural stability (anterior-posterior and medial-lateral stability index).

Conclusion: Subjects with a higher KOOS knee pain score have a poorer dynamic balance, probably due to no compensatory actions being activated at the knee joint as yet. Hence, factors that can be involved in these compensatory actions such as knee joint muscle strength and muscle flexibility should be assessed in future studies.

Abstract for Poster Presentation

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PP 01

A CASE REPORT: ROTATOR CUFF TEAR, THE CORRELATION BETWEEN PHYSICAL EXAMINATION AND RADIOLOGICAL IMAGING

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Abstract

Shoulder pain and weakness, which can result in limitations in performing activities of daily living. Identifying a specific shoulder pathology may be challenging. Specific tests are used to reproduce symptoms and signs that would help identify the pathology of the shoulder.

We report a case of full thickness supraspinatus muscle tear which appeared falsely negative on initial imaging. Aim is to highlight importance of clinical and imaging correlation to achieve a more timely diagnosis. Mr A. sustained a motor vehicle accident and presented to our center with left shoulder pain and loss of range of motion post trauma. Fracture and dislocation were ruled out, subsequently patient was seen during clinic follow up weeks later. With a series of shoulder examinations, there was high suspicion of left supraspinatus muscle tear. Initial ultrasound of shoulder reported no evidence of tear or tendinopathy of SST. A subsequent MRI shoulder had confirmed a full thickness tear of SST with retracted fibers. Findings also include Grade 1 SLAP lesion and adhesive capsulitis features.

A combination of clinical examination has demonstrated variable specificity and sensitivity and bringing about dependence towards imaging modalities. Diagnostic accuracy of ultrasound was not evident in this case and therefore importance of shoulder special tests is highlighted to yield a more targeted diagnosis.

PP 02

ORAL HEALTH STATUS AND TREATMENT NEEDS OF MALAYSIAN ELITE PARA-ATHLETES

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Abstract

Background: For an athlete to perform at their best, their health must be excellent, including their oral health. Research on the oral health status of athletes with impairments (para-athletes) is limited compared to elite athletes.

Aim: To evaluate the oral health status and treatment needs among Malaysian elite para-athletes.

Methods: This cross-sectional study applied purposive sampling, involving 58 Malaysian elite para-athletes training at the National Sports Institute of Malaysia and Malaysia Paralympic Sports Excellence Centre. Demographic data, self-reported questionnaires, and clinical oral examinations were collected from February to June 2022. The evaluation of oral health status was conducted to determine the presence of caries using International Caries and Detection System (ICDAS), periodontal condition, oral infection, erosive tooth wear using Basic Erosive Wear Examination (BEWE), and the presence of tooth trauma.

Results: Most participants were male (82.8 %) and had physical disabilities (70.7%). The median age was 27 years (range 17 to 49). Active caries (ICDAS code ≥ 3) was found in 56.9% of para-athletes, while 94.8% of para-athletes were found to have periodontal diseases (BPE code ≥ 1). Pulpitis, ulcer, fistula, or abscess was present in 29.3% of para-athletes, and 26% had erosive tooth wear. The majority of them required periodontal treatment (94.8%), restorative treatment (56.9%), and tooth extraction (29.3%).

Conclusion: Malaysian para-athletes in this study had a high prevalence of oral diseases and unmet treatment needs. Oral health care must be emphasised with effective oral health education programmes and regular dental check-ups, which can be integrated into their health programmes.

PP 03

NON-OPERATIVE TREATMENT OF POSTERIOR CRUCIATE LIGAMENT INJURY WITH DYNAMIC PCL KNEE BRACE – A CASE SERIES

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Abstract

Background: Injuries to the posterior cruciate ligament (PCL) are less common than those to the anterior cruciate ligament (ACL). PCL injuries often occur as part of the multi-ligamentous knee injury and occasionally appear in isolation.

Aim: This study is to determine the effectiveness of conservative treatment of PCL injury, either isolated PCL injury or multi-ligamentous injuries (with PCL injury) with the use of dynamic PCL knee brace.

Methods: Knee injury and Osteoarthritis Outcome Score (KOOS) which has five subscales: Symptoms, Pain, Functional daily activity (FDA), Function in Sport and Recreation (FSR), and knee-related Quality of Life (QOL) is used to subjectively assess the changes pre brace (as baseline score) followed by 1st and 3rd month post brace. Six patients were subjected to non-operative treatment by wearing dynamic PCL brace for 3 months. Four of them have multi-ligamentous knee injury (Group A) while another two patients have isolated PCL injuries (Group B). The higher KOOS scoring signifies better outcome.

Results: Overall, group B has higher total KOOS scoring than group A. Post brace 3rd month, both groups have improvement in terms of symptoms, pain and functional daily activity but group B has a better result than group A. However, this conservative management does not bring much positive impact for both groups in terms of FSR and QOL.

Conclusion: This study has proven that dynamic PCL knee brace can improve both groups of patients symptomatically. The use of it should be considered if one opted for a non-operative treatment of PCL injuries.

PP 04

TOPHACEOUS GOUT OF THE ACROMIOCLAVICULAR JOINT

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Abstract

Gouty arthropathy of the acromioclavicular joint (ACJ) is a rare clinical entity. We present a case of monoarticular acromioclavicular joint pain of which intra-operative diagnosis appeared as gout.

A 68-year-old man, with history of remission in gout, presented with worsening pain and swelling over the left ACJ region for two weeks. Clinical examination revealed a 3x3cm ACJ swelling which was erythematous and tender. Biochemical investigations revealed a normal white cell count and uric acid, but elevated ESR and CRP. Plain radiograph of the shoulder appeared unremarkable. Bedside sports ultrasonography showed a left ACJ effusion with suspicious juxta-articular sclerosis. The initial impression then was of a septic arthritis and the patient was planned for exploration and drainage. Intra-operatively, tophaceous-like material appeared overlying an otherwise intact fibrous ACJ capsule. The wound was irrigated and left open for secondary closure later. Oral colchicine was commenced upon discharge. Tissue cultures were negative for bacterial growth. Upon a month's review, the patient appeared well with complete resolution of symptoms. Histopathological investigation result demonstrated presence of occasional irregular nodules of amorphous eosinophilic material, with areas of mixed inflammatory cells and aggregates of histiocytes, suggestive of gouty tophi.

Gouty arthropathy of the ACJ should be considered in patients with underlying gout despite normo-uricaemia state. In high index of suspicion, diagnostic aspiration may be attempted to elicit presence of negative birefringence crystals. Most patients respond well to uricosuric therapy. Surgical drainage could have been reserved as the last resort if diagnosis remains inconclusive.

USING UCINET AND COOC SOFTWARE FOR VISUAL ANALYSIS OF MUSIC IN SPORTS RESEARCH: BASED ON THE CNKI CHINESE SEARCH ENGINE

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Abstract

Music and sports are both integral parts of human life, and people have naturally associated music and sports in social life, viewing them as a whole. In professional sports, many combine these elements synchronously, for example, artistic gymnastics, aerobics, and dance. In China, however, the academic study of music in sport is just beginning to emerge. Visualisation analysis will help future researchers to establish new research directions. This study aims to identify the development trend of music applications in the field of physical education using the visual analysis method. In this study, all major journals in the CNKI (China national knowledge infrastructure) database were gathered, and the research hotspots and development trends in the field of music and sports were visualised and analysed by using the statistical software COOC (co-occurrence network) and Ucinet (University of California at Irvine NETWORK). The search was conducted by using "sports & music" or "physical & music" as the search keyword, "title" as the search item, and core journals as the search category. A total of 110 relevant articles were obtained after eliminating those with obviously irrelevant titles. The study shows eight types of images such as time change diagram, keyword hotspot diagram and research direction clustering diagram. The study shows eight types of images such as time change diagram, keyword hotspot diagram and research direction clustering diagram. The results showed that the intersection of music and sports in China has shifted from introducing concepts and discussions to experimental investigations, effect evaluations, and application reflections.

Keywords: music, sport, visual analytics, review

A VISUAL ANALYSIS OF RESEARCH ON THE IMPACT OF SPORT ON PERSONALITY USING UCINET AND COOC SOFTWARE: BASED ON THE CNKI CHINESE PLATFORM

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Abstract

For decades, understanding the associations between personality and various athletic outcomes has been an essential focus of sport psychology to determine how individual differences influence athletic participation and performance. Researching the effects of personality on athletic performance has many reasons and implications for gaining a comprehensive understanding of the research trends and giving recommendations for future research. The purpose of this study is to examine the research trends in the field of personality in sport in China over the last 20 years and to summarise research changes and hotspots through visual statistical analysis. In this review study, the Chinese CNKI (China national knowledge infrastructure) search database was utilised using COOC (co-occurrence network) and Ucinet (University of California at Irvine NETWORK) statistical analysis software to visualise and analyse the research hotspots and trends in personality and sport. The search was conducted using the search terms "sport & personal" or "physical& personality", the search keyword "title", and in the category of the major journals. After excluding those with obviously irrelevant titles, a sample of 107 relevant articles were obtained. The findings indicate that the study of personality in sports has been increasing gradually in China, especially for university students, and physical activity can help develop healthy personality traits. More coaches and physical education teachers should emphasize more on the character-building aspects of sports.

Keywords: personality, sport, healthy personality, physical activity, review

PP 07

THE EFFECTIVENESS OF AN INTRODUCTORY MUSCULOSKELETAL ULTRASOUND WORKSHOP IN CLINICAL MEDICINE: A PRE- AND POST-WORKSHOP SURVEY OF 76 PARTICIPANTS

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Abstract

Introduction: Ultrasonography is an invaluable adjunct in the diagnosis of various musculoskeletal disorders. Till present, few studies have investigated the effectiveness of an introductory musculoskeletal ultrasound (MSKUS) workshop in improving clinical sonography competence. We attempted to understand the participants' experience with access and in the practice of musculoskeletal ultrasonography, and if attendees perceived confidence in performing MSKUS increased following the program.

Methods: The target participants of the course were medical doctors and allied health across specialties. Participants were required to complete the questionnaires before and after completing the workshop. The workshop contained didactic and practical sessions on all major joints. Using a 5-point Likert scale, the course's usefulness and attendees perceived confidence in performing MSKUS were assessed.

Results: 75 of 108 participants responded. Average age of attendees was 34.79 ± 6.6 years, with 65.3% serving the Ministry of Health, and 46.7% working within Orthopaedics. Majority (66.7%) had no prior experience in performing MSKUS. Attendees generally scored the lecture series to be 3 (some) and 4 (confident) across the board. The average survey rating of the 'hands-on' practical session ranged from 4 (useful) to 5 (very useful), with 48.3% touting the session on 'intervention-techniques' as being the most beneficial. Majority had requested for an increase in faculty-to-student ratio over our present ratio of 1:20.

Conclusion: Despite a relatively novice crowd, the workshop has generally instilled fair confidence in the practice of MSKUS. We endeavour to further improve on our future content and ensure better attendee's satisfaction.

PP 08

HUMERAL HEAD CYST AND SLAP LESION – A CASE REPORT

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Abstract

Humeral tuberosity cyst is a common finding related to rotator cuff tear or aging. However, it is not commonly associated with Superior Labral Anterior Posterior (SLAP) lesion.

We report a case of a 35-year-old male with atraumatic chronic right shoulder pain. Clinical assessment suggested SLAP lesion of the right shoulder. MRI revealed SLAP lesion with humeral tuberosity cyst. Despite repair of the SLAP lesion, the symptoms did not resolve. The patient ended up with another operation 3 months later for removal of the cyst and bone grafting.

We would like to highlight the uncommon association between SLAP lesion and humeral head cyst.

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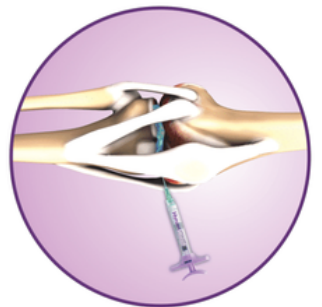
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