

LOOKING AHEAD TO AN EXCITING YEAR FOR CORFIS



CAPTION: CORFIS Principle Investigator Dr Lim Teck Onn (right) and CORFIS adviser Dato' Dr Zaki Morad brief participants on what lies ahead.

2007 has been quite an event filled year for the Community-based Multiple Risk Factors Intervention Strategy to prevent Cardiovascular and Chronic Kidney diseases (CORFIS) with kick off of Phase 1 of the landmark study in August.

Since August, the rollout of the study funded by the Malaysia's Ministry of Health (MOH) has been received enthusiastic response from GPs with more than 20 recruited in the control arm from Klang, Mentakab and Temerloh

For the intervention arm, we have successfully recruited approximately 50 out of 75 GPs participating in Phase I with a total of 105 control patients enrolled in the control arm with more than 200 patients enrolled in the intervention arm.

This has motivated the CORFIS project team to continue working hard to assess the effectiveness of the management of hypertension (HT), diabetes mellitus (DM) and hyperlipidaemia (HL) through a purpose-design and systematically organised disease management programme.

Now that much of the preliminary preparation and initial training have been mobilized, we will continue the momentum and plan to extend the recruitment for control arm GP to Ampang, Cheras, Hulu Kelang, Salak Selatan, Setapak and Sungai Besi in early 2008.

Additional recruitment for the intervention will continue in 2008 and we are targeting to complete 250 patients enrolment in the control arm by February 2008 and 500 patients in the intervention arm by April 2008.

Aimed at changing mindsets of physicians' compliance with treatment guidelines and improve patient compliance with treatment, allied health professionals such as dietitians, nurses and pharmacists play an important role in determining success.

CORFIS's unique approach requires close collaboration with a multidisciplinary team of healthcare professionals who will monitor both patient and doctor on their treatment approach as well as on compliance with interventions.

We are happy to note that many allied health professionals are eager to participate in this exciting project as they see its far-reaching impact and implications. Indeed, we look forward for more to join us in this first of its kind study conducted in Malaysia.

Among exciting developments coming your way in 2008 include plans for holding CORFIS Camps for free ECG and Fundus screening, establishment of CORFIS Centres and producing educational and training materials.

In 2008, we can look forward to involvement of specialist physicians in CORFIS who will provide specialist advice to both GPs and patients. So please join us.

Have a good year ahead in 2008!

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