

DIRECTOR UMR

Undergraduate Medical Research forms an essential part of the curriculum in Peshawar Medical College, UMR started from a table, a chair, a computer terminal and a faculty member equipped with institutional vision and commitment to further medical research where there was no concept of undergraduates learning about it let alone, doing it. We have come a long way since then.

This year we have organized the 40 National UMR Research Fair. From 23 abstracts in the First Fair that were handmade by the students themselves, this year we have progressed tremendously. Not only are our students participating actively in the research activity, they are also organizing five plenary sessions and two workshops. Delegates from all over the country are also taking active part in the fair.

It seems like we have finally reached the pinnacle of Undergraduate Medical Research but a lot remains to be learned and done.

Dr. Afshan Khan

Director UMR

Peshawar Medical College

MESSAGE FROM THE PRINCIPAL

I feel a genuine and well deserved happiness writing this note for the Abstract Book of our 4th National Undergraduate Medical Research Fair at Peshawar Medical College. PMC's Department of Undergraduate Medical Research, UMR, as it has come to be known among faculty and students alike, represents our commitment to evolving a culture of research around us.

Today, UMR is engaged in interactive medical research instruction to all levels of MBBS in PMC. It has a SPIRAL curriculum running as a vertical strand throughout five years of MBBS education. Students are required to furnish five Institutional Ethical Committee and faculty approved manuscripts at the end of their MBBS studies to qualify for final year MBBS exam. PMC students have presented their research work nationally and internationally and have brought acclaim, not only to PMC, but to Pakistan as well by winning top positions in many well reputed competitions.

National UMR fairs have provided medical education institutions all over Pakistan with a platform to present their undergraduate research work. It is an interactive and beneficial activity with opportunities for mutual exchange of ideas. UMR therefore, is not only an academic endeavor; it is an integral part of medical education at PMC.

I end my note with a sincere prayer to Allah to keep our intents pure accept our weak efforts.

Dr. Najeeb ul Haq

Principal & Dean

Peshawar Medical College

BASIC SCIENCE

DETERMINATION OF POST-MORTEM INTERVAL THROUGH A MODIFIED EQUATION OF ALGOR MORTIS ACCORDING TO PREVAILING GEOGRAPHICAL CONDITIONS, CONFIRMING IT THROUGH INDEPENDENT METHOD OF POTASSIUM ION CHANGES IN THE VITEROUS HUMOR AFTER DEATH AND GETTING IT ALL TOGETHER IN A COMPATIBLE, EASY-TO-USE SOFTWARE

Muhammad Suleman ,Tahir Mehmood Khattak, Hamdan Gul

Introduction

Of all the methods that we have for finding postmortem interval, using the change in temperature after death is the most accurate and reliable. By taking the various factors that affect cooling of the body after death into consideration, we happened to get a reasonably accurate answer as to when the death had occurred. In contrast to other methods, such as lividity and rigor mortis, that happen to give us a large range but that again is drastically affected by various factors which are difficult to assess and calculate.

Objective

The objective of this research is to determine the postmortem interval through a modified double exponential model calculating algor mortis according to prevailing geographical conditions of our country and getting it all together in a compatible, easy-to-use software. The software named as Death Calculator should be simple enough to be used by a layman to determine the precise value of postmortem interval by just giving a few inputs to the software.

Methods

Newton's law of cooling for calculating postmortem interval can only be used on non-living things because in the living heat production does not stop after death, which produces initial plateau in the temperature versus time graph of dead bodies.

Therefore, Newton's Law of Cooling, which is a single exponential model. I.e. insufficient to produce precise postmortem interval.

In order to calculate the most accurate value of postmortem interval, various scientists have worked on the initial plateau phase to get a modified double exponential Newton's equation. The most accurate approach, so far, is of Henssge who have modified the work of Marshal and Hoare just according to his geographical and regional requirements, and designed a publicly available nomogram to determine the time since death. He also designed a simple Microsoft Excel program to determine the postmortem Interval, but he did not reveal his mathematical method and source code of the software. The program does not take various correction factors to determine the exact postmortem interval. In this paper we have taken those correction factors into consideration according to our regional requirements. Finally, we have developed software in Visual Basic 6.0 that takes an independent mathematical method and our own developed source code. We have applied our calculation method and calculator on the data of a field of study by Henssge et al.

Results

The modified form of Marshal and Hoare method and designed calculator produced more accurate results than Henssge method, even on the data of death cases in a field of study done by Henssge et al. The method is also valid for cases in which the environmental temperature was above 25°C, and previously it was not tested for high ambient temperatures. As per requirements of our country the calculator should calculate the time since death at even higher temperature than 230C. Most of the cases as mentioned by Henssge, Marshal et al had environmental temperature below 23•C.

Conclusions

Our modified method of Marshal and Hoare has the advantage of lesser error window than the previously applied temperature based methods. The Calculator so far developed by us can be used after putting it on trial at local and national level. This method is already on trial in department of Forensic Medicine and Toxicology at Khyber Medical College Peshawar, Pakistan. The simple inputs to the calculator make it easy, even for a policeman, to determine the postmortem interval quickly and investigate criminal cases at the crime scene.

Keywords

Death calculator, Forensic medicine, Postmortem Interval, Newton's Law of Cooling, Double Exponential model, approximation, Visual Basics, Temperature Based Methods, Cooling of dead Bodies, Algor mortis.

STUDY OF CALCANEAL ANGLE IN PAKISTANI SUBJECTS

Mohammad Qamar Nasir, Ahmad Shams Nasir, Dr. Muhammad Zeeshan Anwar

Introduction

Calcaneus is the largest of the seven tarsal bones and forms the prominence of the heel that articulates with the talus to provide support for the ankle joint and the medial and lateral arches of the foot. The angle is called Bohler's angle.

Objective

Our study reinforces the need to establish the normal range of the angle in a given population and also highlights the clinical importance of the angle to orthopedic Surgeons managing calcaneal fractures in this part of the world.

Methods

A total of 31 unilateral radiographs of the lateral aspect of the foot in Pakistani subjects, comprising 20 males and 12 females of different age groups were utilized for this study.

Results

The mean angle in males was 30.2 degrees and in females it was 32.3 degrees.

Conclusions

This study documents for the first time the calcaneal angle of Pakistani subjects and has further confirmed that the angle is wider in women than men.

Keywords:

Calcaneal Angle, Tarsal Bones, Bo'hler's Angle, Calcaneal Fractures, Radiographs

**A STUDY OF THE COLLO-DIAPHYSEAL ANGLE IN ADULT
POPULATION OF PAKISTAN**

Mohammad Qamar Nasir, Ahmad Shams Nasir, Dr. Muhammad Zeeshan Anwar

Introductions

The evolution of erect posture in man has led to changes of the hip region in a number of ways; like angulation of the femoral neck to form the collo- diaphyseal or neck shaft angle formed between the axis of the shaft of the femur and the neck. This angle varies in gender and different races.

Objectives

The study was aimed to document for the first time the normal range of collo- diaphyseal angle from antero-posterior radiographs of the hip of selected Pakistanis and compare it with that of other populations.

Methods

A total of 35 antero-posterior radiographs comprising 25 males and 10 females of the pelvis showing both hip joints of normal adults from radiology department of CMH, Kharian were taken for this study.

Results

The angle ranged from 118-135 degrees with a mean of 125.2 degrees in males; and 113-135 degrees with a mean 123.1 degree in females.

Conclusions:

This study documents for the first time the collo-diaphysial angle of Pakistani subjects and has further confirmed that the angle is wider in men than in women.

Keywords

Collo-diaphyseal Angle, Femur, Hip Joint Radiographs

DENTAL SCIENCES

A COMPARATIVE STUDY OF KNOWLEDGE, ATTITUDE AND PRACTICES ABOUT PLAQUE CONTROL METHODS AMONG MEDICAL AND DENTAL STUDENTS OF GANDHARA UNIVERSITY PESHAWAR

Gulsanga Nizam, Saira Bano, Sharik Ahmad Awan

Background

Plaque control methods are one of the most important tools in promoting and improving oral health of an individual. The available data on dental caries prevalence show that Pakistan is a low caries country whereas there is persistently high level of periodontal diseases. Improvement of oral health by health care professionals is a vital aspect of preventive dentistry.

Objectives

The aim of the study was to assess and compare the knowledge, attitude and practices of medical and dental students of Gandhara University, Peshawar about effective plaque control methods

Results

Almost 64% of male and 84% of female dental students knew about plaque, of which 61% male and 54% female students thought that is caused by not cleaning the oral cavity. 46% female students believed that plaque lead to gum diseases an 58% of male students thought that it leads to dental caries. 92% of male students and 100% of female students cleaned their teeth of which 41% male and 72% female brushed their teeth twice a day with a tooth brush. 79% male students and 80% female students had visited a dentist before of which only 35% male and 33% female went for regular checkups. Among the male 16% smoked and among the females none of the students smoked.

Almost 60% of male and 63%Of female medical students knew about plaque of which 84% males thought that it was caused by inappropriate brushing technique and 75% female students thought that it was caused by not properly cleaning the oral cavity. 57.7% female student and 62% of male students thought that it leads to dental caries. 90% of male students and 100% of female students clean their teeth out of which 45% male and 79% female clean their teeth twice a day with a tooth brush. 56.6% male students and 63% female students have visited a dentist before out of which only 36% male and 37% female went for regular checkup. among the male 37%smoke and among the female none of the student's smoke.

Conclusions

It is concluded that knowledge attitude and practices among the medical and dental students resemble when it comes to a proper oral hygiene and there is a need to enhance their knowledge regarding dental attendance through awareness programs

MEDICAL EDUCATION

**EVALUATION OF INTERNET ACCESS AND USE BY
MEDICAL STUDENTS IN PAKISTAN**

Nauman Arif Jadoon["], Rehan Yagoob, Mohammad A Shahzad, Mansoor Hussain , M.Bilal Arif Iadoon^{*}, Muhammad Farhan Zahid^{}, Hafiz Mansoor-ul- hag^{**}, Sami Ullah^{**}, Ali Raza^{***}**

Objective

The objective of the study was to ascertain the pattern of internet use among a group of undergraduate medical students of Nishtar Medical College, Multan with regards to frequency and purpose of use and the problems faced by students in using the facility at their institution.

Methods

The study was carried out during the summer of 2009 among undergraduate medical students studying at Allama Iqbal Medical College, Services Institute of Medical Sciences, FMH College of Medicine & Dentistry and Sharif Medical & Dental College, Lahore. A questionnaire was designed for collecting data which included questions related to personal characteristics, use of internet and the problems faced by students in accessing internet in college. Forms were distributed among fourth and final year medical students.

Results

Overall, 84.4% of the study participants were using internet in various frequencies. Majority of the students (50%) used internet occasionally while 25% and 18.42% used it frequently and regularly respectively. A minority of the students (15.6%) stated that they do not know how to use internet. In general, male students were found to be using internet more often than their female counterparts (OR= 1.37, 95% CI= 1.01-1.84, p<0.05). Most of the students (43.42%) reported using internet for both personal and academic purposes. More than two third of the students (73.68%) preferred using internet at home.

*Nishtar Medical College Hospital Multan,

**Institute of Management Sciences, Peshawar,

***Fatima Memorial College of Medicine and Dentistry, Lahore,

**Sharif Medical& Dental College, Lahore, Services Institute of Medical Sciences,

** Postgraduate Medical Institute, Lahore)

Self-reported ability to search for and retrieve required article from Pubmed and PakMedinet was reported by only 21.71% of the entire sample. Students Were moderately confident in performing various internet related tasks including downloading medical books from internet, searching internet for classification of diseases and downloading full text article after retrieval. Internet health related websites were being accessed by 54.61% students to augment their learning process. The most common problems encountered by students in accessing electronic information in campus were 1lack of time, inadequate number of computers and lack for support from staff respectively.

Conclusion

The study shows that majority of medical students use internet with various frequencies. However, there is underutilization of internet with respect to its potential to augment and facilitate learning. Increase in awareness and availability of requisite facilities are required to enable optimum utilization of digital resources by students.

PREFERENCES IN SELECTION OF SPECIALTY BY

UPCOMING GRADUATES OF WAH MEDICAL COLLEGE

Syed Mujahid Gilani" , Memoona Riaz* , Dr. Shehzadi Saba**

Introduction:

Career decision-making has been conceptualized as occurring continuously during the life span. For individuals pursuing medicine, there are many transition points at which indecision can occur. The individual has to decide to choose medicine as a career and then the medical specialty to enter which is revisited throughout the progression of curriculum and exposure to different areas of medicine. Research related to this topic has been carried out for the past few years. The need for this research initiated with the fact that in our country there is obvious paucity of experts in the field of public health at present.

Objective:

To assess the choices of undergraduate medical students in the selection of their postgraduate fields and aptitude towards certain specialties based on multivariate factors.

Methods:

It was a cross-section, descriptive study carried out on students of Wah Medical College, from January 2009 to May 2010. Pre-defined questionnaire was distributed among the students and data was collected accordingly, from the last three years of MBBS, preclinical and clinical classes.

Results:

Out of total 285 participants, 71.70% students came to MBBS by their own will, and 25.66% students were forced by their parents. 81 students out of 265 chose Medicine, with 74 students making Surgery as their choice. 38.11% student chose the specific field because of usefulness in the community, followed by 22.26% students thinking that it was prestigious. Another 19.62% students chose because of a better life style.

Conclusion:

The research concluded depicting the proclivity of students towards Medicine and Surgery mainly with the motive of proving their usefulness in the community and keeping their prestige.

*Wah Medical College, Wah

** PGT Community Medicine

PBL CURRICULUM, PBL ANTIMICROBIAL PHARMACOLOGY - PMC EXPERIENCE

Authors: Afshan Khan, Iftikhar A. Shah, Faiz Muhammad Khan, M. Ismail Alvi

Background:

There has recently been widespread interest and drive for developing the PBL in medical institutions. PBL is now a widely accepted method of instruction. Despite this growth, there is continuing confusion whether PBL can effectively replace the conventional curriculum

Aims & Objectives:

1. Identify integration areas in existing PMDC syllabus for MBBS antimicrobial pharmacology
2. Develop a PBL in identified areas
3. Evaluate 'Key Information Recall' for PBL topics

Materials & Methods:

PMDC syllabus for MBBS 2002 for "Antimicrobials" was reviewed by authors and six areas were identified for integration with clinical and pre-clinical sciences. Approved "Antimicrobial PBL" was then implemented in MBBS III for eight weeks. At the end, an 18-item MCQ exam was conducted by the authors. MCQs containing "Trigger Statements" and "Key Information" were designed. Critical clinical information about each drug studied was labeled "Key Information". 98 students took the exam and 95 were included in final analysis. Test scores were entered in MS Excel 2007 and analyzed

Results:

'Key Information Recall' was calculated from the 18-item test scores. 26.3%, 20.1%, 41.0% and 12.6% of participants demonstrated "Poor", "Average", "Above Average" and "Excellent" recall scores, respectively. Score distribution was similar to that seen for conventional exams in the same class for "Exceptional" scorers only. There were 21% more "Above Average" and 89% more "Average" scorers in PBL group.

Conclusion:

PBL can be successfully designed for "Antimicrobial Pharmacy" with a multidisciplinary team approach. Key information recall is higher in PBL compared with conventional curricula.

Keywords:

PBL, Conventional curriculum, Antimicrobial, Pharmacology, Recall

**DEVELOPMENT AND EXECUTION OF A SPIRAL CURRICULUM IN UNDERGRADUATE MEDICAL
RESEARCH, UMR AT PESHAWAR MEDICAL COLLEGE, PMC, PESHAWAR**

Afshan Khan

Background:

SPIRAL curriculum design is a well-known strategy of imparting pre-set educational objectives in medical education, CORE topics are addressed from different axis with varying degree of complexity for better learning outcomes. PMC UMR follows a dynamic, spiral curriculum design with introduction of a broad spectrum of research topics in first year. These topics are then addressed from different axis with increasing depth and complexity. It is a unique instructional medium that has produced desired results.

Aims & Objectives of UMR Curriculum:

1. To initiate undergraduate medical students into medical research by exploring their individual interests
2. To help students and faculty conceptualize medical research as an integral part of medical profession
3. To teach medical research at undergraduate level through a "Learning by Doing" hands on approach

Materials & Methods:

After institutional approval, CORE curriculum was identified for medical research. Seven CORE areas were mutually agreed upon namely, Research Question, Study Design & Objectives, Data Gathering, Health & Disease, Data Handling, Demography and Medical Authorship. UMR objectives were discussed and cleared with input from Academic Council. Four sessions/month were allotted for UMR instruction in first two years of MBBS. One session/month for senior classes were allotted. The number of UMR faculty approved manuscripts produced/year was agreed upon as an outcome measure, initially. Quantity, quality, competitiveness and novelty of monitored by same faculty using similar criteria four years.

Results:

Quantity of UMR manuscripts was 23 74 and 107 in 2007, 2008 and 2009 respectively. UMR hosted three National UMR fairs with participation from 0, 4 and 11 institutions outside PMC. While quantity of manuscripts has improved substantially by 6%, novelty score has dropped by 34% over past 4 years.

Conclusions:

SPIRAL curriculum design is a successful strategy for teaching research to MBBS students

Keywords:

SPIRAL, curriculum, Research

**AFFECTIVE DOMAIN INSTRUCTION IN MEDICAL PROFESSIONALISM THROUGH UNDERGRADUATE
RESEARCH, UMR, AT PESHAWAR MEDICAL COLLEGE, PMC**

Afshan Khan, Sobia Bashir, Tayyeba Khursheed, Hasfa Tariq, Sama Bilal

Background:

Medicine is considered to be the classic example of profession. The term professionalism embraces a set of attitudes, skills, behaviors, attributes and values. These are expected from those who are privileged to be considered professionals. Undergoing positive and negative attitude changes is thus an inherent part of medical education and training. Curricula in Medical Professionalism are being used in several institutions of medical education. One of the main issues in this area is its inherent cultural sensitivity and person to person variability.

Aims & Objectives:

1. Design an undergraduate research project engendering all five levels of Attitude Change continuum
2. Conduct one focus group discussion, FGD, after each of the five steps and measure selected indicators for each session
3. Devise a protocol for addressing "Desirable Attitude Change" in medical students

Materials & Methods:

PMC UMR got approval for project titled, "Post Traumatic Stress Disorder, PTSD, in IDPs of Bajaur & Swat". 42 student volunteers were enrolled. Eight Focus Group Likert Discussions were conducted with each step. PTSD group visited IDP camps. scale was used. Data was analyzed for measuring attitude change. Indirect indicators such as donations, attendance and volunteering were also taken into consideration

Results:

A total of seven volunteers were initially enrolled based on their willingness to participate. FGD 1-3 showed a 67% increase 21%in enrollment and attendance. 21% more participants sought out IDP articles and 14% admitted to visiting camps independently after start of study. FGD4 showed 51% increase in those donaitn8 to IDPS financially and volunteering in camps. EGD 5 and feedback sessions showed 88% increase in desirable traits overall since FGD 1.

Conclusions:

Well-designed research projects when conducted according to Simonson & Maushak protocol produce desirable effects in positive attitudes in medical students

Keywords:

Professionalism, Attitude change, Simonson & Maushak

**PERCEPTION OF KNOWLEDGE VS. POSSESSION OF KNOWLEDGE: IS PBL MORE EFFECTIVE THAN
CONVENTIONAL METHODS OF INSTRUCTION IN PRECLINICAL YEARS**

Afshan Khan, M. Ismail Alvi, Syeda Sama Bilal, Syed Zain-ul-Abideen Shah, Rabia Gul

Background:

Several studies have compared the PBL with conventional teaching. The areas of comparison have included the process; program evaluation; achievement, specialty choices, and practice characteristics. It is widely accepted that PBL inculcates better study habits but whether it inculcates better knowledge application is still unclear.

Aims & Objectives:

1. Compare two groups of medical students, one in a PBL system and other in conventional system of medical instruction for "Perception of Knowledge" through structured questionnaire administration
2. Compare the same groups for actual "Possession of Knowledge" through structured MCQ type questionnaire
3. Compute differences, if any, within each group and within the two groups separately

Materials & Methods:

Cross sectional descriptive study design was applied through structured questionnaires. 200 Medical students in MBBS I and MBBS II from Peshawar Medical College were enrolled in the study. MBBS I is currently undergoing PBL instruction while MBBS II is taught in a conventional system. They were asked to fill a pre-designed two-part questionnaire. First part dealt with student's perception of his/her knowledge while second part comprised a 10-item MCQ test about same topics covered under Knowledge Perception. Data was entered in SPSS v.17 and analyzed.

Results:

90 questionnaires from Group A (PR) and 90 from Group B, (Conventional) were entered in final analysis. Mean "Knowledge Perception" score for Group A Was 70% while their "Knowledge Possession" score was 63.8%. Mean "Knowledge Perception Score for Group B was 69% while their "Knowledge Possession" score was 65% (p value < 0.005). Group A demonstrated significantly better perception scores for areas covered in their PBL while Group B showed a uniform trend both in perception as well as possession.

Conclusion:

Medical students undergoing PBL teaching have increased perception of knowledge

EDUCATE US THE WAY WE WANT

Khurram Butt, Amna Anzar

Introduction

Objective

Innovations in medical education have led to a shift from the traditional. didactic approach to a more student oriented learning approach. This new approach promotes active student participation fostering deep self-directed learning.

Methods

Determine preferences of medical students for modes of teaching, qualities of a good teacher and assessment techniques in medical education.

Results

A descriptive cross-sectional study was conducted at Lahore Medical and Dental College, in January 2011. All students of third and fourth year MBBS classes were included in the study (n=127). A pre-tested questionnaire was used for data collection. The data was recorded using SPSS version 16.0. Descriptive statistics were computed. Students preferences of teaching styles were rated on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). The preferred teaching methods for basic science subjects were skills laboratory 88(70%), followed by problem based learning 70(55%) and interactive lectures 65(51%).

The same teaching methods i.e. skills laboratory 101(80%), problem based learning 89(70%) and interactive lectures 79(62%) were also popular for the teaching of clinical science subjects. Whereas didactic lectures were the least preferred teaching method for both basic 51(40%) and clinical 58(46%) sciences. The desirable quality of a good teacher was reported as teaching skills 111(88%) and the preferred assessment technique was found to be multiple choice questions 90 (71%).

Conclusion:

Students prefer the students centered teaching style to the traditional approach. Good teaching skills is the most desirable quality of a teacher and most students like to be assessed by multiple choice question

Keywords

Medical education, teaching style, problem based learning didactic lecture

KNOWLEDGE AND ATTITUDE TOWARDS RESEARCH AMONG STUDENTS OF KHYBER MEDICAL COLLEGE

Faseeh Shahab, Javeria Hayatt, Hamdan Gul

Introduction

Research has remained the corner stone of the science and art of healing for centuries. We have advanced in everything but research. For decades, we have blindly followed what is written in our textbooks. The ability to ask questions and search for answers, the faculty to observe, hypothesize, experiment and derive answers have somewhat taken a back burner in our academia. We have accepted our fate as followers' in the realms of science and technology and the field of medicine is no exception.

Objectives:

To find the knowledge and attitude of medical students of Khyber Medical College towards research.

Methods

A cross-sectional study was performed in which medical students (n=160) from different years of study were asked to fill a questionnaire. Quota sampling was done as 20 male students and 20 female students from each year answered the 10- question questionnaire. Total positive score was calculated.

Results

One-hundred and sixty students completed the survey. There were equal male and female respondents (80 each). The students were from 2nd, 3rd, 4th and final year. Among the respondents, only fifteen (9%) were involved in a research project; one hundred and thirty students (81.2%) believed that research is easy if proper guidance is given. Sixty-nine students (43.1%) answered that there are no research activities going on in Khyber Medical College. One hundred and one students (63%) thought that research could enhance understanding of the subject. Most students disagreed that research could only be done by intelligent students (139, 86.8%). One hundred and forty students (87.5%) replied that they are interested in doing research, provided proper guidance is given.

Conclusion:

In our survey we found out that our students of Khyber medical college are interested in learning about research and doing it but there is no proper guidance. The concerned authorities need to take steps to encourage students and should involve teachers to streamline the process

DO STUDENTS PREFER SELF STUDY OR GROUP STUDY?

AUTHOR: Irum Shaukat

Co- Author: Sana Rabbani, Farkhanda Aman, Haseena Sabir, Shakila Manan, Zikra Siraj

Introduction

There are different study methodologies which are adopted by students some students prefer self-study where as other prefer group study the study aims at conducting a survey amongst students of Peshawar medical college to know their mode of study i.e. self-study or group study and reasons for their preferences.

Objectives

1. To determine whether medical students [prefer self-study or group study
2. To establish a ratio between students who prefer self-study over group study
3. To find reason for their preference

Methods

It was a cross sectional study conducted through a questionnaire. The sample size was 100, of which 50 were Peshawar medical college students and 50 were students from Khyber medical college. A correlation was established between the study mode and academic performance of the students.

Results

By combining the data collected from PMC and KMC students, the analysis shows that out of 100, 55 students were day scholars in which 41 students preferred self-study and 25 out of them explained the reason that they concentrate better while studying alone and 12 students preferred calm and peaceful environment while 4 students cited other reasons for doing so. 33 students among them switched over to group study but they did not continue it because 21 out of them explained that they were day scholars and 9 mentioned that their friends were not cooperative and the rest of students cited other reasons. 14 out of 55 students do group study and 6 of them explained that they gain more knowledge and 5 mentioned that they memorized better through discussion. 8 students among the switched over to self-study 45 out of 100 were living in hostels in which 27 students preferred self-study. 16 students claims that they concentrate better on their own 8 student liked calm and peaceful environment and the remaining students had other reasons for doing so, 21 students among them switches over group study but they did not continue it because 8 of them mentioned that it is a wastage of time and 10 students thought that their friends were not cooperative and the rest of students selected the other option. 18 out of 45 living in the hostel preferred group study 11 students among them explained that they memorize better through discussion 5 students mentioned that they gained more knowledge in group study and remaining students 10 out of 18 students switched over to self-study but did not continue it because 7 of them mentioned that they missed the lectures and 3 students mentioned that they are were living in a hostel.

Peshawar Medical College

MOELLIM AS A LEARNING RESOURCE IN AN INTEGRATED UNDERGRADUATE MEDICAL

CURRICULUM: STUDY AT IIMC

Authors: Isbah Rashid*, Hira Tahir, Dr. Umar Ali Khan**, Dr. Raheela Yasmeen**

Introduction:

E-learning is the use of new electronic technologies via internet to facilitate learning that includes online delivery of course content, discussion forums, online tutoring and mentoring, synchronous communication and online assessment. Moellim is an effort intended to achieve such higher goals. Moellim- a virtual learning environment (VLE), is an integrated set of online tools, databases, and managed resources that exist as a coherent system, functioning collectively in support of an integrated medical education. Due to the ever-growing pressures for increasing quantity and quality of educational efficiency and student support IIMC has started this new model named MOELLIM.

Objectives:

To identify the student's perception about the usefulness of Moellim in an integrated undergraduate medical curriculum

Material and methods:

A 10-items, cross-sectional, questionnaire- based feedback survey was conducted at the end of both First Year MBBS 2009 and Second Year 2010, filled by 200 students as an ongoing activity of program evaluation. Faculty and Student's Curriculum Coordinators observed, monitored and recorded the rate of access and effectiveness of Moellim on individual students. All data was recorded, collected and analyzed.

Results:

Total number of students (first year MBBS - 2009 and second year MBBS 2010 were 200 (n=200, 114 F and 76M) who filled the questionnaire. The response rate was high i.e. 95%. Among 10 predefined accessibilities and competencies maximum number of students (90%-94%) responded "Strongly Agree" points, ranged (R10) 90%-100%, hence rated highest level of Very few students (5%-10%), however, had their Concerns and responds "Neutral" and "Disagree", Ranged (R1) 0%- 10%. and "Agree" to all efficacy of Moellim.

In response to overall rating 96 % students were Strongly Agree and Agree respectively. The coordinators' feedback on the performance and participation the 95% Students in accessing and using was Satisfactory (S).

Conclusion:

Moellim is a very effective learning tool, an electronic class room, with provision of classroom to extend onto the web, as a common place for students to go for many resources. Teachers can post news items, assign and collect assignments, post: electronic journals and resources, and more. It can also facilitate

online exams. Yet the system has its concerns like making the course and its participants more exposed and cessation of accessibility at times of inability to use internet.

*Islamic International Medical College

**RARE, Islamabad

Medical Therapeutics

SELF- MEDICATION FOR FEVER IN PESHAWAR

Author: Ammara Abid

Co-Authors: Asma Malik, Aqsa Javaid, Nadia

Objective

To determine the frequency and intensity of self-medication in pre-selected areas of Peshawar and the frequency of various risk factors associated with self-medication for fever within this population.

Methods

Cross-sectional questionnaire survey was conducted during April - June 2010 in pre-determined areas of Peshawar, namely Hayatabad, Defense, Sadar, City, Kohat Road and University Town. Through convenience sampling about 319 individuals in total were interviewed.

Results

Our study revealed that 71.2% had self-medicated for fever. Some of the reasons for practicing self-medication are; availability of medicine at home (60%), fee prohibition (23%), unavailability of Registered Medical Practitioner (17%) within nearby vicinity, high fee for private checkup (23%) as well as distrust on doctors (7%).

People with low (83%) and high income (84%) have higher-rates of self-medication as compared to moderate income. Moreover, people whose family size is small (81%) indulged more in practicing self-medication as well as people who are very busy in their work (80%) and housewives (78%) find it easy to self-medicate instead of consulting a doctor. Education has no impact on the practice of self-medication (P value of 0.216). Distance is an important factor because we have analyzed that if the distance of a doctor's clinic is more than 15 minutes (77%) then people find it difficult to go there and rely on self-medication. Self-medication is higher in people who consult pharmacists (87%).

Conclusion

The prevalence of self-medication is very high in urban population of Peshawar region. Educated and uneducated, males and females and low or high income people have almost the same attitude towards self-medication. Public health experts and the government officials need to implement laws that prohibits open advertisement of these drugs and the selling of these drugs without prescription. In addition, health education programs need to involve practicing physicians and the general public in creating awareness about hazards of self-medication.

**COMPARATIVE USE OF TRANQUILIZERS BETWEEN
MALE AND FEMALE STUDENTS OF PESHAWAR MEDICAL**

Authors: Ammara Iftikhar, Momina Haq

Co-authors: Zainab Ali, Hala Haq, Ayesha Iftikhar, Sama Bilal

Objectives:

1. To assess comparative use of tranquilizers among male and female medical students
2. Common causes of use of tranquilizer among the students

Methods:

Samples of 100 students of medical profession were selected and were interviewed. A properly designed questionnaire was used.

Results:

100 medical students were interviewed to know about the use of tranquillizers. 11% used them among which majority were male students. The most common cause for its use was failure to get the desired relation, the incidence being 37% and getting less mark in exams, 27%. 55% of the students were pressurized by their parents to get good marks and to overcome this stress the started using tranquillizers.

Conclusion:

Use of tranquilizers is more in male medical students. Measures should be taken to make the students stress free by arranging healthy activities so as to relax them. Counseling should be done with parents and the students to relieve the students from parental stress. Concentration should be given to build moral values of the students. Measures should be taken to stop the use of tranquillizers for example by making them strictly available on doctor's prescription

Key words:

1. Tranquilizers
2. Sleeping pills
3. Anxiety
4. Student and stress

Medicine & Allied

**SEASONAL VARIATION OF PEDIATRIC DIARRHEA IN
PESHAWAR - TWO YEAR SURVEILLANCE DATA**

Author: Dr. Afshan Khan

Co-Authors: Ismail Alvi, Awais Yusuf, Dr. Alia Khan, Dr. Adnan Yusuf

Background

Diarrhea is one of the major causes of morbidity and mortality in developing countries. In Pakistan, approximately 20-30% (100,000-1 50,000) of deaths, under 5-year-old population, is due to diarrheal illness. The incidence of diarrheal deaths is almost four times higher during summer than during winter in developing countries. Incidence of diarrheal diseases is one of the highest in Pakistan. It is, therefore, vital to know the seasonal variation of diarrhea for several reasons. Being able to predict seasonal variation in any disease is understandably, an aid in index of suspicion, diagnosis and above all "Emergency Preparedness" and preventive measures to contain disease.

Objective

To confirm and analyze the seasonal variation of pediatric diarrhea in Peshawar

Methods

Present study is a retrospective analysis of the seasonal distribution of diarrhea over a 2-year period from January 2006 to December 2007. Data was collected from three private sector hospitals at different locations covering most of Peshawar. Both inpatient and outpatient registers were consulted at all the three surveillance sites. Children less than five years presenting with "Acute Watery Diarrhea" with mild to moderate dehydration were entered in Group-1 and those presenting with shock were entered in Group-2. Study data was entered in MS Excel and seasonal variation was deduced.

Results

Seasonal variation peaks for acute watery diarrhea in children, Group 1 and 2 were seen in July and August consistently through the study period. Lowest were seen in February and December for 2006 and 2007 respectively. This temporal pattern was seen in three surveillance sites in Peshawar.

Conclusion

Clear cut seasonal variation exists for Acute Watery Diarrhea in Peshawar. July and August leads the peak while December and February have the lowest frequencies annually.

Keywords

Acute watery, Diarrhea, seasonal variation

**FREQUENCY OF LUNG CANCER DIAGNOSED
BRONCHOSCOPICALLY IN A TERTIARY CARE CHEST FACILITY**

Authors: Mir Azam Khan, Mohammad Atta-ur-Rahman Adnan

Co-authors: Afaq Khattak, Fahad Ahmad, Hassan Sajjad and Mohsin Khan Jadoon

Introduction:

Lung Cancer is one of the commonest cancers. It kills more than 3 million people per year and is diagnosed mainly by fibrotic bronchoscopy.

Objective:

To evaluate various types of lung malignancies diagnosed through bronchoscopy and their presentation.

Methods:

It was a simple descriptive study based on data analysis in a tertiary care chest facility in Peshawar from June 2005 to June 2009. Data was obtained from the preforms (n=425) that were recorded in the chest clinic. All the patient's bronchoscopies in the said duration were studied for their outcome.

Result:

The study included 425 patients. 306 (72%) were males and 119 (28%) were females. 46 (10.8%) patients were below 30 years of age, 235 (55.3%) patients were between 31-60 years of age and 144 (33.9%) patients were above the age of 61 years. 92 (21.6%) patients out of the total 425 were diagnosed with lung cancer, of which 73 (79.5%) patients were males and 19 (20.59%) were females. 65 (70.7%) of the 92 patients initially presented with shadowing of the lung, 9 (9.80%) patients had superior vena caval obstruction, 8 (8.70%) patients presented with lung collapse, 6 (6.529%) patients with hemoptysis, and 4 (4.35%) patients with hoarseness of voice.

Outcome:

43 (46.7%) patients were diagnosed with squamous cell carcinoma, 29 (31.5%) patients were diagnosed with adeno carcinoma, 17 (18.5%) patients suffered from small cell type carcinoma and 3 (3.30%) patients had large cell type carcinoma. 54 (58.7%) patients of the 92 were smokers or had a history of smoking, while 38 (41.3%) patients were nonsmokers.

Conclusion:

Lung cancer presents in different ways, the commonest being lung shadowing in chest X-ray followed by SVC obstruction, lung collapse, hemoptysis, and hoarseness of voice. The distribution of different types of lung cancer in this study is in line with other published international studies.

**FREQUENCY OF LUNG CANCER DIAGNOSED
BRONCHOSCOPICALLY IN A TERTIARY CARE CHEST FACILITY**

Authors: Mir Azam Khan, Mohammad Atta-ur-Rahman Adnan

Co-authors: Afaq Khattak, Fahad Ahmad, Hassan Sajjad and Mohsin Khan Jadoon

Introduction:

Lung cancer is one of the commonest cancers. It kills more than 3 million people per year and is diagnosed mainly by fibroptic bronchoscopy.

Objective:

To evaluate various types of lung malignancies diagnosed through bronchoscopy and their presentation.

Methods:

It was a simple descriptive study based on data analysis in a tertiary care chest facility in Peshawar from June 2005 to June 2009. Data was obtained from the proformas (n=425) that were recorded in the chest clinic. All the patient's bronchoscopies in the said duration were studied for their outcome.

Result:

The study included 425 patients. 306 (72%) were males and 119 (28.9%) were females. 46 (10.8%) patients were below 30 years of age, 235 (55.3%) patients were between 31-60 years of age and 144 (33.9%) patients were above the age of 61 years. 92 (21.6%) patients out of the total 425 were diagnosed with lung cancer, of which 73 (79.5%) patients were males and 19 (20.5%) were females. 65 (70.7%) of the 92 patients initially presented with shadowing of the lung, 9 (9.80%) patients had superior vena caval obstruction, 8 (8.70%) patients presented with lung collapse, 6 (6.52%) patients with hemoptysis, and 4 (4.35%) patients with hoarseness of voice.

Outcome:

43 (46.7%) patients were diagnosed with squamous cell carcinoma, 29 (31.5%) patients were diagnosed with adenocarcinoma, 17 (18.5%) patients suffered 3 (3.30%) patients had large cell type (58.7%) patients of the 92 were smokers or had a history of smoking, while 3 small cell type carcinoma and 3 carcinomas. 54 (41.3%) patients were nonsmokers.

Conclusion:

Lung cancer presents in different ways, the commonest being lung shadowing in chest X-ray followed by SVC obstruction, lung collapse, hemoptysis, and hoarseness of voice. The distribution of different types of lung cancer in this study is in line with other published international studies

TREATMENT FAILURE IN TUBERCULOUS PATIENTS

Authors: Mohsina Haq, Momina Jahangir Khan, Nazish Naseer, Nazia Jaffar

Background

Tuberculosis is an infectious disease caused by "Mycobacterium tuberculosis". Our research aims at the evaluation of treatment failure, so that we can take different measures to correct it or carry out alternative programs either by changing the drug treatment or increasing local health care facilities.

Objectives

1. To estimate the percentage of treatment failure cases in the data that is under review.
2. To estimate the percentage of treatment failure in different age groups and sexes.
3. To compare the magnitude of treatment failure in Category 1 and Category 2 cases of Tuberculosis like "new", "treatment after default and "relapse" Cases
4. To estimate the overall size of failure with cure in the relevant data.

Methods

A 4 1/2-year retrospective study from year 2005 till mid of 2009 based on registered database of all the patients with TB followed at the Outpatient Clinic of the Lady Reading Hospital, Peshawar. Data was collected on 24th November 2009.

Results

In our retrospective study conducted at Lady Reading Hospital Peshawar, 749 patients were registered in CAT 1 category and 19 patients were registered in CAT Category, out of which 16 were treatment failure cases. The total treatment failure Cases recorded were 18(2.3%) and cured cases were 750 (97.6%) out of 768 patients that were registered between 2005 and 2009. In the recorded data, high were registered in 2005. The patient's age group that was mostly affected by TB lied in the ages 15-24. Almost equal ratio of was recorded in males and females.

Conclusion

Tuberculosis a major health problem that is "curable". DOTS Program is very effective role in the about the whole course cure of this disease. Patients should be guided properly regimen. Their sputum tests should be done on time. There should be proper and complete record maintenance of the patients. To ensure complete eradication of Tuberculosis from our society, proper counseling should be done, patients should be advised to take the proper treatment on time in order to avoid MDR and public health education should be promoted.

**ASSOCIATION OF CARDIOVASCULAR DISEASES IN
PATIENTS WITH DIABETES TYPE-2 IN POPULATION OF KARACHI**

Author: Muhammad Zoha Farooq

Co-Authors: Muhammad Muzaffar Hanif, Hira Pervez, Fareeha Azhar,

Dania Junaid, Summaya Alavi, Wajiha , Saba Durrani, Mehwish Yonus, Hira Batool

Introduction

It was a cross-sectional study aimed to investigate cardiovascular diseases and their association with Diabetes Mellitus Type 2. Objectives of the study included male to female ratio with diabetes associated cardiac problems and hypertension, and effects of different factors responsible for development of present condition of patients.

Methods

Patients from two hospitals i.e. National Institute of Cardiovascular Diseases (NIDC) and Medical Unit 7 of Jinnah Postgraduate Medical Center (JPMC), were included in the cross-sectional survey during the period of September 2009 to December 2009. The questionnaire included demographic details, type of cardiovascular diseases and factors responsible for their disease.

Results

A total of 350 patients were approached. 302 were finally analyzed as they completely filled their forms out of which 192 (63.6%) were male and 110 (36.4%) were female. The mean age of the patients was 56.03+10.411. The mean years since Diabetes Mellitus Type 2 was diagnosed were 8.9 +7.8.

160 (53.9%) patients mentioned that they had experienced a cardiac problem, out of which 131 (43.49%) knew about the exact problem. 20.5% had angina, 22.8% had myocardial infarction, 28.5% had some other cardiac problem while 27.8% did not know what they went through.

197 (65.23%) patients had hypertension, 87(28.8%) were non-hypertensive while 18(6%) were unaware patients unaware of their status, of those with hypertension, 12% had severe hypertension (>160 mm/Hg Systolic), 27.5 % had moderate hypertension (140-160 mm/Hg Systolic) and 25.5% had borderline hypertension (140 mm/hg Systolic). 20% had known about months. According to male 18.7% had borderline abnormal, 9% had their lab results.

Out of 302, 233 patients had documented their blood glucose level. 222.2+83.7 the mean from the random blood glucose. In male patients 216.6+77.6 mean glucose level and in females it was 233.23+93.8. 95.8% male patients were aware of the status of their Diabetes Mellitus. 60% males had controlled Diabetes Mellitus vs. 35% uncontrolled whereas 91 % females were aware of the status of their Diabetes Mellitus. 62% female had controlled diabetes and 29% had uncontrolled Diabetes Mellitus.

Conclusion:

Approximately two third of the patients are male and one third are female. More than half of the patients had experienced and developed a cardiac problem among which angina and myocardial infarction are the dominant ones. Approximately two third of the patients are hypertensive, which suggests that there is a strong association of their diabetes with hypertension. Almost two third of both male and female patients claimed to have their Diabetes Mellitus managed and under control., despite this fact a large number developed hypertension and cardiac sequelae.

DIABETIC KETOACIDOSIS IN TYPE-2 DIABETES

MELLITUS - THE PRECIPITATING ENTITIES

Author: Muhammad Rizwan Javed

Co-Authors: Sara Ahmad Ali, Syed Shahjee Hussain

Objective

To determine the frequency of various precipitating factors for Diabetic Ketoacidosis (DKA) in patients with Type-2 Diabetes Mellitus

Methods

It was a prospective study carried out at Department of Medicine, Muhammad Medical College Hospital, Mirpurkhas from February 2007 to February 2009. 100 patients with Type 2 Diabetes Mellitus admitted with Diabetic Ketoacidosis were analyzed to determine the precipitating factors.

Results

Out of 100 patients, 47 were males and their average age was 47 years (range=17- 65) while 53 were females with an average age of 43 (range=14-58). Among them 54 had various systemic infections, 18 were non-compliant to the treatments, 24 had other co-morbidities like chronic liver disease (n=8), stroke (n=7), chronic renal failure (n=5), sub-endocardial infarct (n=2) and acute pancreatitis (n=2) as precipitating factors while 4 had their first presentation of Diabetes Mellitus as Diabetic Ketoacidosis. A mortality of 14% was recorded in the study.

Conclusion

Systemic infections, non-compliance to treatments and co-morbid conditions were the major precipitating factors for Diabetic Ketoacidosis.

**DEPRESSION IN WORKING AND NON WORKING WOMEN
WITH REFERENCE TO SOCIOECONOMIC VARIABLES**

Author: Maimoona Zaman Co-Author: Hadia Younus

Introduction

Women in Pakistan generally have high rates of reported depression men. The higher level of depression reported in women can be due to many socioeconomic pressures faced by women in the society. There is evidence that the pressures of managing multiple roles in women are greatest, and the psychological benefits of unemployment are the least, under condition of heavy family responsibilities.

Objectives

The purpose of the research was to study the presence of depression among women of Peshawar, with reference to their socioeconomic status, family status, and number of children, education, parents' death, age, occupation and marital status.

Methods

In this cross sectional study, subjects were selected by convenient sampling of the population and a sample of 100 women (50 employed and 50 unemployed) was taken from Peshawar. Zung depression scale was administered in each respondent to find different levels of depression.

Results

It was found that depression was observed in 60 out of 100 women. Among them 25(50%) were employed women and 35(70%) were unemployed. The age range of the respondents was from 15 to 60 years with a mean age of 31 to 45 years. Patient with a mean age of 31 to 45 years were suffering more from depression (546). Results also revealed that living in joint family system (55%) had a great impact as women living in this type of family system were suffering from depression. Results also showed association between high number of children and depression that is 52% in those having more than 2 children. Patients with a low socioeconomic status were suffering more from depression (78%) as compared to the ones with a high socioeconomic status (17%).Results also showed that depression was high in women whose parents died before the age of 11 (59%). Women with high level of education was less depressed as compared to those who were uneducated or less qualified (60% to 64%).Married and divorced women showed more depression (50% and 100%) as compared to women who were single. Housewives and maids suffered more from depression (58% and 75%) because of their low socioeconomic status and low level of education.

Conclusions

Thus, it was concluded that depression was dominant among unemployed women. middle-aged population, those living in a joint family setup and who had more than two children. Education and employment plays a significant role in the mental stability of a woman.

PMC STUDENTS AWARENESS ABOUT TB SUSPECT CRITERIA

Author: Saima Farooq

Co-authors: Kainat Karimi, Sobia Hayat, Nageen Naseer, Nayab Gillani

Introduction

Tuberculosis, commonly known as TB, is a public health problem affecting people all over the world including Pakistan and is an often a severe and contagious airborne disease. It is a social disease with medical aspects. It is an important public health problem in Pakistan as 45% of deaths occur due to TB. Awareness about TB suspect criteria can help prevent this disease as one can identify a TB suspect by the criterion. Moreover, "DOTS" is one of the most effective strategies for controlling TB.

Objectives

1. To determine the percentage of PMC student's awareness of TB suspect criteria
2. To determine the gender wise distribution about awareness among PMC students
3. To compare the level of awareness about TB suspect among clinical and pre- clinical students of PMC

Methods

It was a cross-sectional and descriptive study conducted at Peshawar Medical College. The sample size was 200 and pre-defined questionnaires were developed and distributed among students of Peshawar Medical College. The respondents were asked for informed consent.

Results

According to study, 41% students were aware of the TB suspect criteria whereas unaware. 37% male students knew about the TB suspect as 63% had no idea. 44% JO Were unaware. Among pre-clinical students, awareness about TB Sue 44% female students were aware of the TB suspect criteria and criteria was 32% while unawareness was 68% and among clinical students, unawareness was 49% while unawareness among clinical students was 51%.

Conclusions

It was concluded that overall awareness in all four years of PMC was less: showing 41.0%. It was also concluded that female students were more aware as compared to male students and clinical students were more aware as compared to pre. clinical students.

**FREQUENCY OF ADVERSE EVENTS REPORTED
FOLLOWING SWINE FLU VACCINE**

Muhammad Abdur Rauf, Nida Mahmood, Farooq Ahmad, Fazal Maula,

Abidul Ghafoor, Noman Khan, Fazal Manan, Durre Sameen, Bilal Rehman, Nafila Shakeeb

Objective

To see the frequency of adverse events reported following monovalent single dose intramuscular Swine Flu Vaccine within a period of 6 weeks after vaccination.

Methods

This descriptive study was conducted from November 2010 to February 2011 in Lady Reading Hospital Peshawar, a 1400 bedded, tertiary care hospital, where single dose monovalent swine flu vaccine was available free of cost. Recipients were all healthy hospital employees, above 18 years of age. A printed proforma was designed, in which adverse events were recorded (either by telephone or personal appearance) after 24 hours, 1 week and then after 6 weeks. Informed consent was taken before vaccine administration. The study was approved by the ethical review committee of the institution.

Results

Seven hundred and ninety-two individuals were included in the study with mean age of 27.67 (D. D=18-60 years). Males were 53.4% while the rest were female. Two hundred and fifty (31.6%) were students, 214 (27%) were paramedical staff, 153 (19.3%) were doctors, 139 (17.6%) were nursing staff, while 19 (2.4%) were senior teaching staff.

After 24 hours of vaccination, redness at injection site was found in 36 (4.5%), soreness in 29 (3.7%), and itching in 23 (2.9%), headache in 66 (8.3%), nausea in 35 (4.4%), fever in 21 (2.7%), dizziness in 6 (0.8%), and muscle aches in 1 (0.1%). After 7 days, only 3 (0.4%) individuals had soreness and tenderness at injection site, 2 (0.3%) had fatigue, 4 (0.5%) had fever and 2 (0.3%) had dizziness. After 6 weeks, there was no local or systemic adverse events noted.

Conclusion

Swine flu vaccine causes minor local or systemic side effect in the form of pain headache, fever, and figure in the first 24 hours of administration, and is free of long term and serious adverse events.

Keywords

Swine flu, vaccine, monovalent

BACKACHE FREQUENCY IN SHOPKEEPERS IN SUB-RURAL AREAS OF WARSAK ROAD, PESHAWAR

Sajjad Ahmad, Shafiq Ahmad, Muhammad Arif, Muhammad Ali Shah

Introduction:

A cross-sectional study was conducted to assess the frequency of backache in shopkeepers, their attitude towards backache and its risk factors as well as the effects of backache on their routine activities along with the influence of BMI on backache among shopkeepers.

Methods:

Structured questionnaires were administered among the shopkeepers in sub-rural area of Warsak Road, Peshawar. Through systemic random sampling, a sample size of 100 was chosen. Data was analyzed through Excel 2007 and SPSS version 17.

Result:

We found out that all the participants were familiar with the term "backache". 59% felt that backache occur in lower back. 40% think that the main cause is improper working position while among the remaining; 24% attributed it improper sitting posture, 20% to lack of exercise and 16% to other causes.

The frequency of backache in shopkeepers was 65%, in which 55.38% suffered from acute backache whereas 40% had a chronic backache problem and the remaining 4.61% had sub-acute backache.

The study demonstrates that exercise plays a pivotal role in preventing backache because 75.38% of the participants were not physically active. Systemic diseases like Diabetes Mellitus, Tuberculosis and Hypertension has no effect on backache.

We also found that the sitting continuously for 6-12 hours has a major role in causing back strain as 78.46% were forced to sit for longer periods of time owing to their jobs. The percentage of shopkeepers lifting heavy loads was 43.07% which shows that lifting heavy objects has some role in causing back strain as well.

In 64.6% of the participants, backache disrupted their routine activities. Fatigue (50.76%) and numbness (47.6%) were the major symptoms.

The study shows that BMI also have an influence on backache at both extremes such weight or obese had backache in percentage as underweight (12.30%), normal (44.6%), over weight (3.0%), pre obese (30.7%), that those who are underweight obese class1 (7.69%), obese class2 (1.53%).

Conclusion:

The respondents in this study lacked comprehensive knowledge on different aspects of backache, which was influenced by level of poverty and education. The study has identified some aspects which the participants might need to improve like exercise and the need to take some preventive measures like avoiding prolonged sitting duration. The healthcare professionals need to screen the shopkeeper community for backache and other associated diseases to avoid further complications.

**A HOSPITAL BASED STUDY REGARDING COMPLIANCE WITH NTP PROTOCOLS FOR
PULMONARY TUBERCULOSIS**

Sara Iftikhar

Introduction

Tuberculosis is a major public health problem in Pakistan. National Tuberculosis Control Program has chalked out guidelines for the control of tuberculosis in order to ensure that standardized protocols are being followed for case detection and management of tuberculosis all over Pakistan.

Methods

This study was conducted at Mercy teaching hospital, an allied teaching hospital of Peshawar medical college, to see as to what extent the hospital is complying with NTP diagnostic, treatment and prognostic protocols for pulmonary tuberculosis and what are the areas that require further strengthening It is a retrospective record based survey. The record of 102 Tuberculosis patients was reviewed from TB registers and cards.

Results

Result showed that 100% of the patients were diagnosed on sputum smear. 35% cases completed the treatment in 6 months, 8% either got transferred, died or were defaulters. In 31% cases treatment was under progress. There were 98 CAT I cases and 4 CAT II cases. RHZE was given to all CAT I cases during intensive phase. All 58% cases who had sputum smear at the end of 2nd month had negative test result. Out of these 58% cases 79% had intensive phase of 2 month. All CAT I cases were given HE during the continuation phase except 9%. Continuation phase lasted for 6 months in 53% cases. In 75% CAT II cases RHZES+HRZE was given for 3 months and HRE was given for 5 months in 50% cases.

DOT strategy was practiced in order to ensure regular intake of anti-TB drugs. Patients were categorized according to the standard protocols. Among all CAT I cases 47% were smear negative and 53% were smear positive. In smear negative 67.3% had follow up smear at the end of 2nd month. In smear positive 50% had follow up smear at the end of 2nd month, 63% end of 5th month and 44% end of 7th month. Among all CAT II cases 55% end of 5th month and 25% end of 7th month.

**STUDY ON SAFETY OF LARGE VOLUME PARACENTESIS
UNDER COVER OF INTRAVENOUS POLYGELINE IN
CHRONIC LIVER DISEASE**

Shahzaib Pervez, Nasir Bakhtiar**

Background

Large volume paracentesis with Intravenous Polygeline lowers the incidence of complications, considerably shortens the duration of hospital stay and is more effective than diuretics in eliminating ascites and does not induce significant changes in hepatic and renal functions, fluid and electrolyte balance, cardiac output, plasma volume, plasma renin activity and plasma concentration of Nor-adrenaline and ADH.

Objectives

1. To observe the effects of large volume paracentesis on hemodynamic status, renal function and electrolyte balance
2. To observe the symptomatic relief induced in portal hypertensive patients

Methods

This was an intervention quasi- experimental study, conducted in Medical unit II of Abbasi Shaheed Hospital, a tertiary care public sector hospital in Karachi, and was carried out from January 2009 to January 2010. During the study period, 50 adult patients who had stable blood pressure, normal serum electrolytes, tense ascites preferably with edema, Prothrombin Time < 40% and diagnosed cases of cirrhosis of liver of more than six months duration were included while the patients with a history of hepatocellular carcinoma, gastro-intestinal bleeding within previous month, encephalopathy or Child Pugs class C were excluded. The analysis was performed using SPSS version 16.0 and data was expressed as mean SD. All p- values were two sided and considered statistically significant if < 0.05.

Results

There were no significant changes noted in hemodynamic status, renal function and electrolytes of all the patients undergoing large volume paracentesis with intravenous Polygeline but significant change noted in symptomatic relief.

Conclusion

Large volume paracentesis with intravenous. Polygeline is an effective and safe therapy of ascites in patients with cirrhosis. It is more effective then diuretics in eliminating ascites and does not induce significant change in hepatic and renal function, fluid and electrolyte balance.

Keywords

Ascites Cirrhosis, plygeline, large volume paracentesis

Karachi Medical & Dental College,

**Peshawar Medical College

**COMPARISON OF THE FREQUENCY OF METABOLIC
SYNDROME AMONG DIABETIC AND NON DIABETIC
PATIENTS OF ABBASI SHAHEED HOSPITAL WITH
INCREASED WAIST CIRCUMFERENCE**

Authors: Shahzaib Pervez*, Sehrish Khan*, Nasir Bakhtiar**

Introduction

Estimation of the prevalence of the metabolic syndrome is essential for the prediction of future load of Type-2 Diabetes and Cardiovascular Disease. It is, therefore, important that those individuals who have metabolic syndrome be identified and treated as early as possible.

Objective

The objective of this study is to compare the frequency of metabolic syndrome among diabetic and non-diabetic patients with increased waist circumference of Abbasi Shaheed Hospital.

Methods

This cross-sectional study was conducted at Abbasi Shaheed Hospital from September 2008 to January 2009. A total of 100 patients, of 50 diabetics and 50 non-diabetics were selected by non-probability, purposive sampling technique. Patients of age 30-50 years with waist circumference >102 cm in males and >88 cm in females non-diabetic and diabetic for three years were inducted in the study from OPD and ward, while patients who had Ischemic Heart Diseases, Nephrotic Syndrome and Gestational Diabetes were excluded. General physical examination was done and blood pressure was measured. Waist circumference was measured in 4 Straight standing. Blood sample were taken to test Fasting Blood Glucose and Lipid Profile. Informed consent about these procedures was taken from either Patients or their attendants. Relevant information including age, sex, waist Circumference, FBS, lipid levels and diagnosis of metabolic syndrome were Recorded on a Performa and analyzed through SPSS-15.

Results

Among diabetics, 62% were males and 38% were females while in non-diabetics, 58% were males and 42% were females. 100% patients were observed with dyslipidemia in diabetics compare to 88% in non-diabetics. Among diabetic were hypertensive while among non-diabetic 34% were hypertensive. 60% of diabetics had metabolic syndrome while among non-diabetic 28% metabolic syndrome ($p=0.001$)

Conclusion

It is concluded that there is significantly high proportion of metabolic syndrome with increased waist circumference in diabetic patients

Keywords

Metabolic syndrome, waist-hip ratio, diabetes Mellitus

**RISK OF HYPOXIA DURING FLEXIBLE UPPER GI
ENDOSCOPY IN UNSEDATEDE PATIENTS OF A TERTIARY
CARE PUBLIC SECTOR HOSPITAL IN KARACHI**

Clhahzaib Pervez*, Sehrish Khan*, Muhammad Taha Farooq, Nasir Bakhtiar**

Introduction

Upper GI endoscopy without sedation is a common practice in Asia and studies have shown that it is a safe and less expensive outpatient procedure. Majority of upper GI endoscopy are done for diagnostic purposes and suited without sedation since brief examination is required in outpatient setting.

Objectives

To measure the changes in oxygen saturation using pulse oximetry during flexible upper gastrointestinal endoscopy in non-sedated patients.

Methods

It was an observational study conducted on 356 patients undergoing non-sedative upper gastrointestinal endoscopy from April 2009 to January 2010. Complete demographic data, systemic history, smoking history, laboratory evaluation American Society of Anesthesiologists Physical Status (ASA-PS) were recorded in all patients. Patients with severe systemic disease (ASA-PS III-VI), with anemia of hemoglobin <8gm/dl and those who needed emergency endoscopy were excluded from the study.

Results

Out of 356 patients 186 (52.2%) were male and 170 (47.8%) were female. All the patients tolerated the procedure well at the start and at the end and had no oxygen desaturation. At the middle of the procedure 21 (5.9%) patients showed mild Oxygen desaturation, 4 (1.1%) showed moderate oxygen desaturation while 331 (93%) showed no oxygen desaturation. None of the patients at any stage showed Severe oxygen desaturation. Relationship of smoking, co-morbidity and clinical signs with mid procedure oxygen saturation is insignificant in both genders.

Conclusions

It is concluded that mild to moderate hypoxia is somewhat common during therapeutic endoscopic procedures and of no serious consequence. However, severe hypoxia was not recorded in our study. Non-sedated gastrointestinal endoscopy is a safe procedure for diagnostic purposes, as it does not produce hypoxia; therefore, pulse oximetry is not a precondition in patients undergoing non-sedated diagnostic endoscopy without severe systemic disease. However, we recommend monitoring through pulse oximetry in patients with age greater than 45 years and procedure longer than 8 minutes

Key Words: Endoscopy, Oxygen Desaturation, Pulse Oximetry.

*Karachi Medical & Dental College

**Peshawar Medical College

**ASSOCIATION OF OBESITY WITH SYMPTOMS OF
GASTRO-ESOPHAGEAL REFLUX DISEASE AMONG
OUTPATIENTS OF A TERTIARY CARE HOSPITAL IN KARACHI**

Shahzaib Pervez*, Sehrish Khan*, Nasir Bakhtiar**

Introduction

An association between obesity and gastro-esophageal reflux disease (GERD) has been usually reported in Western communities. This study aimed to determine whether there is any association between BMI and symptoms of GERD in our setting and compare our results with those reported from Western and other Asian countries.

Methods

A cross-sectional observational study was conducted in Abbasi Shaheed Hospital, Karachi from December 2008 to March 2009. During the study period, randomly selected 200 outpatients, visiting the hospital with symptoms of epigastric pain, nausea, vomiting, acid regurgitation, heart burn, burping, belching and feeling of wind were enrolled. A questionnaire was filled, which contained patient's information on the frequency and severity of dyspeptic symptoms. History of smoking, alcohol, drugs or any illness present was also asked. Statistical analysis was done by SPSS 15.

*

Results

Among 200 outpatients, 65% were females. Mean age was 38.4 years. Most of the patients complained of nausea, vomiting, heart burn and acid regurgitation. The frequency and severity of heartburn and acid regurgitation was seen more than once a week. BMI was not associated with symptoms of gastro-esophageal reflux disease.

Conclusion

No association among BMI and the symptoms of GERD was found in our setting

Keywords

Gastro-Esophageal, Reflux Disease, Obesity, BMI

**COMMON ALLERGIES AMONG ADULTS OF AGE GROUP
(15-25) IN PESHAWAR MEDICAL COLLEGE**

Syeda Amna Aamir, Zainab Habib, Sadaf Jan, Maryana Afridi

Introduction

An allergic reaction occurs whenever the immune system overreacts to a seemingly harmless substance. Known as allergens, these substances include pollen, mold, house dust, mites, animal saliva and dander, feathers, certain foods and drugs, and insect stings. Allergens are usually absorbed by way of the skin, nasal passages, lungs, or digestive tract. A stuffy nose, sneezing, wheezing, skin rash, watery eyes, abdominal cramps, and nausea are some of the most common results. Asthma, hay fever, hives and angioedema, dermatitis, stings and anaphylaxis, are more common allergic conditions.

Objectives

The project "common allergies among adults of age group (15-25)" in Peshawar medical college was done with aim to determine the frequency of common allergic problems and associations among the study population.

Methods

Students aged 15 to 25 were subjects of the study. It is cross sectional study done in year December, 2008. Sample of 150 students (78 males and 72 females) was taken at random to study. Research is based on clinical definition of our topic rather than diagnostic definition. A fully structured questionnaire was used as data collection tool. The questionnaire was filled by the respondents themselves.

Results

Research showed that allergies are more common in females than males in which 21.75% of females showed severe allergic symptoms as compared to males having 5.25%. However, mild allergic symptoms were more frequent in males 36.75% than females 26.25% only a fraction of total i.e. 8.25% among female presented with no symptoms

Conclusions

The study concluded that common allergies are more in females than male.

**PREVALENCE OF HYPERTENSION IN THE ADULT
POPULATION OF AGE 30 TO 50 AND ABOVE IN 100
HOUSEHOLDS OF URBAN AREAS OF PAKISTAN**

Authors: Aleena ali, Mamouna Shabbir

Co-Authors : Sadia Naeem, Sumbul Sardar, Rana Gal, Arfa

Objectives

1. Determine the frequency of hypertension in 100 households of Peshawar in the age group of 30 and above 50 years.
2. Study the history of hypertension in families
3. Determine the sex distribution of hypertension
4. Study hypertension in different professions

Methods

It was an observational study where through convenient sampling 100 urban dwellers of District Peshawar were selected from five urban areas Le. University Town, Shami Road, City, Peshawar University Campus and Hayatabad. After informed consent, they were interviewed using a questionnaire containing both open-ended and close-ended questions

Results

Out of the 100 subjects 94 were hypertensive, 67(71%) were females and the rest 27(29%) were males, 64(68%) of the hypertensive had a family history of hypertension. Hypertension was more prevalent in people in the age group of above 50 i.e. 67(71%). It was also observed that 40(43%) of the hypertensive were unemployed and the rest 54(57%) were employed.

Conclusion

Hypertension seems to be more prevalence in people with familial history of hypertension, who are unemployed. In females and in higher age groups

Keywords

Hypertension: Age Sex: family History: Profession

**FINANCIAL IMPACTS OF HYPERTENSION ON
HOUSEHOLD IN VILLAGE CHAMKANI, DISTRICT
PESHAWAR, KHYBER PUKHTOONKHWA PAKISTAN**

Nageen Naseer*, Nayab Gillani", Maryana Afridi", Dr. Aurangzeb Khan*

Introduction

Hypertension is an elevation in the blood pressure over ideal levels of 120/80 mmHg. Hypertension is usually classified as either primary or secondary. Hypertension has become a significant problem in many developing countries experiencing epidemiological transition from communicable to non-communicable chronic diseases. The emergence of hypertension and other cardiovascular diseases as a public health problem in these countries is strongly related to the aging of the populations, urbanization, and socioeconomic changes favoring sedentary habits, obesity, alcohol consumption, and salt intake, among others.

Objective

The objective was to study the financial impacts of hypertension on households in Mohalla Qada Khel, village Chamkani, District Peshawar, Khyber Pakhtunkhwa, Pakistan and to know whether gravity of impacts was strong enough to lead to the addition of poverty in the community or otherwise and to assess the knowledge of the both hypertensive and non-hypertensive individuals regarding the gravity and severity of the disease.

Methods:

A cross-sectional observational descriptive study with a sample Size household (where all hypertensive individuals of the household were taken as subjects) of Mohalla Qada Khel were interviewed through a hypertensive medication were included in the study. All individuals below 18 years of age with diastolic blood pressure of 90mm Hg and above or on anti. questionnaire from January 12, 2010 to March 12, 2010. All individuals above 18 of age or those who were normotensive were excluded from the study.

Results:

The hypertensive cases were divided into three social groups as follows; (a) low income group (from Rs.0 to Rs. 10000.00), (b). Middle income group (from Rs.10001.00 to Rs.20000.00) and (c). High income group (from Rs.20001 Rs.50000.00)

Out of thirty-two (32) hypertensive cases, twenty-five (25) cases had some knowledge about the disease and seven (7) knew nothing about hypertension. Out of the thirty-two cases of hypertension registered during the study 13 were male and 19 were female representing 40.62% and 59.38%

Conclusion

A significant proportion of patients with hypertension face significant healthcare costs and these are especially heavy for the poor. The government offers only a limited degree of financial protection. The heavy financial burden of healthcare for hypertension (like other chronic diseases) poses an urgent challenge to the healthcare professionals. There is an urgent need for a clear policy on how to offer financial protection to those with such diseases.

Peshawar Medical College.

PROGNOSTIC SIGNIFICANCE OF ALBUMIN, BILIRUBIN AND URIC ACID IN STROKE.

Arsalan Hassan

Introduction

There are many pathophysiological events that cause neurological injury and death in stroke. The most explicit of all these mechanisms is the oxidative injury caused by highly reactive oxidizing molecules produced in brain because of ischemia. It is suggested that oxidative injury to the brain can be reduced to some extent by the natural antioxidants i.e. albumin, bilirubin and uric acid present in the plasma and thus these plasma antioxidants may have role in the prognosis of stroke. Studies have been conducted to evaluate the prognostic significance of albumin, bilirubin and uric acid in stroke but no clear consensus has yet been achieved and this is still a subject of debate. Furthermore, to the best of our knowledge, no study has been conducted on the prognostic significance of albumin, bilirubin and uric acid in stroke in Pakistani population.

Objective:

To investigate the relevance of albumin, bilirubin and uric acid (plasma antioxidants) in the prognosis of stroke.

Methods:

A prospective study was designed on consecutive patients who were admitted for stroke in the hospital. Albumin, bilirubin and uric acid of each patient were tested. Stroke severity was analyzed by NIHSS while functional outcomes were evaluated on MRS and MBI. The stroke severity and functional outcome of each patient were correlated with albumin, bilirubin and uric acid levels. Logistic regression and student t-test were used for statistical analysis of the data.

Results:

Patients with good outcome had had significantly higher serum albumin levels of the poor outcome group were higher than the good outcome group (1f; patients with poor outcome (4.89 versus 4.21mg/dl; p-value 0.012). The bilirubin, versus 0.76mg/dl; p-value <0.01).

The uric acid levels of good Outcome group were almost same as that outcome group (4.7-4.89 mg/dl; pp-value 0.419). On logistic regression analysis, were significant against good outcome of stroke (OR: 3.068; 95% CI: p-value 0.019); and (OR: 0.001; 95% CI: p-value 0.021 were insignificant (OR: 1.357; 95% CI: p-value Serum albumin and bilirubin levels were respectively while uric acid levels were 0.438)

Conclusion

It was found that higher serum albumin was associated with lesser stroke severity and good outcome while negative relation was found between higher bilirubin and Stroke Outcome. No association was found between uric acid and stroke severity or outcome.

Keywords:

Stroke, Plasma Anti-oxidants, Bilirubin, Uric Acid, Albumin

Department of Pharmacology, University of Peshawar

FREQUENCY OF HEPATITIS B AND C IN 100 HOSPITALIZED PATIENTS

Authors: Amna Shaukat", Maimuna shabir" (MB08)

Co-Author: Nauman Shaukat*, Mujtaba Shaukat, Momna Shaukat*, Lailomah Shabbir***

Introduction:

Hepatitis is inflammation of the liver. Most common cause is in our setup is viral hepatitis i.e. hepatitis B & C caused by HBV & HBC share that the common routes of transmission. Worldwide incidence of hepatitis B carriers is 300 million & that of hepatitis C carriers is 270 million.

Objective:

To determine the frequency of Hepatitis B and C among common age and sex groups with special reference to awareness and causative agents.

Methods:

It was a cross-sectional study done from September 10, 2010 - September 30, 2011 after collecting a list of gastroenterology departments in various hospitals of Peshawar. Pre-defined questionnaires were given to hospitalized Hepatitis B and C patients. The data was collected and analyzed in MS Excel.

Results:

According to our research, the prevalence of hepatitis in females was 45% and in males were 55%. 88% of hepatitis patients were in the range of 20 - 60 years of age. 61 % were aware of Hepatitis C. 55% of the patients became victims of hepatitis through unhygienic dental treatments and 38 9% due to unsafe surgical procedures.

Conclusion

Our result showed that male was more affected, unhygienic dental and surgical procedure predominated in transmitting the disease, incidence rate was more in middle and old age people and majority of people were aware of preventive measures.

Keywords:

Hepatitis b, Hepatitis C, Frequency

*Peshawar Medical College,

**Khyber Medical College

***Khyber Teaching Hospital

**TO OBSERVE THE PATTERN AND DISTRIBUTION OF OBESITY
IN MALE STUDENTS OF PESHAWAR MEDICAL COLLEGE**

Author: Haroon-ur-Rashid

Co-Authors: Ateeq-ur-Rahman, Yasir Bilal, Yasir Mehmood, Tauqeer Ahmad

Objectives:

1. To calculate the BMI of medical students of PMC
2. To calculate frequency of students falling in different categories of BMI according to textbook (K. Park's) classification ion
3. To determine the number of obese and underweight students using BMI as a measure of obesity.

Methods:

It was a cross-sectional, descriptive study at Peshawar Medical College with a sample size of 99 males. The data was recorded and analyzed in MS Excel.

Results:

We carried out a cross sectional survey on our local medical students falling between the ages of 18 to 25 years. the BMI of the study sample was calculated and tabulated in excel sheets. The data consisted of 99 participants; all of them were males. The percentage of underweight subjects was 6.06% (6); 62.63% (62) subjects were normal. 31.31% subjects were overweight. Among the overweight subjects, pre-obese were 20 (64.5%), obese class I 9 (29.03%), obese class II 2 (6.45%) and none subjects fell under the obese class III.

Conclusion

After analyzing the data, it was revealed that majority of the subjects had a normal BMI, less was overweight, even less were underweight.

Keywords

BMI (Body mass Index), Obesity

FREQUENCY OF 1 HYPERMETROPIA AMONG OF MYOPIA AND STUDENTS OF PMC

Author: Aimen Adil

Co-Author: Nimra Ali, Jasia Bukharia, Asma Imran Qureshi Gulina Abdul Wadud,

Introduction

Refractive errors are optical defects that result in light not being properly focused on the eye's retina. The most common are hypermetropia (long-sightedness), myopia (short-sightedness), astigmatism (uneven focus) and presbyopia (an age-related problem with near focus). Myopic people do not see distant objects clearly. This is because a myopic eye is longer than normal or has a cornea that is too steep (thick), so that light is focused in front of the retina and the image is blurred. Hypermetropia is the refractive error in which an image of a distant object becomes focused behind the retina, either because the eyeball axis is too short, or because the refractive power of the eye is too weak. Astigmatism is a focusing error that causes asymmetric blur, so that some directions in an image are more out of focus than others.

Methods:

This cross sectional comparative study was conducted among students of PMC with a sample size of 50.

Results:

Out of 50 students, 70% (n=35) had some refractive error while 30% (n=15) had no refractive error. Among 35 students with refractive error, 80% (n=28) were myopic while 20% (n=7) were hypermetropic. Out of 35 students with refractive error 46% (n=16) were males while 54% (n=19) were females. Among 16 male students with refractive error 50% are in age group 18-20 years. 31% are in age group 21-22 years and 19% are in age group 23-25 years. Among 19 females 63% are in group 18-20 years, 32% are in age group 21-22 years and 5% are in age group 23-25 years.

Conclusion

In our study we concluded that out of 50 students, 70 had some refractive error in which females are affected more than males. The incidence of myopia is more as compared to hypermetropia. Male and female students in age group 18-20 years are affected more.

COSMETICS AS A CAUSE OF ACNE IN GIRLS AGED 16-25 YEARS

Authors: Shan-e-Zahra, Husna Arjumand, Nazish Ali, Laraib Umar Afridi, Ruqaya

Introduction:

Acne is a common skin disease that causes pimples. Most pimples form on the face, neck back chest and shoulders. It is common in teenagers and young adults. It is not serious, but it can cause stress and scars. 99% of the cosmetic items people buy to cleanse hair, wash, apply powder or foundation with, use to reduce lines and wrinkles, shave or use sun block and self-tanners are comedogenic or acne causing. This type of acne is called as acne cosmetic. Many companies label their products as "non-comedogenic" and still include these ingredients in their products. Since most acne sufferers have oily areas on their skin, many companies label their products as water based or oil free because they contain synthetic oils. Synthetic oils still make the skin oily and Cause cosmetic acne.

Objectives:

1. Determine the frequency of subjects using cosmetics in the interviewed sample
2. Determine association between acne and the use of cosmetics in those subjects

Methods:

it was a cross-sectional study done from 1st - 15th February 2011. A pre-defined questionnaire was distributed among 117 girls (n=117) aged 16-25 and they were Informed that all the information in the questionnaire will be used for undergraduate medical research and will be kept confidential.

Results

73% girls used cosmetics and 27% girls did not use any beauty products. Out of those girls who used cosmetics 59% girls checked the compatibility of cosmetics with their skin types 85% girls checked the expiry date of cosmetics before use while 15% did not check the expiry date. Only 20% girls used low brain cosmetics. 56% of girls using cosmetics had oily skin.

Conclusion

Most of the girls have acne used cosmetics. About half of them have oily skin. The brand and cost of the cosmetics do not make much difference

Keywords

Acne, Cosmetics, Young girls

**A STUDY OF KNOWLEDGE, ATTITUDE AND PRACTICE
REGARDING DIABETES AND DIABETIC RETINOPATHY IN MEDICAL STUDENTS
PESHAWAR AND ISLAMABAD**

Principle Investigator: Muhammad Usman, Irfan Saleem (3rd year MBBS)

Co-Investigators: Arsalan Saqib, Arshad Ali Aziz, Arif Hussain (3rd year MBBS)

Supervisor: Prof Dr Hafeez-ur-Rahman

Introduction:

Diabetes is a chronic disease marked by high blood sugar. It occurs either when the pancreas does not produce enough insulin or the body cannot effectively use insulin it produces. More than 220 million people worldwide have diabetes. Besides causing damage to various organs and systems, diabetes also affects the retina causing diabetic retinopathy. People with diabetes are four times more likely to develop blindness than non-diabetics.

Objectives:

1. To assess the knowledge of diabetes and diabetic retinopathy in medical student and the practice of that knowledge on diabetic family members
2. To study common attitude/misconception about diabetes and diabetic retinopathy existing among medical students.

Methodology:

A cross-sectional, questionnaire based study was carried out in medical institutes of Peshawar and Islamabad. 400 questionnaires were distributed out of which 321 were returned, response rate was 80.25%. Data was collected from medical Students (male & female) of PMC, IMDC, KMC and SCM, with their consent and it was analyzed in Microsoft Excel and SPSS to conclude the outcome

Results:

Among the 321 students who participated 121 were male (37.7%) and 190 females (59.2%). The mean age of the respondent was 21.02 ± 1.406 .

The percentage of students that knows about diabetes and normal plasma glucose level were 92.5%, 81%, 64.8% and 29.9% respectively 66% knew about the diagnostic test for diabetes. 88.8% correctly believes that retinopathy affects vision. The percentage of students that knows about symptom of diabetic retinopathy, principle dangers and its risk factors were 75.1%, 56.7 and 81% respectively. 79.8% knows the aim of the treatment in diabetes. 48% has a its symptoms, its risk factor misconception that consuming sweets leads to diabetes 36.1% has a misconception that diabetes can be cured completely with proper diet. 89.7% the recommended annual eye examination for diabetics. 61.7o respondents have diabetic family member. 91% were helping their diabetic family member controlling the disease. 72% referred their diabetic family member to ophthalmologist.

Conclusion:

We conclude from our research that a great majority of medical students are aware of diabetes and its complications. Most of the respondents didn't know about the recommended annual eye examination for diabetics.

Key Words:

Diabetes, Diabetic Retinopathy, Medical Student, Knowledge, Attitude, Practice

**ANTIBIOTIC SUSCEPTIBILITY IN PATHOGENS CAUSING
COMMUNITY, ACQUIRED URINARY TRACT INFECTIONS
IN CHILDREN: A MULTI CENTER STUDY**

Principal Investigator: Haider Zahur

Co-Investigator: Ali Haider, Usman Haqqani, M.Ilyas, Shahensha Ali

Introduction

Urinary tract infections (UTI) are the most frequently infectious diseases diagnosed in children. UTI account for a large consumption for antibacterial drugs and have greater socio economic impact. Since majority of the treatments begins or is done empirically, the knowledge of the organisms, their epidemiological characteristics and their antibacterial susceptibility that may vary with time is obligatory.

Objective

The aim of this study was to report the prevalence of uropathogens and their antibiotic susceptibility of the community acquired UTI diagnosed in Mercy and Kuwait teaching hospitals, Khyber teaching hospital, Madina Medical Laboratory & diagnostic Center.

Methodology

We analyzed retrospectively the results of urine cultures of patients having community acquired urinary tract infections. All samples showing significant Bacteriuria were studied and isolates identified using standard bacteriological method.

Results

Among the 300 isolates, the commonest isolates were Escherichia Coli were 57%, Klebsiella 13%, Proteus 10%, Citrobacter 5%, Pseudomonas 11%, Staphylococcus 4%, streptococcus 0-3%, others 0-7%.

Among the 300 isolates 34% were male and 66% were female.

E-coli, the most common germ producing UTI had a sensitivity rate of 97% to ceftriaxone, 95.8% to ceftizoxime. The highest resistance rate of this organisms was to penicillin followed by amoxicillin and cotrimoxazole (95, 79 and 72% respectively)

Pseudomonas shows 97% resistance to ampicillin and amoxicillin it shows highest sensitivity to ciprofloxacin (95%) followed by amikacin and gentamicin (84 and 76% respectively).

Klebsiella showed higher sensitivity to ciprofloxacin (90 & 89% respectively)

Staphylococcus had a higher sensitivity to Ciprofloxacin 90% and showed highest resistance to penicillin and ampicillin (82 and 79% respectively).

Conclusion

- Among the 300 isolates, e.coli was most prevalent
- Microorganisms shows higher resistance to cotrimoxazole (79.5%) and amoxicillin (74.8%)

Due to their excessive use and is not the drug of choice

- Overall the lowest resistance rate of organisms was that against cotrimoxazole (79.5%)
- Fluroquonolines (ciprofloxacin) and aminoglycosides (Amikacin) were active against 79% of all isolates.

**KNOWLEDGE, ATTITUDE AND PRACTICE ABOUT ANTIBIOTICS
AMONG URBAN EDUCATED COMMUNITY**

Umair Aziz

Introduction:

Antibiotics can be given orally, intravenously or locally. It is vital to complete the course of antibiotics as prescribed otherwise it can cause recurrence of disease and also leads to the development of antibiotic resistance. Misconnections and injudicious use of antibiotics is very common in our society. Some people are afraid of side effects of antibiotics and some use it every time they feel sick. This study aims to examine public knowledge, attitudes and behavior regarding antibiotics in the urban educated community.

Objectives:

- To determine the frequency of persons who have knowledge about antibiotics and their use in community.
- To assess attitude of the community towards antibiotics use.
- To evaluate the perceived hazards of antibiotics among urban educated community.
- To determine the practices prevalent in the community regarding antibiotic Use.

Methods:

It was a cross-sectional study in which urban educated community of Wah Cantt was taken as subject during six-month duration. The sample size was 100. A predefined questionnaire was distributed among the participants, data was collected and analyzed on SPSS version 10.

Results:

87% of people are aware of the word antibiotic. 19% of people responded that antibiotic are used of fever. 65% of people responded that antibiotics are used for killing germs. 4% of people think that antibiotics are used for energy. 36% of people think germs that to minimize the ill effects antibiotics should have stopped.

Conclusion:

Respondents had adequate knowledge about the antibiotics their use, their adverse effect, how they should use and when should they be stopped but their information is not based on scientific knowledge

**EVALUATION OF MENTAL, ABILITY OF THE TWO GENDERS TO
RECALL NAMES OF THEIR OWN GENDER & OPPOSITE
GENDER IN INDIVIDUALS AGES 18-21 YEARS**

Authors: Ayesha Saleem Khan, Saima Saleem Khan. Palwasha Khan, Kiran Saba

Introduction:

Memory is something that we use and rely upon every day. It is often said that males and females think in different ways. In a study conducted by Lawton and Hatcher (2005), the gender differences in manipulation of information visuospatial short-term memory, specifically, the mental integration of two images that had been briefly presented as separate locations or at separate times was investigated. Men were more accurate than women in recognizing the combined abstract shape that would result if two individual shapes were Overlapped and matched by a dot common to both. It was discovered by this study that men responded faster than women did in this type of situation (Lawton and Hatcher, 2005). Larabee and Crook (1993) found women perform better than men in tasks such as verbal-learning-remembering tasks, name-face association, and first-last- name associations learning (Larabee and Crook, 1993 as cited in Halpern, 2 000). In a study done by Cherney (1999) three to six-year-old children and adults were exposed to various gendered objects which they later were asked to recognize or recall. The findings of this study revealed gender schematic processing for all age groups. Males tend to recall more male-stereotyped objects than female-stereo typed objects and vice versa. The purpose of this study is to discover if there is a significant effect of the sex of a participant on the types of gender associated images recalled.

Objectives:

1. To investigate and compare the mental ability of each gender names of the same and opposite gender
2. To assess whether individuals recall more names of the same gender than the opposite one

Methods:

Research

It was an experimental study. Randomized sampling was applied and a sample of 100 males and 100 females aged 18-21 collected (n=200). The subjects were shows 30 slides on MS PowerPoint with alternating common male and female names They were asked to reproduce the names on a sheet of paper within one minute.

Results:

Among 100 males, 72 recalled more names of their own gender and 28 of the opposite gender whereas among females, 63 recalled more names of other females and 37 of the opposite gender.

Conclusion:

Alternate hypothesis is acceptable according to our research i.e. most of the individual recalled more names of the same gender than the opposite one.

**ASSOCIATION BETWEEN LONGER STUDY DURATIONS
AND LOW LIGHTENING CONDITION AND MYOPIA IN
ADOLESCENTS OF PESHAWAR AGED 15-25**

Author: Mohammad Fawad-ul-Haq

Co-Authors: Agha Syed Muhammad, Sohail Akhtar, Fawad Ahmed

Introduction:

Myopia, also known as "nearsightedness", is a disorder of eye, which is mainly targets the adolescents. Myopic people can see close objects clearly while farther objects appear blurred. In other words, the eye grows too long and images are made in front of the retina. It is increasing at an alarming rate in our society. Besides the genetic cause, environmental factors are also crucial to be taken into consideration.

Objectives:

- To determine the frequency of myopia in the students of age (15 -25 years), in Peshawar.
- To determine whether the studying habits of an individual play a role in the development of myopia.

Methods:

A cross-sectional, questionnaire based study was carried out in Peshawar. Data was collected, from 100 students (both male and female) of Peshawar, with their consents and it was analyzed in Microsoft Excel to conclude the outcome.

Result:

Of the 100 students who participated, 40% had myopia and 60% were non-myopic. Amongst the myopic, 68% studied regularly and 17.5% studied for more than 4 hours a day, besides 72.59% of the myopic have a family history. The non-myopic, however, have 60% of those who studied regularly and 7% studied for more than 4 hours a day, while 43% of them showed family history.

Conclusion:

Myopia has an association with genetics and environmental factors. No doubt, the major cause of myopia is genetic: but besides this study shows a positive co-relation between myopia and studying habits of an individual

Key words

Myopia, studying habits, lightning condition.

**DIFFERENTIAL FREQUENCY OF OF ARTERIAL HYPERTENSION OF MEDICAL DOCTORS IN
RELATION WITH STRESS, WORKLOAD AND SPECIALTIES**

Author: Farman Ali, Adnan Rashid

Co-Authors: Asad-ullah, Fazle-ilahi, Sarmad Igbal

Background:

Hypertension is a major contributor to pressure related events e.g. stroke, congestive heart failure and a significant risk factors for atheromatous complications like coronary heart disease and occlusive peripheral arterial disease. High rate of its prevalence and its insidious natural history have Enlightened that hypertension is more than an isolated magnitude. Psychosocial and emotional stress is associated with sympathetic nervous system activity, which leads to elevation of blood pressure. Stress is highly personal phenomenon and can vary widely even in identical situations for different reasons. The severity of job stress depends on the magnitude of demands that are being made and the individual is sense of control or decision-making latitude he or she has in dealing with them. One of the stress full jobs includes medicine. Doctors are subjected to a stressful life which may have adverse effects on their health. Hence, it important to evaluate the specific job stress health problems especially the relationship of stress with hypertension. This study was conducted to find out frequency of arterial hypertension of medical doctors in relation to working hours from different specialties.

Objectives

1. To study the frequency of hypertension in a sample of doctors of both gender between 30 to 60 years of age
2. To study the frequency of arterial hypertension in relation to working hours in study of sample
3. To study the frequency of arterial hypertension in relation to different specialties of doctors, if any

Methods:

This was a cross-sectional study that took place in the city of Peshawar. This study was conducted from January - February. The sample age that this research different wP2e directed at was from 30 - 60 years of age from both the genders. The group population that was studied was practicing doctors from different specialties. The data collection tool was self-designed questionnaire, consisting of 16 questions

Data about hypertension, working hours and other risk factors for hypertension like food, exercise, salt intake were recorded. Each doctor was asked informed consent before filling of the form.

Result:

Among them, 65 (79.26%) out of 82, were found normotensive, while 17 (20.73%) were found hypertensive. Out of 82, 40(48.78%) were working for more than 11 hours daily. 30(36.59%) were working from 8 to 10 hours daily, while 12 (14.36%) were working less than 8 hours daily. The relation of work with hypertension Was found among 17 hypertensive doctors, 10 (12.2%) in doctors wh0 worked more than 11 hours daily, 4 (4.88%) in doctors who worked from 8 to 10 hours daily and 3 (3.65%)

doctors who worked less than 8 hours daily. Out of 65(79.26A) normotensive doctors, 30 (36.58%) were such doctors who worked more than 11 hours daily, 26 (31.71%)who worked from 8 to 10 hours daily and 9 (10.8%) who 17 (20.73%1 worked less than 8 hours daily.

The frequency of hypertension in relation to specialties is as, among hypertensive doctors, 7(41.17%) were surgeons,2 (1 1.76%) were pediatricians,) (17.64%) were general physicians,2 (11.76%) were E.N.T specialists,3 (17.64%) were ophthalmologists.

Conclusions:

The above mentioned data lead us to the conclusion that there is a slight impact of work load (stress) on hypertension however it is not the major cause hypertension in medical doctors. This data also leads us to the fact that surgeons more hypertensive than doctors in other specialties.

KEYWORDS:

Hypertension

**FREQUENCY OF ASTHMATIC PATIENTS BELOW 5 YEARS
OF AGE IN YEAR 2006-2007 HOSPITALIZED AT KUWAIT TEACHING HOSPITAL, PESHAWAR**

Author: Umair Latif

Co-authors: Mir Azam Khan, Muhammad Atta-ur-Rahman Adnan, Fahad Ahmad, Majid Khan Kakakhel

Introduction:

Asthma is a disease that causes the airways of the lungs to tighten and is very common among children. In children under 5, environmental exposure decides the chances of developing asthma.

Objective:

To evaluate the frequency of asthmatics under 5 years of age and compare with seasonal variation in the two-year period.

Methodology:

It was a simple descriptive study based on data analysis. The research was conducted at Kuwait Teaching Hospital, Peshawar. The duration of the study was from January 2006- December 2007. Patient records from Department of Pediatrics were analyzed. The data comprised of the cases reported as asthma in children less than 5 years of age, and was assessed to develop relationship of variations of asthma in different seasons. This was done by counting the number of cases per month in a year.

Inclusion criteria:

Children reported as asthmatics below 5 years of age to Kuwait Teaching hospital in 2006-2007.

Exclusion criteria: Children above 5 years of age, and respiratory diseases other than Asthma.

Results:

The study conducted included 969 patients. 420 (43.3%) were in year 2006, while 549 (56.79%) from year 2007. Maximum patients were observed in the month of April, October, November & December in both years. In 2006, April had 57 (13.6%) asthmatic patients; October saw 57 (13.6%) patients, November and December showed a considerable rise with 64 (15.2%) and 71 (17.0%) asthmatics. In 2007, and December again were high on number of asthmatics October with 51 (9.29 %) such patients, November compared to other months April had 71 (13.0%) asthmatics, November with 89 (16.2%) and 90 (16.4%) asthmatics respectively.

In the remaining months the number of patients reported as asthmatics were < 50 during each year. However, taking these separately we came to know that there was 1 annual rise in number of patients in 2007 as compared to 2006. The highest peak of the patients lies in December of both 2006 and 2007.

Conclusion:

Asthma is becoming common with time in our population. From the study we concluded that there is annual rise of 13.31% in number of patients each year. The spring season, falls of summer as well as rise of winter are the most common Seasons in which number of patients reported as asthmatics in hospitals are tremendously increased in relation to other seasons.

Key Words:

Asthma, seasonal variations, children <5 years of age

DIETING PRACTICES AND EATING DISORDERS IN YOUNG

FEMALES IN PESHAWAR: FACTS AND FIGURES

Authors: Tayyeba Khursheed, Maryam Abbas, Sobia Siraj, Kashmala Inayat, Aysa Masood Khan

Introduction:

2009 poll in the USA revealed that an alarming 95 percent of females between the ages of 16 and 21 want to change their bodies in some way. Low self-esteem, eating disorders, extreme dieting and unnecessary plastic Surgery are all too common, even among very young girls. 'body bullying' or other types of dieting to improve self-image are very common in our country as well. There are no reliable facts and figures available to present the changing picture in our part of the world.

Objectives:

1. to identify different dieting and eating practices in young females in Peshawar (15-25)
2. to identify differences in dieting and eating practices in young females from different financial and social classes in Peshawar
3. to determine what percentage of females practice dieting and are suffering from other eating disorders
4. to identify possible causes of these eating disorders and dieting practices

Methods

A sample of 1000 girls aged 13 to 25 were interviewed across Peshawar from different social classes. The interviews were carried out across different schools and colleges. Interview consisted of open and closed-ended questions regarding their eating habits, body image, self-esteem and 'body bullying'.

Results

A surprisingly high percentage of young females practice dieting due to poor body image and other factors. Out of these about 50% were suffering from different eating disorders. Young girls from higher social classes were more likely involved in dieting.

Conclusion

A high number of girls are suffering from eating disorders. Young girls should be counseled about the hazards of these practices and disorders.

Mother & Child Care

JUNK FOOD CONSUMPTION IN CHILDREN VISITING

PEDIATRIC OUTPATIENT DEPARTMENT FOR PRE SELECTED HEALTH PROBLEMS

- Afshan Khan, Sobia Bashir, Alia Qazi, Samreen Khan Syeda Sara Iftikhar

Background

Malnutrition in pediatric population is a common problem in developing world. junk food consumption is a common habit in children irrespective of age nationality or socioeconomic status of parents.

Objectives:

1. To determine the frequency of Junk Food consumption among a sample of children visiting pediatric OPD at Kuwait Teaching Hospital Peshawar for complaints of poor appetite, altered bowel habits, anemia, hair and nail changes
2. To compile the data set according to different ages and compare frequency of poor appetite, altered bowel habits, anemia, hair and nail changes in different age groups
3. To determine which age group among the study sample is affected most due to poor dietary habits

Methods:

It was a cross-sectional study of population of children from low socioeconomic Status, positive for junk food consumption and presenting with problems like altered bowel habits, poor appetite, anemia and hair and nail changes

A study was carried out on children to determine the frequency of junk food consumption and preselected clinical problem including poor appetite altered bowel habits, anemia, and hair and nail changes. 200 children between age 5-8 years visiting the pediatric OPD of Kuwait Teaching Hospital Peshawar complaints of altered bowel habits, poor appetite, pallor, and hair and nail Changes were enrolled in a database.

Detailed assessment of their dietary habits was made especially in relation to junk Food consumption. In order to have uniformity of cases, children Consuming a known brand of spiced crisps, "Papad" and colored candy were enrolled, only

Results:

62.5%, of our study population was consuming the selected variety of junk the Percentage of children consuming junk food in our study population increased with age of the child. Group 1 (5yrs of age) had the lowest junk food consumption Group 4 had the highest junk food consumption recorded.

Conclusion:

Out of the study group of 200 children 125, (62.5) were consuming the selected varieties of junk food including (toffee, low quality chips). The children were divided into various age groups irrespective of their genders and percentage of children consuming selected of junk food was calculated

Key Words:

Junk food, Parameters of Children Health; Altered Bowel habits,
Appetite, Anemia, Hair and nail changes

SEASONAL VARIATION OF COMMON PEDIATRIC PROBLEMS IN CHILDREN VISITING

A PRIVATE SECTOR OPD IN PESHAWAR

Author: Muhammad Awais Yousuf

Co-authors: Awais-ur-Rehman, Abid Al Khwaja, Ghufraanullah

Introduction

Seasonal variation is an important public health phenomenon. Many common human diseases display predictable seasonal trends depending upon direct or indirect factors influencing patient outcomes. Pakistan lacks clear cut data about this issue. Seasonal variation assumes critical importance when it comes to pediatric disease in our setup. Our under-5-years mortality is one of the highest in WHO-EMRA region.

Objectives

Present study is aimed at detecting and documenting seasonal trends in pediatric illnesses with highest morbidity and mortality rates in our country, namely, acute gastroenteritis, asthma, URTI and LRTI

Methods

Retrospective review of Pediatric OPD databases for three (2006-2008) consecutive years in Kuwait Teaching Hospital was carried out by the investigators and cases meeting inclusion criteria were entered in study database. Data was analyzed for seasonal trends using Microsoft Excel 2007.

Results

Clear cut seasonal trends were seen in Acute Gastroenteritis, URTI, Asthma exacerbation and LRTI. Each disease displayed annual peaks for three consecutive years.

Conclusion

Major pediatric killer in our country display seasonal trends that can be used for better preparedness and improved outcomes in pediatric population

Keywords

Seasonal variation, acute gastroenteritis, upper respiratory tract infection, lower respiratory tract infection, asthma, pediatrics.

AWARENESS AND PRACTICES ABOUT FAMILY PLANNING IN PESHAWAR

Author: Fatima Amin Khalil

Co-Authors: Huma Habib, Sehrish Sikander, Hajra Imtiaz Khan

Introduction

The current situation of population in the world is like a mischievous spirit Glaring at our stretched resources with whimsical repercussions. It demands on our part to a prompt and effective attitude because of the false concepts multiplying distressingly in the society. A number of factors control population in our society. Religious naive misconceptions are also points of thought among people. To make a suitable solution for this peril it certainly demands pure strength of mind and charisma of institutions providing family planning. The services provided to the willing couples should be modifiable and should leave a long-lasting satisfying impression. An energetic campaign, to educate people should be carried out. Awareness in the masses is the essential and unconditional prerequisite in the development of family planning programs in inner-city and pastoral areas. Likewise taboos and negative peer pressure unfavorably intrude upon the views of targeted individuals. Family planning programs, wakefulness among masses and better usage of government is the chief and solitary solution to this problem. All the concerned people should realize the value of this problem and should work for the betterment of the present generation and also for the safety of the coming generation.

Objectives

1. To determine knowledge level about family planning in 100 married couples.
2. To determine different factors (religious, socio-cultural, economic) influencing practices of family planning in 100 married couples
3. To determine the frequency of different methods of family planning in same sample size.

Methods

It was a descriptive, cross-sectional study conducted in family planning centers of three major hospitals in Peshawar. Our sample size was 100 chosen on the basis of convenience sampling. Pre-defined Questionnaires were administered to the participants. All women of reproductive age group were included. Men and were sterile or impotent, above 50 years and below 15 years of age were excluded.

Results

From this study of ours we found that the percentage of couples who practiced family planning was high in educated and employed individual similarly we saw that higher the education level more was the awareness and practice of contraception, according to our research the most information regarding family planning was provided by relatives and media. Women were most ware about the use of oral pills and condoms. Field worker are considered to be the most looked upon source of knowledge about contraception. As the education level increased. It was found that education helps in better understanding of beliefs of Islam regarding contraception and family planning. The most common

method used was IUCD followed by injection, condoms and oral pills. Most of women believed that family planning is good for good maternal health and then child health

Conclusion

Our study showed that women visiting major centers of family planning were much aware about different aspects of family planning. It was concluded that education has direct effect on knowledge and better understanding of family planning and other misconceptions

ASSOCIATION OF PREGNANCY-INDUCED HYPERTENSION WITH AGE, PARITY & FETAL MORTALITY

Author: Nasir Bakhtiar

Co-Authors: Abdul Samad, Muhammad Qasim, Hassan ur Rahman

Introduction:

Pregnancy-induced hypertension (PIH) occurs in about 5-8% of all pregnancies worldwide. PIH is one of the maternal diseases that cause thromboembolism, hemorrhage and non-obstetric injuries in mother and fetal complications like abruption placentae, intrauterine growth restriction, premature delivery, and intrauterine fetal death. 1991-1999, PIH caused 15.7% of maternal deaths in the US.

Objectives:

To determine the age distribution of PIH, compare its frequency in Primigravida versus Multigravida and estimate the fetal mortality rate in PIH patients

Methods:

The study was performed at Department of Gynea and Obs, Kuwait teaching hospital, Peshawar, Pakistan. Retrospective study design, sample size 392 and sampling method was non-probability convenience sampling. The data was coded in MS Excel, analyzed and presented in the form of graphs.

Results:

Out of 392 patients 19.13% (75/392) were primigravida and 80.86% (317/392) were multigravida. The total frequency of PIH was 4.59% (18/392). The frequency of PIH in primigravida was 1.33% (1/75) and in multigravida was 5.36% (17/317) with p value of 0.0126 p-values (significance level 0.05). Total fetal mortality rate was 12.24% (48/392).

Fetal mortality rate in PIH patients was 16.66% (3/18) and in non- PIH cases 12.03% (45/374) with p value of 0.575 (significance level 0.05). the frequency of PIH was 1.75% in age group 16-20 years, 5.35% in 21 – 25, 6.29% in 26-30, 3.22% in age group 31-35 and 2.94% in 30-34

Discussion:

The frequency of PIH in our study is lower than international figures which may be due to lack of awareness, poor accessibility, social issues like gender discrimination and deficiencies in patient's records

Conclusion:

The younger female (21-30) suffer higher frequency of PIH and fetal mortality was higher in PIH cases so timely diagnosis proper management can prevent fetal complications PIH during labor i.e. fetal and maternal morbidity and mortality.

**KAP SURVEY OF MOTHERS AND HEALTHCARE PERSONNEL
RELATED TO "EARLY NEONATAL EXAM" TERTIARY CARE HOSPITALS OF PESHAWAR**

Author: Saima Jamil

Co-Authors: Qurat-ul-Ain Ahmad, Hina Bashar, Zaib-un-Nissa-Nosheen Malik

Objectives:

1. To perform KAP survey about Early Neonatal Care through pre-designed, close ended questionnaires from obstetric health care personnel and mothers at 24hours of delivery in three tertiary care hospitals of Peshawar.
2. To determine the proportion of neonates being examined by pediatric personnel at or before 24hours age of birth in three tertiary care teaching hospitals of Peshawar.
3. To assess breast feeding practices of mothers in our study sites.

Results:

According to our results obstetric healthcare personnel do not have proper knowledge about the early neonatal exam. Majority of our mother population is illiterate and belongs to poor communities.

Conclusions:

Newborn Examination within 24-48 hours of birth by trained neonatal healthcare provider is paramount for reduction of neonatal mortality rate and adequate detection of serious neonatal diseases. Such services should be instituted in all obstetric units for better neonatal outcomes. Mothers should be educated and the quality of their life must be improved.

TO ASSESS NUTRITIONAL SUPPORT IN RISK GROUPS CHILDREN, PREGNANT WOMEN AND OLD PEOPLE) OF IDPS N JALLOZAI BASED ON SPHERE RESIDING IN I STANDARDS AND INDICATORS

Principal Investigator: Naveed Danish MB061041

Co-Investigators: Muhammad Waqar MB061027 Naseer Ahmad MB061012

Sardar Hussain MB061019 Naeem ur Rehman MB061020

Disasters both natural and man-made have always affected the human population. Earthquakes, heavy floods and army led operations have resulted in the displacement of many people from their homelands to some other safer areas. In Pakistan, more than 1.4 million people have been moved owing to the military operation in Swat, Dir and Bajaur Agency. Based on humanitarian assistance World Health Organization launched SPHERE standards which define the minimum standards to be observed in calamity hit area.

This descriptive study was carried out in Jallozai IDPs camp, Nowshera. 5% (n=56) of the Phase 1 population was sampled for children 6-24months and elderly people (more than 60 years) using Random Sampling Method. Moreover, 50% (n=14) of the infants and pregnant and lactating women were sampled by Systematic Random Sampling technique. Microsoft Excel 2003 edition was used for the analysis of data.

All the infants under 6 months were exclusively breastfed. 40% (n=15) of children aged 6-24 months were taking additional food in addition to breastfeeding. We found that 30% (n=17) of the old people used to drink milk, 96%(n=56) were taking pulses, and 78%(n=44) were eating rice. We came to know that 23% (n=6) of lactating women were drinking milk, 57% (n=15) were eating meat. 60% (n=14) of pregnant women in 1st trimester used to take milk and 87%(n=20) were eating meat. We found that no woman in 2nd trimester of pregnancy was drinking milk and all of them were eating meat. 90o (n=18) of pregnant women in 3rd trimester was taking meat and Milk intake observed was 20 %(n=4). All of the elderly people and pregnant and lactating women were using vegetables in their diet.

The survey concluded that exclusive breastfeeding was observed access to nutritious food by children (6-24) months was not according SPHERE standards. Intake of nutritious food by elderly people and lactating and pregnant women is not according SPHERE standards.

**TO STUDY AND COMPARE THE ATTITUDE OF EDUCATED AND
UNEDUCATED MOTHERS TOWARDS BABY WEANING**

Principal Investigator: Sania Javed MB080036

Co-Investigators: farah gul mb080007, anam malik mb080005, Zarmina Aslam MB080033

Aims and objectives:

1. To find out the attitude of educated and uneducated mothers towards baby weaning
2. To compare the standard dietary chart with the diet selected by mothers in Peshawar
3. To find out the reasons for which mothers wean their babies.

Introduction:

Baby weaning is a method of gradually feeding a baby from milk diet into solid foods. According to WHO/UNICEF based on a research indicates the internal GIT matures over a period of 4-6 months. Mothers offer their babies diet at this age with water depending upon the development of the GIT of baby and awareness of mothers. At 6 months' babies are easily adopted to wean because they begin to grasp and chew. We carried out a survey on mothers in Peshawar in order to find out the different impact of education over baby weaning and mother's awareness towards this issue. We compared the standard chart with the diet selected by mothers here in Peshawar.

Design:

KAP-survey.

Place of Study:

Peshawar.

Sample Size:

We collected data from 100 mothers as a test population. 50 educated and 50 uneducated mothers.

Materials and Methods

We took a questionnaire based data from 100 mothers and also We compared a standard diet chart with our data, we carried out the research on a population mothers having 424 months' babies with special emphasis on the youngest Child carried out our research in 4 months: i.e. from November 2010 to February 2011.

Key words:

Weaning. Attitude and education

Results:

Our results showed that educated mothers show more positive attitude towards baby weaning. 45% of educated mothers start weaning at 4-6 months (WHO/UNICEF) 30% of uneducated mothers prefer this age for weaning.

Educated mothers give 2/4 of r milk in diet and uneducated mothers in this regard ate Educated mothers give their babies equal proportion of milk and food in diet. e28h ie36% of uneducated mothers give 3/4 portion of milk in diet and same is done by 7.5%. Uneducated mothers give more milk and don't care about dietary requirement 22% of educated mothers.

Our finding proved that educated mothers are more aware about the reasons (adaptive changes in GIT 'proved by WHO) at this age i.e.33.75% of educated mothers and 13.75% of uneducated mothers.

The data collected proved that uneducated mothers wean their babies because of their physical and social freedom. The percentage of uneducated mothers in this 10% as compared to that of 2.5% of educated mothers. As for as the health of baby both type of mothers is equally concerned i.e.40% and 38.75%.

Diet chart obtained from our survey proves to have striking similarity with the standard diet chart. Mothers are equally awared that first diet should include soft food and semifluid. Thus both educated and uneducated mothers show similar results. For banana are 13% and 8%, for cerelac are 99% and7%.

Conclusion:

In our research we found out that educated mothers being more awared maintains standard level of weaning almost in comparison with WHO findings. They give equal proportion of food and milk in weaning age. Uneducated mothers start weaning for their physical and emotional freedom. Both type of mother's start weaning with semisolid and liquid food.

Patient Satisfaction

PATIENT SATISFACTION -A COMPARISON BETWEEN GOVERNMENT & PRIVATE HOSPITALS

Afshan Khan, M. Ismail Alvi, Awais Yousaf, Syed Zain ul Abideen Shah, Awais ur Rehman, Sohail Akhter

Objectives

1. Measure patient satisfaction in two private and three government sector hospitals using a modified "Patient Satisfaction Questionnaire"
2. Compare composite scores in four different categories of Patient Satisfaction between private and government sector hospitals
3. Compare scores from our patients with those of previous studies in area of patient satisfaction

Methods

It was a cross-sectional comparative study in two private and three government sector hospitals of Khyber Pakhtunkhwa from May'2010 - January' 2011. 250 patients were enrolled through convenience sampling. Patients were asked for informed consent for disclosure of personal information and were assured of confidentiality within UMR. Institutional agreement to conduct study and assurance of nondisclosure of institution's name was ensured.

Limitations

Many units, both in private and government sector hospitals refused to allow access to their patients.

Results:

Total 200 patients (100 each from government and private sector hospitals) were interviewed after taking verbal consent. Mean patient satisfaction score in government sector hospitals was 104.97 ± 18.508 and in private sector hospital was 121.94 ± 20.839 . Student's T test was applied to calculate the significance of difference between the satisfaction scores among the two groups.

A significant difference between the patient satisfaction scores among the two group was found using students' t test with p value of <0.001 . the score for patient satisfaction in private sectors significantly more in comparison with government sector hospitals in all aspect except 'time spent doctor'

Conclusion

In conclusion patients in both private and government sector hospital are equally unsatisfied about the time spent with doctors.

Keywords

Patient satisfaction

**STUDY ON PATIENT SATISFACTION IN THE GOVERNMENT
HEALTH FACILITIES OF PESHAWAR DISTRICT, KHYBER PAKHTUNKHWA, PAKISTAN**

Author: Saira Hamid

Co-Authors: Ayesha Khan, Shujaat Gul, Farah Yousaf, Bushra Nasib

Introduction:

The outcome of any disease is influenced by the decisions to seek care, timely arrival at appropriate diagnostic and treatment services and the receipt of adequate care from service providers. Satisfaction in service provision is increasingly being used as a measure of health system performance. Satisfaction manifests itself in the distribution, access and utilization of health services.

Objectives:

To determine the areas and causes of low satisfaction among the patients and suggest methods for improvement.

Results:

This was a cross sectional study in different government hospitals with a sample size of 221. 39.8% were helped by the sign boards to reach the required OPD while 60% were not. 33% of people wait for more than two hours. 86.42% were satisfied with the current OPD timings, and considered morning as the most suitable time. About the doctor's behavior 76.01% were satisfied with greeting, 91.40% with proper listening to the complaints, 87.76% with taking consent for examination, and 87.95% with the treatment explanation by the doctors. About the waiting area facilities, 19% were satisfied with water availability, 26.9% with toilet facility, 64.7% with trash can availability. Overall 57.4% were satisfied with their visit to the OPD.

Conclusion

We concluded that people were not satisfied with the waiting area facilities and doctor's availability in OPD. The overall satisfaction regarding doctor's behavior was good. However, there is an imperative need to communicate effectively with patients. There must be some efforts to improve the availability and punctuality of doctors in OPD.

PATIENT SATISFACTION SURVEY FOR PRIVATE AND PUBLIC SECTOR HOSPITALS IN PESHAWAR

Author: Diva Tural

Co-Author: Abida Rahim, Alina Abid, Braikhna

Objective:

Compile patient satisfaction scores using modified PSQ in private and public sectors hospitals of Peshawar

Methods:

cross-sectional study conducted through modified Patient Satisfaction Questionnaires by interviewing patients of Khyber Teaching Hospital and Lady Reading Hospital. To assess comparison, patients from THC were also interviewed.

Results:

Total 200 patients (100 each from government and private sector hospitals) were interviewed after taking verbal consent. Mean patient satisfaction score in government sector hospitals was 104.97 ± 18.508 and in private sector hospital was 121.94 ± 20.839 . Student's T test was applied to calculate the significance of difference between the satisfaction scores among the two groups. A significant difference between the patient satisfaction scores among the two groups was found using Student's T test with a p-value of <0.001 .

Conclusion:

In conclusion, patient satisfaction survey applied on both public and private sector hospitals have marked differences. By cross checking the result we can easily Conclude that low socioeconomic group faces far more problems in assessing tertiary medical treatment than high socioeconomic group of the same society.

GENDER PREDUJICE IN HEALTH CARE

Author: Momina Haq

Co-Authors: Mohsina Haq, Hala Haq

Objectives:

To find out the ratio of adults (>18) availing the specialist health care facility.

2 To find out the ratio of children (<18) availing the specialist health care facility.

3 To find out the gender ratio attending different specialty

Methods

A preformed questionnaire was used. A group of 177 consecutive Pathan patients were interviewed in OPD.

Results:

177 patients were interviewed out of which 40% were females and 60% were males. 75% of the patients were dependent on other people for their treatment or the hospitals. 66% had an income of 7000 or less per month and only 3% had income of 50,000 and above per month. The ratio of male population is more (50.9%) than the females hence it shows that there is no gender prejudice towards females regarding the health care facilities.

Conclusion:

There are no gender prejudices towards females in the conservative pathan population.

Key words:

- Prejudice
- Gender discrimination
- Inequality

PATIENT SATISFACTION, OUR BASELINE

Hamza Shahid

Sharif Medical & Dental College, Lahore

Nosocomial infections are one of the greatest concerns of both the treating physician and the hospital that takes care or provide tertiary health care to the patient. As physicians and health care providers our main objective is to get the patient out of the pain or the trouble with due to which he refers to us. If instead of treating him, we endow him with infections that are hospital acquired and are due to the stay of that patient in that hospital. One of our main objective is to provide enough awareness that this problem should be considered as a major challenge in the face of our health system. Our secondary objectives are to shed light on the ways that how to tackle this problem, what are the steps that we can take to eradicate this problem or at least to minimize it and then what are present situations regarding this.

The results of our research have shown us that this is not only the problem of developing countries. Even in developed countries like USA have considerable rates of Nosocomial infections. This shows that both the physician along with health care team and the patient can reduce this rate significantly by small, ordinary, simple measures that will be described later on. This has been shown by various practical demonstrations in the past (Ignaz Semmelweiss and Oliver, Wendell) specially in the practice of obstetrics that just by washing hands before and after any procedure can reduce the rate of both maternal and fetal complications by significant 43%.

By this we come to the conclusion that by increasing the general level of awareness, specifically among paramedical staff, physicians and generally among patients we can get control or at least reduce the rate of this kind of infection. The measures that are to be taken are both simple and practical and if applied at the at the right time can right place at produce magnificent results.

PUBLIC HEALTH

EPIDEMIOLOGY OF SCABIES IN A RESOURCE POOR IDP CAMP IN PESHAWAR

Author: Bushra Rahman,

Co-Authors: Seher Obaid, Ambreen Syed

Background:

Scabies is one of the most common communicable diseases at the Katcha garhi camp, Hayatabad Peshawar. Overcrowding, inadequate food and water supply, improper sanitation, lack of personal hygiene and harsh weather makes the inhabitants of these Camps more susceptible to scabies. It is, thus endemic, in these camps.

Objective:

Determine the frequency of scabies in IDP families of Kacha Garhi camp Compare the actual prevalence of scabies to that reported in the health facility center Assess the level of awareness of displaced families regarding scabies and its transmission Assess the reported adequacy of water supply to the IDP community

Methods:

A community based cross-sectional analysis was conducted at Katcha Garhi, Peshawar. Duration of the study was from 21st October 2009 to 21st December 2009. A systematic random sampling was used to select families for the survey and interview questionnaires were administered to heads of the 80 families.

Results:

Among the 80 families surveyed, comprising of 689 individuals, the frequency of Scabies in the previous six months was found to be 270 (39%). Only 30 (37.5%) of the respondents knew that scabies is a skin disorder, 73 (91.3%) did not know its cause and 40 (50%) did not know what preventive measures can be taken.

Conclusion

Scabies is endemic in population of Katcha Ghari Peshawar which is marked by poverty, overcrowding, improper hygiene combined with lack of awareness and inadequate treatment. To ensure complete eradication of scabies from resource poor communities, effective disease control, program should be designed including public health education and counseling .

VACCINATION OF STUDENTS OF NURSING INSTITUTE AGAINST HEPATITIS B

Pir Bux, Shehla Naeem Zafar, Saifullah Shaikh

Introduction

To screen students of Institute of Nursing (10N) for Hepatitis B & C, vaccinate eligible study participants against Hepatitis B and educate all the students on prevention of blood-borne infections.

Method

It was a cross-sectional Study, conducted at 10N, Dow University of Health Sciences Karachi. 144 study participants joined after giving informed consent under all take strategy during study period (March'2009 -September'2009). A structured questionnaire documenting demographic and risky behaviors including history of Blood and transfusion, needle stick injury, and vaccination was administered. 4ml fresh Venous blood was drawn for Hepatitis B & C screening test through ELISA method

Results

05 (3.47%) cases tested positive, i.e. 02 (1.4%) for Hepatitis B, 02 (1.4%) for hepatics C and 1 (,7%) for both Hepatitis B& C. 64 (44.44%) participants were fully vaccinated already. The remaining 79 (52.08%) eligible study participants were vaccinated by Amvax (Amson) injection (1ml I/M) under recommended standard dosage. Three out of five positive cases were referred to Hepatitis Control Program, Civil Hospital Karachi. Remaining two opted for treatment under their own choice.

Conclusion.

Occupationally exposed nurses are high risk group and ultimately a source of transmission of blood borne infection. Vaccination is vital to minimize chances of this threat. Therefore, all the nurses working at clinical areas should be vaccinated. Nursing Institutions should vaccinate newly enrolled students against Hepatitis B and educate them for adopting universally recommended protective measure before exposing them to clinical settings.

**HOSPITAL WASTE MANAGEMENT--KAP STUDY OF NURSING
AND SANITARY STAFF, (A COMPARATIVE STUDY OF PUBLIC & PRIVATE SECTOR HOSPITALS**

Shahid Mahmood, Jibran M Mohsin, Hassan Javed, Najam ud Din, Iqra Yasin,

Ifrah Akram, Hafsa Raouf

Healthcare or Biomedical waste (BMW) is a term used for all waste arising from healthcare establishments. In most of healthcare centers of Pakistan, including Lahore, hospital wastes are simply mixed with the municipal waste in collecting bins at the roadsides and disposed off similarly.

Proper Management of biomedical waste, especially the hazardous one, being produced in hospital settings is important in terms of their ability to cause harm to the related persons and the environment as well.

This particular study was conducted to assess the knowledge/attitude and observe the practices; of nursing and sanitary staff at private and public hospitals regarding HOSPITAL WASTE MANAGEMENT (HWM). One hospital (having its own incinerator) from each sector was included in the study. In each hospital, spots were observed. In addition, 15 nurses and 15 sanitary workers were interviewed in each hospital. Spots, nurses and sanitary workers were selected according to simple random sampling technique.

Pretested questionnaire was used to assess the knowledge and Checklist was used to counter check the knowledge by observing practices.

The results show that practices regarding HWM were better at THE CHILDREN'S HOSPITAL (public sector) against SHALAMAR HOSPITAL (private sector). Likewise, knowledge/attitude of nursing staff was better in THE CHILDREN'S HOSPITAL While same trend was found for sanitary workers. This implies that paradoxically public sector has much better HWM system in comparison to private sector, most probably due profit based HWM system in private sector. Hence, there should be special emphasis on the health education of personnel involved in waste handling. Proper training should be made mandatory.

**ASSESSMENT OF PERSONAL.HYGIENE IN IDPS OF JALOZAI CAMP BASED
ON SPHERE STANDARDS AND INDICATORS**

Author: Ali Haider Adil

Co-Authors: Usman Haqqani, Waleed Rehman, Musa Khan, Tajdar Khan

Introduction

Disaster conditions such as earthquakes, tsunamis, floods and armed conflicts and mass displacement of people from place to place are associated with high risk of communicable diseases. In the chaos that follows natural disaster, impact of diseases because of unhygienic practices is often presumed to be very high. Under such circumstances hygiene levels are maintained to prevent the spread of diseases. WHO (World Health Organization) launched SPHERE Project in 1997 to develop a set of minimum standards in core areas of humanitarian assistance.

Methods

This descriptive cross sectional research was conducted on internally displaced People (IDPs) in Jalozai camp, district Nowshera, Pakistan. 10% (sample size=115) of Phase II Population of Jalozai was sampled using Systematic Random Sampling technique. Sampling unit was a single family. Data was crossed checked in SPSS version 17.0

Results

97% (n=111) families were using soap for bathing and 96% (n=110) families were getting less than 20 soaps/year. 93% (n=107) were using laundry soaps and 49% (n=56) were using washing powder. 64% (n=71) were not using anything for cleaning their children. We found that 99% (n=114) were using toothpastes and other local means for dental hygiene. 79% (n=89) families were provided less than U toothpastes/year while 21% (n=24) were not provided at all.

Conclusion

Our survey population was not on required SPHERE standards for sufficient bathing and laundry soap and they had no access to sufficient amount of tooth brush and tooth paste. Children were not provided with sufficient washable nappies or diapers.

INCIDENCE OF DIARRHEA AMONG INTERNALLY DISPLACED PEOPLE OF JALOZAI CAMP NOWSHEHRA, IN ASSOCIATION WITH PERSONAL HYGIENE, WATER QUALITY AND SANITATION

Author: Gul-e-Rehan

Co-Authors: Uzma Javaid, Barka Sajjad

Methods

A Cross-sectional survey was done among the IDPs of Jalozai Camp, Nowshehra, Khyber Pakhtunkhwa to determine the self-reported incidence of diarrhea and influence of sanitation, personal hygiene and water quality on it. 5% (173/1166) of the population in the selected sector of the camp was sampled.

Results

The incidence of diarrhea was almost the same for both adults and children 60.5 and 58.1 (per 1000/month) respectively. Acute diarrhea was more frequent in adults (46%) compared to children (40%) while chronic diarrhea was more frequent in children (10%) as compared to adults (4%). Owing to poor water supply in washrooms and unhygienic sanitation practices, current excreta disposal encouraged vectors in 95% of the observed toilets. The number of water sources was adequate according to sphere standards (250 persons per tap). There were specially designed sanitation areas, with proper segregation but due to poor maintenance, the sanitary conditions were not satisfactory in more than 74% of the cases.

Conclusion

Steps should be taken for the improvement of the sanitation of washrooms by the camp management. Health education emphasizing improved personal hygiene and surroundings and how this effort can bring a change in reducing diseases should be imparted to the people residing in camp

Keywords:

Internally Displaced Persons, Diarrhea, Hygiene, Sanitation

**IMMUNIZATION COVERAGE AND RISK FACTORS OF
UNDER-IMMUNIZATION I IN CHIDLREN - A COMPARATIVE STUDY**

Author: Faseeh Shahab

Co-Author: Hamdan Gul

Introduction:

Pakistan, being a developing country, faces a very high incidence of infectious diseases. The Expanded Program on Immunization (EP) Pakistan provides vaccination against eight infectious diseases. The vaccination coverage has improved throughout the world due to efforts of agencies like WHO and IUNICEF but unfortunately Pakistan still remains among the countries that have less immunization coverage and consequently an increased burden of infectious diseases especially amongst young children.

Objectives:

To assess the immunization status and to find the risk factors of under-immunization or non-immunization in children admitted in a tertiary care hospital.

Material and Methods:

A Cross-sectional study was conducted in Pediatrics 'B' Unit of Khyber Teaching Hospital in June' 2006 and February'2010. All the patients admitted in the unit who gave informed consent were included in the study. Data was collected on same pre- structured questionnaire from parents of 81 children on both occasions.

Results:

We found that 40% of patients had complete immunization in 2006 while 33% had Complete immunization in 2010 (p-value 0.54). Twenty-seven (33.3%) children were non-immunized in 2006, while thirty-seven 45.6%) children were non- immunized in 2010 (p-value 0.30).

The main causes of non-immunization in 2006 were lack of awareness (74.9%) peer pressure (11.9%) while in 2010; war in the region (43%) and lack of awareness (32%) were the main causes. There was no statistical difference in between lack awareness amongst parents of patients in 2006 and 2010 (p-value 0.09) Awareness for polio and participation in polio oral-drop campaign was high in 2006 (97.96%) and in 2010 (87%).

Conclusion:

In our study, a low rate of immunization was found in children during both time periods. Lack of awareness was the main risk factor in 2006 while war in the region was the main risk-factor in 2010. Raising awareness of immunization, increasing access to health services can improve the immunization coverage.

**SEROPREVALENCE OF HEPATITIS B, HEPATITIS C AND HIV IN
BLOOD DONORS OF PESHAWAR, PAKISTAN - A SINGLE SOURCE STUDY**

Afshan Khan, Sarmad Bukhari, Ismail Alvi, Alia Qazi

Background;

Alarming seropositivity rates for Hepatitis B & C are reported for Asia in general and for SAARC region specifically. These diseases are of highest public health concern along with HIV. Prevention of infection and early detection are advocated as steps with highest impact in reducing incidence of these diseases. Transfusion of contaminated blood is one of the important causes of spread of Hepatitis B& C in this region.

Objective:

The objective of present study was to determine the seroprevalence of Hepatitis B and C virus and HIV among healthy blood donors at a public sector blood bank and to determine whether the trend of seropositivity is on the decline as indicated by previous studies. Seropositivity was also analyzed in relation to donor blood groups.

Methods:

Present study is an analysis of an existing database at Fatmid Foundation Blood bank, Peshawar from years 2005, 2006, 2007 and 2008. Random sampling was employed whereby approximately 1000 subjects per year, irrespective of gender, were taken into consideration. The blood was screened at the Foundation's own testing facility.

Results:

A total of 3915 donors were selected. Seroprevalence of Hepatitis C was 0.89% While that of Hepatitis B was 2.07%. No cases of HIV were detected. The seroprevalence of Hepatitis B and Chas increased.

Conclusion

Mass screening program such as one in this study are useful in identifications of seropositive blood donors for hepatitis B and C and HIV and subsequent selection of healthy blood donors.

Keywords

Hepatitis B, Hepatitis C, Transfusion, Healthy Blood Donors, Seroprevalence

**FREQUENCY OF CHRONIC VIRAL HEPATITIS IN PATIENTS
REQUIRING SURGICAL TREATMENT**

Dr. Ayesha Majeed Memon, Dr. Faizan Qaisar, Dr.Syed Zaffar Abbas

Abstract:

Background and Aims:

It has become a common practice to check hepatitis B& C in patients undergoing surgical procedures, even if there is no other indication to do so. This has financial and clinical implication. We attempted to see if HBV and HCV infection in th is population is high enough to justify this practice.

Design and Method.

Retrospective study of case notes of last 200 consecutive admissions to surgical ward of MMCH during first 6 months of 2008.

Result:

Out of 200 patients (132 males,68 females) average age :44 years, range 14 to 85 years, 22 patients (11% had | chronic viral hepatitis), 7 patients5 males, 2 females) were HBV reactive and 15 patients (10 males ,5 females) were HCV reactive. All 22 patients were referred to physicians for risk assessment /treatment before surgery. 22 (13.6%) patients had the surgical procedure delay for an average 3 days (range 1 to 6 days) because of physical assessment. All 22 patients eventually underwent required surgical procedures. Only 1 of these 22 patients required a period of further stay in hospitals for liver problem in medical ward for further 5 days Out of 200 patients who underwent surgical procedures during the study Period 6 /178 (3.49%) died among the non-infected group and no patient among the infected group died.

Conclusion:

11% of our surgical patients had a chronic viral hepatitis which resulted in a delay In surgical procedure in 13.6% patients but no patient required cancellation of operation. There was no mortality among this group.

FREQUENCY OF SCABIES IN PAST 1 YEAR (JUNE 2007- JUNE2008) IN KTH, PESHAWAR

Author: Mahwish Nowshad

Co-Authors: Sarah Mumtaz, Nadia Qaisar Sahibzadi Ambreen Ara, Anila Ibrahim

Background

Scabies is one of the most common Dermatitis as reported at out-patient department of Kuwait Teaching Hospital, Peshawar

Objectives:

To determine the proportion of scabies in overall skin diseases in past one year in KTH, determine the age groups and sex more affected and the relation of seasonal variations in scabies.

Methods:

A hospital-based observational study was conducted to review the record of dermatological out-patient department of Kuwait Teaching Hospital, Peshawar over the previous one year from June 01, 2007 to June 30, 2008. All patients of scabies were included in the study irrespective of any concomitant disease. Patients were diagnosed clinically.

Results:

During one-year study period, a total of 2287 patients of scabies were registered at the Dermatology OPD of KTH. Out of these, 170 (7.4%) patients were diagnosed to be suffering from scabies. Of the 170 patients, 86 (50.5%) were males and 84 (49.5%) were females. Scabies was found to be particularly common in the age group 12-29 years. Study showed scabies to be more common in summer season.

Conclusion:

Scabies was found to be common among patients attending dermatology OPD at AIH, Peshawar. Its prevalence is almost equal in both sexes but greater Particularly in the age group 12-30 years especially in summer season.

**PREVALENCE OF INFECTIOUS DISEASES AMONG FLOOD
AFFECTED PEOPLE OF DISTRICT NOWSHERA**

Author: Masib Nawaz

Co-Authors: M.Shahab, Imran Khan, Umair Alam

Objective

Analysis of infectious diseases like conjunctivitis, respiratory tract infection and skin infection among flood affected people of District Nowshera

Methods:

A cross-sectional study conducted on 450 patients (n=450) from September 19, 2011 to October 20, 2011. The study was conducted in medical camps of Mohib Banda and Pashtoon-Garhi in District Nowshera, Khyber Pakhtunkhwa.

Results:

241 patients out of 450 were suffering from conjunctivitis, respiratory tract infection and skin infections. Out of 241, 77 (31.95%) were men. 41 (17.01%) were women and 123 (51.03%) were children. 34 (14.11%) were suffering from conjunctivitis, 97 (40.25%) were suffering from skin infection and 110 (45.64%) were suffering from Respiratory tract infection

Conclusion:

The infectious diseases were most common in children (51.03%) with respiratory tract infection being the most common in these patients (45.64%).

Keywords:

Conjunctivitis, RTI, Skin

**KNOWLEDGE ATTITUDE AND PRACTICES (KAP) OF HEALTH CARE
WORKERS (HCWS) REGARDING HAND WASHING**

Honor. Fawad Khan, Hina Amir, Hala Haq, Hira Iftikhar, Wadana Shah

Background:

Healthcare employees deal with the sickest people, hence their susceptibility to contracting very serious illnesses are undoubtedly amplified. Globally, hospital acquired infection are responsible for increased rate of morbidity, mortality and health care cost. Transmission of health-care-associated pathogens via contaminated hands of health care workers is well documented. With regards to the knowledge of health care workers, very limited studies are available in Pakistan and particularly in Khyber Pakhtunkhwa (KPK). Research into KAP with target groups like HCWs are critical.

Objectives:

1. To evaluate the current KAP level among major hospitals of Khyber Pakhtunkhwa,
2. Establish a baseline KAP level,
3. Provide suggestions to tailor Public Health trainings to address the gap

Methods:

It was a cross sectional descriptive study- through a pretested structured questionnaire HCWs from 04 public sector and 02 private sector health care facilities each from randomly selected 02 district of KPK were interviewed. The sample size for the study was 100. Informed consent was taken from all participants.

Results:

Respondents (N=100 - 71% male), 45% used paper towel. 86% used soap & 50% used antibacterial soap. 49% took 3sec while 43% took 2min to wash hands, 83% & 14% reported hand washing to be extremely & very useful respectively.

Conclusion

From the above mentioned results it is obvious that the unacceptably low understanding of hand hygiene requires multi-disciplinary strategies and interventions to improve awareness supported with improved facilities for hand hygiene

Measures should be taken to educate the health care workers for practicing hand hygiene according to WHO hand hygiene criteria. The government should raise funds in order to arrange the programs to improve the current attitude of HCW's towards hand hygiene.

Keywords

KAP, Hand Hygiene

**CHEMICAL ANALYSIS OF DRINKING WATER IN
MEDICAL AND DENTAL COLLEGES OF PESHAWAR**

Mehr-un-Nisa, E Fatima Nayab Malik, Tehmina Inayat, Summaya Aziz

Objectives:

To determine the quality of drinking water in medical and dental colleges of Peshawar for their fitness based on the physical parameters given by World Health Organization (WHO) OR otherwise with an ultimate aim to create awareness amongst medical students.

Methods:

Water samples were collected from Khyber Medical College, Khyber Girls Medical College, Gandhara Medical College, Peshawar Medical College and Khyber College of Dentistry to see the chemical and physical analysis of drinking water in these colleges.

Results:

Sample from KMC, gave a PH of 6.95, conductivity of 650 uS/cm, amount of total dissolved substance was 440mg/l, total suspended solids were 3mg/l total hardness was 277.5mg/l (calcium as CaCO₃ 140mg/l & magnesium as MgCO₃ 132.5mg/l), total alkalinity was 220mg/l, chloride 15.5mg/l, sulphate 88.5mg/l, sodium 23.5mg/l, potassium 6.3mg/l and nitrate was nil. KGMC, gave a PH of 7.34, conductivity of 491uS/cm, amount of total dissolved substance was 312mg/l, total suspended solids were 2mg/l, total hardness was 224.2mg/l (calcium as CaCO₃ 120.2mg/l & magnesium as MgCO₃ 104mg/l), total alkalinity was 180mg/l, chloride 16.7mg/l, sulphate 75.2mg/l, sodium 18.3mg/l, potassium 6.8mg/l and nitrate was nil.

GMC, gave a PH of 7.5, conductivity of 676uS/cm, amount of total dissolved substance was 495mg/l, total suspended solids were 3mg/l, total hardness was 280.8mg/l (calcium as CaCO₃ 134.8mg/l & magnesium as MgCO₃ 146mg/l), total alkalinity was 225mg/l, chloride 12.5mg/l, sulphate 80.6mg/l, sodium 19.5mg/l, potassium 7.3mg/l and nitrate was nil.

PMC, gave a PH of 7.1, conductivity of 779uS/cm, amount of total dissolved substance was 496mg/l, total suspended solids were 2mg/l, total hardness 336.4mg/l (calcium as CaCO₃ 172mg/l & magnesium as MgCO₃ 164.2mg/l), total alkalinity was 280mg/l, chloride 14.6mg/l, sulphate 105.3mg/l, sodium 28.5mg/l, potassium 8.5mg/l and nitrate was nil.

KCD, gave a PH of 7.25, conductivity of 755uS/cm, amount of total dissolved substance was 502mg/l, total suspended solids were 2mg/l, total hardness was 320mg/l (calcium as CaCO₃ 160mg/l & magnesium as MgCO₃ 160mg/l), total alkalinity was 270mg/l, chloride 15.3mg/l, sulphate 115.8mg/l, sodium 26.3mg/l, potassium 8.4mg/l and nitrate was nil.

Conclusion:

Conclusions were made from the laboratory reports obtained from the P.C.S.L.R. laboratory and the report concluded that except water sample from Peshawar Medical College and Khyber College of Dentistry showing higher amount of hardness as magnesium, the rest of the water samples were giving

its chemical analysis in the normal range and thus under the given criteria of World Health Organization, water was safe and fit for drinking.

**STATISTICAL REVIEW OF OCCURENCE OF MALARIA IN
DIFFERENT AGE GROUPS OF MALES AND FEMALES IN THE
AFGHAN REFUGEES VISITING BASIC HEALTH UNITS IN YEAR 2010**

Author: Muhammad Ibrahim, Afaq Afridi

Co-Author: Mir Azam Khan, Afaq Khattak, Tanveer Ahmed

Introduction:

Malaria is caused by Plasmodium that is transmitted from one human to another by the bite of infected Anopheles mosquitoes. According to the World Health Organization (WHO) each year 300 to 500 million people suffer from malaria and 1.5 to 3 million, mostly children, die.

Objectives:

1. To determine the gender ratio in malaria patients amongst afghan refugees.
2. To find which gender is commonly infected by Malaria.
3. To determine and discuss the possible causes of this dominance.
4. To determine the dominant strain of malaria infecting these patients

Methods:

It was a retrospective statistical study based on previously recorded data in 48 Basic Health Units, most of which come under the Project Director Health, Afghan Refugees. The study was carried out from January 2010 to December 2010. A variable of choice was selected and studied to analyze the epidemiology of Malaria in these health units.

Results:

The total number of afghan refugees infected with malaria in the year 2010 was 2920 (3% of total afghan refugees visiting the BHUS). On average, monthly number of female patients infected with malaria was 134 and number of males was 102. On average, 2 patients per month aged less than 1 year were infected with malaria, 38 patients per month who were in the age range of 1-4 years were infected with malaria and 196 patients per month who were in the age range of more than or equal to 5 years were infected. A total of 46 patients were infected by the Plasmodium falciparum strain, 2778 patients were infected by the plasmodium vivax strain and there were 7 cases of mixed malaria.

Conclusion:

According to our research the data concluded that population of females are prone to being infected with malaria. Plasmodium vivax's strain was more common among the malaria infected patients under study.

Keywords:

Malaria, Afghan Refugees, Basic Health Units

A REPORT ON ADDICTION

Nida Saleem

Objective

To increase awareness among masses and eradicate the use of betel nut, paan Shutka and Sheesha.

Background:

Betel nuts in any form are very injurious to health. It is proven that juices of 'chalian' is carcinogenic when mixed with other hazardous items like artificial colour and chemicals increase the chance to produce serious diseases like oral cancer (mostly tongue, cheek and lips), mouth ulcer, maggots in mouth and vasoconstrictions of arteries. Regular chewers of betel leaf and areca nut have a higher risk of damaging gums. Betel nut is also mixed with addictive substances like tobacco, heroin and marijuana. Sheesha smoking has become very popular in educated and good families in Pakistan. They are present in every restaurant and café.

Objectives:

To demand the government to pass a bill immediately in the National and provincial assembly to ban the import of betel - nuts in any form and save millions of dollars and lives of the people, and stop its sale. Educate the youngsters of the effects of smoking on health, clarify the misconception that Sheesha is less hazardous than cigarettes.

Results:

Oral cancer is second largest and around 55% of people are suffering from it, 15-20% teenagers are suffering from submucous fibrosis (SME), which is called precancerous disease in which a person relies on liquid diets only. As a result, thousands of people are dying every year.

Whereas, sheesha is worse than smoking because the smoke is unfiltered inhaled in a large volume as compared to cigarettes that have filters and lesser volumes of smoke, this causes the sheesha smoker to become more vulnerable to respiratory diseases and cancers.

Conclusion:

It is unfortunate that our lawmaker's despite being fully aware of the hazardous betel nut and its various other forms, it is still being imported into our country and used on a regular basis. Colorful packaging, flavoring and advertisements are promoting such products. We request that strict preventive and legal measures be issued against the use of these addictive and potentially harmful carcinogens.

**STATISTICAL REVIEW OF INCIDENCE OF MALARIA IN
DIFFERENT AGE GROUPS OF MALES AND FEMALES IN THE
AFGHAN REFUGEES VISITING BASIC HEALTH UNITS IN YEAR 2010**

Author: Muhammad Ibrahim

Co-Authors: Afaq Afridi, Mir Azam Khan, Afaq Khattak

Introduction:

Malaria is caused by Plasmodium that is transmitted from one human to another by the bite of infected Anopheles mosquitoes. According to the World Health Organization (WHO) each year 300 to 500 million people develop malaria and 1.5 to 3 million; mostly children, die.

Objectives:

1. To determine the gender ratio in malaria patients amongst afghan refugees.
2. To find which gender is commonly infected by Malaria.
3. To determine and discuss the possible causes of this dominance.
4. To determine the dominant strain of malaria infecting these patients.

Methods:

It was a prospective statistical study based on previously recorded data in 48 different Basic Health Units, most of which come under the project director health, afghan refugees. The duration of the study was from January 2010 to December 2010. A variable of choice was selected to calculate the various patterns of existence of malaria in males and females of all ages.

Results

The total number of afghan refugees infected with malaria in the year 2010 was 2920(39% of total afghan refugees visiting the BHU's). On average, monthly number of female patients infected with malaria was 134 and males were 102.

On average, 2 patients per month aged less than 1 year were infected with malaria 38 patients per month who were in the age range of 1-4 years were infected with malaria, 196 patients per month who were in the age range of more than or equal to 5 years were infected.

A total of 46 patients were infected by the Plasmodium falciparum strain, 2778 patients were infected by Plasmodium vivax strain and there were 7 cases of mixed malaria.

Conclusion:

According to our research the data concluded that population of females Were prone to get malaria. Majority of the patients studied were infected with Plasmodium vivax.

Keywords:

Malaria, Afghan refugees, Basic Health Units

SOCIAL SCIENCE

**COPING STRATEGIES FOR STRESS AMONG MEDICAL
STUDENTS OF PESHAWAR MEDICAL COLLEGE**

Author: Malik Hidayatullah

Co-Authors: M. Ismail Alvi, Syed Sufyan Khaliq, Afaq Rahim Afridi

Background:

Self-perceived stress is a very common experience during the challenging years of undergraduate medical education. Humans instinctively seek to cope with stress in order to reduce its various detrimental effects. There are many ways by which we cope with stress; many of these responses to stress are influenced by behavioral and psychological factors and not all of them necessarily have beneficial effects.

Objectives: -

This study is designed to qualitatively assess the different coping strategies employed by medical students and gain an in-depth understanding of the complex psychological and behavioral initiatives that lead to employment of certain strategies and avoidance of others and determine the cumulative effects of these interactions.

Methods: -

A cross-sectional study was carried out by interviewing 35 male and female students of Peshawar Medical College. Focus group discussions and one-to-one interviews were conducted over a period of two weeks. Random convenience sampling was used. Results were recorded, transcribed and thematically analyzed. Ethical considerations include the sensitive nature of the study and consent for audio recording of interviews. Limitations of the study were the short time-frame and reluctance of the interviewees.

Results: -

A majority of the students perceived their lives to be stressful in some way or another. The coping strategies employed by students were highly heterogeneous. The type of stress experienced ostensibly dictated the type of response, although there was significant heterogeneity in the responses of individuals to similar cause of stress. Most of the students applied disengagement strategies, the reason being the transient relief such strategies provided. Active problem-solving and cognitive re-structuring was strikingly uncommon due to perception that some problem is simply unsolvable.

Conclusion: -

This research highlights the various factors implicated in the behavioral response to stress. It also emphasizes the necessity of inculcating a doctrine of positivity in the students regarding the management of stress.

KEY WORDS: -

Stress, Coping Strategies, Qualitative.

Peshawar Medical College

**EFFECTS OF SLEEP HABITS ON RECALL AND LEARNING
ABILITIES IN STUDENTS AGED 16-23**

Maham Irfan, Nayab Syed, Amarah Hayat Awan

Objectives:

1. *The purpose of the study is to describe sleep behavior and sleep quality in students*
2. *To know about the correlation between sleep and memory formation and learning in college students*
3. *To determine if the relationship between sleep habits and sleep quality affects and recall abilities in students*

Methods:

Data was obtained with a pre-determined sleep questionnaire and by experimenting and observing students. For questionnaire the sample size was 60 (n=60) with 30 female and 30 male students; and for experimentation the sample size was 20 (n = 20) of which 10 were female and 10 were male students. The participants involved were selected from high school and college.

Result:

The study intended to determine that significant correlation exists between sleep habits and academic learning and recall abilities.

The result demonstrated that sleep habits have effects on a student's learning and recall performance. The study determined that sleep disruptions effect a student's recall and capacity to learn at school/college by observing a group of students with disrupted sleep habits to a comparison group. Mention your result according to the questionnaire here.

Conclusion:

Students with undisrupted sleep habits revealed more learning and recall ability than those students with disrupted sleep habits. Also students with regular seven-hour sleep showed more recall and learning abilities in comparison to those students who slept for seven hours or less

Keywords:

Sleep habits, sleep quality, personal interests and behaviors, recall and learning, abilities

**THE INFLUENCE OF SOCIOECONOMIC CONDITIONS ON THE
PREVALENCE OF LEARNING DISABILITIES AMONG STUDENTS
OF CLASS 6-8.**

**Muhammad Rehan Yousaf, Mehwish Ateeg, Salma Waheed,
Shahid Mahmood**

Background:

Learning disability is a disorder in which a person faces difficulty in learning in a typical manner, and this disability is influenced by many internal (genetic) and external (socio economic) factors. Although it is a worldwide problem, but still many countries are unaware of this. This problem needs to be addressed, particularly in children to reduce the learning disability, for securing their future.

Objectives:

To determine the prevalence of learning disabilities among students of class 6-, belonging to different socio economic classes, in Lahore.

Study design:

Cross sectional Descriptive epidemiological survey. Place and duration of the study Lahore; September-October 2010. Methods: 100 students selected randomly from 2 public and 2 private schools of Lahore. 33 students from each socio economic class were assessed/interviewed.

Results:

14% of students belonging to elite class had LD, 23% belonging to middle class suffered from LD. while in lower class 68% students had LD. Conclusion: the children who were malnourished, anemic and had poor living conditions were seen to have effect on prevalence of LD.

Key words:

Learning Disabilities, Pakistani Students.

A REPORT ON ONYCHOPHAGIA

Mehwish Yunas, Kanwal Noor, Fatima Burhan, Irum Basir, Anum Noor

Introduction:

This paper investigates the common reasons for nail biting. Onychophagia commonly known as 'nail biting' is the most common response to boredom excitement, stress or inactivity which affects people of all age groups. A survey was conducted to find out the reasons behind nail biting.

objectives:

1. To find out the various reasons of nail biting.
2. Draw some statistical conclusions about the reasons of nail biting

Methods:

A cross-section survey was conducted in two localities of Peshawar; Warsak road and Hayatabad. A pre-defined questionnaire was handed out to 50 people who suffer from nail biting habit. Subjects' ages ranged from 18 to 55 years. Afterwards, the collected data was analyzed on MS Excel.

Results:

Out of 50 people 43 (86%) were students and 7(14%) were employed professional.33 (66%) people confessed to have a hectic routine while 17(34%) people didn't have a hectic routine.24(48%) people did nail biting when they were tense, 14(28%) people did it when celebrating, while the remaining 12(24%) people did it in normal routine.30(60%)people did nail biting when nervous while 20(40%)people did not.36(72 %) people found nail biting relaxing and comforting while 14(28%) people did not. Almost 45(90%) people wanted to get rid of the habit while 5(10%) people did not want to get rid of it, but majority of them, that is 33(66%) people weren't successful and 17(34%)were successful in it.

Conclusion:

From our research survey we found out that majority of the people undergoing a hectic routine had the habit of nail biting, and used it as a way to relieve their stress and lower their high levels of anxiety, tension and depression. Nail biting in turn results in lowering their confidence level since it is an unsocial habit. Thus individuals suffer from inferiority complex and cannot carry themselves confidently in everyday life.

Nail biting can be eliminated at an early stage with the help of parents, teacher or guardians, or even through their own will. Nail biting disorder can also be treated by habit reversal training, behavioral therapy, stimulus control therapy. Or hypnotherapy; if in depression.

Keywords:

Nail biting, depression, inferiority complex, social behavior, stress, personality

**FREQUENCY OF VISUAL DEFECTS IN SCHOOL GOING
CHILDREN PESHAWAR BETWEEN AGES OF 8-14 YEARS**

Fahad Shaheen, Ahmad Ali, M.Adnan Khan, Nauman Ishaq Shehzad Khan, Amjad Ali

Background:

Refractive errors in school going children are one of the leading causes of preventable vision loss. The prevalence of refractive errors varies from 1% to 19% in primary school going children. Refractive errors are usually present in childhood and continue in the adult life. This study aimed to determine the frequency of impaired vision in school children in order to correct the problem in the initial phase which might cause poor performance at school, thereby avoiding drop-outs from school due to decreased vision.

Objective:

To determine the frequency of visual defects i.e. myopia, hypermetropia and color blindness in school going children of Peshawar

Method:

A cross sectional study involving the use of structured Performa and visual examination of students was conducted to determine the frequency of visual defects in school children. Three semi-government schools situated in different locations of Peshawar were visited to get the list of all students and then subjects were selected by convenience sampling technique. Snellen's Chart, Jager's chart and Ichihara's chart were utilized for visual examination.

Results:

A total of 500 children from 3 schools were selected. However, 474 were examined. (55.49%) students were male while (44.51%) females. The frequency of visual defects was (21.94%). Mean age of the students was (11.80±1.71)

Conclusion:

Only (13.92 %) children were ever checked for their ophthalmic examination (3.38%) children were hypermetropic, (1/.95Y%) myopic, and (0.63%) were blind.

It was concluded that myopia is one of the most common visual defect and important cause of visual impairment. Majority of Students were never examined for visual acuity. It is recommended that children should be examined periodically from grade 1 to 10.

It is best to examine at the time of starting school and when they are leaving which makes it at least twice, during their study period. All the children with refractive errors need refraction and glasses.

BEGGING- A SOCIAL CRIME

Author: Muhammad Shoaib

Co-Authors: Shumeul, Hameed Ahmad Khan, Sajid-ur-Rehman, Anwar Shah

Introduction:

Street begging is one of the worst social issues that Pakistan is facing nowadays. According to a survey, 74% of our people live under poverty line with a total income of 4000 PKR/month. With difficult social situations, begging comes as an easy source of earning money. A majority of street beggars in Pakistan are children. Our study aims to compile the various reasons of begging in children aged 15 and less in Peshawar, Khyber Pakhtunkhwa.

Objectives:

To compile the various reasons of begging in children aged less than 15 years

Methods:

It was a questionnaire based cross-sectional study with a sample size of 100 (n =100) male and female children. The participants were accrued from various areas of Peshawar such as Warsak Road, Saddar, Khyber Teaching Hospital and Firdaus Bazaar.

Results:

Of the 100 participants, the mean age of female children was less than 10 and male children were up to 14 years. 75% of the children were related to each other in some way. Most of children adopted this profession because their elder siblings were already in this profession. The money received from begging was handed over to the parents.

Of these 100, 60% had lost their father, 10% said their parents were either mentally or physically disabled and the remaining 30% said they adopted begging because their family income was too less to meet their demands. In 60% of the children family size was more than 8.

Only 59% of children had attended school at some point and then left. 90% wanted to rejoin the school, if given a chance. None of the participants belonged to "street" gangs.

Conclusion:

From our study we conclude that large family size, disabled parents and the death of a parent in low income and poor families could lead to children begging on the streets. Lack of education also plays an important role.

EFFECTS OF USE OF FACEBOOK ON STUDENTS OF PESHAWAR MEDICAL COLLEGE

Authors: Sidra Khan (MB070009), Sobia Siraj (MB070007)

Co- Investigators: Tahira Yasmin (MB070032), Uzma Yousaf (MB070042), Alveena Khan (MB070016)

Objectives:

1. To determine the positive effects of use Facebook
2. To determine the negative effects of use of Facebook
3. To compare the positive and negative effects of use of Facebook

Methods:

It was a KAP survey with a sample size of 200 students. Structured questionnaires are distributed among MBBS and BDS-I, MBBS-II, MBBS-III, MBBS-IV and MBBS-V students. Data was collected and analyzed.

Results:

The results showed that daily Facebook users are 111 out of 202 students. 114 students out of 202 joined Facebook for fun and 42 joined to share beneficial information with others. 176 out of 202 selected the option that they wanted to be in contact with their friends. 64 students used Facebook for 10 to 20 minutes. 62% students thought that Facebook is not a part of their daily routine. 60% thought that Facebook was a waste of time. 52% claimed Facebook doesn't affect studies. 62% did not feel detached from their surroundings. 75% thought that Facebook is not bad for health. 65% thought that Facebook doesn't affect their privacy. 75% were not addicted to Facebook. 78% has no implication over practical life.

11 students had hacked other accounts and 11 students out of 202 tried to hack accounts, the accounts of 26 students were hacked and 20 were upset about that 105 students made new friends, 110 students have academic discussions on Facebook 162 students claimed Facebook enhanced their knowledge through various videos that were posted. 147 students were well-informed about current affairs. 130 joined an Islamic group and out of these 130, 76 found a change in their lives, only 38 out of 202 students claimed that their grades had suffered due to incessant Facebook use.

Conclusion:

The results showed that positive effects of use of social networking on students of Peshawar Medical College are more than negative effects. The results showed that majority of students were of the opinion that Facebook wastes time but also claimed various positive aspects of social networking.

DEPRESSION AND SUPERSTITIOUS BELIEFS

Author: Arif HuSsain, Muhammad Awais

Co-Authors: Syed Zia-ud-Din, Aftab Ali Shah, Irfan Saleem

Objectives:

To find out the correlation between depression and superstitious beliefs among medical and non-medical students of young adults.

Methods

A cross-sectional study was conducted among 100 subjects of the same age group. A Scale was devised on the basis of DSM-IV criteria for Depression and was standardized. Data was entered and analyzed using Microsoft Excel and SPSS v17.

Results:

The mean age of the respondents was 19.41 ± 2.42 years. Mean score for depression among medical students was 6.70 ± 2.628 out of 15. Mean score for superstitious beliefs out of 5 among medical students was found to be $0.76 + 1.061$. Mean score for depression among non-medical students was 7.56 ± 2.589 out of 15. Mean score for superstitious beliefs out of 5 among non-medical students was found to be 1.58 ± 1.197 . The superstitious belief scores were higher in non-medical students as compared to medical students. Among non-medical students it was seen that subjects with higher depression scores had a higher superstitious belief score. This was also seen in medical students but it was rare.

Conclusion:

From the calculations in our study, it is implied that there is no correlation between Depression and Superstitious beliefs among medical students. In case of non- medical students there was found to be a correlation. Further studies on bigger sample sizes and using significance tests are needed to prove the observations.

Key Words:

Depression, Superstitious beliefs.

THE SEAT BELT DILEMMA: REPORTED REASONS FOR ITS USE AND NON-USE

Author: Asif Ali

Co-Authors: M. Ismail Alvi, Malik Hidayatullah, Yaar Muhammad Khan, Jalal Shah, Ahmed Ali

Introduction:

Seat-belts are installed in vehicles for the safety of the driver and the passengers. The argument pointing towards its disadvantages is a topic which is not part of the study. This study is aimed at finding the reasons behind the apparent low usage of seat belts in Peshawar. Although the reasons relating to its use are part of the objectives, it is the apparent non-use which instigated us to carry out this study. It is basically a pilot study which could provide the necessary background for a study on a greater scale, involving much more of the population. Being aware of the lack of any Govt. laws in the city necessitating the use of seat-belts, and the incompetence of the Govt. in implementation of law and order in general, it is not surprising observe low seat belt use. But had it not been a matter of life and death, lack of laws might have been a justifiable reason for it. It was in quest of finding answers to such questions that the study was put into motion.

Objectives:

To study and qualitatively analyze the reported reasons for the use and non-use of seat belts in the vehicle using male young adults of Peshawar (only educated, young adult male students have been interviewed in this Pilot study)

Methods:

Individual and focus-group interviews were held at the premises of Peshawar Medical College, the interviewees being students living in various parts of the city. Interviews were recorded in audio and later analyzed many times to inter-connect the reported reasons with each other and find meaningful patterns.

Results:

Most of the interviewees reported they did not wear a seat belt in the city. The most dominant reason, according to them, apparently was reduced perception of risk due to relatively low speeds and short distances to cover. But when probed further almost 95% of them reported self-consciousness/ peer pressure to be the major reason.

A significant number of interviewees reported discomfort as a reason for non-use. For some it was a hassle to put it on and off during short trips which required frequent exits from the vehicle. It was also pointed out that a majority of our local transport vehicles don't have seat-belts.

Some interviewees reported that the warning beeps and/or the association of the air-bag inflation system with the seat-belt in their private cars were causes of their regular seat-belt use. But aside from these few, most used seat-belt because they felt unsafe while driving at relatively higher speeds on the motorway. Of course, they also agreed an equally contributing factor was the strict law on motorway,

causing them to pay a fine if they didn't use it. Appropriate Parental guidance was also a significant reason for some.

Conclusion:

Although being a pilot study, it cannot be labeled as entirely accurate and mistake- proof; it does however a decent job of answering the question as to what are the reasons for which young adults opt for the riskier option of not using seat-belts.

KAP RELATED TO SIBLING RIVALRY AMONG URBAN POPULATION OF PESHAWAR

Syeda Sama Bilal MBBS III, Aisha Durrani MBBS III

Introduction:

Sibling aggression is almost always explained in terms of jealousy or sibling rivalry. Basically the sibling rivalry model focuses on the jealousy of children towards their younger siblings. This jealousy first arises when the younger sibling is born and the older child feels deprived of parental attention. The purpose of this study was to assess parental knowledge about sibling rivalry in Peshawar. Child's behavior and psychology is usually difficult for the parents to understand in our setup. The emotional behavior like aggression, jealousy, anxiety in children due to lose of parental affection evoke an unwise emotional response from parents as well, which further complicates the situation leading to greater misunderstandings and often the child attains an inclined personality.

Objectives:

1. To perform a qualitative analysis of parents meeting inclusion criteria about their KAP related to Sibling Rivalry
2. To correlate different variables like parental education with occurrence of sibling rivalry.
3. To give recommendations or healthier sibling relationships to urban parents of Peshawar

Methods:

It was a questionnaire based Qualitative study. About 55 families were examined and data was collected from parents of two or more children with at least one child below 5 years' age and the following child born after three years or less. Index child was the older sibling with special emphasis on his/ her behavior in relation to the younger child

Results:

83% of the parents had Knowledge about "Sibling Rivalry" while 17% did not. 72% had prepared the Index child for following baby but 28% did not take any such measure. 63% of the children were found aggressive towards the follower. 67% would get beaten up by their parents during sibling fights

In 32% of the cases it was the index child who would get ignored and 45% of parents favored their younger children more. 40% of parent's index children demanded for attention constantly and about 63% turned out to be selfish and careless towards their younger siblings. Only 25% of the parents were found to be taking concrete steps in alleviating their index child's anxiety.

Conclusion:

Our study showed that majority of parents, included in our study population. Though aware of the issue of sibling rivalry; need further insight and anticipatory guidance about this issue. Sibling sets in our study sample were behaving in ways typical of such age and status. We feel that Montessori school teachers, parents and community pediatricians, together can play a meaningful part in alleviating problems related to sibling rivalry.

Peshawar Medical College

A REPORT ON JUVENILE DELINQUENCY

Author: Zainab Ali

Co-Authors: Momina Haq, Ammara Iftikhar, Hafsa Tariq

Introduction:

Juvenile Delinquency may refer to either violent or non-violent crime committed by persons who are usually under the adult age (12yrs-18yrs). These persons are also referred to as minors (less than 18yrs). The criteria

for distinguishing between an adult and the minor are determined by the legislation.

Objectives:

1. To study the different sociological factors that causes Juvenile Delinquency.
2. To suggest preventive measures for decreasing Juvenile Delinquency.

Methods:

100 students and teachers of Sociology, Psychiatry and Forensic Department were selected and interviewed through a structured questionnaire.

Results:

Out of all the people interviewed, 55% think that economic instability is the main cause of juvenile delinquency. 22% consider less education as the main cause. 8% are off the view that peer pressure is the main reason of this problem. 7% think family setup is the cause. 5% say that death of one or both parents is the reason while 3% are of the opinion that children involved in crimes are forced to do so.

Conclusion:

Keeping in view the above results, the two most important reasons of juvenile delinquency are economic instability and lack of education so measures should be taken in order to prevent these causes. In this regard literacy rate should be improved and the average income of a common man should be improved.

KEY WORDS:

Juvenile delinquency, Sociological factors, Preventive measures

**THE FREQUENCY OF OVERWEIGHT ADOLESCENTS IN
ASSOCIATION WITH NUTRITIONAL HABITS, BUSY
LIFESTYLES AND TV AND PC TIMES**

Author: Syed Zain-ul-Abideen Shah

Co-Authors: Muhammad Arsallan Azmat Swati, Khayyam Amer, Usman Naeem, Salman Khan

Objectives:

1. To determine the relative frequencies of three known risk factors for obesity in 200 urban adolescents, 13-18 years' age, through a questionnaire based survey.
2. To compare the frequencies of selected risk factors in our study group with previously published data for this age group.

Methods:

It was a cross-sectional comparative study from September 2010 to October 2010. The study was conducted in Edwardes College School, Peshawar Public School, Qadeems Lumiere School. A pre-structured questionnaire was used to collect the data. Subject confidentiality was assessed through a disclaimer. Institutional Ethical Committee cleared the study.

Result:

Out of 125, 28, (22.4%) were overweight and 7, (5.6%) were obese. Study subjects who had dinner late at night and did not exercise because of study and higher TV and PC times have higher BMI in overweight or obese categories. Their meals contained mostly fast foods, rich in fats and proteins.

Conclusion:

We conclude that there is an association between unhealthy nutritional habits, busy lifestyle and higher TV and PC times and obesity in our study subjects. We recommend that similar studies should be carried out on bigger samples.

Keywords:

Obesity, BMI, TV and PC times, Nutritional Habit.

SURGERY & ALLIED

**RATE OF MORTALITY AMONG FIRE BURN INHALATIONAL
AND FIRE BURN NON-INHALATIONAL INJURIES AT CIVIL
HOSPITAL KARACHI (Burns center 2009-2010)**

Dr. Rao Masood, Dr. Ahmer -al-Ibran, Afreen Khanumn, Rabia Malik, Sikandar, Ali

Objectives:

To compare the rate of mortality in fire burn inhalational and non- inhalational injuries

Design:

It was a prospective comparative study conducted at the Burns Center of Civil Hospital, Karachi from January 2009 to December 2010. Data of patients admitted to the Burn Ward of Civil Hospital Karachi was recorded until their discharge from the hospital or death. All male patients aged 20-40 years with a burnt surface area up to 20%-50% were included in the study. All females and males aged less than 20 years and above 50 years and patients with burnt surface area below 20% and above 50% were excluded.

Results:

A total of 300 patients were selected. Ages of patients were between 20 and 40 All male's patients with 20% to 50% of burnt surface area and who had sustained severe burn injuries were admitted to Burn Centre and followed until discharge or death .Of these 150 patents with fire burns inhalational injuries were at high incidence of mortality rate i.e., 44% and with non-inhalational injuries were at low risk ie., 28%.

Conclusion:

We conclude that inhalation injuries alone may increase the mortality rate, but many patients with inhalation injury are also likely to sustain more severe cutaneous burns that can also cause death.

Key words:

Inhalational Injury, Smoke Inhalation.

**FREQUENCY OF HEAT AND THERMAL INJURIES DUE TO
PROLONGED SUN EXPOSURE AMONG CONSTRUCTION LABORERS**

Authors: Momina Asfandyar*, Haider Asfandyar, Engr. Hasnain Asfandyar**, Sana Sayed, Zaheen Tara*, Syeda Beenish Arif**

Objectives

1. To determine the frequency of construction Laborers affected by heat thermal injuries due to prolonged sun exposure.
2. To assess the awareness level of heat thermal injuries & its preventive methods among construction laborers.

Methods:

It was a questionnaire based study with a sample size of 100 selected through non- probability convenience sampling, 100 laborers who worked at a construction site company were given a questionnaire and were asked to fill it, whereas we filled the questionnaires for uneducated participants. The frequency of heat injuries due to prolonged sun exposure among them and the knowledge they had regarding preventive measures from thermal injuries were assessed.

Results:

About 53% of the respondents were aged 30-50years, 31% were above 50 years old, 14% in range of 18-30 age group and 2% below 18 years of age. Among these, only 13% were uneducated, 27% with primary qualification and 60% had secondary education. 94% of the laborers had suffered from heat-induced ailments, like sweating (92%), headache (88%), vomiting and nausea (85%), fainting (88%), sunburns and rashes (82%), body aches (849%), breathing difficulty (43%) and fatigue (89%). The condition of the weather of working site was labeled "'very hot' by all the respondents, i.e.; above 35'C.

52% among them worked for 8 hours a day, 82% of them knew a few preventive measures from heat injuries, like 58% used sunglasses, 81% wore caps 9% applied sun block lotions, with none of the respondents being aware of wearing cotton clothes during working hours.

When asked about the preventive steps to reduce the risk of heat exposure injuries only 3% were aware of avoidance of caffeine during working hours, 74% knew about having alternate hours rest cycles, 96% knew about moving to shady areas when over exhausted and 80% were aware of drinking at least 4-5 glasses of water.

Conclusion:

The frequency of heat and thermal injuries among construction laborer due to prolonged sun exposure is very high (94%), whereas the level of awareness regarding heat preventive measures among them is overall satisfactory.

*Peshawar Medical College,

TESE institute of environmental engineering & sciences,

*MSc. Construction Management (UK)

**STUDY OF THE SPECTRUM OF INJURIES IN THE
DIFFERENT PARTS OF THE BODY, IN THE VICTIMS OF BOMB BLASTS, IN I KHYBER PAKHTUNKHWA**

Arsalan Khan, Adnan khan

Background:

Terrorist attacks are on the rise all around the world. Bomb blasts in public, in open or in crowded places has introduced new and unique patterns of injuries, leading to multisystem damage. Explosives frequently include small metal parts thus increasing severity of injuries, challenging both physicians and health care systems.

Objectives:

To study the injury pattern in different parts of the body in the victims of bomb blasts

Methods:

A descriptive and cross-sectional study conducted for the bomb blasts in 2007- 2010. The data from a sample size of 952 hospitalized survivors of bomb blasts was analyzed for injury patterns and injured body parts from record registers in the Emergency and Medicolegal Departments of Lady Reading Hospital, Peshawar in April'2010.

Results:

The data of 952 hospitalized bomb blast victims was collected during the study period.

The data of every bomb blast was analyzed, and on the whole, it was found that in the regional study, around 32% were head and neck injuries, 30% lower limb, 21% upper limb, 8% chest, 6% abdomen and 3% were back injuries. According to the pattern of injuries, around 83% were lacerations, 8% were bruises, 2% were burns and 7% were undifferentiated injuries.

Conclusion

It was found that in regional injuries the percentage of head and neck injuries was higher than the others and among pattern of injuries the percentage of lacerations was higher than the rest of injuries, keeping in mind the above results the doctor and health care teams must be aware of the frequency of these injuries for the proper management of such catastrophes

Keywords

Bomb blast.

**COMPARISON OF PREVALENCE OF COMMON MALIGNANCIES
DIAGNOSED AT TWO CENTERS OF KHYBER PAKHTUNKHWA WITH)
DIFFERENT DEMOGRAPHIC AND ENVIRONMENTAL FACTORS**

Authors: Hassan Sajjad, Mir Azam Khan

Co-Authors: Fahad Ahmad, Mohammad Ibrahim, Noman Khan and Omar Farooq

Introduction:

Cancer is still one of the major health problems worldwide with increasing frequency, especially with increased modernization, increased exposure to radiation and predisposition to large number of carcinogenic agents.

Objective:

To determine the effects of demographic and environmental factors on development of malignancy with respect to histological type and site.

Methods:

It was a simple descriptive study based on data analysis at two histopathological centers in Peshawar and Abbottabad from January 2006 to December 2009. The study consisted of already diagnosed malignant cases. All the proformas obtained from the two centers were analyzed for the most common malignancy.

Result:

This study included 336 cases. 183 (54.5%) from Abbottabad center, in which 98 (53.6%) were males and 85 (46.4%) were females, while 153 (45.5%) cases were from Peshawar center, in which 65 (42.5%) were males and 88 (57.5%) were females.

In Abbottabad center, 32 (17.5%) cases were below 30 years of age. 94 (51.4%) cases were between 31-60 years of age and 57 (31.1%) cases were 61 or above years of age. In Peshawar center, 26 (17.0%) cases were below 30 years of age. 87 (56.9%) cases were between 31-60 years of age, while 40 (26.1%) cases were 61 or above years of age.

The site of malignancy most common in Abbottabad center was skin where 33 (18.0%) cases were identified. After this was breast with 24 (13.1%) cases, all in females. This was followed by bone with 14 (7.65%) cases, bronchus with 12 (6.56%) cases, and lymph node with 12 (6.56%) cases. The rest were prostate with 9 (4.91%) cases, intestine with 8 (4.37%) cases, gall bladder presented with 7 (3.83%), soft tissue with 7 (3.83%) cases, urinary bladder with 6 (3.27%) cases and lastly 51 (27.9%) cases were characterized from various histopathological sites.

On the other hand in Peshawar center, most common site was breast with 30 (19.6%) cases, all in females, closely followed by the skin with 23 (15.0%) cases. Lymph node constituted of 16 (10.5%) cases, prostate with 10 (6.54%) cases, urinary bladder with 8 (5.23%) and bone with 7 (4.58%) cases. Gall bladder and liver was site in 6 (3.92%) cases, while intestine, uterus and ovary + fallopian tubes consisted of 5 (3.27%) cases each. 38 (24.8%) cases are those characterized from various sites.

Outcome:

Most common malignancy diagnosed in Abbottabad center was squamous cell carcinoma with 39 (21.3%) cases, next in line was adenocarcinoma with 32 (17.5%) cases. This was followed by infiltratory ductal carcinoma comprising of 25 (13.7% cases, sarcoma with 13 (7.10%) cases, and metastatic lymphoma with 12 cases (6.56). Next in line were basal cell carcinoma and transitional cell carcinoma with 7 (3.83%) cases respectively, and malignant melanoma with 6 (3.28%) cases. The last category comprised of various malignancy that were grouped together, which consisted of 19 (10.4%) cases.

In Peshawar center the most common malignancy diagnosed was adenocarcinoma with 32 (20.9%) cases, infiltratory ductal carcinoma with 31 (20.3%) cases and squamous cell carcinoma in 22 (14.4%) cases. Metastatic lymphoma comprised of 16 (10.5%) cases, basal cell carcinoma making up 11 (7.19%) cases and transitional cell carcinoma with 8 (5.23%) cases. Sarcoma was found in 6 (3.92%) cases and 3 (1.96%) cases were of malignant melanoma. 24 (15.7%) cases were multiple malignancies that were grouped together.

Conclusion:

The study shows that the age, sex and site distribution of common malignancies are similar at both centers. In other words, the study reveals that there is some= commonality of carcinogenic factors in causation of these tumors at two areas of the same province but with different demographic and environmental factors. For identification of these common carcinogenic factors a vast study is needed.

**A SURVEY ON SPECTRUM OF HEAD INJURIES IN
NEUROSURGERY DEPARTMENT, LADY READING HOSPITAL**

Author: Waseem Tariq

Co-Authors: Noman Khan, Adil Khan, M.Salman Saeed, Arsalan Abdullah

Objective:

To analyze the spectrum of head injuries in emergency admitted cases in Neurosurgery Department, Lady Reading Hospital Peshawar; Pakistan

Materials and Methods:

It was a retrospective descriptive study. Patients irrespective of age and sex, and the cause of head injury were analyzed. The study duration was from January 1, 2009 - December 31, 2009. After taking permission from the in charge of the Neurosurgery unit, medical records from the said duration were filled in a written performa and the data was collected. Expired cases were excluded from the study because it was difficult to ascertain data from their records for various reasons. The sample size was 517.

Results:

517 cases were studied in the research. 78.5% were male and 21.5% were female patients. 28.4% cases were in age group 6-10. 46.81% patients had mild head injury, 36.51% moderate and 16.63% had severe head injury. In morphological grading, 55.54% cases had traumatic brain injuries, 28.05% had fractures, 13.13% had closed head injuries and 2.9% had scalp injuries.

45.65% cases were of fall accident category, 43.71% were road traffic accidents, 1.9% were interpersonal fights, 0.39 % were fire arm injuries, 0.39% were sports injuries and 7.54 % were attributed to other causes. 88 % patients stayed in hospital for < 7 days while 12% stayed for > 7 days. 75.44% cases were treated conservatively while 24.56% cases required surgery.

Conclusion

The age group 6-10 had the highest number of head injuries cases with 28.43%. 288 out of 517 cases were traumatic brain injury cases (55.54%). 82.59% had abnormal CT scan 24.56% were operated.

Keywords:

Head injury, Traumatic brain injury, fracture skull.

**KNOWLEDGE, ATTITUDE AND PRACTICE OF SELF EXAMINATION
AMONG FEMALE MEDICAL STUDENTS (APRIL -JUNE 2010)**

Ume Aimen Mehmish, Qurat-ul-Ain

Introduction:

Breast cancer is the most frequent malignancy of women and the leading cause of female related mortality. Breast cancer rates are increasing in developed as well as developing countries. Prognosis and survival rates of breast cancer are better in developed countries due to early diagnosis and treatment.

Objective:

To determine knowledge, attitude and practice of young female medical students about self-examination of breast

Methods:

It was a descriptive study with a sample size of 100 (n=100) selected through convenient sampling at Wah Medical College, Wah Cantt. Predefined questionnaires were distributed among the subjects after taking informed consent.

Results:

100 female medical students were surveyed for 3 months. 97% were generally aware of term breast cancer. 80% had good knowledge about breast self-examination for early detection of breast cancer. 86% of these students showed positive attitude towards breast self-exam but only 25% of them had practiced it.

Conclusion:

Our findings suggest that knowledge and attitude about BSE among female medical Students was good but practice was poor and it needs to be promoted and improved.

**AWARENESS REGARDING BENIGN PROSTATIC HYPERPLASIA
BPH) IN PATIENTS PRESENTED WITH ACUTE URINARY RETENTION (AUR) FACTORS WHICH MAKE THEM
HESITANT FOR CHECKUP DURING EARLY STAGES**

Author: Syed Musarrat Hussain

Co-Authors: Nadeem Ahmad, Salah u din, M.Qasim

Introduction:

Benign prostatic hyperplasia is a very common condition. Many patients with BPH presents with obstructive urinary symptoms, one of which is acute urinary retention (AUR). The occurrence of AUR varies. International literature shows less occurrence of AUR as compared to Pakistan. This is due to the fact that in Pakistan many patients do not consult a doctor during the early symptoms of BPH which then complicates into AUR.

Objectives:

1. To document the level of awareness of BPH
2. To find out the common factors which make the patients hesitant to come for checkup with early symptoms of BPH rather than coming with late complications, such as acute urinary retention.

Methods:

It was a prospective study. Proformas were filled by 156 patients who came with urinary retention to the OPD of Kidney Centre, Hayatabad Medical Complex, and Peshawar.

Results:

Out of a total 156 patients, only 1.2% knew about BPH complications and they came for checkup with early symptoms, 37.1% came for checkup with early symptoms of BPH without knowing anything about BPH and 61.5% did not visit a doctor until they had AUR. The factors which make them hesitant for early checkup are lack of knowledge, poor socioeconomic condition, social embarrassment and treatment via non-medical personnel.

Conclusion:

Occurrence of AUR in BPH patients in Pakistan is high due lack of knowledge. Poor socioeconomic condition, social embarrassment and treatment via non-medical personnel.

ASSOCIATION BETWEEN LUMBAR DISC PROLAPSE AND STENOSIS

Author: Hafsa Tariq", Co-Author: Jibran Tariq

Introduction:

Disc prolapse is the herniation of nucleus pulposus through a weaker part of the fibrous disc. Most common disc prolapses occur in the lumbar region of the disc. The commonest age to develop prolapsed disc is between 25 and 45 years. Twice as many men as women are affected. Surgery is recommended only if symptoms persist over 6 weeks. Lumbar spinal stenosis is a condition in which the spinal canal narrows and compresses the spinal cord, cauda equina, or sciatic nerve roots. This narrowing can be caused by bone spurs, spondylolisthesis, inflammation, or disc prolapse which decreases available space for the spinal cord, thus pinching and irritating nerves from the spinal cord that travel to the sciatic nerves

Aims and Objectives:

1. To determine the frequency of inter-vertebral disc prolapse and stenosis in males and females
2. To ascertain if lumbar disc prolapse is unilateral or bilateral
3. To determine the predominance on either left or right side
4. To determine the association between disc prolapse and stenosis
5. To analyze the various treatment modalities for intervertebral lumbar disc prolapse and stenosis

Methods:

It was a retrospective cross-sectional, descriptive study carried out by analyzing existing database taken from a private hospital, in Peshawar. Consent was taken from the concerned authority ensuring them that the information used will not be disclosed and will be used for research purpose only.

198 cases of post-operative patients between March'2010 October '2010 were and studied and cross-tabulated for age, gender, surgery techniques, deviation of the disk prolapse from midline and to find out it disc prolapse occurred in accord with stenosis., Data used for the study lacked information on weight and handedness the patients which would've augmented our study better. The data was analyzed in SPSS Version 17.

Results:

Out of 198 patients 72 were female and 126 were male. Occurrence of disc prolapse in accord with stenosis was found in 26.3 % of patients whereas 61.1 9/% only Suffered from disc prolapse and the rest 12.6 % had stenosis only. 69 out of 100 subjects had bilateral disc prolapse and out of the other 129 subjects the predominant side was the right side numbering up to 66 patients. The age in which disc prolapse was commonly found was between 21years–40years, 94 patients were found out of the total in this age group. The most common surgery procedure. 33.3 %, used was Microdiscectomy followed by Laminectomy (30.8 %), Limited Laminectomy (23.7%), Hemilaminectomy (8.6%) and Discectomy at (3.5%). Epidural tears during surgery were observed in only 9 cases out of the 198 cases.

Conclusion:

No marked association was found between disc prolapse and stenosis as highlighted by the results. Male patients are more prone to disc prolapse than female patients.

Keywords:

Lumbar, Disc prolapse, stenosis.

*Peshawar Medical College,

**Agha Khan University, Karachi

DO KNOWLEDGE AND LEVEL OF AWARENESS AFFECT A CHANGE IN BEHAVIOR?

Authors: Sana Umar

Co-Authors: Maria Zahoor, Maryam Hidayat

Introduction:

Eating frequency, patterns, habits and norms of people in a community and their physical activity level bear a strong correlation with changes in body composition, increase in fat mass, weight gain and associated diseases like diabetes, hypertension, cardiovascular diseases and gastrointestinal disorders. Medical graduates and that too teachers of a medical college are expected to be not only fully aware of these facts but to be really conscious but are they? We have tried to verify this fact in our study.

Methodology:

Fifty-two faculty members of PMC, comprising of 36% males and 16% female's in the age range 26 and 60 above volunteered to be respondents through a self-administered questionnaire. All except one were medical graduates and with Specialization and higher degree in basic and clinical sciences belonging to upper or upper middle socioeconomic class. 5% of the sample informed to be diabetic themselves.

Results:

The respondent's family history of diseases revealed that diabetes mellitus, hypertension and cardiovascular diseases were the causes of death or ailment in 50% of the subjects.

Body mass index (BMI) of 30% males and 24% females in the sample was 28 kg/m² categorizing them in obese group while 10% males & 14% females had BMI of 26 Kg/m² being overweight for their ages.

Eating pattern, eating frequency and high caloric food type associated with low level of physical activity, revealed weight gaining potential as observed and confirmed from the findings on BMI.

Daily 1-2-hour sleep in day and 6-7 hours at night, watching TV for 1-2 hours and in Sedentary state for most of the time (48%) may be taken as a valid point of concern from health point of view.

Conclusion

Serious healthy changes in behavior and practice regarding eating and exercise are needed for a healthy doctor's/ teachers community

Adequate changes in life style and eating practices are required. Knowledge and awareness are not properly working at least here

