Development and Evaluation of Acceptance of a Web Based Education Module for Reducing Risk of Mild Cognitive Impairment among Older Adults
(Pembentukkan dan Penerimaan Bahan Pendidikan Berasaskan Laman Sesawang bagi Mengurangkan Risiko Kecelaan Kognitif Ringan dalam Kalangan Warga Emas)

DIVYA VANOH, SUZANA SHAHAR, INTAN HAFIZAH MOHD ISHAK, ROSDINOM RAZALI, NAZLENA MOHD ALI,
SHAHRUL MOHD NOAH & ZAHARA ABDUL MANAF

ABSTRACT

Relatively less comprehensive web based programme has been developed for detecting risk of mild cognitive impairment (MCI) and further impart preventive strategies and lifestyle education. Thus, this study has developed a comprehensive web based programme for early screening of risk of MCI together with education package for preventing MCI known as WESIHAT 2.0. WESIHAT 2.0 is a senior friendly website which has appropriate design interface facilitating access of older people especially with the use of touch-screen technology. WESIHAT 2.0 has incorporated four major components namely TUA WELLNESS screening tool, which is a comprehensive, online based, 10-item screening tool for detecting risk of MCI, 10-guides for preventing MCI, health diary and healthy food. Evaluation of acceptance of WESIHAT 2.0 was done among 71 people which comprised of 30 older people and 30 caregivers, chosen equally based on ethnic composition and 11 health care professionals who has experience working in the field of geriatric and 2 freelance website developer. All older people and caregivers stated that the content of website was very useful for preventing MCI, however, about 36.4% of health professionals stated several improvements needed to be done before releasing the end-product to the users. Comments given were smaller font size (27.3), addition of more pictures (27.3%), using simpler terms (36.4%) and changing certain design for better view of older people (18.2%). Amendments were made based on each comment given and the finalized website were used for a 6-month intervention programme for neuroprotection among older people who failed to achieve successful aging. It is timely for an online based approach for prevention of MCI. WESIHAT 2.0 is the first website in Malaysia which has been accepted by all older people and caregiver and more than half of healthcare professionals to prevent memory decline.

Keywords: Web based education module; mild cognitive impairment; older adults; WESIHAT

ABSTRAK

Bahan pendidikan berasaskan laman sesawang yang memberikan focus terhadap gaya hidup dan strategi pencegahan kecelaan kognitif ringan adalah sangat kurang. Namun, objektif kajian ini adalah untuk membentuk laman sesawang komprehensif (WESIHAT 2.0) yang boleh berfungsi sebagai alat saringan kecelaan kognitif ringan dan turut memberikan bimbingan untuk mencegah KCR. WESIHAT 2.0 adalah laman sesawang yang sesuai digunakan oleh warga emas kerana mudah digunakan dengan kemudahan teknologi skrin sentuh. WESIHAT 2.0 terbahagi mempunyai empat komponen iaitu alat saringan KCR TUA WELLNESS, 10 Panduan Meningkatkan Daya Ingatan, diari kesihatan, diari pemakanan. Kajian tahap penerimaan telah dijalakan dalam kalangan 71 perserta yang merangkumi 30 warga emas, 30 penjaga, 9 kakitangan kesihatan dan dua pereka laman sesawang. Kesemua warga emas dan penjaga menyatakan bahawa kandungan WESIHAT 2.0 adalah bermanfaat untuk mengurangkan risiko KCR, namun, 11.1% kakitangan kesihatan berpendapat bahawa WESIHAT 2.0 perlu mengalami penambahbaikkan. Antara cadangan penambaikan adalah menggunakan saiz tulisan yang lebih besar (27.3%), menambahkan gambar (27.3%), menggunakan perkataan yang ringkas (36.4%), dan menukar reka bentuk untuk memudahkan penglihatan warga emas (18.2%). WESIHAT 2.0 adalah laman sesawang pertama di Malaysia yang telah diterima oleh warga emas, penjaga dan kebanyakkan kakitangan kesihatan untuk mengurangkan risiko kemerosotan daya ingatan.

Kata kunci: Bahan pendidikan berasaskan laman sesawang; kecelaan kognitif ringan; warga emas; WESIHAT

Divya Vanoh
Suzana Shahar
Intan Hafizah Mohd Ishak
Zahara Abdul Manaf
Dietetic Programme, School of Healthcare Sciences
Faculty of Health Science, Universiti Kebangsaan Malaysia
Jalan Raja Muda Abdul Aziz, Kuala Lumpur 50300, Malaysia.

Rosdinom Razali
Department of Psychiatry, University Kebangsaan Malaysia
Medical Centre, Jalan Yaacob Latif, 56000 Batu 9 Cheras
Kuala Lumpur, Malaysia.

Nazlena Mohd Ali
Institute of Visual Informatics (IVI),
Universiti Kebangsaan Malaysia, Bangi Selangor, Malaysia

233

Shahrul Mohd Noah
School of Information Technology, Faculty of Information
Science and Technology, Universiti Kebangsaan Malaysia
Bangi Selangor, Malaysia.

Corresponding author: Suzana Shahar
Email: suzana.shahar@ukm.edu.my
Tel: +603-92897651
Fax: +603-26947621