

A case report of paediatric intraventricular astrocytic tumour

Wong Soon Kuen¹, Yong De Jun², Idris bin Shahrom³, Azmin Kass Rosman⁴

¹Neurosurgery, Hospital Sungai Buloh, Selangor

ABSTRACT

Summary: This is a case report of an 11-year-old boy with underlying neonatal encephalopathy, presented with signs and symptoms of increased intracranial pressure and optic nerve compression. Computed tomography and magnetic resonance imaging brain revealed a huge enhancing midline intraventricular mass with calcification, complicated with obstructive hydrocephalus and cerebral oedema. He underwent a right ventriculoperitoneal shunt insertion for his obstructive hydrocephalus and subsequently craniotomy and excision of the tumour. It was uncomplicated post-operatively. Histopathological examination confirmed an intraventricular astrocytic tumour. Paediatric intraventricular brain tumours are uncommon, unique, and diverse in the pathological spectrum. They usually disturb the cerebrospinal fluid pathway and cause mass effect and hydrocephalus, resulting in signs and symptoms of raised intracranial pressure. Surgical intervention is generally the treatment of choice but technically challenging. More thorough studies should be conducted in future.

Factors associated with specific physical activity advice delivered to patients among primary care doctors In Klang Valley, Malaysia

Hakimah Khani Suhaimi¹, Siti Fatimah Badlishah-Sham¹, Ahmad Taufik Jamil²

¹Department of Primary Care Medicine, Faculty of Medicine, Universiti Teknologi MARA, Sungai Buloh Campus, ²Department of Public Health Medicine, Faculty of Medicine, Universiti Teknologi MARA, Sungai Buloh Campus

ABSTRACT

Introduction: Physical activity advice delivered to patients has been shown to improve physical activity levels and health outcome. It is influenced by the personal physical activity levels of doctors. This study aimed to develop a physical activity advice tool, determine the personal physical activity levels of primary care doctors, prevalence of physical activity advice delivered to patients and the factors associated with delivery of specific physical activity advice. **Materials and Methods:** Phase 1 of the study developed a valid and reliable tool to assess physical activity advice delivered by doctors. Phase 2 was a cross-sectional study conducted at twelve primary care clinics. Data was collected using an online questionnaire assessing sociodemographic characteristics, physical activity level (using Global Physical Activity Questionnaire (GPAQ)) and physical activity advice delivered (using tool developed from Phase 1 of the study). **Results:** Multiple logistic regression was used to identify factors associated with specific physical activity advice delivered. 53.7% (95%CI: 0.47,0.61) of primary care doctors were physically inactive. 79.3% (95% CI: 0.73,0.85) delivered specific physical activity advice. Doctors of female gender (OR= 4.54, 95% CI: 1.78,11.56), possessed postgraduate qualification (OR 6.72, 95% 1.48,30.51), received formal training on physical activity advice (OR 2.79, 95% 1.01,7.79) and were physically active (OR = 2.67, 95% CI: 1.17,6.10) were more likely to provide specific physical activity advice. **Conclusion:** Primary care doctors should be encouraged to pursue postgraduate studies, be physically active and given training on how to deliver physical activity advice.

Keywords: physical activity advice; exercise counseling; primary care; Malaysia