

Note from Director, PMC UMR

Department of Undergraduate Medical Research, UMR, is as old as Peshawar Medical College. We started UMR four years ago under directions from Principal, Professor Najib ul Haq. Our primary aim is to inculcate a culture of research in medical students by investing in their natural curiosity and tenacity, characteristic of their age.

Medical Research is taught as a separate subject throughout all five years. A "Learning by Doing" approach is adopted and students are supervised by faculty members to gain practical hands-on research experience. All students are required to furnish five faculty approved original manuscripts in order to qualify for MBBS degree at the end of their five years in PMC.

UMR Fair is a regular feature of PMC's calendar of activities. Students are provided with a national platform to display their research work in PMC. It is an opportunity of unmatched proportions, not only for our students, but delegate students from medical institutions all over Pakistan, to interact and exchange ideas besides seeing each other's research work.

Entire UMR Fair is organized and executed by PMC students under direction from UMR. Besides being a battleground of wits and intellect related to medical research, UMR Fair has proven to be an excellent training ground of our students in editing medical research, logistic arrangements, communication with other institutions, interaction with press and media and coordination / supervision of multiple activities. It goes without saying that without active involvement of our student sub-committees, UMR is a futile idea and "lip service" only.

UMR is heavily indebted to and I acknowledge the invaluable support of our Principal, Professor Najib-ul-Haq and our CEO, Dr. Saaved Iftikhar Husain. It is with their visionary leadership, encouragement, support and more than anything, their patience makes such activities possible.

I gratefully acknowledge our Deans, Professor Hafiz-ur-Rehman, Professor Inayat-Ur- Rehman, respective faculty chairs for UMR Subcommittees, our IT Department and our administrative assistants for their help and support. Above all, I thank our students for believing in and contributing their time, energy and

enthusiasm to UMR. I Continue to learn about medicine, research and life in general from them and they remain an unending source of fascination for me.

1. I wholeheartedly welcome you to 3rd National PMC UMR Fair - 2009 and wish you a fruitful experience in PMC. Fair Itinerary follows on next page. It is divided into sections for your convenience. You will notice some abstracts in each section. They are added to give you a fair idea about work carried out by PMC students in session 2008-09

S.No	Poster I'd	Title	Authors	class
BB	Behavioral Medicine / Bioethics Research			
1.	BB-1	Effect of poverty on ability to receive education in children 7-13 years	Farman Ali, Anwar Shah, Asadullah, Noman Khan, Imtiaz and Mir Azam Khan.	MBBS - 1
2.	BB-2	Psychological effect of suicide bombing on children, 10-15 years age in Peshawar	Sana Saeed, Mehwish Pervaiz, Zarshal Zakir, Nadia Nazeer, Nida Khan,	MBBS - 1
3.	BB-3	Differential frequencies of Depression Between male and female medical students of PMC ages 18-25 years	Aleena Ali, Syedda Sumbal Sardar, Mamouna Shabbir, Rana Gul	MBBS - 1
4.	BB-4	Preliminary evaluation of "Giftedness" in children ages 5-10 years in a private sector school in Peshawar	Muniba Zafar, Maleeha Khan Nasir, Arooj Mujtaba, Sanam farman	MBBS - 2
5.	BB-5	Anxiety in working and non-working women in Peshawar I relation with their	Mehak Ikram, Laila Rehman, sara Jehandad, Wadood-ur-Rehman	MBBS – 2 SBDC, Peshawar

		family system and number of children		
6.	BB-6	Relation between insomnia and psychiatric problems	Momina Asfandiyar	MBBS - 2
7.	BB-7	Somnambulism psychoneurotic problem	Momina Asfandiyar	MBBS - 2
8.	BB-8	Frequency of low self-esteem in Habitual Nail biters	Lyla Shamin, Shamaila Zaki, Naila Salman, Aamina Shamim, Fatima Iajber & Saima Shah	MBBS- 3
9.	BB-9	Mobile phone use and awareness about its hazards in medical students of PMC	Hassan Sajjad, Afaq Khattak	MBBS - 1
10.	BB-10	Use of anabolic steroids and awareness about their side effects among adult male 18-25 years in Peshawar	Shoaib Malik, Imran Khan Haidar, Umair Alam, Mohammad Shuaib	MBBS - 1
11.	BB-11	Review of adults and children with somnambulism	Waleed Rehman, M. ahmed Latif, M. Ghiyas Ahmad, Ajmal Khan	MBBS- 2

12.	BB-12	Correlation of depression with frequency of superstitious beliefs in medical students, 18-25 years age in PMC	ARif Husain, ashna Khan, Syed zia, Muhammad Awais Saeed	MBBS-1
13.	BB-13	Is there link between diabetes mellitus and depression	Jaeria Samad, Javaria Manzoor, ambar Shoaib	MBBS-2
14.	BB-14	Comparison of depression level between medical students from MBBS-1 and MBBS-2 in PMC	Sidra-ul-Muntaha, Sana syed, Sohaila hayat, Hina dildar, Kulsoom syed	MBBS-2
15.	BB-15	Are children of smoker parents more likely to smoke than those of non-smoker parents	ARsalan Abdullah, Muhammad Salman Saeed, Muhammad usman, Irfan Saleem	MBBS-1
16.	BB-16	Comparison of frequency of tobacco smoking between male doctors and male teachers in peshawar	Farah Gul, Sania Javed, Anum malik, Zarmina Aslam	MBBS-1
17.	BB-17	To assess severity of asthma in relation to depression in individual 18-60 years of age	Rabia Asad, Sidra Irshad, Sadaf Alam, Gul-e-Reehan, Barka Sajjad	MBBS-3

18.	BB-18	Post-Traumatic stress disorder in adult IDPs of Bajaur Agency. Supervising Author Afshan Z.khan	M. Ismail Alvi, m. shoaib Khan, Majid Kakakhel, M.Omar Khan, Awais-ur-Rehman, Tayyeba Khursheed	MBBS-2
19.	BB-19	Post-traumatic stress disorder in children IDPs of bajaur Agency	Tayyeba Khursheed M. Ismail Alvi, m. shoaib Khan, Majid Kakakhel, M.Omar Khan, Awais-ur-Rehman,	MBBS-2
20.	BB-20	Psychopathologic effect and resilience in IDP children, Afghan Refugee children and permanent residents of Peshawar	Tayyeba Khursheed Zainab Masood	MBBS-2
CHS	Community Health Sciences Research			
21.	CHS-1	Awareness about alopecia and its causes among medical students of PMC	Masood Shah, M. naeem, Fahad, Mehmood, Ali Saleem, Shakeel Ahmed Khan	MBBS-3
22.	CHS-2	Differential frequency of hash consumption between educated and illiterate males,	Abdullah, Kifayatullah	MBBS-1

		age 18-25 years of village Torwarsak, NWFP		
23.	CHS-3	To determine the frequency & geographic distribution of renal calculi in different area of NWFP	Aziza Najeem, Bazhida Bibi, Kashmala Gul	MBBS-2
24.	CHS-3	Level of Awareness about hazardous effects of nonalcoholic carbonated beverages in medical students of PMC	Hameed Ahmed Khan, shamuel, Syed Aftab Ali Shah, Sarmad Iqbal, Arshad Ali Aziz	MBBS-1
25.	CHS-4	Drug Abuse among youth in Peshawar- A descriptive review	Salman Hassan, Muasib Nawaz, Mohammad Luqman, Khalilullah, Rehan-ul-Haq	MBBS-1
26.	CHS-5	KAP survey of primary care physician in Peshawar to assess antibiotic prescription practices	Wasim Tariq	MBBS-1
27.	CHS-6	Use of antihistamines is associated with drowsiness	Khalid Shah, Ahmad Ali, Ihtisham ullah wazir, jalal shah, furqan ali shah	MBBS-2

28.		Efficiency of Ventolin puff in treatment of environmental asthma	Hira khan, Farkhanda	MBBS-1
29.	CHS-7	KAP survey of rural and urban dweller's regarding high fiber diet	Farah yousaf	MBBS-4
30.	CHS- 8	KAP survey to assess public awareness and practices related to vitamin A intake and its role in prevention of night blindness	Ubaidullah, M. Riaz Amjad Ali, Umair Shahab, Imad-u-din, Sufiyan	MBBS-2
31.	CHS-9	Cataract- The most common cause blindness in Pakistan	Maria khalid, Anmol Fatima, Sarah Haq <u>Women Medical College, Abbottabad</u>	MBBS-1
32.	CHS-10	Trachoma – As a common cause of blindness in NWFP, Pakistan	Syeda Fizzah Abdul-Dayan, Sana Khan	MBBS-4
33.	CHS-11	Use of iodized salt among governmental community of old jamrud road, Peshawar	Muhammad Omer Khan, Syed Muhammad Adil, Awais Tayyab, Hijrat ullah Shinwari, Tanveer Ahmad Naouman ishaq	MBBS- 2

34.	CHS-12	Obesity as indicated by BMI	Ahmed ali, Nadia, Sarah Mumtaz, Qaisar, farah Yousaf	MBBS-2 MBBS-4
35.	CHS-13	Awareness of immunization among educated parents of Malakand, NWFP	Sidra Farishta, Madiha Khan	MBBS-2
36.	CHS-14	Awareness of hazards of self medication among medical students of PMC	Mansoor Ahmed, Sameer Ahmed, Asad Ali	MBBS -3
37.	CHS-15	Relationship of Junk food consumption with abdominal worms and dental problems in children 5-8 years age	Madiha Khan, Alveena Khan, Kalsoom Sayed, Sobia Siraj	MBBS- 3
38.	CHS-16	Body Weight Measurement as Indicator for Acute Malnutrition in Internally Displaced Children of Bajaur and Mohmand Agencies - A Pilot Study	Tanveer Ahmed, M. Omar Khan, M. Ismail Alvi, Awais Tayyab, Adil Sayed	MBBS -2
39.	CHS-17	Frequency of knee osteoarthritis in coal miners	Maryam Abbas, Nadia, Nosheen Hassan-ur-Rehman,	MBBS - 2 MBBS- 4

40.	CHS-18	Lumbar pain in sedentary Workers compared with laborers	Naveed Danish, Sardar Hussain	MBBS -3
41.	CHS-19	Prevalence of obesity and its association with high blood pressure in Northern Pakistani adults	Sidra Farishta	MBBS -2
42.	CHS-20	KAP regarding major risk factors of heart disease among individuals attending annual public awareness program at Karachi institute of heart diseases, Karachi	Ayesha Abbasi, maryam khan, Danish bawa, Omer Ahmed, Mustaqeem Ur Rahman, Farhat Jafri, Farhan-ul-Haq, Musleh ud Din Kalar, Waqar Kazmi Karachi Medical & Dental College, Karachi	
43.	CHS-21	Major causes of trauma in Peshawar area	Majid Khan kakakhel, Nabeel khan, Haroon Latif, Omer sharif Fahad Ahmed, atta-ur-Rehman Adnan	MBBS-2 MBBS-1
44.	CHS-22	Comparison between fatal fire arm injuries in year 2008 vs. 2009 in district Peshawar	Hassan ur Rehman Co-investigator: Palwasha Rehman MBBS 4 AMC Tehmina	MBBS-4

			Inayat MBBS 3 Hina Arooj MBBS 3 Tajdar Alam Khan MBBS 3 Army Medical College Rawalpindi	
45.	CHS-23	Water Pollution	Aurangzeb Ahmed Sajid ur Rehman , Arsalan Saqib	MBBS-1
46.	CHS-24	Disabilities- A story of neglect	Marina Wazir, MBBS-4 Samina Shams MBBS-3 Women Medical College Abbottabad	MBBS-4 MBBS-3
47.	CHS-25	Awareness of diabetes Mellitus among students of PMC	Fatima Amin Khalil	MBBS-3
48.	CHS-26	Frequency of prostitution and drug abuse among street children in Peshawar area	Awais Yousaf, Abid Ali, Khawaj, Awais-ur- Rehman, Ghufranullah	MBBS-3
49.	CHS-27	Survey of street children in Peshawar area to determine the most common cause of leaving home and family	Durr-E-Shehwar	MBBS-4

50.	CHS-28	Where there is a demand, there is a supply – Review of quack medical practices in Abbottabad	Tahir Khaleeq MBBS 2, Ehsan Naveed Irfan, MBBS 4, Mir Fahad, Faisal, MBBS-5 Frontier Medical College, Abbottabad	MBBS-2 MBBS-4& 5
51.	CHS-29	Health seeking behavior – differences between urban and rural populations	Musa Khan, Jamal Liaqat, Ikramullah, Azam Ali Khan	MBBS-4
52.	CHS-30	Problem and costs of accessing tertiary care medical treatment I Peshawar and its suburbs	Arbab Muhammad Kashif, m. QAsim Aman, Ziauddin , Maaz Rehman, Zain –ul-Abideen	MBBS-4
53.	CHS-31	Differential frequencies of 10 most common cancers between afghan and Pakistani patients	M.ibrabim	MBBS-1
54.	CHS-32	Review f outcome of tuberculosis patients in major teaching hospitals of Peshawar registered in 2007	Mir Azam khan	MBBS-1
55.	CHS-33	KAP survey of breast cancer among women of urban NWFP	Nageen Naseer, Nayab Gilani , Maryana Afridi	MBBS-4

56.	CHS-34	Common menstrual disorder in teenage	Farheeha jamal, Mediha Rabika Liaqat , Sarah Ahmed Siddiqui Karachi medical & dental college , Karachi	MBBS-5
57.	CHS-35	Clinic assessment of chronic pelvic pain in female of reproductive age	Saad zia Ahmed Khan, Faizan Khan, Sidra Shakeel, Iqra Zafar Karachi medical & dental college, Karachi	
58.	CHS-36	Comparison of frequency of osteoporosis in women or early and late menopausal age	Tahira Yasmin, Uzma Yousaf, Sidra Khan	MBBS-2

CVS Cardiovascular System & Hematology Research

59.	CVS-1	KAP survey about hypertension in Peshawar area	Shehla Khan, Kashmal inayat, Tooba Hadia, Fizza Butt, UZma	
60.	CVS-2	Familial tendency towards coronary disease	Mayam Abbas, Mona Ahmed, Rabia Asad, Urooj Ansari, Nayab Farid Kashmala	MBBS-2

61.	CVS-3	Trends of blood allogegenic factors in blood donors of Fatimid foundation of Peshawar and their comparison with general population as shown by previous research	M. ismail Alvi, Waqar Shah, Farhimullah Khan, Syed Sarmad Bukhari	MBBS-2 MBBS-2 KMC
	CVS-4	Status of volunteer blood donors in Peshawar	Sundas Momand, Sehrish sikandar, Uzma Javaid, Huma Habib Mawa Momand	MBBS-3 MBBS-1
	CVS-5	Spectrum of ABO & Rh blood groups for years 2007-2008 in Kuwait teaching hospital, Peshawar	Umar Khayyam, Jawad Humayun, Adil Humayun. Amir Afridi, Sikandar Hayat, Fahadullah	MBBS-4
	CVS-6	Differential frequencies of myocardial infraction in males vs. females of Peshawar	Fatima Lajbar, Saima Shah, Amina Shamim, Lyla Shamim, Naila Sakman, Shumaila zaki	MBBS-4

GIT Gastroenterology & Hepatology Research

65.	GIT-1	KAP survey of PMC students about Hepatitis C	Adil Khan, Riaz Amir, Noman	MBBS-1
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66.	GIT-2	Awareness about Hepatitis C in district Buner, NWFP	Hammad Mahmood, Khalid Khan, Fahim Ullah, Naveed Ali, Izaz Jamal	MBBS-1
67.	GIT-3	Knowledge about hepatitis-C, comparison between urban dwellers of Hayatabad and medical students of PMC	Haroon Latif Khan, Majid jan Kakakhel, Riaz, Taimur, Amir, Fazal Ahad	MBBS-2
68.	GIT-4	Serum Alanine Aminotransferase levels in Hepatitis C patients in teaching hospitals of Peshawar	Sajjadullah <u>Khyber medical college, Peshawar</u>	MBBS-1
69.	GIT-5	Seasonal variation of acute gastroenteritis in children less than 5 years age in Peshawar area	Nabeel Khan and Hijrat-ullah, Mian Imad Ahmed and shoaib	MBBS-2
70.	GIT-6	Common causes of acute abdominal pain and their prevalence according to gender in Peshawar area	Rabail Adil, Rumaisa Safdar, Sundas Tariq, Nayab Ahsan, Sidra fakher Alam 4 th Year	MBBS-4
71.	GIT-7	Incidence of Hepatitis B & C in previously Undiagnosed and probably asymptomatic blood	Syed Sarmad Bukhari Muhammad Ismail Alvi	MBBS-2

		donors in the Peshawar regions: A single source study		
ID Infectious Diseases Research				
72.	ID-1	KAP study of health care workers regarding nosocomial infections in Peshawar area hospitals	Samreen Khan	MBBS-4
73.	ID-2	Antibiotic resistance in pathogens causing community acquired urinary tract infection in children- A multicenter study	HAider ZAhur, Ali Haider, Usman Ghaqqani, m.ilays, shahensha ali	MBBS -3
74.	ID-3	Frequency of UTI in different age groups and distribution according to genders	Suleman Elahi malik, Nas bakhtiar, Arsaklan Munir, Abdus Samads, Tajdar alam Khan	MBBS-4 MBBS-3
75.	ID-4	Antibiotic Resistance patterns of uropathogenic E-coli	Suleman Elahi malik, Nas bakhtiar, M. Qasim Adeel Musa Khan, Ali Haider Adil	MBBS-3 MBBS-4
MEd Medical Education Research				

76.	MEd-1	Perceived stress, source and severity of stress among undergraduate medical students at CMH, Lahore medical college, Lahore	Mohsin shah <u>CMH Lahore Medical College, Lahore</u>	MBBS-3
77.	MEd-2	Inferiority complex in medical students in relation with their academic performance	Sameer ahmed, mansoor ahmed	MBBS-3
78.	MEd-3	Entry tests for professional medical colleges- how much is justified?	Marya Zahoor, Sana Omar, Maryam Hidayat	MBBS-1
79.	MEd-4	Co-curricular activities- association with academic performance and professional success	Ammara Iftikhar, Momina Haq, Zainab Ali, Asma irum, Shahla khan, Kashmala Inayat	MBBS-1
MCH Mother & Child Health Related Research				
80.	MCH-1	Hormonal and non-hormonal causes of prenatal depression -A comparison	Hafsa Tariq, Ayesha Masood khan	MBBS-1
81	MCH-2	Frequency of common indicators of section at Kuwait teaching hospital, Peshawar in years 2008-2009	Ammara abid, Aqsa javaid, Nadia	MBBS-3

82.	MCH-3	Trends of caesarean sections in secondary and tertiary care hospitals in Karachi	Zahra Hashmi, Qirrat idrees, erum Siddiqui Hina shahabuddin Karachi Medical & Dental college, Peshawar	
83.	MCH-3	Frequency of neonatal referrals in relation to neonatal exam at 24 hours age	Sumayya aziz, Mehrunisa	MBBS-3
84.	MCH-4	Association of maternal age and rate of spontaneous miscarriages – A Pakistani study	Hassan Ur Rehman	MBBS-4
85.	MCH-5	Social and psychological profile and detriments of fertility among infertile women	Hina Zamir, Bushra, Zoonish Asfaq , Hiba Qureshi , Mehreen Jamal, Ariba Ahmed Khan Karachi Medical & Dental College, Karachi	
86.	MCH-6	Frequency of Antepartum Depression in public and private sector obstetric patients in Karachi	Sg=hahzaib Pervez, Sehrish khan, Beenish Batool, Zoya Iqbal <u>Karachi Medical & dental College, Karachi</u>	MBBS-5
87.	MCH-7	Comparison of choices of methods of contraception for	Sadia naeem	MBBS-1

		birth spacing in Peshawar		
<u>CNS Neurology Brain/Spinal Disease related Research</u>				
88.	CNS-1	Role of computed tomography in diagnosis of patients with acute, severe headache	M. Ata-ur-Rehman Adnan, Mir Azam Khan, Fahad Ahmed, Fazl-e-ilahi, M. Ibrahim	MBBS-1
89.	CNS-2	Headache in teenagers	Humaira Rabbani, amal Bibi, Amna shaukat	MBBS-1
90.	CNS-3	Satisfaction with treatment- A comparative study between sciatica patients under treatment of hakeems vs allopathic doctors	Naseer Ahmed, Naeem –ur-Rehman, Muhammad Haroon	MBBS-3
91.	CNS-4	Post-traumatic spinal cord injuries	Zarka Sarwa, Sobia Hamza, Qandeel Kamal, Sidra Sanam, Alia Farooq	MBBS-2