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5

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FUTURE



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The Pakistan Federation of Undergraduate Medical Students

2012
BOOK



MESSAGE FROM THE PRINCIPAL

It gives me great pleasure to write this message for the fourth research fair which is now established as a regular academic feature of Peshawar Medical College (PMC). Initially it started with a humble participation primarily from our own institution but Alhamdulillah now it has become a commendable national event and the students and staff are genuinely proud of it. It is very encouraging to note that this time it has become an international even as participants from three brethren countries have informed about their willingness to participate in this event.

Research is an integral part of our curriculum in PMC. The main idea is to familiarize students with the basic concepts of research and break the "myth" that research is an intellectual luxury and can only be conducted with abundance of financial resources and sophisticated equipment. The performance of our students in national and international competitions and publishing papers in indexed journals is a source of inspiration for all of us. It also speaks of the tremendous potential of our youth which is our only hope of better future for Pakistan.

No nation can progress without the foundations research and education. When we look at the history of Muslim Ummah we realize that they were at their peak of ruling the world when they gave priority to these two elements. In the holy Quran there are 760 ayah about research and only about 150 about Fiqh. It clearly indicates the importance of research in Islam. Research is one of our primary duty but unfortunately today it has become the last priority of Muslims.

I will come all the participants to this marvelous scholastic activity and hope that they will enjoy this event and inspire them for conducting and organizing still better research projects in future. I also wish a comfortable and safe stay for our guests who have come from all over Pakistan. Our special thanks are to the international participants who have travelled long distances to join us and grace the occasion. I congratulate all the students, staff, particularly the director research and his team, the supportive staff and all others who have worked hard to make this a memorable event for all of us.

May Allah bless you all.

Prof. Najib-ul-Haq
MRCP (UK), FRCP (Edin),
FRCP (Glasg), FCPS (Pak)
Dean Faculty of Medicine
Peshawar Medical College

MESSAGE FROM THE DEAN

It is a matter of great pride and pleasure to have published the abstract book of 5th Undergraduate Medical Research (UMR) fair.

The UMR has been gaining on since the inception of the college. The students of Peshawar Medical College / Peshawar Dental College are fortunate that they start their research activities from the very beginning which will prove extremely helpful in their future research activities and I am sure this activity is being carried out in Peshawar Medical College / Peshawar Dental College alone in the whole of Khyber Pakhtunkhwa.

I congratulate the students and the management for this extremely healthy and purposeful activity.

Prof. Inayat ur Rehman Khalil

Dean, Basic Medical Sciences
Director, Postgraduate Medical & Dental Education

MESSAGE FROM DIRECTOR UMR

Undergraduate medical students of today will be the health care providers of the future. They will contribute to the medical knowledge, improve patient care and management, and develop new technologies to address problems faced by them in the field.

Peshawar Medical College is fully aware of this, and has given serious attention to train its students in research execution, medical paper writing and reporting since its inception in 2006. It is also providing a forum for the undergraduate students not only its own but also of other medical colleges both in public and private sector to share their research endeavors verbally and through poster for which 'Research Fair' is organized on yearly basis.

Every year our "Research Fair" gathers hundreds of medical students from all over Pakistan. It will not be an exaggeration to say that it is one of the biggest events for medical students in this country.

This year's conference provides an exciting technical program encompassing, wide range of topics, ranging from prescription writing to public health impact of climate change. As we are all aware, the efforts required in organizing and holding this kind of conference are extensive. Hence, I would like to express my gratitude to the administration of Peshawar Medical College for providing continuous support and resources.

I would also like to express my sincere appreciation to the organizing bodies and all the young researchers whose contributions and efforts have made this great task possible.

Dr. Zahoorullah

Director UMR
Peshawar Medical College

CONTENT

MEDICINE AND ALLIED	1
SURGERY AND ALLIED.....	19
SOCIAL SCIENCES.....	25
DENTAL SCIENCES AND ALLIED	35
MEDICAL EDUCATION.....	41
MEDICAL THERAPEUTICS	51
PUBLIC HEALTH / COMMUNITY MEDICINE.....	69
PRESCRIPTION WRITING	91

MEDICINE AND ALLIED

Predictors of Obesity among Post-Graduate Trainee Doctors Working in a Tertiary Care Hospital of Public Sector in Karachi, Pakistan	3
Quality of Life among Visiting Patients at Innum and Studying the Effects of Treatment on Cancer Patients	4
Factors Affecting Obesity in Type II Diabetes Patients	5
To Determine the Quality Of Life in Thalassemia Major Patients in Peshawar Based on Sf-36 Questionnaire	6
Erythrocyte Sedimentation Rate	7
Hide and Seek: Hematological Aspects of Malaria Tropical Perspective	8
Contribution of Different Diseases in the Morbidity of Children under 5 Years of Age in the Pediatrics Ward of Kuwait Teaching Hospital in the Year 2010	9
Prevalence of Headaches in Postgraduate Medical Students of a Tertiary Care Hospital	10
Association of Cholelithiasis and Fat Intake	11
Association of Ischemic Heart Disease and Type of Fat Used	12
Association of Lipid Profile with Gender, BMI and Ethnicity in a Cohort of Healthy Pakistani Students	13
Frequency of Gram Negative Organisms Isolated From Sputum Samples of Patients with Respiratory Tract Infections Presenting to a Tertiary Care Hospital	14
Frequency of Hepatitis B in Blood Donors Visiting Services Hospital Lahore Blood Bank	15
Prevalence of Miscarriages over the Years	16
Frequency of Various Blood Groups Belonging to ABO and Rhesus (Rh) Blood Group System among Students of Peshawar Medical College PMC	17
Hepatitis C virus genotypes: an investigation of Association with viral loads	18

Predictors of Obesity among Post-Graduate Trainee Doctors Working in a Tertiary Care Hospital of Public Sector in Karachi, Pakistan

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Introduction:

The study was carried out to identify the predictors of obesity among post graduate trainee doctors working in a tertiary care hospital of public sector at Karachi, Pakistan.

Methods:

A cross sectional analytical study was conducted at one of the tertiary care hospitals of public sector in Karachi. Information was collected from 117 post graduate trainee doctors via pre-tested self administered questionnaire and standard tools were used for height and weight measurement. Obesity was defined as body mass index (BMI) > 23 by using South Asian cut-off points. SPSS version 16.0 was used for data analysis, and logistic regression technique was applied to come up with predictors of obesity.

Results:

Frequency of overweight and obesity among doctors was 31.6% and 28.2% respectively. Nearly, 18% were using tobacco and family history of obesity was present in 44%. Approximately 64% doctors were

taking lunch outside home, 76% were taking tea at least once a day, 59% were taking snacks between meals and 50% were physically inactive. Predictors of obesity among doctors include; taking lunch outside home OR=7.11 (2.28-22.09), snacks between meals OR=5.36 (1.51-19.03), tea OR=7.85 (1.63-37.63), physical activity OR=0.18 (0.05-0.57), increase duration of training OR=1.7 (1.15-2.49), family history of obesity OR=3.35 (1.11-10.08) and male gender OR=3.83 (1.07-13.72).

Conclusion:

Frequency of overweight and obesity was high among post graduate trainee doctors. Taking lunch outside home, snacks and tea intake between meals, increase duration of training, family history of obesity, male gender and lack of physical activity were found to be predictors of obesity among doctors.

Keywords: Obesity, Postgraduate trainee doctors and tertiary care hospitals.

Quality of Life among Visiting Patients at Irnum and Studying the Effects of Treatment on Cancer Patients

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Introduction:

Cancer as a disease is occupying a greater niche in our healthcare system with every passing day. Large amounts of effort and finances are used up in attempts to limit this disease.

Objective:

The objective of our study was to assess the treatment of outpatients of IRNUM by measuring their quality of life and correlating the findings with various demographics like age and sex.

Methods:

This was a cross-sectional study of descriptive type and was carried out in IRNUM Hospital. The study population comprised of visiting patients at IRNUM who had initiated their treatment there. The sample size was confined to 48 patients. The technique used for the selection of subjects was by systematic random sampling. A structured questionnaire of international repute with close-ended questions was used, namely the EORTC QLQ-C30 (version 3.0), which was used on the study population in the

form of an interview. The questionnaire had both multi-item scales and single-item measures.

Results:

The mean score on the Global Health Status Scale was 50.35 ± 28.02 . The mean score on the Functional Scale was 68.89 ± 17.71 . The mean score on the Symptom Scale was 35.18 ± 19.82 . It was found that male patients generally had a better quality of life as compared to female patients, as shown by a higher global health index score, a lower symptom score, and a higher functional score.

Conclusion:

This study demonstrated that the quality of life of visiting patients at IRNUM was significantly lower than reference values prepared from worldwide studies using the same methodology. However, when compared to similar studies done in Pakistan, patients report better quality of life scores.

Keywords: Cancer, Quality of Life, EORTC QLQ-C30, IRNUM, Peshawar.

Factors Affecting Obesity in Type II Diabetes Patients

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Introduction:

Diabetes is one of the main health problems of modern age, with 171million patients worldwide in 2005 which is expected to double by year 2030, Pakistan rank 6th with 5.2million patients. Type II diabetes is most prevalent and share major burden of the disease. One of the main causative factors is supposed to be obesity which is supposed to be the cause in 80-90% cases of diabetes. Supposed factors influencing obesity includes family history, sex, exercise, education, socioeconomic status etc. This study was conducted to assess the effect of these factors on obesity.

Objectives:

To find out factors affecting obesity and to find out the contributory role played by these factors in prevalence of obesity in type II diabetics.

Methods:

Study design: observational (cross sectional study). Area and Duration: Diabetes Management center (DMC) Services Hospital Lahore, June to July 2011. Pre-tested questionnaire was used to interview the patients

visiting the facility. 100 patients were interviewed.

Results:

It was found that out of 100, 72% of the patients were over-weight or obese with 3-times more prevalence in females as compared to males. BMI range was 20-39 with highest prevalence in over-weight range. Family history of obesity was associated with 4.6 times increased risk of obesity while exercise reduces it by 2.5 times. No role was found for education and socioeconomic status in prevalence of obesity.

Conclusion:

Obesity is associated with 72% cases of diabetes. About 3/4th of diabetics are obese which is positively associated with family history of obesity and female sex, while decreased by exercise. Level of education and family history of diabetes does not affect obesity.

Keywords: Obesity, Diabetes mellitus

To Determine the Quality Of Life in Thalassemia Major Patients in Peshawar Based on Sf-36 Questionnaire

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Introduction:

Study was carried out to determine an average score on physical functioning, social functioning and emotional well being of Thalassemia major patients; age group 5-20 years in Peshawar based on SF-36 Questionnaire.

Methods:

A descriptive cross-sectional study was conducted on a sample of 100 Thalassemia major patients in Fatimid foundation, Peshawar. All ethical considerations were taken into account during study. Questions were related to all 8 main parameters.

Result:

Out of 100 patients 56 were male and 44 were female with a mean age of 12.5 years. Study revealed that among our 8 parameters; Physical functioning, social functioning and Emotional wellbeing were less affected. Pain, Energy/fatigue, Gener-

al health and Role limitation due to emotional problem were moderately affected while Role limitation due to physical health was severely affected.

Conclusion:

For further improvement of QOL, government should provide chelation therapy and Psychotherapy at blood transfusion center and Social services at community level. In future further research is required on this topic to improve the QOL of children suffering from this life treating illness.

Keywords: Thalassemia, thalassemia major, beta thalassemia

Erythrocyte Sedimentation Rate

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Introduction:

Erythrocyte Sedimentation Rate (ESR) is an easy, cost effective, non-specific prognostic test for inflammation, infection and certain types of cancers. ESR testing is used worldwide and is conveniently done by Westergren's method. This method is recommended by the International council for standardization in Hematology and National committee for Clinical laboratory.

Objectives:

To estimate normal values of ESR at local level among students in Yusra Medical and Dental College (YMDC).

Methods:

This research was conducted in YMDC lab where we took blood sample of 130 students (ages ranged 18-23 years) and ESR was estimated. The reference range for normal population, ages 17-60 years was 0-10 mm for males and 0-12 mm for females at the end of first hour by Westergren's method. Out of 130 students, 17 students were excluded

because of some pathological problems.

Results:

In 113 students 27(23.8%) were male & 79(69.9%) were female. All male students lie in normal range whereas in females out of 79 students 57(72.15%) lie in normal range and 22(27.8%) students were above normal range.

Conclusion:

Normal value of ESR at local level is corresponding with the new international standards.

Keywords: ESR, Erythrocyte Sedimentation.

Hide and Seek: Hematological Aspects of Malaria – Tropical Perspective

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Introduction:

Malaria is major culprit in tropics which presents with various hematological aberrations.

Objectives:

We aim to assess if complete blood indices would increase the probability of malaria in patient with acute febrile illness.

Methods:

From February 2009 till December 2010, 206 consenting consecutive patients greater than 12 years of age with confirm diagnosis of malaria based on thick and thin films were included. A detailed history and physical examination was done. Complete blood counts and detection of plasmodium species were done before inclusion and liver function test, prothrombin time, reticulocyte count, parasite load were done. All data was analysed in SPSS 16.0 and percentages were calculated.

Results:

Out of 206 patients 154 (75%) were male and 52 (25%) were female with

age range from 18-55 years (33.2±8.3). Out of 87% thrombocytopenic patients 66% were affected with *P.falciparum* and 21% with *P.vivax*. In *P. falciparum* thrombocytopenia was mild (16%), moderate (43%) and severe (07%); while in *P. vivax* thrombocytopenia was mild (10%) and moderate (09%) while in 2% of mixed cases it was moderate. Anemia was seen in 71% and normal leucocyte counts were observed in 79%. Normal differential leucocytes count include eosinophil (80%), neutrophil (93%), lymphocytes (85%), monocytes (97%) and basophils (100%).

Conclusion:

The approach to the tropical fever should include blood indices as various hematological aberrances' can lead us to the diagnosis of malaria.

Keywords: Malaria, Tropical malaria

Contribution of Different Diseases in the Morbidity of Children under 5 Years of Age in the Pediatrics Ward of Kuwait Teaching Hospital in the Year 2010

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Introduction:

The purpose of this study was to find the leading cause of morbidity in children below the age of five years in district Peshawar. Morbidity means the incidence or prevalence of diseases in population. On the other hand, mortality means the number of deaths in given time or space. Children morbidity is an expanding problem worldwide.

Objectives:

1. To investigate the frequency of most common pediatric diseases presenting at Kuwait Teaching Hospital in the year 2010.
2. To compare the most common diseases b/w male and female children of below 5 years.
3. To find out the age group (<5yrs) most affected.

Methods:

A retrospective study was carried out on 521 cases in children less than 5

years of age during the year 2010 in the PMC Pediatrics – Kuwait Teaching Hospital.

Results:

Out of 521 cases, 294 were males and 227 were females (1.3:1). The most common diseases were AGE (acute gastroenteritis), ARI (acute respiratory infections), Malaria, N.N. Sepsis and Enteric Fever. The frequencies of these diseases were 23.22%, 28.21%, 2.50%, 3.26% and 5.95% respectively. Most of the reported cases in children were babies aged 1 month ~ < 1 year and males were much more affected than females in the ratio of 1.3:1.

Conclusion:

The main contributing diseases to children morbidity under the age of 5 years were AGE, ARI, Malaria, N.N. Sepsis and Enteric Fever.

Keywords: Paediatric morbidities

Prevalence of Headaches in Postgraduate Medical Students of a Tertiary Care Hospital

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Introduction:

According to the estimates from world health organization, mental and neurological disorders collectively account for 30.8% of all years of healthy life lost to disability (DALYs) while migraine, one amongst these, alone accounts for 1.4% and is in the top 20 causes of disability worldwide. Headache disorders impose recognizable burden on sufferers including substantial personal suffering and impaired quality of life

Objectives:

To determine the frequency of various types of headache among the postgraduate trainees of Khyber teaching hospital.

Methods:

A cross-sectional descriptive study was conducted at Khyber teaching hospital, Peshawar, in January 2012. A structured questionnaire was distributed randomly to postgraduate trainees. Demographics and headache characteristics were documented. Subtypes of primary headache were categorized according to the criteria of the International Headache Society (2004).

Results:

Of 200 randomly selected postgraduate trainees, 126 responded; 21.4% had regular headaches, 54.8% had occasional headaches, while 28.3% had no headaches. Frequency of headache was equal in both sexes, with the highest frequency found in trainees of pediatrics (100%), followed by surgery and allied (80.76%), gynecology and obstetrics (80%), and medicine and allied (68.4%). Only 14.6% experienced severe headaches. Women had more intense headaches than men. Frequencies of migraine, tension-type headache, and secondary headache were found to be 37.5%, 56.3% and 5.2%, respectively. The most common triggering factors were stress and sleep deprivation.

Conclusion:

Headache is common among postgraduate trainees at hospitals. This justifies, in our opinion, the adjustment of the working hours so that trainees can get adequate rest periods. This may help in reducing the prevalence of headaches among postgraduate trainees.

Keywords: Headache, postgraduates

Association of Cholelithiasis and Fat Intake

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Background:

Cholelithiasis/ Gallstones are lumps of solid material that form in the gallbladder, the reservoir of bile. Eating a high-fat diet makes gall stones more likely to form. It occurs mostly in female, they are associated with the obesity and high fat intake.

Objectives:

A study is conducted by the 4th year students of Services Institute of Medical Sciences with the following objectives:

1. To relate the cholelithiasis and high fat in diet.
2. To prepare nutritional information message about dietary intake to avoid cholelithiasis

Methods:

A cross-sectional study was done in surgical ward of Services Hospital Lahore from 15th June 2011-25th July 2011. 80 patients of surgical wards were selected by simple random sampling. Interviews were done using a structured pretested questionnaire, which consisted of close ended questions. The questionnaires comprised of questions about age,

sex, occupation, weight, blood pressure, type of food, diet, type of fat, physical activity, diabetes, smoking, and use of oral contraceptives and family history of cholelithiasis.

Results:

The survey was done on 80 patients, 90% of them are females and 10% are males out of them 40% were between the age of 31-45 years and 76.3% were housewives, 65% weigh between 40-70kg, 50% used to take all type of food, 67.5% used to take meal 3 times a day, 48.8% used ghee for cooking and 47.5% used oil for this purpose, 77.5% used to do moderate physical activity, 18.8% were diabetics, 6.3% were smokers, 8.8% used oral contraceptives.

Conclusion:

It has been concluded that both types fat (ghee and oil) intake are responsible for increases in risk of cholelithiasis.

Keywords: Cholelithiasis, Fat intake

Frequency of Gram Negative Organisms Isolated From Sputum Samples of Patients with Respiratory Tract Infections Presenting to a Tertiary Care Hospital

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Javed Usman, Fatima Kaleem, Ali Khalid
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Introduction:

Respiratory tract infections present one of the most important problems that our health care system has to face today. The condition comprises upper and lower respiratory infections. The frequency of pathogens responsible for these conditions is changing. A broad array of pathogens have been implicated as etiologic agents, the most important being gram negative bacteria. Regional changes in the frequency of these organisms have also been noted other studies.

Objectives:

The objective of the study was to determine the frequency of gram negative bacteria isolated from sputum samples of patients with respiratory tract infections presenting to a tertiary care hospital of Pakistan.

Methods:

A descriptive, cross sectional study was carried out at the Microbiology department of Army Medical College, National University of Sciences and Technology, Rawalpindi, from May 2009 to February 2011, catering

for the Military Hospital, Rawalpindi. All sputum samples sent from the hospital were processed according to standard microbiological procedures and the various organisms were identified and recorded on its subsequent culture.

Results:

The research findings showed that 549 (34.4%) samples yielded a positive pathogenic organism on culture, 316 (57.6%) of which were gram negative bacteria. Pseudo-monas aeruginosa was the most frequently isolated organism among the with 105(33.2%) organisms isolated followed by Hemophilus influenza 62 (19.6%).

Conclusion:

Gram negative bacteria are the most common organisms isolated from sputum samples of patients with signs and symptoms of respiratory tract infections in the Pakistani population, with the main organism being Pseudomonas aeruginosa.

Keywords: Respiratory tract infection, Gram negative bacteria.

Frequency of Hepatitis B in Blood Donors Visiting Services Hospital Lahore Blood Bank

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Rana Ahmad, Talal Nasir, Mohsin Kamal
Services Institute of Medical Sciences, Lahore

Introduction:

Hepatitis B is a serious global infectious disease and a major cause of mortality and morbidity. It is an endemic disease and is spreading rapidly due to various risk factors.

Objectives:

1. To determine the frequency of Hepatitis B in blood donors visiting the Services hospital, Lahore.
2. To find out main risk factors of Hepatitis B in HBV patients among blood donors.

Methods:

It was based on a questionnaire form.

Results:

During the period of this study a total of 100 blood donors were screened for hepatitis B viral infections. Overall frequency of Hepatitis B was found to be 3%. These patients had the history of sharing razors, tooth brushes and dental surgery, which are among the risk factors of Hepatitis B disease that contribute 2.85%, 4.17% and 3.84%

frequency of these factors respectively.

Conclusion:

It is therefore suggested to avoid the reuse of shared utensils like razors and tooth brushes. Use of sterilized medical equipments is also very important in dental surgery. The results of the study suggest that the sharing of utensils like razors and tooth brushes as well as the contaminated dental equipments are the major risk factors for Hepatitis B. It is therefore important that the attention should be given in providing health education concerning risk factors and prevention of Hepatitis B infection to the general public particularly to the blood donors

Keywords: Hepatitis B, blood borne infections, blood donors

Prevalence of Miscarriages over the Years

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Introduction:

According to one study 20 per cent of confirmed pregnancies end in miscarriage in the first 12 to 14 weeks. The majority of miscarriages occur before the mother realizes she is pregnant. This is because many miscarriages especially the early ones (before 13 weeks) go unnoticed as heavy menstrual bleeding. 99% of miscarriages are early whereas 1% are late (14 weeks onwards). If these unrecognized miscarriages are included, it is estimated that 40–60% of pregnancies ends in miscarriage. The prevalence was said to vary according to different studies but no statistics were available for Pakistani localities

Objectives:

1. To assess the miscarriage prevalence over the years and find out if there has been an increase, decrease or no change etc. over the years
2. To pinpoint any causative factors for these miscarriage.

Methods:

It was a descriptive cross sectional study conducted in Johar town Rev-

enue Society (Lahore). The study was carried out over a period of three months. Questionnaire method was used to collect data.

Results:

Out of 40 women interviewed 22 (55%) had not miscarried and 18 (45 no. of women who miscarried/total no. of women in study *100= 18/40 *100= 45% Prevalence.

17(53%) out of the total 32 women who had stairs in their homes miscarried while only 1 out of the total 8 women who didn't have stairs in their houses miscarried.

Conclusion:

There seemed to be a higher prevalence of miscarriages in those women who had stairs in their home at the time of miscarriage. The prevalence of miscarriages over the years did not seem to show any significant trend.

Keywords: Miscarriage, Prevalence

Frequency of Various Blood Groups Belonging to ABO and Rhesus (Rh) Blood Group System among Students of Peshawar Medical College – PMC

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Introduction:

ABO and Rhesus (Rh) blood group systems are the most widely and commonly considered blood group systems due to the fact that the antigens of these systems are very much strong as compared to the antigens of various other blood group systems such as Aurberger's System, Diego's System, Lewis System, MNSs and Ng Blood Group System.

Objectives:

1. To quantitatively analyze the frequency of various blood groups belonging to ABO and Rh Blood Group Systems among students of Peshawar Medical College.
2. To compare the frequency of blood groups of two different systems among the male and female subjects.

Methods:

A descriptive study was performed in Peshawar Medical College. Blood groups of total 241 medical students (including 120 male and 121 female students) were obtained from the record file Blood Wing, SWS.

Results:

Majority of the subjects (36%) were having B+ blood group (n=87) followed by O+ (n=56), next A+ (n=45) and then AB+ (n=35). None of the negative blood group was found in ten or more subjects. Among the negative blood groups, O- was having the maximum proportion (n=9) while AB- was having the least frequency among all the blood groups (n=1). Total 255 (93%) subjects were Rh+ while just 16 (7%) were Rh-. The frequency of various blood groups in male and female subjects was almost the same except in case of A+ (n=45, 27M and 18F) and AB+ (n=35, 14M and 21F). The Rh factor in both the sexes was revealed to be surprisingly the same.

Conclusion:

The frequency of Rh+ factor is about 13 times more than that of Rh-. Universal donors are present in almost double amount as compared to universal recipients.

Keywords: Rh, ABO, Blood groups

Hepatitis C virus genotypes: an investigation of Association with viral loads

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Introduction:

Hepatitis C virus (HCV) is an important human pathogen affecting around 3% of the human population. The prevalence of hepatitis C virus (HCV) infection is high (8% of the population) in Pakistan. Genotyping and assessment of the viral load in HCV patients is important for designing the therapeutic strategies.

Objective:

This current study was designed to determine HCV genotypes in chronic hepatitis patients and their association with the viral load, age and gender.

Methods:

HCV antibody positive patients were tested for presence of HCV RNA. Patients who were found to be HCV RNA positive were subjected to genotype determination using RFLP and type specific PCR followed by direct sequencing. PCR was also done to check the viral load of the patients.

Results:

Out of 151 PCR positive samples these 81 (53.64%) were females and

70(46.36%) were males. The genotype 3a was observed in 124 (82.12%) patients, 3b was found in 21 (13.91%), 1a was seen in 2 (1.32%), 1b in 1 (0.66%), mixed infection with 1b+3a in 1 (0.66%), 1b+3b in 1 (0.66%) and 3a+3b was also found in 1 (0.66%) patients. Viral load quantification was carried out in all 154 HCV RNA positive patients and was compared between the two groups of genotypes. The mean viral load of the patients infected with genotype 1a was 2.75×10^6 , 1b was 3.9×10^6 , 3a was 2.65×10^6 , 3b was 2.51×10^6 , 1b+3a were 3.4×10^6 , 1b+3b was 2.7×10^6 and 3a+3b was 3.5×10^6 .

Conclusion:

Further studies should be carried out to determine viral load and genotype so that sufficient data is available can be used to determine type and duration of therapy needed, and predict disease outcome.

Keywords: Hepatitis C

SURGERY AND ALLIED

Comparison of Incision and Drainage against Ultrasound Guided Aspiration in the Treatment of Breast Abscesses	21
Traumatic Spinal Cord Injuries, Their Causes and Levels of Injury, and Patient Satisfaction among Patients Admitted in Paraplegic Center Peshawar	22
Incidence and Causes of Neurosurgical Cases reported in Tertiary Care Hospital of Peshawar in the month of Dec, 2011	23
Sensitivity, Specificity, Predictive Values and Likelihood Ratios of Four Clinical Signs in Diagnosing Genu Abnormalities	24

Comparison of Incision and Drainage against Ultrasound Guided Aspiration in the Treatment of Breast Abscesses

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Introduction:

We aim to compare the incision and drainage against ultrasound guided aspiration for the treatment of breast abscesses.

Methods:

64 patients were randomly allocated group A (incision and drainage) and Group B (needle aspiration). Incision and drainage was done under general anesthesia; while aspiration was done under local anesthesia with the antibiotics coverage after the pus sample was taken for cultures. Time taken to resolve symptoms including point tenderness, erythema and hyperthermia, recurrence of breast abscess and healing time were recorded. Patients were followed till 8 weeks. Culture and sensitivity of the pus was done. Data was analyzed in SPSS 16.0.

Results:

The mean difference of healing time was significant ($p=0.001$). 93.3% were healed in group B and 76.6% in Group A ($P=0.033$). 22 samples (34.37%) had no bacterial yield and the remaining 42 samples (65.6%) yielded 11 anaerobic cultures (17.18%) and 31 aerobic cultures (48.4%).

Conclusion:

Ultrasound guided aspiration of breast abscesses with the judicious use of antibiotics is better treatment modality than incision and drainage

Keywords: breast abscesses, ultrasound guided aspiration

Traumatic Spinal Cord Injuries, Their Causes and Levels of Injury, and Patient Satisfaction among Patients Admitted in Paraplegic Center Peshawar

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Peshawar Medical College

Introduction:

It's commonly said "When you break your back you actually break your family". In the present age spinal cord injuries are very common.

Objectives:

To determine the causes of spinal cord injuries, Levels of spinal cord injuries, Age and Gender distribution, Mean age of patients, Patient satisfaction among patients admitted in the paraplegic center Peshawar

Methods:

Cross sectional (record based) study was carried out in Paraplegic Centre Peshawar. Sample size was 70. Convenient sampling was applied. Duration of study was from November 2010- May 2011. Bed side records of patients and questionnaire based interviews were done and analyzed in Microsoft Excel.

Results:

Out of 81 patients 65 were male and 16 were female. The facts were F.F.H (fall from height) (33%) contributed highest in the list of the causes followed by F.A.I (fire arm

injury) (27%) AND R.T.A (Road Traffic Accidents)(24%). Cervical injuries were (15%), thoracic injuries were (78%) and lumber injuries were (7%). Mean age of patients was 32±8. Among 81 patients 70 questionnaire based (PSQ 3 modified plus translated into Pashto) interviews from the patients were done. We analyzed and came up to the opinion that patients admitted they were quite satisfied with the medical treatment provided to them.

Conclusion:

We concluded that patients were quite satisfied for the medical care including the facilities, adequate time to the patients, and proper attention by the HEAD, physiotherapists, and paramedic staff. Spinal cord injuries are very high and need proper awareness, and preventive measures to reduce the incidence and prevalence of spinal cord injuries.

Keywords: Traumatic Spinal cord injuries, Causes and levels, Patient satisfaction, Paraplegic Centre Peshawar.

Incidence and Causes of Neurosurgical Cases reported in Tertiary Care Hospital of Peshawar in the month of Dec, 2011

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Introduction:

Neurosurgical cases include a list of all those diseases and accidents which affects the body Nervous System and requires surgical approach for their treatment.

Objectives:

1. To find the incidence of neurosurgical cases reported in the tertiary care hospital of Peshawar.
2. To identify various causes / diseases responsible for the admission of patients in the neurosurgical ward.

Methods:

Descriptive study was performed in the neurosurgical ward of Lady Reading Hospital, Peshawar. The required data was collected from the official register of neurosurgical ward which was then entered in especially designed analyzing sheet.

Results:

Total 195 cases were registered in the neurosurgical ward. Majority of the cases registered were related to the History of Fall (HOF) with frequency of 30 followed by Road traffic accidents (RTA) with incidence number of 23. CNS Tumors (n=16) were found to be the third leading cause. The dis-

eases/accidental causes with frequency less than 10 but greater than 3 included Hydrocephalus, Head Trauma injuries, Sub-arachnoid hemorrhage (SAH), Ventro-peritoneal (VP) Shunt, Prolapse Inter-vertebral Disc (PIVD), Spinal Stenosis, Trigeminal Neuralgia (IGN), Fire arm injury (FAI) to head, Disc Proplapse, Brain Abscess, Myelomeningocele (MMC) and Endoscopic third ventriculostomy (ETV). While those having incidence number of less than 4 included PID, Aneurism, Brachial Plexus Injury, Extra Dural Mass, STH, Brain lesion, Encephalus, ACM, Intra-cerebral bleeding, craniostomy, laminectomy, Block shunt, Sciatic neuropathy and Mylopathy.

Conclusion:

After analyzing the results, it can be concluded that most leading causes of admission of patients associated with neurosurgical cases are HOF's and RTA's which can be prevented easily. Disc Prolapse and ETV were most common in males while PIVD and SAH were mostly associated with females.

Keywords: Neurosurgical cases.

Sensitivity, Specificity, Predictive Values and Likelihood Ratios of Four Clinical Signs in Diagnosing Genu Abnormalities

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Objectives:

To assess the sensitivity, specificity, positive predictive value, negative predictive value as well as likelihood ratios of five clinical signs in diagnosing ACL as well as medial meniscal lesions.

Methods:

A retrospective analysis of arthroscopy records of 124 patients was done. Clinical signs like pivot shift, anterior drawer test, joint line tenderness, McMurray sign and Lachmann sign were assessed. Arthroscopy findings being gold standard in diagnosing knee derangements were looked for the accuracy of clinical signs in establishing the sensitivity, specificity, Positive predictive value (PPV), Negative predictive value (NPV) And likelihood ratios (LR) Through SPSS version 16.0

Results:

The mean (SD) age was 37.42(14.53). 133.5 degree was the mean range of motion. Lachmann test was 91.7% sensitive and 84.2%

specific; while anterior drawer test was 85.71% sensitive and 94.11% specific in diagnosing ACL pathology. On the contrary, in diagnosing medial meniscal tear joint line tenderness was 70% sensitive and 63.63% specific; while McMurray was 81% sensitive and 60% specific. The positive predictive value of Lachmann test was 78.6%, McMurray 81%, anterior drawer test 92.3% and joint line tenderness 77.77%

Conclusion:

In diagnosing internal knee abnormalities, these four clinical sign can be helpful in clinical diagnosis and thus appropriate management can be instituted in the form of arthroscopy.

Keywords: Neurological Signs, Genu.

SOCIAL SCIENCES

Clinician Approach to Euthanasia in the Province of Khyber Pakhtunkhwa	27
The Frequency of Obsessive Compulsive Disorder (OCD) among Medical Students	28
Survey of Depression among Students of Peshawar	29
Stray Animals: Behaviour and Attitude towards them	30
The Susceptibility to Violent or Crude Thoughts and Ideals of Medical Students With Regards To Their Training and Prevailing Surroundings	31
Association of Obsessive-Compulsive Personality Disorder with Internet Addiction Disorder and its Effects on Medical Students	32
Shyness in Childhood and Social Phobia in Adulthood among the Students of Peshawar Medical College	33
Adverse Effects of House Officers Turnover on Patient Care	34

Clinician Approach to Euthanasia in the Province of Khyber Pakhtunkhwa

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Introduction:

Euthanasia is the intentional killing of a totally dependent human being by act or omission by relatively painless way for his or her alleged benefits.

Objectives:

Determine the extent of knowledge, attitude and practice of clinicians about euthanasia in the province of Khyber Pakhtunkhwa.

Methods:

We carried out a simple descriptive study based on data analysis. Preformed questionnaires were designed for data collection and distributed among 540 clinicians of Khyber Pakhtunkhwa.

Results:

300 (55.6%) questionnaires were filled. 6 (2.0%) clinicians out of 300 had no idea about euthanasia. 185 (61.7%) only knew what it meant, while 109 (36.3%) knew about its guidelines. 246 (82.0%) clinicians did not agree with the legalization of euthanasia. Of these 234 (95.1%) cited religion as the most important factor which stops them from practicing euthanasia. 152 (61.8%) cited moral reasons, 108 (43.9%) said it contradicted doctors oath, 101 (41.1%) answered with emo-

tional factors, while 91 (37.0%) cited social reasons. 48 (16%) clinicians agreed with the legalization of euthanasia, of those 43 (89.6%) agreed that they would practice it on their patient's, while 5 (10.4%) would not take such a step. Of those who agreed with the legalization 12 (25%) said physical symptoms of the patient would compel them to take such a decision, 7 (14.6%) said psychological suffering, 6 (12.5%) answered fewer religious beliefs, 4 (8.33%) cited socio-economic factors of the patient, while 2 (4.17%) said feeling patient a burden. 17 (35.4%) clinicians gave multiple replies to above question. 17 (39.5%) clinicians preferred to practice the Code do not resuscitate method, 17 (39.5%) would administer a lethal drug to perform euthanasia, while 9 (21.0%) would withhold or withdraw the treatment.

Conclusion:

These drastic results reveal that majority of our clinicians strongly disagree with the practice as well as legalization of euthanasia; as they all strictly believe that only God should terminate their lives.

Keywords: Euthanasia, Khyber Pakhtunkhwa

The Frequency of Obsessive Compulsive Disorder (OCD) among Medical Students

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Introduction:

Once thought a rare psychiatric illness, OCD is now known to be a more common disorder characterized by a cycle of obsessions and compulsions that cause distress, dysfunction, and fear in various degrees. The aim of this research is to know the frequency of medical students suffering from OCD that is affecting their daily lives and their studies to a greater or a lesser extent in the long run.

Methods:

We distributed a diagnostic test questionnaire for Obsessive Compulsive Disorder (OCD) to 163 MBBS students (75 males and 88 females) at PMC.

Results:

80 students (49.07%), 42 females and 75 males were found to have been suffering from 50% or more from the symptoms of OCD most of the time or either occasionally. Among the above, 9 students (5%), 4 females and 5 males were found to have been suffering most of the time

from 50% or more from the symptoms of OCD.

Conclusion:

A large number of medical students suffer from the symptoms of this disorder. Males are affected more. Students residing in the hostel are affected much more than the students that live at home. Most of the medical students don't know about this disorder and even less knew about the treatment. A greater proportion knew someone who is suffering from this disorder which shows this disorder is widely prevalent in the society at large.

Keywords: Obsessive Compulsive Disorder (OCD), medical students

Survey of Depression among Students of Peshawar

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Introduction:

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, or problems concentrating, remembering details or making decisions; and may contemplate or attempt suicide.

Objectives:

To understand how people who suffer from depression may have difficulty with thinking and feeling, and how these difficulties affect their life. The purpose of this study is to examine the relationship between emotions and memory. We apply our research on interference-resolution to study Depressive subjects which may help us understand ruminative processes among depressed individuals.

Methods:

Students aged 13 to 28 were subject of the study. It is cross sectional

study done in year January, 2012. A sample of 100 students (45 males and 52 females) was included in study. Study was based on clinical definition of Depression rather than diagnostic definition. A fully structured questionnaire was used as data collection tool.

Results:

61% students lack interest in routine activities, 35% feel down and hopeless, 28% feel trouble in sleeping, 56% think that are tired and have very little energy, 26% have poor appetite, 23% feel bad about themselves, 36% feel trouble in concentrating on things, 28% think of committing suicide, 36% think that their life is much affected due to depression while 44% have weeping spells or they feel like crying due to burden on mind.

Conclusion:

Depression seems to be more prevalent in people with familial history of depression, those who face failure, ignorance and think that they have no value amongst their fellows.

Keywords: Depression.

Stray Animals: Behaviour and Attitude towards them

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Introduction:

Stray means homeless. Stray animals are those away from home and lost. The plight of strays is one of the most visible animal welfare issues in the world today. Strays include a variety of homeless animals like cats, bulls, cows and monkeys etc but dogs are one of the most affected animals - of the estimated 500 million dogs in the world and approximately 75% are strays. With a lack of knowledge and resources, communities in developing countries frequently resort to randomly culling strays, by poisoning, electrocuting or shooting them esp. dogs. These methods are inhumane, causing the animals great pain and suffering. They are also ineffective in the long term as they do not address the cause of the problem.

Objectives:

1. To help, care and give stray animals a chance of life.
2. To know the attitude of people towards stray animals.

Methods:

Questionnaire based cross sectional study.

Results:

Out of 100, 74 (74%) people liked animals with 27 (27%) liked dogs and 35(35%) liked cats. 33(33%) had pets which they take very good care of. 81% agreed to the fact that stray animals deserve kindness and should be treated kindly. 53% people help them by feeding and treating them when they get injured. 85% were off the brutal attitude of people who inhumanely torture them. 88% agreed on stray animals protection. 51% liked to be a part of animal rights organization. 92% had the same opinion regarding animal rights activists that they are fighting for a good cause and 54% of them were willing to donate funds to establish such an organization.

Conclusion:

The above mentioned data led us to the conclusion that there is still hope to protect stray animals and condemn the brutal and inhumane treatment towards such animals.

Keywords: Stray animals

The Susceptibility to Violent or Crude Thoughts and Ideals of Medical Students With Regards To Their Training and Prevailing Surroundings

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Introduction:

Medical profession and medical practice is a well respected position in a society which relies heavily on their services. Training to be a doctor is a hard enough endeavor which comes at the price of innocence and ever harsh realities of life on day to day basis. During training the dissections, the cadavers, the stench reminds one of a horror melodrama, with death looking down from every angle. All these factors mentioned above culminates in a personality prototype that has a constituent inclination towards sparse violent ideals. This study aims to check the validity of claim that death and its presence in lives of medical students bring them to a mature understanding of life and they become grim, serious, and speak and think in violent context.

Objectives:

To assess the extent to which the students have experienced a change in their personality, a more serious and grim attitude towards life, their

concept of death and dealing with it. The overall goal is to detect a personality change brought about by medical training and the environment of the dissection hall.

Methods:

A questionnaire based study with structured questions targeting at the base orientation of student psyche.

Results:

Out of 110 subjects 68.2 % showed a change towards more mature side, male to female ratio was 1: 3, females seemed to be more affected by the environment. Those who watch, read crime/ horror movies and literature seemed to be unaffected by the environment. Students of third year onwards had a mature psyche. Only 4% tend to have a violent nature

Conclusion:

Medical Education definitely brings about a personality change.

Keywords: Medical Profession and violence.

Association of Obsessive-Compulsive Personality Disorder with Internet Addiction Disorder and its Effects on Medical Students

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Introduction:

Internet use is becoming problematic and addictive much in the same way as drugs, alcohol and gambling etc. Internet addiction disorder can be defined as an impulse-control disorder which resides under obsessive compulsive disorder. Internet addiction is not a disease itself but overlies many mental problems such as depression, anxiety or a personality disorder i.e. the patient is obsessed with the thoughts of internet and responds in a compulsion to act. Such addictive use of internet can interfere with academics and social life of students and may cause disturbances in sleep and behavior.

Objectives:

1. To determine the frequency of IAD and obsessive compulsive personality disorder among medical student using questionnaires.
2. To find the ratio of obsessive-compulsive personalities and internet addicts among medical students.
3. To observe the gender distribution among the students with internet addiction disorder.

Methods:

It was a cross-sectional questionnaire based study carried out from 26-01-

2012 to 28-01-2012 on 100 subjects (50 females and 50 males) at Peshawar Medical College out of which 86 students responded (45 females and 41 males). IAD was assessed using Internet Addiction Test (IAT) whereas OCPD was assessed by developing a questionnaire following DSM-IV criteria.

Results:

Obsessive-compulsive personality disorder and internet addiction were associated i.e. 50% of the subjects exhibited internet addiction disorder and out of them 70% displayed obsessive-compulsive behavior. Male students were diagnosed more with obsessive-compulsive personality disorder (68.83%) and hence internet addiction disorder (66%) than females.

Conclusion:

Results suggest that academic and social life of medical students is affected greatly by excessive use of internet which is associated with obsessive-compulsive personality disorder.

Keywords: Internet addiction disorder, obsessive compulsive personality disorder, internet addiction test.

Shyness in Childhood and Social Phobia in Adulthood among the Students of Peshawar Medical College

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Introduction:

Shyness is the lack of comfort and feeling of apprehension or the awkwardness experienced in new situations or with unfamiliar people. It. Medical profession dwells on eloquent communication skills, confidence and decision making capability whereas with shyness one cannot effectively communicate with colleagues, teachers, students, patients and other people.

Objectives

The objectives of this study were to study the causes, progression and effects of shyness on the social life and effects of social phobia among 1st, 2nd and 3rd year students of PMC.

Methods:

Cross-sectional questionnaire based study was carried out in February 2012 at Peshawar Medical College among 221 students of 1st, 2nd and 3rd year MBBS. The data was analyzed in MS Excel.

Results:

Out of the 221 participants of the study 93 (42%) were male students while 128 (58%) were female students. The overall frequency of childhood shyness was 69 % among

males and 66% among female students. % didn't feel comfortable in giving presentation in front of their class fellows, 49% had fewer friends, 52% had an increased heart rate in similar situations, 57% felt nervous, conscious and anxious, 70% avoided and tried to run away from situations that could give rise to complications.

The frequency of social phobia in adult life as reported by the participants of the study was 54%. 64% couldn't initiate in talking to others, 59% didn't feel comfortable in gatherings, 68% had a fear of being judged and teased, 73% felt anxious around strangers, 49% found it difficult to keep a conversation going once it had been started, 41% felt depressed about their lives. 38% of the participants thought that their social fear interferes with their life, work, social activities and family life.

Conclusion:

From our study we conclude that majority of the medical students have childhood shyness which can progress with age and lead to social phobia in adult life.

Keywords: Shyness and Phobia

Adverse Effects of House Officers Turnover on Patient Care

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Mir Azam Khan*, Majid Jan Kakakhel*, Dr Bushra Rahman**

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Introduction:

Newly arriving house officers are likely to make mistakes that result in reduced quality of healthcare and an increase in patient mortality, known as the July phenomenon. Previous studies have drawn contradictory conclusions about the existence of the July phenomenon and previously there were no such studies carried out in teaching hospitals of Pakistan.

Objectives:

To confirm whether the influx of newly graduated house officers has an adverse effect on the healthcare of the patients, reflected arbitrarily by the mortality rate, and if so, to determine the magnitude of this effect.

Methods:

Retrospective study design in which hospital records were reviewed for the past 5 years. Data from medicine, cardiology and casualty departments was collected. Number of hospital admissions in the respective departments, number of deaths and causes of death were found. Data

was entered in Excel and a graph was plotted for data from each year.

Results:

According to our research, the mortality rate is highest in January (16.00% in '08, 12.57% in '09 and 9.58% in '10) and December (18.85% in '08, 18.54% in '09 and 12.90% in '10) with a steady decline throughout the rest of the year especially in July (8.26% in '08, 9.34% in '09 and 8.04% in '10). Our results coincide with the given hypothesis that influx of new House Officers (that occurs in Oct-Dec in Pakistan) result in an increase in the mortality rate of a given ward.

Conclusion:

There is an adverse effect of house officers' turnover on the mortality of patients at Teaching Hospitals of Peshawar. However, there is a need to find out the risk-adjusted mortality to confirm these results.

Keywords: July Phenomenon, Mortality, House Officers,

DENTAL SCIENCES AND ALLIED

Awareness of Oral Cancer among Dentists and Dental Students in IIDC	37
To Study the Effect of Dental Anxiety on Oral Health on Patients Attending a Dental School Clinic	38
Association of Gingivitis with Lack of Oral hygiene Practices (A Study conducted at Dentistry OPD of Services Hospital, Lahore)	39
Perception of 'Naswar' Among Medical Students as a Risk Factor for Causing Oral Cancer	40

Awareness of Oral Cancer among Dentists and Dental Students in IIDC

*Aduan Rasool, Dr. Atta Ullah A.P.
Islamic International Dental College*

Introduction:

The aim of this study was to assess undergraduate dental students as well as dentists' knowledge about prevention and detection of oral cancer in a dental college, Islamabad, Pakistan.

Methods:

A validated questionnaire which tested oral cancer awareness and procedure was given to 3rd and 4th year students of the dental faculty of Islamic International Dental College. A total of 140 students, House surgeons, as well as other Faculty members participated in this survey.

Results:

On average 58% of study population had high, 34% had moderate and 8% had low level of awareness regarding oral Cancer. As expected, faculty members have comparatively high level of knowledge compare to

House surgeons as well as students regarding knowledge of risk factors and clinical features of the disease etc.

Conclusion:

This study highlights for consideration regarding improvement to undergraduate dental education as well as conferences and symposium should highlight the scope of the topic.

Keywords: Awareness, Oral Cancer, Dentists, Dental Students

To Study the Effect of Dental Anxiety on Oral Health on Patients Attending a Dental School Clinic

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Introduction:

The purpose of study was to investigate the effect of dental anxiety on gender, age, socio-economic status, education and on oral health. Studies regarding this subject are not very common in Pakistan.

Methods:

A cross sectional study was conducted using a sample of 106 patients (18-65 years old) who arrived in Oral diagnosis Department of Islamic International Dental Hospital, Islamabad for dental consultation. A questionnaire was used to collect the data anonymously. Questionnaire consists of demographics including age, gender, socio-economic status and education. Dental anxiety was assessed using Modified Corah's Dental Anxiety Scale (MDAS). Oral health criteria was evaluated using World Health Organization (WHO) caries diagnostic criteria, oral hygiene was evaluated by Oral Hygiene index -Simplified version and bleeding of gums was evaluated by asking patients verbally and a full mouth examination was done using a mouth

mirror and artificial light to determine oral hygiene status.

Results:

Our studies results show that female have increased dental anxiety levels as compared to males although there is no significant difference. Dental anxiety increases with socio-economic status. The mean DMFT score increases with dental anxiety. Bleeding of gums was found to be more in dentally anxious patients. There is an inverse relationship between oral hygiene and dental anxiety.

Conclusion:

There is no significant difference between male and female as far as dental anxiety is concerned. Those people which have better oral hygiene have less dental anxiety. There is a direct relationship between dental anxiety and socio-economic status.

Keywords: Dental Anxiety, Oral Health, Socio-economic status, Oral Hygiene Index Simplified, Education.

Association of Gingivitis with Lack of Oral hygiene Practices (A Study conducted at Dentistry OPD of Services Hospital, Lahore)

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Introduction:

Gingivitis is inflammation of the gums; most commonly caused by inadequate plaque removal from the teeth. It is highly prevalent among the population (70-90%). So there was a need of such a study to analyze the oral hygiene practices & dental visits among Patients of gingivitis.

Objectives:

To investigate the association between Gingivitis and lack of oral hygiene practices among gingival patients and to correlate it with the sex, level of education and socioeconomic status of patients. It also includes their nutritional habits & reasons for avoiding oral hygiene practices.

Methods:

Descriptive cross-sectional study, & sample size was 50. The sampling technique was convenience sampling. The study was conducted at out-patient department of dentistry in Services Hospital Lahore.

Results: Most of the patients, 42%, were from 21- 30years age group and majority, 56%, was females. 62% pa-

tients belonged to low socioeconomic group with income per capita <2000. Among the patients 46% did one time brushing & 92% were using tooth brush. Majority of patients 40% were teeth brushing in morning before breakfast. 70% were not using mouth wash. Most of them 86% did not maintain regular dental checkups. 88% had habit to take sweet dish after meals & 60% were not having family history of this disease. Reason for avoiding oral hygiene practices for most of them 56% was laziness & for 12% was unawareness. In our study education & family history did not reveal a clear impact on prevalence of gingivitis.

Conclusion: There should be a health education program for the public illuminating the importance of proper oral hygiene practices with acceptable brushing behavior at least twice a day. Educate the people about the importance of regular dental visits at least 1/year. In School curriculum, there should be a health education campaign for all classes and practical demonstration of oral hygiene practices.

Keywords: Gingivitis, oral hygiene

Perception of 'Naswar' Among Medical Students as a Risk Factor for Causing Oral Cancer

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**University of Peshawar

Introduction:

Dip Snuff, smokeless tobacco, popularly called naswar in Pashto is a known risk factor in causing oral cancer. Many domestic and international studies have shown it to be associated with increased risk of developing oral cancer. Unfortunately naswar addiction is high in southern and some northern districts of Khyber Pakhtunkhwa, in both men and women and poses a serious public health problem. No public health campaign can succeed without raising awareness of risky behavior amongst the vulnerable population, specially, the youth.

Objectives:

To find out the awareness level among medical students about the association of naswar with oral cancer.

Methods:

A mailing list of 100 medical students was asked to complete an online survey developed using Google Spreadsheet form. Summary analysis of responses was generated automatically. Detailed analysis will be made using Microsoft Excel Pivot Table function.

Result:

50 students have replied so far. A reasonable response rate of 50% was

observed. Following is the summary analysis of responses. Only 5% use naswar. 90% of medical students know what oral cancer was. 71% believe naswar causes oral cancer and 69% believe it causes other serious diseases too. 55% believe it has become a part of Pathan culture. 48% have people using it in their close environment. 90% believe it has become a grave problem in our society. 74% believe it has become a social nuisance. Users were introduced to it by friends at early age of 13-15 years.

Conclusion:

Majority of medical students are aware of health hazards of naswar and its association with oral cancer and other serious diseases. However, a large proportion stated that people in their close environment use naswar on regular basis. This has implication for raising the incidence of oral cancer and addiction rate among vulnerable population specially children.

Keywords: Oral cancer, risk perception, naswar.

MEDICAL EDUCATION

Evaluation of Second and Third Year Undergraduate Medical Students' Perception Level of the Problem-Based Learning Process	43
Medical Ethics Practiced by the Doctors of Civil Hospital Karachi: Patients Perspective	44
Efficacy of Problem Based Learning, Small Group Discussion, Large Class Format Lectures and Self Study as learning Modalities in an Undergraduate Medical Curriculum: study at IIMC	45
Attitudes of Medical Students towards Their Career: An exploratory Study	46
Attitude & Confidence of MBBS Students Regarding CPR Training	47
Medical Ethics in Clinical Radiology: Status of Breaking-Bad-News among Radiologists and Trainees	48
Teaching Duties, Methodologies and Rewards in Radiology Undergraduate Medical Education: A Perspective from Radiological Academia of Pakistan	49
Assessment and Comparison of Knowledge of Research Methodology among the Final year and First year Medical Students from Army Medical College Rawalpindi	50

Evaluation of Second and Third Year Undergraduate Medical Students' Perception Level of the Problem-Based Learning Process

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Introduction:

Problem based learning is a part modular system which is relatively newly introduced as compare to conventional system. It is different from the traditional system as it involves the total participation of students themselves. Rather than giving a lecture, a clinical problem is presented in PBL which is relevant to the course. In this way it gives a better perception level by involvement of students, increase their inter-personal communication skills and enhance the interest of students in the respective subject.

Objectives:

1. To develop a questionnaire to evaluate the significance of PBL and to explore the perception level of PBL in medical students.
2. To compare the perception level of students having one year experience (2nd year) with students having 2 year experience (3rd year) in PBL.

Methods:

It was a questionnaire based study carried out from 24 January, 2012 to 7 February, 2012. A sample of 100 subjects was provided with questionnaires

to undergraduate students of Peshawar Medical College of 2nd and 3rd year. 87 subjects responded. 50 out of them were 2nd year students whereas 37 were 3rd year students.

Results:

Perception level of PBL among medical students of both years was high with relatively higher among 3rd year students. The areas responding to significance of PBL were: stimulation of thinking, analysis and reasoning, stimulates self-directed learning, leads to studying the intended contents, enhance interest in subject matter and relevance to profession which were all rated highly by students of both years.

Conclusion:

It is obvious from the results that students having 2 years of experience of PBL (3rd year) had a better perception level than students having experience of 1 year (2nd year). Considering the significance of PBL and the positive feedback of students, it can be concluded that more PBL sessions should be organized.

Keywords: Problem-based learning, perception of problem based learning, significance of PBL.

Medical Ethics Practiced by the Doctors of Civil Hospital Karachi: Patients Perspective

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Introduction:

Study was carried out to assess the degree to which the doctors of a public sector hospital in Karachi adhere to medical ethics during their consultations.

Methods:

A cross-sectional study was conducted in Civil Hospital, Karachi, Pakistan in April-June 2010. 337 participants from Out Patients Departments (OPDs) and wards were inquired of their demographic profile, including age, gender, marital status, education and occupation and questions in accordance with the study objective elaborating doctor's practice of informed consent, privacy, confidentiality, diagnostic procedures and treatment modalities. The participants were also questioned about their views regarding the professional advertisements by the doctors. Patients were explained the study objective, a written consent was taken and full confidentiality was assured.

Results:

The mean age of the study population was 38.4 ± 15.0 years. There

was equal ratio of male and female, with 39.4% were illiterate. Informed consent was obtained from 66.4%, while surprisingly 56.9% of patients complained that doctors don't brief us the side effects of the prescribed medicines. 73.8% females were recorded with better privacy, while 64.8% were assured of the confidentiality of their information. Regarding advertisement of doctors, 46.5% of patients said it should be done.

Conclusion:

There has been a marked improvement in the practice of bio-medical ethics by the doctors of public sector hospital. Growing awareness among patients of their medico-legal rights has been the major factor of this change. There should be awareness programs to educate public more about their rights.

Keywords: Biomedical ethics

Efficacy of Problem Based Learning, Small Group Discussion, Large Class Format Lectures and Self Study as learning Modalities in an Undergraduate Medical Curriculum: study at IIMC

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Introduction:

Traditional methods for teaching employ a lecture format of instruction in which the majority of students are passively listening to the instructor and jotting down notes. Current plans of learning and instruction by means of various modalities challenge the wisdom of this traditional pedagogic practice by stressing the need for the learner to play an active role in constructing knowledge and developing a practical approach for future usage.

Objectives:

To evaluate the learning modalities in an undergraduate medical curriculum.

Methods:

A 10-items, cross-sectional, questionnaire-based survey was conducted at IIMC, filled by 100 students. It was taken in account that each question is well understood when it is answered. The students graded each modality for how it helps acquiring knowledge, retaining it and finally recalling it in exam and viva. Also how the learning approaches aid them develop a practical approach by critical thinking. Different questions identified the factors

that aid the students in their learning process.

Results:

PBL was evaluated for aiding the students maximally in development of a problem solving approach by compelling the students to brainstorm. PBL leads to practical learning with critical thinking development. The content discussed in SGDs was easily retained and recalled in viva. Lectures impart a lot of knowledge and were graded high from examination point of view. 36% voted for SGDs, 33% for lectures in Large Class Format, 21% for PBLs and 10% for Self Studies to acquire a major portion in the education plan.

Conclusion:

The students can gain more and will learn actively during class than they would have during a traditional lecture if the elements of reasoning critical thinking were added in interactive learning sessions. SGDs, PBLs Lectures in LCFs and Self Study are important learning modalities in an undergraduate medical curriculum.

Keywords: Medical education, LCF, SGD, Self Study

Attitudes of Medical Students towards Their Career: An exploratory Study

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Introduction:

Students' attitudes toward and reasons for choosing careers are of great interest for educational systems around the world. Students choose medical profession due to various reasons like peer pressure, financial reasons, better quality of living, etc. But they seldom realize the hardships they have to face in this profession and number of career choices they have to make during their career.

Objectives:

The aims of this study were to investigate motivations of students of Khyber Medical College in choosing medical profession and their attitudes toward their future profession.

Methods:

A cross-sectional study was performed in which medical students (n=200) 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 a 13-question questionnaire. Total positive score was calculated.

Results:

199 students completed the survey.

Response rate was 99.5%. The respondents were from 1st to final year. 66% percent students said that they chose medical profession on their own will. 129 responders had a doctor in immediate family. Majority of students chose this profession to serve the ailing humanity and wanted to pursue the medical career in Pakistan. Mostly, students want to do specialization in a particular field but majority haven't decided the field. 70% of students would like to choose either Medicine/surgery but a very small number of students are interested in Public Health.

Conclusion:

In our survey, we found out that the students of Khyber Medical College chose medical profession on their own free will but some had regrets later on. Students are aware of the importance of doing specialization in particular field but would need career counseling to help them in decision making for a particular field especially like Public Health.

Keywords: Medical Profession and Career Selection.

Attitude & Confidence of MBBS Students Regarding CPR Training

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Introduction:

Due to the shift towards sedentary lifestyle, there has been an increase in mortality and morbidity of circulatory disorders, especially ischemic heart diseases. This combined with the lack of out of hospital emergency medical services in most of the country makes first aid and CPR training very important.

Objectives:

The objectives of this study are to determine the number of formally CPR trained medical students, to assess their attitude and confidence towards CPR training, and to compare it with those students who have not received CPR training.

Methods:

A cross-sectional study was carried out at three medical colleges of Peshawar. Convenience sampling was done to assess the attitude and confidence of MBBS students regarding CPR training using a structured questionnaire. The sample size achieved was 362.

Results:

108 (30%) students had received formal CPR training, and seventy-

two percent of untrained students wanted to be trained in CPR. On a scale of 1 to 7, 140 (38.6%) medical students were confident (score 5 or more) to perform CPR on a subject in a motor vehicle accident. The mean level of confidence of CPR trained participants was 4.30 (SD +1.43) and that of not trained participants was 3.9 (SD +1.92). This difference was statistically significant with a p value of 0.014 (p<0.001, 95% CI).

Conclusion:

There are few CPR trained students across the three major medical colleges of Peshawar and many untrained students showed interest in receiving CPR training. CPR trained participants were more confident in delivering CPR in various emergency situations as compared to untrained participants. CPR training must be included in curriculum of all medical colleges and should be extended to the broader community in order to decrease the early mortality and morbidity of accidents and emergencies.

Keywords: CPR Training, MBBS students, Peshawar, medical colleges.

Medical Ethics in Clinical Radiology: Status of Breaking-Bad-News among Radiologists and Trainees

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Dow Medical College*

Introduction:

Breaking bad news can be an intimidating task for any physician. It can range from merely communicating a diagnosis to the patient to the information of patient's demise to his family. Since not much has been looked upon radiologists perspective in delivering bad news in the developing countries, our study aims to bridge this gap. We aimed to understand the national consensus of breaking bad news to the patients and their families by Pakistani radiologists and trainees.

Methods:

To collect the national data, we surveyed the radiologists and trainees attending the 26th National Radiological Conference in October 2010 in Karachi, Pakistan. Self-administered questionnaires were given to all registered participants of the conference and consent was obtained.

Results:

The response rate was 76%. The respondents included residents (51%), private practicing radiologists (28%), academic radiologists (13%),

and other trainees (8%). Most of the academic radiologists communicated with their patients. The daily frequency of breaking bad news by residents was noted highest when practicing in public teaching hospitals (71%). For severe abnormalities such as malignancy, 50% residents, 55.2% of the academic radiologists and 74% of the private practicing radiologists were very uncomfortable in disclosure of results. For normal results, 56%, 59% and 49% of the respective groups were willing and comfortable in disclosing the results. First-year residents were more likely to communicate with patients than their senior colleagues.

Conclusion:

Differences in frequency of communication with patients, and disclosure of normal to abnormal imaging results have been observed. Such variations are associated with both different training levels, and different settings of practice in a developing country.

Keywords: radiology, medical education

Teaching Duties, Methodologies and Rewards in Radiology Undergraduate Medical Education: A Perspective from Radiological Academia of Pakistan

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Introduction:

Radiology teaching significantly improves medical students' performance. No study has been conducted in Pakistan to demonstrate an academic framework of radiology medical education at an undergraduate level. We aimed to document and compare current level of teaching duties, teaching methodologies and teaching rewards among radiologists and residents in private and public teaching hospitals.

Methods:

A survey was conducted among all 121 radiologists and residents in two private and two public teaching hospitals in Karachi, Pakistan. Self-administered questionnaires were collected from 95 participants.

Results:

The overall response-rate was 78.51% (95/121). All of the radiologists were involved in teaching residents and medical students; however, only 36% reported formal training for teaching skills. Although most of the respondents (76%) agreed that medical students ap-

peared enthusiastic in learning radiology, the time spent on teaching medical students was less than 5 hours/week (82%). Only 37% of all respondents preferred dedicated clerkships over distributed clerkships (41%). The most common overall teaching methodology was one-to-one interaction. Teaching via radiology films (86%) was the most frequent mode of instruction. Salary (59%) was the most common teaching reward. Majority of the respondents (88%) were not satisfied with their current level of teaching rewards.

Conclusion:

Radiologists showed a positive attitude towards teaching radiology to medical students. However, residents were preferred for teaching purposes. Teaching methodologies differed significantly among private and public teaching hospitals. Due to a very low satisfaction among all respondents, efforts should be made to provide satisfying teaching rewards.

Keywords: Radiology, medical education

Assessment and Comparison of Knowledge of Research Methodology among the Final year and First year Medical Students from Army Medical College Rawalpindi

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Objectives:

To assess and compare the level of knowledge of research methodology among medical students.

Methods:

A questionnaire was used to assess the knowledge of research methodology among undergraduate medical students adapted from (CETL-AURS) questionnaire. Observational cross sectional study was carried out at Army Medical College Rawalpindi from November 2010 to December 2010. The questionnaire was filled by students of first and final year MBBS and BDS through convenience sampling. An informed consent was taken for filling of the questionnaire which consisted of 23 closed questions. Spss version 17.0 was used and P value of 0.05 was taken to be significant.

Results:

Around 44.80% of the final year students and 44.61% of 1st year had satisfactory knowledge of research methodology. 50.40% of 1st year and 21.53% of final year had poor knowledge of research methodology. 55% strongly agreed for the need for provision of more research opportunities to undergraduate students.

Conclusion:

Final year students proved to be more competent in their research skills as compared to the first year students. Similarly both year students were motivated to do research but due to lack of ample opportunities, they were unable to gain proper research knowledge.

Keywords: Research Methodology, Undergraduate students

MEDICAL THERAPEUTICS

Comparative Efficacy of Nitrofurantoin and Fluroquinolones in Treatment of Urinary Tract Infections

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Introduction:

The prevalence of antimicrobial resistance in E.coli has drastically increased in the last decade. Data regarding the evolution of antimicrobial resistance is needed to suggest the appropriate empirical treatment of urinary tract infections.

Objectives:

This study evaluates study pattern of urinary pathogens to Flouroquinolones and Nitrofurantoin.

Methods:

A retrospective study was done to delineate sensitivity pattern of urinary isolates. The data was collected from military hospital in Rawalpindi from 2006-2009. A total of 1340 patients were evaluated in this research.

Results:

Sensitivity of Nitrofurantoin was 27% greater than Flouroquinolones.

51% of urinary E.coli isolates were resistant to Flouroquinolones which was the most commonly used empirical antibiotic.

Conclusion:

A re-evaluation of empirical antimicrobial therapy is required in which Flouroquinolones sparing agents such as Nitrofurantoin should be considered as an alternative therapy to improve clinical efficacy

Keywords: UTI, urinary tract infections, Flouroquinolones

Awareness and Determinants of the Usage of Drugs in Rawalpindi / Islamabad

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Introduction:

The objective of this research is to find the determinants and the level of awareness of the usage of harmful drugs in Rawalpindi/Islamabad.

Methods:

A cross-sectional survey was done in Rawalpindi and Islamabad on a sample of 130 individuals, which consist of 61 males and 69 females. The data was collected, recorded and analyzed using SPSS.

Results:

According to the research, peer pressure is the most important determinant of drug abuse constituting 44% respondents. 42% prefer it as it is a sign of elite class, 25% think it looks attractive, about 15% had an opinion that cocaine make them more responsive and 35% think that stress provokes its use. As regards awareness, 71% knew that shisha is

equal to twenty cigarettes, 58% were mindful about its impact on lungs and body and 32% aware of the fact that these drugs are life threatening.

Conclusion:

Thus the determinants of increasing use of drugs should be strictly addressed and resolved as their use is a continuous threat to our society.

Keywords: Drug use, drug abuse

In Vitro Antibacterial Activity of Honey against Bacteria Isolated from Respiratory Tract Infections

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Introduction:

Honey has been attributed as a panacea in Islamic teachings and used in many cultures as a healer for a number of ailments. This study aims to verify any antibacterial activity of honey against bacteria concerned with Respiratory Tract Infections in Karachi, Pakistan.

Methods:

Three brands of commercial honey, one 'crude' and two 'processed' (H1 = "Salman's," Pakistan; H2 = Crude, H3 = "Langnese," Germany) were used to determine their antibacterial activity against four bacterial species, *Klebsiella pneumoniae* (n=56), *Streptococcus pneumoniae* (n=34), *Pseudomonas aeruginosa* (n=16), and *Staphylococcus aureus* (n=20), isolated from Sputum and Throat swab specimens of patients presenting with RTI at a local diagnostic lab in Karachi. The 'cork-bore method' was employed using Mueller-Hinton agar and the inhibition zones were assessed using Imipenem disc (30ug) as the standard of antibacterial activity. Data was analyzed using nonparametric test Kruskal-wallis test,

One-way ANOVA and Post Hoc test, SPSS 16.0.

Results:

Significant antibacterial activity of honey was observed against the 4 RTI isolates. H2 yielded relatively superior inhibition zones than the other two specimens; it was sensitive for all 34 (100%) of pneumococci, 29 of 56 (52%) klebsiellae, 14 of the 20 (70%) staphylococci and 4 of 16 (25%) pseudomonas isolates. Pneumococci in particular were significantly more sensitive to all 3 honey samples, while pseudomonas were least sensitive compared to other isolates.

Conclusion:

Samples of honey showed promising in vitro antibacterial activity on some RTI isolates and thereby support its use to alleviate the symptoms and effects of throat infections and productive cough.

Keywords: Honey, RTI

Frequency of Use and Level of Awareness of Side-effects of Ibuprofen amongst Medical Students

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Introduction:

Ibuprofen is a non-steroidal anti-inflammatory drug and is widely used throughout the world for a variety of conditions, like to relieve pain (headache, backache etc), tenderness, swelling, and stiffness caused by arthritis. On the contrary it has got many side effects as well like constipation, diarrhea, gas or bloating, dizziness, nervousness, swelling, renal impairment and many more.

Objectives:

1. To determine the Frequency of use of ibuprofen amongst medical students of PMC.
2. To determine the Level of awareness of ibuprofen in medical students of PMC

Methods:

It was a cross-sectional comparative study from December 2011 to February 2012. The study was conducted in Peshawar Medical College. A sample of 100 students participated in this study and 20 students were selected randomly from each class. A pre-structured questionnaire was used to collect data.

Result:

Out of 100 medical students, majority of the students (94%) had used Ibuprofen. A few students (6%) had never used ibuprofen. Most of the students (51%) used it less frequently (less than once a month). However many students (12%) used it once a day. 7% of the students used ibuprofen once a week and 18% used ibuprofen once a month. The number of students who were aware of side-effects of ibuprofen in 1st year was 4 (20%), in second year was 4 (20%), in third year was 1 (5%), in 4th year was 10 (50%) and in 5th year was 9 (45%).

Conclusion

We conclude that many medical students are frequently using ibuprofen for different indications but they are not aware of its side effects. They are using it in inappropriate doses, because of which many of our study subjects have experienced the side effects. We recommend that similar studies should be carried out on larger samples.

Keywords: Ibuprofen, Side effects, Frequency.

Chocoholic VS Alcoholic to Increase Immunity

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Introduction:

According to the researchers conducted in many countries like India, Holland on benefits of chocolate and alcoholic drinks to increase immunity, prevent heart diseases, and cancers by presence of some natural antioxidants Catechins, resveratrol, epicatechins, polyethylamine and phenols. So, I was eager to know which one is better to increase body immunity with rest of the benefits with least side effects and limitations.

Methods:

In this I isolated the pro-biotic bacteria from yoghurt. Then I made agar media plates 1 supplemented with chocolate, other with alcoholic drink (I used whisky), and one left with nothing. Then I streaked probiotic bacteria the one isolated from yoghurt. Then I incubated the plates for 24 hours.

Results:

Chocolate supplement plates had more colonies as compared to alcoholic drink supplemented plates.

Conclusion:

According to my assumption the chocolate helps in growth of probiotic bacteria which help in immunity of the body, while alcoholic drink killed bacteria due to presence of alcohol content. Hence its better to be chocoholic than to be alcoholic to increase body immunity by building up beneficial bacteria and get more benefits.

Keywords: Chocolate, alcohol, immunity

Effects of Natural Honey on Blood Glucose and Lipid Profile in Young Healthy Pakistani Males

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Introduction:

This study was carried out to investigate the effects of natural honey on blood glucose and lipid profile in healthy individuals.

Methods:

It was a Randomized controlled trials (RCT), conducted in the Army Medical College, Rawalpindi, Pakistan. Duration of study was 4 weeks, that is, from 15th Feb 2009 to 15th March 2009. The subjects were healthy young boarders of the same college. Total 70 subjects were included in the study and randomly divided into two groups of 35 each using random number table. 70g of honey was given to each individual in the experimental group daily for a period of 4 weeks while control group was kept on the same diet as that of experimental group except honey. The fasting glucose, total cholesterol, Low density lipoprotein (LDL), High density lipoprotein (HDL) and triglyceride (TG) levels were measured before and after the experiment.

Results:

The glucose levels in both groups were raised. However, the increase in the fasting glucose levels of the experimental group was significantly less than those in the control group ($p < 0.05$). On the other hand, levels of total cholesterol, LDL and triglycerides in the control group increased while those in the experimental group decreased significantly ($p < 0.05$). HDL level was increased in experimental group where as it decreased slightly in control group ($p < 0.05$).

Conclusion:

Natural honey consumption significantly limits the rise in blood glucose along with a significant decrease in the levels of total cholesterol, LDL and triglycerides, and increase HDL in young healthy adults.

Keywords: Honey, Glucose profile, Lipid profile.

Solar Disinfection VS Ionic Disinfection

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Introduction:

Water, the important gift of nature needed for survival of all living organisms gets contaminated by bacteria and parasites and these cause many diseases in humans. So, we suggested an easy way to disinfection to produce safe, clean water that is portable to drink. The main idea of our project is to utilize solar radiations and ions of gold and silver which proves to be deadly against bacteria and parasites. Then to compare both solar and ionic disinfection method to prove which method provides excellent results.

Methods:

In experiment I inoculated the water sample and checked bacterial count. For solar disinfection I used 7 PET bottles and scratch 5 up to different level of opacity that is 25%, 50%, 75%, and 2 bottles with 100%. While 2 bottles remained unscratched. All filled with water sample. One of unscratched and 100% scratched where kept in shade and all other where placed under sun all for 6 hours. For ionic disinfection, I took 2 PET bottles filled with water

sample, placed in gold and silver chain (disinfected with ethanol) for 6 hours. After 6 hours, I inoculated the samples from each bottle on agar media, incubated for 24 hours in incubator.

Results:

Solar disinfection showed 75% least colonies while the more opaque bottle more the colonies present. Transparent bottle with least colonies. Ionic disinfection also showed better results up to 45%.

Conclusion:

Solar and ionic disinfection proved to be antibacterial by giving a good result. It is most cheap and easy methods used to disinfect water to provide portable water in many poor countries. Hence these methods must be implemented in countries to provide safe water to people and prevent diarrheal related deaths.

Keywords: Solar radiation, ionic radiation, disinfection

PUBLIC HEALTH/ COMMUNITY MEDICINE

Malnourished children in Three Tertiary Care Hospitals of Peshawar	63
Prevalence of Backache in relation to Study Posture in Medical Students of Peshawar	64
Compliance of Cigarette manufacturing industry with Governmental anti-smoking regulation	65
Patient length of stay in medicine unit of Kuwait Teaching Hospital, Peshawar, Pakistan	66
KAP Study on the Usage of Sweets in Relation to Obesity by the Students of PMC	67
Determining the coverage of Polio Vaccination during NIDs	68
Awareness about the management of rabies among general population	69
Assessing the Knowledge of Dengue Fever Among Students of Rawalpindi	70

A Study of Knowledge, Attitude and Self Reported Practices of Health Professionals Regarding the Procedure of Intravenous Injections in Civil Hospital Karachi	71
The use of analgesics in self-medication by the general population and students of Peshawar Medical College; Prevalence, practice and attitude	72
Bioethical Aspects of Sexually Transmitted Infections treatment among adolescence in Yogyakarta	73
Self Medication for Fever in Educated and Uneducated People	74
A study on the Frequency of ABO Blood Groups and Rh Factor in Abbottabad District	75
Immunization According to EPI among Pediatric Patients in Kuwait Teaching Hospital	76
Factors and symptoms responsible for self-medication among students of PMC and the commonly used medications	77
Breakfast Skipping Routines of Medical Students	78
Role of Electronic Media in Polio Immunization Campaign	79
Assessment of Awareness & Knowledge of Breast Cancer among Pakistani Women	80
Assessment of awareness of diabetic personal care, a part of diabetic treatment regimen	81
Correlation of Excessive Computer Use and Backache	82
Frequency of Refractive Errors in School Going Children of Peshawar between 8 to 14 Years of Age	83
Job Stress among Doctors of Government and Private Hospitals	84
Job Stress in Medical Officers of Government and Private Hospitals	85
Knowledge and Perceptions of Diabetes in Urban and Semi urban population of Peshawar, KPK, Pakistan	86
Knowledge of Pakistani Health Care Professionals about Disability: A cross sectional survey	87
Knowledge Attitude and Practices of Undergraduate Students Regarding Dietary Habits, Physical Inactivity and Awareness of Coronary Heart Diseases	88
Nutritional Status of Children in Local Orphanages of Karachi	89
Patient Satisfaction A Comparison between Public & Private Sector Hospitals of Peshawar	90

Malnourished children in Three Tertiary Care Hospitals of Peshawar

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Introduction:

Malnutrition is major problem of our country. It is on rise without proper care and control. Poverty, lack of education, poor socio economic conditions and large family size contribute to malnutrition in our set up.

Objectives:

1. To determine malnourished children in three tertiary care hospitals of Peshawar.
2. To find out the factors responsible for malnutrition in children.
3. To find out the most prevalent nutritional deficiency.

Methods:

We selected three tertiary care hospitals i.e. KTH, LRH, HMC. We began our study by visiting UNICEF office. We collected our data by going to Nutritional Rehabilitation Unit (NRU) in Pediatrics wards. We admitted children of any age in the three tertiary care hospitals.

Results:

We collected data on 110,50,40 malnourished children from KTH, LRH, HMC respectively. So, malnourished children below 1 year were 35%, b/w 1-5 years were 52.5%, b/w 5-12 years were 12.5%. Among sex distribution, we found that among 200 children, 120 (60%) were females and 80(40%) were males. Out of 200 children, 35 (17.5%) were school going and 165 (82.5%) were non-school going. The most prevalent malnutrition was "Protein Energy Malnutrition"

Conclusion:

We came to the conclusion that nutritional status of people of Peshawar is not satisfactory and with an increase in population and decrease in resources the situation is going from bad to worse. The main factors responsible were lack of health education, poverty, absence of child spacing and lack of resources.

Keywords: Malnutrition, tertiary care.

Prevalence of Backache in relation to Study Posture in Medical Students of Peshawar

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Introduction:

Backache is a common problem among medical students of Peshawar. Unfortunately due to lack of awareness students have to face this problem.

Objectives:

1. To find out the frequency of students suffering from backaches
2. To find out the determinants of backache in medical students
3. To find out relation of backaches with study posture

Methods:

This was a cross sectional study of 200 cases, from medical colleges of Peshawar. The study sample was collected randomly by written questionnaire.

Results:

Of 200 students, 127 suffered backaches during a week, 13 every day, the rest had it on some days while 73 people didn't have it. Of 37 who sat with slumped shoulders, 5 experienced severe, 32 moderate and 7 didn't experience it. 48 students sat

crossed legged, out of which 8 had severe, 32 had moderate while 4 people didn't experience. Of 10 who sat straight, 1 had severe, 4 had moderate and 5 people had no backache. Of 10 who studied while standing, none had severe, 8 had moderate, 2 had no backache. Of 51 who used foot support, 25 had severe, 25 had moderate and one had no backache. For those 37 who had other study postures, 30 had severe, 19 had moderate and 2 didn't have backache.

Conclusion:

Majority (63.5%) of students suffered at least one episode of backache weekly. 87% of students suffered backache every day. The worst study posture in terms of backache was in those using foot support followed by those who sat cross legged, sat with slumped shoulders, sat straight and those who studied while standing. A significant number of students, who had other unconventional study posture, had severe backache.

Keywords: Backache

Compliance of Cigarette manufacturing industry with Governmental anti-smoking regulation

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Introduction:

The reason people remain captivated to cigarette smoking is they consider it is less hazardous and that it has medicinal values. Elucidating to them the fact that there are 35 carcinogens in cigarette smoke and smoking accounts for 90% of total lung cancer can curb these false beliefs. Realizing this fact, Ministry of Health has imposed certain restrictions/ regulations on cigarette manufacturing industry in 2003. These include display of health warning on each cigarette pack depicting the carcinogenic effect of cigarette smoke thereby allowing the smokers to know the risk involved in smoking. However no studies have been published regarding the compliance of cigarette manufacturers with governmental directives.

Objectives:

To highlight the compliance of the industry with these regulations.

Methods:

A cross-sectional analysis survey of major cigarette selling shops was conducted in Abbottabad about the availability of total brands in the city and their compliance with the regulations.

Results:

A total of 38 cigarette brands are

available in Abbottabad city out of which 58.5% are imported brands. A total of 48.8% brands have displayed health warnings (41.5% pictorial health warning; 7.3% written health warning). Amongst the top four brands consumed daily, which include one local and three imported brands, only the local brand, accounting for 9.8% of daily cigarette sales has displayed health warning. Remaining three (all imported brands), accounting for 11%, 11% & 13.4% of daily sale respectively have not displayed the warning. Female customers accounting for 2.4% of total cigarette customers buy only those brands not displaying the health warning. 1.2% customers include youngsters between 10-20 years of age.

Conclusion:

Observed compliance with governmental regulations is less than desired or optimum. The brands not displaying the health warning have much greater sale, depicting that smokers consider them less hazardous/ risky. Ministry of Health should assure the display of these warnings on all the brands so that smokers must be fully aware about the risk involved in smoking.

Keywords: Smoking, Cigarette

Patient length of stay in medicine unit of Kuwait Teaching Hospital, Peshawar, Pakistan

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Introduction:

Patient length of stay is a commonly used indicator in measurement of hospital quality standards in developed countries. However, in Pakistan, there is dearth of literature on this topic.

Objectives:

To determine the average length of stay (ALOS) of patients admitted to the medical unit of a tertiary care hospital and to compare ALOS by age, gender and type of disease.

Methods:

Retrospective record review of all patients admitted to the medical unit Kuwait Teaching Hospital, Peshawar, from January 2010 to December 2010. A total of 891 patients were included in this study, out of which 542 were females and 349 were males.

Results:

The overall ALOS was found to be 4.69 days. ALOS of female and male patients was 4.57 days and 4.87 days respectively. Amongst various dis-

eases, Cancers had the highest ALOS (7.68 days), while depression was amongst the lowest (2.85 days).

Conclusion: We found minor differences in ALOS between genders and age groups. However, some diseases, like Tuberculosis had unreasonably high ALOS. Further studies at national level are needed to determine national averages and set length of stay standards for hospitals. Hospital records should include a formal assessment of diseases severity in order to allow reasonable comparisons.

Keywords: Patient stay, hospital management, hospital admissions

KAP Study on the Usage of Sweets in Relation to Obesity by the Students of PMC

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Introduction:

Sweets are commonly used or taken in different forms like chocolates, toffees, tea etc., Excess of everything is bad, if sweets are taken in excess, it may lead to many disorders one of them is obesity. Awareness about excess use of sweets and its effect on health can help in avoiding many problems, which we can face in future.

Objectives:

1. To determine the percentage of PMC students using sweets.
2. To determine the percentage of PMC students Knowledge about effects of excess sweet intake and their attitude on this.

Methods:

It was a questionnaire based study. 100 questionnaires were distributed among PMC students, 89 were returned.

Results:

Most of the students like ice cream and chocolates. In drinks 58.4%

prefer juice and carbonated drinks. 41.6 % prefer tea and coffee. 65% of students take one to two cups of tea or coffee per day (25% takes 3 to 4 times per day and 10% don't take). 14% don't add sugar in their tea and 86% students take 1 to 2 table spoon of sugar in each cup of tea. 96% students know that sugar intake leads to obesity. 53% students due to effects of sugar try to reduce the use of sweets. 32% are not reducing its use. 15% say that they will try to reduce it. Overweight students = 22.4% 70% of overweight student exercise regularly and the rest do not.

Conclusion

Sugar is taken by students mainly in the form of chocolates, toffees, carbonated drinks, tea. Most of them know that its excess use leads to obesity more than half are trying to reduce its intake.

Keywords: Sweets, obesity

Determining the coverage of Polio Vaccination during NIDs

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Introduction:

Polio by being vaccine preventable is amenable to eradication. The WHO led global effort in terms of Polio Eradication Initiative (PEI). It is on the verge of success with Pakistan, Afghanistan, India and Nigeria as they are the only polio endemic countries to date. Polio presences in these countries are attributable to host of key factors. Of those, one of paramount importance is the problems in coverage during NIDs and SNIDs. The focus of this study is on looking at coverage of the target children in an urban community (Warsak Road, Peshawar, Pakistan) during NIDs and SNIDs.

Objectives:

1. Estimate the percent of under five children who were regularly covered during the past year NIDs and SNIDs in the area
2. Determine the per cent of children being totally or partially missed during NIDs and SNIDs in the area
3. Identify the reasons for total or partial missing of the target children in the area

Methods:

It was a descriptive cross sectional study. Universe of the study were

households in the area with children under five years of age as units of the study. A sample size of 100 households recruited through convenience sampling was accessed. Mothers of the children at household level were interviewed by using a structured questionnaire as data collection tool. Prior to interview, an informed consent was taken from all the respondents. The data collected was analyzed through MS Excel and percentages were calculated for the key variables of study.

Results:

A total of 177 under five children were found in the 100 households reached. Of these, regularly covered (received ≥ 3 median doses during the past year) were 100 (56%). Partially covered (received <3 median doses during the past year) were 38 (21%) while persistently missed during the year were 39 (22%).

Conclusion:

Given that coverage of at least 90% or more is required to effectively contain the virus circulation, the levels achieved in an urban community are far below the target even in an easy to reach urban community.

Keywords: Polio, Polio vaccination, Immunization, NPI

Awareness about the management of rabies among general population

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Introduction:

The objectives of this study were:

- 1: To access the level of awareness of people of Lahore, about the management of the rabies.
- 2: To improve awareness of management of rabies in general public

Methods:

Study design used was descriptive cross sectional study and the sample size was 70. The sampling technique was non-probability convenience sampling. The study was conducted at Shadman Market of Lahore, Pakistan. Duration of study was 15th of June 2011 to 5th of August 2011.

Results:

The result showed that out of 70 people, 87.1% people knew about rabies while 12.9% did not. 70.0% people were aware of the signs and symptoms of rabies. The knowledge of people were very poor about other possible complication of rabies. 65.7% people considered that immediate washing could prevent rabies. While 88.6% considered that

vaccination of dog bite patient could prevent rabies. Out of 70 people, only 25.7% people had pets in their homes. And half of them had vaccinated their pets which were manly dogs. The main source of knowledge of people about rabies was via TV, newspapers while other sources were study books and some close to them who suffered from dog bite. The percentage of people who know about rabies increased with increase in education level of people. Similar trends were observed in people with better socioeconomic status. The ratio of pet vaccination was more in upper class people.

Conclusions:

There is need to increase mass awareness of rabies transmission, prevention and self-protection using cost effective means such as local government and community communication structures.

Keywords: Rabies

Assessing the Knowledge of Dengue Fever Among Students of Rawalpindi

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Introduction:

Dengue fever remains a significant public health concern in Pakistan. Controlling dengue fever relies heavily upon the actions of residents as well as community education and awareness of the risks. Success of health interventions is highly dependent upon a clear grasp of lay knowledge of disease. The current study is a descriptive analysis to determine the awareness of students of Rawalpindi about Dengue fever.

Methods:

53 students of graduation level responded to a questionnaire containing 10 questions. Responses were analyzed by institutes (Government or private), and gender.

Results:

91% students said they had some information about dengue. Out of 53, 37 said cause of dengue fever is mosquito bite, 14 said stagnant dirty water, 5 said dengue virus and 4 didn't know. 53% said dengue is always fatal. 38 students didn't know

what lab test should be done, 14 said blood CP and 4 said IgM. 46 didn't know what drugs should be avoided, 7 said Aspirin and 4 said paracetamol. All 53 said dengue is preventable. 15 students didn't know what measures should be taken for prevention of dengue fever, 25 said proper drainage of water, 10 said impregnable nets and 8 said mosquito repellants. Source of information for 28 students was television, for 17 it was through newspaper, 5 said internet and 9 said SMS and friends.

Conclusion:

Knowledge of students is inadequate regarding the cause of dengue fever, how does dengue fever spread and which drugs are to be avoided in dengue fever. The results of this study provide a useful opportunity to identify areas in need of improved awareness among students.

Keywords: Dengue, Fever

A Study of Knowledge, Attitude and Self Reported Practices of Health Professionals Regarding the Procedure of Intravenous Injections in Civil Hospital Karachi

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Dow Medical College, Karachi*

Introduction:

According to WHO statistics annually 16 billion injections are given in health care sector among developing countries of the world and annually 8-16 million HBV infections, 2.3-4.7 million HCV infections and 80000-160000 HIV infections result from unsafe injection practices in developing countries. A study from Karachi, included 18 clinics reported that 94% injection practices were unsafe. It was reported that 70-90% of all indoor patients receive intravenous injection.

Methods:

This was a questionnaire based knowledge attitude and self reported practices study carried out in all wards of Civil Hospital Karachi and included paramedical staff, House officers, Postgraduate medical students and Resident medical officers and excluded undergraduate medical students. Convenience based non-probability sampling technique was used.

Results:

Out of 327 people participated in study 140 were HOs, 103 were PGs, 75

were paramedics and 9 were RMO. 76% participants were trained. Majority were trained by senior paramedics and doctors. 114 participants always follow the proper protocol for IV injections. Spirit was most preferred sterilizing agent followed by savlon and pyodine and 5 participants preferred water. When preferred agent was unavailable majority of them used dettol followed by water (67 participants). 62% participants sustained NSI*. Majority sustained NSI during recapping needle by two hand method and due to improper disposal.

Conclusion:

This study focused on the knowledge of health professionals and their self reported practices. Result of the study shows majority of the health care professionals have mixed knowledge about the IV injection procedure and many of them do careless practices due to either increased workload, unavailability of required equipments or their apathetic attitude.

Keywords:

Needle stick injuries

The use of analgesics in self-medication by the general population and students of Peshawar Medical College; Prevalence, practice and attitude

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Peshawar Medical College

Introduction:

Self-medication is defined as the use of medicines/drugs without the prescription of a physician and resubmitting old prescriptions to purchase medicines, sharing medicines with relatives or using leftover medicines stored at home.

Objectives:

1. To determine the prevalence of self-medication among the general population and the pre-clinical students of PMC.
2. To know the reasons for which they do self-medication.
3. To know the Awareness of self-medication in medical students and compare with general population.

Methods:

A cross-sectional, questionnaire based study was carried out, 150 questionnaires were distributed out of which 138 were returned. The data was analyzed using Microsoft excel and SPSS.

Results:

Of the 138(response rate 92%) participants those doing self-medication, 46 were from the general population and 74 were medical students of Peshawar

medical college, 13.0% respondents did not do self-medication. The prevalence of self-medication was 86.9%. Among the general population 47.8% gave convenience and to save money (41.3%) as a major reason for doing self-medication. Among the students 51.3% do self-medication because they think that the severity of problem is less as well as having good past experience (40.5%). The ailments for which the general population does self-medication is headache 82.6%, backache 43.4% and muscular pains 36.9% and among medical students, headache (62.1%), backache (27.0%) and abdominal pains (31.0%). 53.3% of the respondents were against self-medication. 74.1% of the participants stated that they would suggest self-medication to others.

Conclusion:

In our study we found that the prevalence rate of self-medication is quite high. There is a need to properly educate the general population regarding the adverse effects of self-medication.

Keywords: Self-medication, analgesics.

Bioethical Aspects of Sexually Transmitted Infections treatment among adolescence in Yogyakarta

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Islamic University of Indonesia

Introduction:

WHO estimates that 340 million new cases of STIs have occurred worldwide in 1999. The largest number of new infections occurred in the region of South Asia and Southeast Asia, (WHO, 2007). This high prevalence of sexual transmitted infections among adolescence is not only causing medical problems but also triggering various ethical problems to emerge.

Objectives:

To know bioethical issues and dilemmas in the treatment of STIs among adolescence in Yogyakarta and the perspective of physician towards ethical issues and dilemmas that occur.

Methods:

This research uses a qualitative research method with triangulations of secondary data, in-depth interview and references study. The research subjects are doctors at Genitourinary and Obstetrics / Gynecology divisions of PKU Yogyakarta Hospital.

Results:

The data from PKU Yogyakarta Hospital there are 24 cases of STIs

found from January 1st, 2010 until December 31st 2010. Most frequent cases are from Gonorrhoea (87.5%), HIV (8.3%) and Syphilis (4.16%). Ethical issues that being countered by doctors when treating STIs among adolescents mainly around the history taking about high risk sexual activity, treatment decision making and confidentiality. While bioethical dilemma at the treatment of STIs among adolescents are mainly because the conflict of confidentiality and non maleficence. On overcoming this ethical dilemma the three respondents examine the aspect of autonomy and confidentiality of their respective patients.

Conclusions:

Ethical issues that being countered by doctors when treating STIs among adolescents mainly around the history taking about high risk sexual activity, treatment decision making and confidentiality. While bioethical dilemma at the treatment of STIs among adolescents are mainly because the conflict of confidentiality and non maleficence.

Keywords: Adolescence and Sexually transmitted infections.

Self Medication for Fever in Educated and Uneducated People

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Introduction:

Self medication is defined as obtaining and consuming drugs without the advice of physician either for diagnosis, prescription or surveillance of treatment. This includes acquiring medicines without prescription, resubmitting old prescription to purchase medicine, sharing medicines with relatives or members of one's social circle or using left over medicine stored at home.

Objectives:

1. To determine the frequency and major causes of self medication in different areas of Peshawar in educated and uneducated people.
2. To correlate results of above objective in people of both categories.

Methods:

A cross sectional survey was conducted during January and February 2012 in Peshawar. A self administered questionnaire was distributed among the educated participants and was verbally asked from uneducated and primary educated people after explaining the purpose of the study and taking informed consent. Through convenient study data of about 209 individuals was collected. Study data was entered in MS Excel.

Results:

Out of 209 participants (male; 33% female; 67%) 164 were educated among them 58 were related to medicine and 45 were uneducated. The prevalence of self medication was 62%. The most common reasons for self medication were trivial disease (20%), prior experience (20%) and busy schedule (13%). 32% people use leftover medicine stored at home. 26% self medicate with allopathic drugs without prescription while 17% share medicine with relatives or members of social circle. 67% do not prefer self medication for their family especially for children's. 99% people who self medicate for fever also self medicate for flu, cough and allergies. 60% of people thought self medication could be harmful.

Conclusion:

Prevalence of self medication is high in the educated people of urban areas of Peshawar, despite majority being aware of its harmful effects. There is a need to educate the people to ensure safe practices. Strict polices need to be implemented on the advertising and selling of medications to prevent this problem from escalating.

Keywords: Self medication, Fever, education.

A study on the Frequency of ABO Blood Groups and Rh Factor in Abbottabad District

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Medical College

Introduction:

Out of 20 genetically determined blood group systems ABO and Rh blood group systems are well known due to their importance in blood transfusion and Rh incompatibility.

Objectives:

To document the frequency of ABO and Rh blood group systems in a random population sample from urban and rural areas of Abbottabad district.

Methods:

The study of ABO blood groups and Rh factor determination was carried out by well known "ANTIGEN-ANTIBODY TEST" over a period of about 6 months, from 15th July 2011 to 15th December 2011, encompassing 2650 subjects out of which 1782 (67.25%) were male and 868 (32.75%) were female. The frequency of ABO and Rh blood groups was recorded separately for males and females.

Results:

Out of 1782 male subjects 454 (25.46%) were A, 737 (41.37%) were

B, 240 (13.50%) were AB where as 351 (19.67%) were recorded as O blood group. Out of 868 female subjects 246 (28.38%) were A, 342 (39.39%) were B, 124 (14.32%) were AB where as 156 (17.90%) were recorded as O blood group. The percentages of Rh factor in male and female subjects, respectively, were recorded as: Out of 1782 male subjects 1622 (91.02%) were Rh-Positive while only 160 (8.98%) were found as Rh-Negative. Out of 868 female subjects 754 (86.87%) were Rh-Positive where as 114 (13.13%) were recorded as Rh-Negative.

Conclusion:

The most prevalent blood group was B followed by A, which was followed by O. The least prevalent blood group was AB. On the other hand majority of the subjects were Rh-Positive. Statistically significant difference in frequency of Rh factor where as minor difference in frequency of ABO blood groups was observed between the 2 genders.

Keywords: Blood Groups, ABO, Rh

Immunization According to EPI among Pediatric Patients in Kuwait Teaching Hospital

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Introduction:

Immunization is one of the most successful components of preventive medicine. The Expanded Program of Immunization (EPI) was launched by WHO in 1974 globally and in 1978 in Pakistan. It ensures immunization against eight vaccine preventable diseases. Pakistan still suffers a great disease burden and many vaccine preventable diseases are still endemic in Pakistan. Immunization coverage is not sufficient enough to eliminate or reduce the incidence of these diseases. This study investigates the immunization coverage status in a hospital in Peshawar, and hence provides a general insight into the actual immunization status of the population.

Objectives:

This study aims to determine the frequency of children, visiting the Pediatrics ward of Kuwait Teaching Hospital, who have received complete immunization according to the EPI schedule recommended by WHO.

Methods:

This was a retrospective study, in which patients' records for the past one year from Kuwait Teaching Hospital's were reviewed. Convenience

sampling was employed. 150 patients' immunization records were reviewed. Data was entered into, and analyzed using, Microsoft Excel. The study was carried out on a diminutive temporal and spatial scale due to budgetary constraints and lack of manpower resources.

Results:

Mean age of the patients was 18 months. Only 17% of the children were found to have received proper immunization. Individual vaccines had different coverage rates, BCG having the highest (99%) and measles the lowest (43%). Coverage rates for OPV-1 and Pentavalent-1 were 80% and 81% respectively. The second and third doses of OPV had coverage rates of 68% and 57%, respectively, while those of Pentavalent vaccine were 69% and 56%, respectively.

Conclusion:

Immunization status in Peshawar is alarmingly low. There is a general lack of awareness about the importance of immunization. It is imperative to try and improve the immunization coverage rates.

Keywords: Immunization, EPI, WHO, Pediatric.

Factors and symptoms responsible for self-medication among students of PMC and the commonly used medications

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Introduction:

Self-medication is obtaining and consuming drugs without a prescription. It can prove to be useful but can be lethal due to several causes. Self-medication is common among women, people of younger age and students. Cold, flu and fever are the most common diseases and hence most medications are used for its treatment. Use of medications such as antibiotics have adverse effects and if ill-prescribed, can increase the immunity of the pathogens. If the diseases are not addressed adequately and patient relies on self-medication, it can lead to serious consequences.

Objectives:

1. To develop a questionnaire to assess self-medication in medical students.
2. To determine the factors responsible for self-medication.
3. To find out the most common symptoms for which medical students self-medicate.
4. To assess the awareness level of medical students about using a medication.

Methods:

It was a cross-sectional questionnaire based study carried out from 26 Janu-

ary, 2012 to 31 January, 2012. A sample of 100 subjects was provided with questionnaires to undergraduate students of Peshawar Medical College of 1st and 2nd year. 97 subjects responded. 50 out of them were females whereas 47 were males.

Results:

The most common factor responsible for self-medication was non-serious illness and prior experience (34.14%). Most common symptoms responsible for self-medication were headache (53.60%), cold/flu (48.45%) and fever (39.17%). Most commonly used medications were cough syrups (49.48%), antibiotics (38.14%) and cold/flu medications (37.11%). Most of the students were aware of following labeled instructions and checking for expiry date before use.

Conclusion:

As most of the students rely on prior experience, it can be recommended that to prevent self-medication, awareness must be approached to avoid any complications.

Keywords: Self-medication, symptoms responsible for self-medication, factors responsible for self-medication.

Breakfast Skipping Routines of Medical Students

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Introduction:

Breakfast is very important for healthy life and keeps us active and fresh the whole day. Yet many people do not know its importance.

Objectives:

Breakfast skipping is the main problem of students, so we have conducted research to know about the students of age 19 and 20-24 years that how many skip breakfast and what is its effect on physical activities of students.

Methods:

A sample of 130 medical students of Khyber Girls Medical College, Peshawar Medical College, Kabir Medical College and Riphah Medical College were interviewed through questionnaire. Among 130 students 90 were of age 19 years and 40 of 20-24years. In the 90 students of age 19 years 30 were male and 60 were females.

Results:

80% students of age 19 years and 60% of age 20-24 years know about the importance of breakfast while the remaining do not know. 60% (19 years) and 37% (20-24 years) take breakfast regularly while the remaining do not take regularly. 32%

(19years) and 47% (20-24years) feel dizziness, weakness, sleepiness and they do not concentrate on studies while 65% (19years) and 52% (20-24years) do not have these irregularities. 45% (19year) and 50% (20-24years) perform their activities properly while 55% (19years) and 50% (20-24years) do not perform activities properly. 30% (19years) and 40% (20-24years) students were not affected by breakfast skipping while 70% (19years) and 60% (20-24years) were affected by breakfast skipping. 90% (19years) and 80% (20-24years) feel energetic and fresh after taking breakfast whereas the remaining do not feel any change. 75% (19years) and 70% (20-24years) want change in their routine breakfast items.

Conclusion:

Although knowing about importance of breakfast and in spite of the fact that these students cannot perform their activities properly, they skip it because of busy schedule. It was observed that breakfast skipping effect normal routine of students in a negative way.

Keywords: Dietary practices, breakfast skipping

Role of Electronic Media in Polio Immunization Campaign

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Introduction:

Research is based upon the role of electronic media in polio immunization campaign & the main source of knowledge & awareness regarding this. Polio immunization campaigns have been launched through mass media in order to bring attitude change for the sake of social development. Although, this in Pakistan has not achieved uniformity in persuading the people to adopt new ideas floated through these campaigns.

Objectives:

- 1) To find out the cognitive, affective and co-native level of parents regarding this campaign.
- 2) To know the effectiveness of electronic media for dissemination of polio immunization campaign in Peshawar.
- 3) To explore the knowledge gap between HSE and LSE.
- 4) To identify the reasons behind rejecting the immunization innovation.
- 5) To document the effects of media (other than electronic) in providing awareness regarding immunization.

Methods:

We achieved to gather information through cross-sectional discussion and interview from parents and young doctors.

Results:

Electronic media is not playing its role in spreading knowledge about polio immunization campaign. Many parents of LSE status are still unaware & some even reject the vaccination. The main source of awareness is the interpersonal communication followed by electronic media.

Conclusion:

Familiarity level of concept of polio immunization campaign is not very high in Peshawar. There is still, reasonable number of people who are totally unaware about immunization campaign. Large numbers of respondents are of the view that by the virtue of interpersonal communication their awareness level has increased followed by electronic media.

Keywords: polio, immunization, media

Assessment of Awareness & Knowledge of Breast Cancer among Pakistani Women

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Introduction:

More than 90,000 of the million global cases of breast cancer are from Pakistan. Approximately 1 out of every 9 Pakistani women is at risk. This high mortality is due to late stage diagnosis as patients usually present at an advanced stage because of lack of awareness and non-existent breast cancer screening programs.

Objectives:

This study aimed to determine the prevalence of awareness, level of awareness and sources of information among Pakistani women regarding their knowledge and perceptions in relation to breast cancer incidence, risk factors, and level of concern.

Methods:

Ninety women were studied; they were randomly selected in specified areas and surveyed through questionnaire.

Results:

Majority correctly estimated the raised incidence. 2/3rd of them understood familial history as a risk

factor, but only 3% related old-age as a risk. They perceived smoking (57.8%), obesity (56.7%), trauma (47.8%), and environmental factors (46.7%) as major risk factors of breast cancer. Majority considered lump and pain as main symptoms. 48.9% of women have had heard about clinical breast examination. 87.8% of them were unaware of mammography as an investigation and only 26.6% women have had performed breast self-examination.

Conclusion:

Majority reflected surgery as a sole treatment and the same proportion of women were optimistic for cure. They regarded media as the most imperative source of information on awareness promotions. Awareness about breast cancer is low amongst women in these communities. There is need for awareness generation programs to educate women about breast cancer, propagation of correct messages and promote early detection of breast cancer.

Keywords: Breast cancer

Assessment of awareness of diabetic personal care, a part of diabetic treatment regimen

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Introduction:

Diabetes can affect many parts of the body & can lead to serious complications. Working together, people with diabetes & their health care providers can reduce the occurrence of these & other diabetes complications, by controlling the levels of blood glucose, Blood pressure & blood lipids.

Methods:

KAP survey was conducted in medical and surgical wards and OPD of Kuwait teaching hospital and Khyber teaching hospital during the month of February & March 2011.

Objectives:

1. To assess knowledge regarding diabetic personal care among diabetic population
2. To determine the practice of diabetic personal care among the diabetic patients with and without diabetic complications
3. To determine the most common source of the diabetic care knowledge acquired by the diabetic population with and without diabetic complications
4. To assess the common barriers faced by the diabetic population with and without diabetic complication

Results:

5% were having type 1 DM while 100 patients 95% having type 2 DM. 77 patients 73% visited their physician regularly. 86% were unaware of diabetic coma as dreadful complication of DM. 97 patients knew their diet plan. 63% knew about control of cholesterol. 58% knew about daily exercise of 20-30 minutes duration. 65% had knowledge about foot care. 93% take their medications regularly as per doctor's advice. 90% monitor their blood sugar level at regular intervals. Regarding factors stopping the patients from practicing the advised personal care, 32% opted for option "don't understand" to practice the advised personal care. Most of the information regarding diabetic personal care was obtained from doctors & medical personal 90%.

Conclusion:

In our study we found that knowledge and awareness regarding diabetes to be very low in diabetic patients.

Keywords: diabetes mellitus, diabetic foot, diabetes care

Correlation of Excessive Computer Use and Backache

*Fouzia Saghir, Maryam Dar, Saliba Abid, Anum Cheema,
Muhammad Israr ul haq, Irfan Anwar, Shozab Ali Taj
Services Institute of Medical Sciences*

Introduction:

Excessive computer use is one of the major risk factors for low back pain (LBP) in different age groups. An inactive job or a desk job may lead to or contribute to pain, especially if you have poor posture or sit all day in an uncomfortable chair. This study examined the current situation of LBP among computer users at CALI CENTRE in Lahore and explores strategies for the prevention of these injuries.

Objectives:

To estimate the prevalence of LBP among computer users and its prevention and using this information to formulate a health education program for improvement of health.

Methods:

It was a Descriptive cross-sectional study conducted at Call centre F.O.I COMM, MM Alam road, Lahore. 100 computer users working in the call centre in Lahore were interviewed after taking a verbal consent using a self administered questionnaire. All participants were selected randomly. Data was analyzed using SPSS 17.

Results:

Results shows that backache prevalence was high among male respondents (76%). Prevalence of backache was high in respondents (54%) who spend 6-8 hours working on computer. Majority of respondents (46%) developed backache within 6 months after joining call centre. Posture while working contributes to be a major risk factor for developing backache. A concerning association was found between office chair and backache.

Conclusions:

A concerning association between backache and number of hours spent with computer. Not maintaining good posture and adequate back support can add strain to muscles and put stress on the spine that causes back pain. Sitting in an office chair for prolonged periods of time can definitely cause low back pain or worsen an existing back or neck problem

Keywords: Adolescents, backache, computer use, call centre.

Frequency of Refractive Errors in School Going Children of Peshawar between 8 to 14 Years of Age

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Peshawar Medical College*

Introduction:

The prevalence of refractive error varies from 8% to 19% in primary school going children. There is no effective system of pre-school visual examination of children neither in the government sector nor in the private. 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.

Objectives:

To determine the frequency of refractive errors (myopia & hypermetropia) in school going children of Peshawar.

Methods:

A cross sectional study involving the use of structured Proforma and visual examination of students was conducted. 3 semi government schools of Peshawar were visited. 466 students were examined from different classes (3rd-8th) between ages of 8-14 years & vision of all the children was checked. Snellen's

Chart and jagger's chart were utilized for visual examination.

Results:

A total of 500 children from 3 schools were selected. However 466 were examined. 55.72% students were male while 45.28% females. The frequency of refractive errors was 21.67%. 18.24% children were myopic, 3.43% were hypermetropic. 4.93% children were visual impaired.

Conclusion:

An increased frequency of refractive errors was found in this study. There is a need of periodical eye examination, preferably while entering and leaving the school. Majority of students were never examined for the visual acuity.

Keywords: refractive errors, school going children

Job Stress among Doctors of Government and Private Hospitals

Hafiz Sajid, Arooj Ahmed, Maryam Naseer, Iqra Tariq, Asaad Zulfiqar, Umer Shahid, Shahaab Zafar
Services Institute of Medical Sciences, Lahore

Introduction:

Stress is related to mind states and psychological attitude and has a number of bodily effects. Stress is a common factor in suicidal deaths, stress of work, and stress of looking after families with increasing cost of living in secure place. People have emphasized the importance of exercise and diet but emotions and feelings greatly affect health. Stress is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands, pressure of the situation. Job stress is a recognized problem in health care workers, and doctors are considered to be at particular risk of stress and stress related psychosocial problems.

Objectives:

1. To Study level of stress in Doctors
2. To Compare stress between doctors of Government and Private hospitals
3. Study factors which cause stress.

Methods:

100 questionnaires were distributed to the Doctors and 60 duly completed questionnaires were received. EPI info was used for data analysis.

Results:

The factors causing role stress among doctors are: Work Overload (2) lack of security (3) lack of opportunities for growth (4) increased working hours (5) financial problems (6) lack of proper vacations (7) lack of family support. Increased working hours were found to be the most significant factor causing role stress.

Conclusions:

The study showed that increased working hours is most significant source or factor causing role stress among the doctors working in the hospital.

Keywords:

Stress, doctors

Job Stress in Medical Officers of Government and Private Hospitals

Hafiz Mubammad Sajid, Asaad Zulfiqar, Arooj Ahmed, Iqra Tariq, Maryam Naseer, Umer Shahid, Shahaab Zafar
Services Institute of Medical Sciences, Lahore

Introduction:

Stress is related to mind states and psychological attitude and has a number of bodily effects. Stress is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands. Following are the factors responsible of stress in doctors. Stress score, Headache / insomnia / fatigue at the end of duty hours, change in attitude at the end of duty hours, Income, Working Hours, Proper Security, and Proper Vacations.

Objectives:

Objectives are to Study level of stress in Doctors, To Compare stress between doctors of Govt. and Private hospitals, Study factors which cause stress.

Methods:

100 questionnaires were distributed to the doctors and 60 duly completed questionnaires were received. Epi info was used for data analysis. It was a Descriptive type of study. Sample size was calculated using Epi-info software programme. Sample Size was 60 and technique used was Stratified random Technique

Results:

According to our research: in government hospitals, 66.7% of total females and 71.4% of total males were having change in their attitude at the end of their working hours. In private sector, 75% of total females and 81.8% of total males were having change in their attitude at the end of working hours. According to our data no of doctors having long working hours posses mild stress 16%, moderate stress 73% and severe stress 10%; in government hospitals, 73.3% doctors were having headache/insomnia/fatigue at the end of working hours. In private hospitals these are 75%, 10% govt. employees are happy with their income but 90% are unhappy.

Conclusions:

The factors causing role stress among doctors are: Work overload, lack of security, lack of opportunities for growth, increased working hours, financial problem, lack of proper vacations, lack of family support. The study showed that increased working hours is most significant source or factor causing role stress among the doctors working in the hospital.

Keywords: Stress, medical officers

Knowledge and Perceptions of Diabetes in Urban and Semi urban population of Peshawar, KPK, Pakistan

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Introduction:

Diabetes mellitus is a major health issue in Pakistan. The aim of this study was to evaluate the knowledge and perceptions of diabetes in a sample population of Peshawar. This study also aimed to evaluate the correspondence between components of knowledge and perceptions, and gender differences.

Methods:

This cross-sectional descriptive study was carried out in seven different localities of Peshawar. Non-probability convenient sampling technique was used. 50 residents from each area were selected. Finally a sample of 305 residents were interviewed aged from 15 to 60 years and above, using a questionnaire specifically designed and translated into Urdu language for convenience of selected subjects.

Results:

Knowledge of diabetes was suboptimal. The Mean percentages of correct responses to questions regarding three classical symptoms and given complications were 47.1% and 30.8%. Excessive sugar intake, ob-

esity, family history, lack of physical activities and stress were acknowledged by 46.2%, 42.3%, 39.3%, 33.4% and 31.8% of the subjects respectively. Presence of family history and level of education were recognized to be associated with more knowledge.

Conclusion:

The study established that there is lack of awareness of major risk factors and some complications of diabetes mellitus. The level of education is a significant predictor regarding knowledge of diabetes and its prevention. It should be taken into consideration that the prevalence of diabetes has increased in Pakistan. Necessary measures have to be taken to combat this disease.

Keywords: Diabetes, Knowledge, Perceptions, Peshawar.

Knowledge of Pakistani Health Care Professionals about Disability: A cross sectional survey

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Introduction:

Disability related research is limited in Pakistan and there are no published studies on the general knowledge of Pakistani health care professionals about the basic facts related to disability.

Objectives:

To explore the general knowledge of Pakistani healthcare professionals about basic facts related to disability and its management.

Methods:

A structured questionnaire consisting of four questions was devised. Questionnaires were distributed among 550 healthcare professionals working in the leading health care institutes/ centers in major cities of the country (Islamabad, Lahore, Karachi, Quetta and Peshawar).

Results:

477 forms (Response rate 86.7%) were returned and 96 were discarded (incomplete or incorrect entries). Of the remaining 381 forms, most of the responders were females (56.2%); there were house officers (25%), specialists (19.7%) and those having a work experience of 1-5 years (38%). About half of the res-

ponders (185/381) worked in civil government hospitals followed by Army doctors (109/381). Most of the forms were collected from Isb/Rwp (126) followed by Lahore (101). Half of the responders did not know about the date of World Disability day and only 18% answered correctly. Only 66(17.8%) responders could name three famous disabled persons correctly while 135(36%) did not answer this question at all. Most of the responders identified Rehabilitation Medicine specialist as the most appropriate person to treat physical disability, while 16% named physiotherapists. Majority of the responders (81%) correctly described Rehabilitation medicine as multidisciplinary while 12% described it as physiotherapy.

Conclusion:

Despite the claims of the Pakistani medical community about a caring attitude about disability and disabled persons, the general knowledge about disability (like World disability day and Famous disabled persons) among Pakistani health care professionals is quite low.

Keywords: disability, disabled people

Knowledge Attitude and Practices of Undergraduate Students Regarding Dietary Habits, Physical Inactivity and Awareness of Coronary Heart Diseases

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Introduction:

Coronary heart disease (CHD) refers to the failure of coronary circulation to supply adequate circulation to cardiac muscle surrounding tissue. Some of the major risk factors of CHD include physical inactivity and increased cholesterol levels. However despite of the fact that the general public, specially the youth is quite aware of the coronary heart diseases these days, this disease element is not only rising in the society but also involving younger age groups.

Objectives:

This study was performed to assess the knowledge, attitudes and practices of undergraduate students regarding the CHDs.

Methods:

This study included a group of 100 students with 18 to 22 years of age range. The students were randomly selected from Islamabad Medical & Dental College and FAST University. A questionnaire having 12 assessing questions, 2 for physical activity, 3 for positive or negative health practices, 3 regarding their knowledge of Coronary Heart Diseases and associated risk factors, 1 parameters for knowledge of

family history and 3 for their personal health.

Results:

Percentage assessment showed that above 90% of students are aware of the consequences caused by physical inactivity and unhealthy dietary habits. 60% of them can relate this knowledge to CHD risk factors. But despite of this high percentage of awareness above 70% have a negative attitude towards their health and above 50% of them also continue unhealthy practices like no regular exercise, intake of unhealthy diet and over-eating.

Conclusion:

Knowledge Attitude and practices of undergraduate students regarding dietary habits, physical inactivity and awareness of coronary heart diseases shows that although maximum number of students are aware from the consequences caused by physical inactivity, intake of unhealthy diet and over-eating still they have a negative attitude towards their health and have unhealthy life style.

Keywords: CHD, dietary habits, physical inactivity

Nutritional Status of Children in Local Orphanages of Karachi

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Introduction:

Orphans are an overlooked part of our society with regards to their living and health standards, and also the considerable morbidity that accompanies them.

Objectives:

To find out the nutritional status of children aged 3 – 10 years living in local orphanages of Karachi, Pakistan.

Methods:

This was a cross-section study conducted between April to December, 2011 among children aged 3-10 years, living in local orphanages of Karachi, Pakistan. A structured questionnaire, after all the ethical procedures, was administered on a sample of 100 orphans in the city of Karachi in Pakistan. Information was sought on their socio-demographic characteristics, their eating preferences and their anthropometric measurements. The data was compiled and analyzed on SPSS-19.

Results:

The results showed that orphans included both male and female children

with most of them having Quranic education. All respondents were Muslims. Amongst the respondents, there were 70% males. Most of the children were between the ages of 3-7 years. The anthropometric measurements for majority of the children showed an average health status. Only 11% were under-weight. On a rating chart, a majority of the eating preferences included biryani, daalchawal and fruits. Only 2% of orphans skipped a meal once in a week, that also due to vomiting or sickness. More than 95% of the children like the food being served at the orphanages. 97% had rated the food quality as poor before coming to the orphanage, but now all of them rate the food as good.

Conclusion:

This study provides useful insights to inform policies and practice to identify target groups for orphanages. Also, it will provide guidelines for intervention programs to improve the welfare of orphans and vulnerable children living in urban poor communities.

Keywords: Nutritional assessment, orphans

Patient Satisfaction – A Comparison between Public & Private Sector Hospitals of Peshawar

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Syed Zain ul Abideen, Diva Turial, Sohail Akhter

Introduction:

The concept of patient satisfaction is not new. Patients are one of the main stake holders among the ever expansive modern world of medicine. Not much work has been done to compare the patient satisfaction level in government and private sector hospitals. This study hopes to generate data that can help doctors and managers to improve the standard of care.

Objectives:

To measure patient satisfaction in two private and three public sector hospitals of Peshawar using a modified "Patient Satisfaction Questionnaire".

To compare composite scores in seven different categories of Patient Satisfaction between private and public sector hospitals of Peshawar.

Methods:

It was a cross-sectional comparative study in two private and three public sector hospitals of Khyber Pakhtunkhwa from May 2010 – Jan 2011. 200 patients were enrolled through convenience sampling. Patients' in-

formed consent was taken for disclosure of personal information. Institutional agreement to conduct study and assurance of non-disclosure of institution's name was ensured.

Results:

Total 200 patients (100 each from government and private sector hospitals) were interviewed after taking verbal consent. Mean patient satisfaction score in private sector hospitals was 121.94 ± 20.84 which was significantly higher than that of government sector hospitals, which was 104.97 ± 18.51 ($p < 0.001$). The scores for patient satisfaction in private sectors hospitals are significantly more in comparison with govt. sector hospitals in all aspects ($p < 0.01$) except "time spent with doctors" ($p = 0.954$).

Conclusion:

In conclusion, patients in private sector hospitals are more satisfied than those in public sector hospitals. Both the groups are equally unsatisfied about the time spent with doctors.

Keywords: Patient satisfaction

PRESCRIPTION WRITING

Prescription Writing Errors and Legibility of Handwriting

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Muhammad Salman Qureshi, Muhammad Ismail Alvi
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Introduction:

Prescription writing is one of the most important and basic skills that a doctor needs. Prescribing errors may have various detrimental consequences. Hence, the components of a prescription should be clearly written, free of drug related omission (incomplete prescription), commission (incorrect information) and integration errors, without nonofficial abbreviations, and fulfill the legal requirements of a prescription. Since errors of prescribing are the commonest form of avoidable medication errors, it is the most important target for improvement.

Objectives:

To estimate the types and prevalence of medication errors during transcription, and to check for the legibility of hand writing.

Methods:

A total of 144 prescriptions were collected and then sorted in categories of prescribing physicians' and their seniority. Analysis was carried out on prescriptions to determine the errors and their prevalence in the prescribing physicians' seniority and to check for the legibility of the hand writing.

Results:

No error was found regarding the name, age, and sex of the patients. The error in prescriptions regarding the prescriber's name, qualification, and signature were 85.4%, 99.6%, and 15.7% respectively. Similarly, the symbol Rx was missing in 66.8%. Dosage form, quantity, dose, frequency and route of administration were not mentioned in 12%, 60%, 19%, 10% and 63% of the prescriptions respectively. Likewise, strength of the prescribed medicines was not stated in 40% of the cases. The illegibility of hand writing was most prevalent in the Professor category as 34.2 %, while the general physician and associate professors was 12% and 10 % respectively.

Conclusion:

There is a need to critically address the legibility of prescription, correct spelling of drugs, authorized abbreviations and all other information's of a prescription concerned with patient, prescriber and drugs to minimize the occurrence of medication errors.

Keywords: Prescription practices, legibility of prescriptions

The Art of Prescription Writing

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Introduction:

The prescription is one of the most important therapeutic transactions between physician and patient. The knowledge and skill requisite to prescription writing is an important part of any physician's preparation for the practice of medicine. If we take example of our country the frequency of drug prescription errors is high because our 50% physicians are not using this art in a proper manner.

Methods:

The point prevalence survey carried out in January 2012 in MAYO HOSPITAL LAHORE. I performed the survey by reviewing the clinical records of pain medicine, pediatric unit, and general physician on the use of PAIN KILLER as it is one of the drug used widespread in our country. The purpose was to know whether the art of prescription writing is still used in a good and proper manner or not.

Results:

All the prescription were on the hospital pad. No error was found regarding the name, age, sex of the patient and signature of the prescriber. The error in the symbol, writing of the prescriber, height and weight of patient, generic name (salt formula of drug), correct spelling, route of administration were about 70%, 65%, 80%,

85.5%, 45%, 30% respectively. In our country the stamp of the prescriber is commonly used on government hospital pad but 60% doctors don't use that stamp which includes their name, contact and qualification. And the use of PMDC reg. number is almost absent in those stamps. The handwriting of most physicians was illegible and not easily readable. Almost all physicians use brand name of the drugs instead of the generic name (salt formula).

Conclusion:

The pain medicine unit performed best as far as quality of prescription writing was concerned. But the height and weight of the patient was only mentioned by most of the pediatric physician. Values need to be improved in order to enhance the quality of the art of the prescription writing in our country. Educational intervention programs and use of computer can substantially contribute in lowering such errors. Prescription should also contain instruction on whether the prescriber allows the pharmacist to substitute a generic version of the drug. There should be short courses for the medical students before entering in the clinical field regarding the art of prescription writing.

Keywords: Prescription writing

S.No.	Table Of Contents	Pg. No.
1	Medicine And Allied	1
2	Predictors Of Obesity Among Post-Graduate Trainee Doctors Working In A Tertiary Care Hospital Of Public Sector In Karachi, Pakistan Muhammad Naeem, Sajid Mehmood, Muhammad Kazim Rahimnajjad, Nasir Ali, Rahimnajjad Dow Medical College, Karachi	3
3	Quality Of Life Among Visiting Patients At Irnum And Studying The Effects Of Treatment On Cancer Patients Syed Sarmad Bukhari, Ahmad Jawad Mufti, Arfa Ikram, Ayesha Jamil, Maria Irum, Nazish Bais Khyber Medical College, Peshawar	4
4	Factors Affecting Obesity In Type Ii Diabetes Patients Malik Muhammad Anees, Muhammad Ikram Ullah, Muhammad Faizan Sarwar Services Institute Of Medical Sciences, Lahore	5
5	To Determine The Quality Of Life In Thalassemia Major Patients In Peshawar Based On Sf-36 Questionnaire Mona Ahmad, Nayab Farid, Ayesha Arooj Ansari, Rabia, Tariq Shah Peshawar Medical College, Peshawar	6
	Erythrocyte Sedimentation Rate Sehrish Khan, Ayesha Anwar, Dr. Ambreen Asad, Saba Shafique, Maria Tariq, Ramla Iqbal, Amina Rauf Yusra Medical And Dental College	7
6	Hide And Seek: Hematological Aspects Of Malaria Tropical Perspective Muhammad Naeem, Hussain Haroon, Pyar Ali Fazil, Ahsan Mobin, Ali Haider Naqvi, Karim Ullah Makki Dow Medical College, Karachi	8
7	Contribution Of Different Diseases In The Morbidity Of Children Under 5 Years Of Age In The Pediatrics Ward Of Kuwait Teaching Hospital In The Year 2010 Hina Nasir, Sadia Manzoor, Zaira Harum, Najmush Shakireen Peshawar Medical College, Peshawar	9
8	Prevalence Of Headaches In Postgraduate Medical Students Of A Tertiary Care Hospital Zara Nasir, Kashmala Inayat Peshawar Medical College, Peshawar	10
9	Association Of Cholelithiasis And Fat Intake Sabeela Aftab Services Institute Of Medical Sciences, Lahore	11
10	Association Of Ischemic Heart Disease And Type Of Fat Used Anam Waqar, Marina Khalid, Ahmed Ibbrahim, Rehman Faryal Services Institute Of Medical Sciences, Lahore	12
11	Association Of Lipid Profile With Gender, Bmi And Ethnicity In A Cohort Of Healthy Pakistani Students	13

	Muhammad Majid, Aun Raza Shah, Muhammad Bilal, Ahmed Hassan Malik, Abdul Khaliq Naveed National University Of Sciences And Technology	
12	Frequency Of Gram Negative Organisms Isolated From Sputum Samples Of Patients With Respiratory Tract Infections Presenting To A Tertiary Care Hospital Muhammad Usman Shah, Mobassar Mehmmod, Javed Usman, Satima Kaleem, Ali Khalid Army Medical College, National University Of Science And Technology, Islamabad	14
13	Frequency Of Hepatitis B In Blood Donors Visiting Services Hospital Lahore Blood Bank Ali Usman, Zeeshan Farooq, Ali Farooq, Hassan Shafique, Rana Ahmad, Talal Nasir, Mohsin Kamal Services Institute Of Medical Sciences, Lahore	15
14	Prevalence Of Miscarriages Over The Years Taliha Yasin Services Institute Of Medical Sciences, Lahore	16
15	Frequency Of Various Blood Groups Belonging To Abo And Rhesus (Rh) Blood Group System Among Students Of Peshawar Medical College Pmc Muhammad Salman H. Qureshi, Muhammad Shoaib, Murtaza Hassan, Muhammad Ismail, Bakhtawar W. Qureshi Peshawar Medical College, Peshawar (Pmc)	17
16	Hepatitis C Virus Genotypes: An Investigation Of Association With Viral Loads Gahzal Zaffar, Salma Zaffar, Nadeem Islam, Ruhma Ali Army Medical College, Rawalpindi	18
	Surgery And Allied	19
1	Comparison Of Incision Against Ultrasound Guided Aspiration In The Treatment Of Breast Abscesses Muhammad Naeem, Muhammad Kazim, Rahimnajjad, Nasir Ali Rahimnajib, Pyar Ali Fazil, Muhammad Owais Dow Medical College, Karachi	21
2	Traumatic Spinal Cord Injuries, Their Causes And Level Of Injury, And Patient Satisfaction Among Patients Admitted In Paraplegic Centre Peshawar Majid Khan Kakakhel, Umair Latif, Taimoor Khan Peshawar Medical College	22
3	Incidence And Causes Of Neurosurgical Cases Reported In Tertiary Care Hospital Of Peshawar In The Month Of Dec 2011 Muhammad Salman Haider Qureshi, Najmusub Shakireen, Waqas Afzal, Dr Abdullah Banosi, Bakhtawar W. Qureshi Peshawar Medical College (Pmc) Peshawar Lady Reading Hospital (Lrh) Peshawar Institute Of Physical Medicine And Rehabilitation (Ipmr) Peshawar	23
4	Sensitivity, Specificity, Predictive Values And Likelihood Ratios Of Four Clinical In Diagnosing Genu Abnormalities	24

	Muhammad Naeem, Muhammad Kazim, Rahimnajjad, Nisar Ali, Rahimnajjad, Syed Shahid Noor Dow Medical College	
	Social Sciences	25
1	Clinician Approach To Euthanasia In Province Of Khyber Pakhtunkhwa Hassan Sajad, Mir Azam Khan, Fahab Ahmed, Noman Khan, Afaq Khattak, Muhammad Atta-Ur-Rehman Adnan, Muhammad Awais Khattak Peshawar Medical College	27
2	The Frequency Of Obsessive Compulsive Disorder (Ocd)Among Medical Students Samiha Haq, Nazila Gul, Naila Hayat, Irum Fayaz, Kausar Rehman Peshawar Medical College	28
3	Survey Of Depression Among Students Of Peshawar Ghazala Wazir, Arooba Fida, Amna Rashid, Yusra Syed, Anum Zulfiqar Peshawar Medical College	29
4	Stray Animals: Behaviour And Attitude Towards Them Wagma Naeem Khan	30
5	The Susceptibility To Violent Or Crude Thoughts Ideals Of Medical Students With Regarding To Their Training And Prevailing Surroundings Sohaib Ali, Mohsin Amin, Umair Ali Shah, Bilal Zaigham, Ismail Muhammad Khan, Munir Khan Peshawar Medical College	31
6	Association Of Obsessive Compulsive Personality Disorder With Internet Addiction Disorder And Its Effect On Medical Students Tabinda Shahab, Zainab Afridi, Najmusab Shakireen Peshawar Medical College	32
7	Shyness In Childhood And Social Phobia In Adulthood Among The Students Of Peshawar Medical College Nazia Afridi, Sofia Salman, Ayesha Aamir Peshawar Medical College	33
8	Adverse Effects Of House Officer's Turnover On Patient Care Malik Hidayatullah, Muhammad Ismail Alvi, Syed Sufyan Khaliq, Mir Azam Khan, Majid Jan Kakakhel, Dr Bushra Rehman Peshawar Medical College House Officer, Lady Reading Hospital	34
	Dental Sciences And Allied	35
1	Awareness Of Oral Cancer Among Dentists A Dental Students Iidc Adnan Rasool, Dr. Atta Ullah, A P. Islamic International Dental College	37
2	To Study The Effect Of Dental Anxiety On Oral Health On Patients Attending A Dental School Clinic Nida Ul Nasar, Attaullah Islamic Dental College	38
3	Association Of Gingivitis With Lack Of Oral Hygiene Practices (A Study Conducted At Dentistry Of Opd Of Services Hospital, Lahore)	39

	Afia Sabir, Saima Dustagir, Mehwish Iqbal, Faiza Murtaza, Meghar-U-Nisa Malik, Hira Shahid Khansa Rehman Services Insititute Of Medical Sciences, Lahore	
4	Perception Of Naswar Among Medical Students As A Risk Factor Causing Oral Cancer Sarah Ihsan, Amnareen, Kausar Bahadur, Muhammad Bilal Qasim Peshawar Medical College University Of Peshawar	40
	Medical Education	41
1	Evaluation Of Second And Third Year Undergraduate Medical Students' Perception Level Of The Problem-Based Learning Process Najmusb Shakireen, Hafiz Tariq Shah, Hisham Khalid, Anees Ur Rehman Khan, M.Salman Qureshi Peshawar Medical College	43
2	Medical Ethics Practiced By The Doctors Of Civil Hospital Karachi: Patients Perspective Fahad Hanif Khan Dow Medical College	44
3	Efficacy Of Problem Based Learning, Small Group Discussion, Large Class Format Lectures And Self Study As Learning Modalities In An Undergraduate Medical Curriculum: Study At Iimc Isbab Rashid, Sameen Zainab Islamic International Medical College	45
4	Attitudes Of Medical Students Towards Their Career: An Exploratory Study Faseeh Shahab, Arsalan Inayat Hayatabad Medical College	46
5	Attitude & Confidence Of Mbbs Students Regarding Cpr Training Sidra Farishta, Sobaila Hayat, Adiha Khan, Maria Khalil Peshawar Medical College	47
6	Medical Ethics In Clinical Radiology: Status Of Breaking Bad-News Among Radiologists And Trainees Ranish Deedar Ali Khuwaja, Wasim Mirza, Ali Khuwaja, Hira Irfan, Muhammad Naeem, Mukhtiar Memon Dow Medical College	48
7	Teaching Duties, Methodologies And Rewards In Radiology Undergraduate Medical Education: A Perspective From Radiological Academia Of Pakistan Ranish Deedar Ali, Naila Nadeem And Zain Majid Dow Medical College	49
8	Assessment And Comparison Of Knowledge Of Research Methodology Among The Final Year And First Year Medical Students From Army Medical College Rawalpindi Nayyab Zehra, Saba Abbasi, Anam Imtiaz, Shafaq Mushtaq Army Medical College, Rawalpindi	50
	Medical Therapeutics	51
1	Effects Of Neem On Diabetic Retinopathy	53

	Mohsin Muntazir, Momina Haroon, Fawad Hayat, Amir Ali Centre Of Biotechnology And Microbiology, University Of Peshawar	
2	Comparative Efficacy Of Nitrofurantoin And Fluroquinolones In Treatment Of Urinary Tract Infections. Ruhma Ali, Ghazal Zaffar Army Medical College, Rawalpindi	54
3	Awareness And Determinants Of The Usage Of Drugs In Rawalpindi / Islamabad Iqra Shahzad, Ayesha Farheen Javid, Zahra Mumtaz, Sadaf Naeem Khan Islamic International Medical College	55
4	In Vitro Antibacterial Activity Of Honey Against Bacteria Isolated From Respiratory Tract Infections Kiran Aftab, Rabia Khanum, Sidrah Sohaib Khan Farhan Essa Abdullah Dow Medical College	56
5	Frequency Of Use And Level Of Awareness Of Side-Effects Of Ibuprofen Amongst Medical Students Khayyam Amer, Muhammad Arsalan Azmat Swati, Agha Syed Muhammad, Sohail Akhtar, Abdur Hadi Peshawar Medical College	57
6	Chocoholic Vs Alcoholic To Increase Immunity. Farah Shireen, Mehreen, Maria Gul, Maria Qamar, Shaista Centre Of Biotechnology And Microbiology University Of Peshawar	58
7	Effects Of Natural Honey On Blood Glucose And Lipid Profile In Young Healthy Pakistani Males Muhammad Majid M. Azeem Younis, Abdul Khaliq Naveed, Usman Sha, Zahid Azeem, Syed Haider Tirmizi National University Of Sciences And Technology, Department Of Bio Chemistry And Molecular Biology, Army Medical College, Rawalpindi, Pakistan	59
8	Solar Disinfection Vs Ionic Disinfection Salman Shehzada, Farah Shireen , Maria Qamar, Sajjad Fida, Mamyun Khattak Centre Of Biotechnology And Microbiology University Of Peshawar	60
	Public Health/ Community Medicine	63
1	Malnourished Children In Three Tertiary Care Hospitals Of Peshawar Aziza Anjeem, Saima Aziz, Sara Bashir , Zaheen Tara, Syeda Beenish, Ijaz Aziz Kohat Institute Of Medical Sciences	64
2	Prevalence Of Backache In Relation To Study Posture In Medical Students Of Peshawar Sana Ahmad, Kashmala Kamayun, Kinza Munir, Shayan Shahid Ishfaq Peshawar Medical College	65
3	Compliance Of Cigarette Manufacturing Industry With Governmental Anti-Smoking Regulation Ahsan Rasool Ayub Medical College	66

4	Patient Length Of Stay In Medicine Unit Of Kuwait Teaching Hospital, Peshawar, Pakistan Momina Asfandiyar, Zaheen Tara, Saima Aziz, Kashmala Gul Peshawar Medical College	67
5	Kap Study On The Usage Of Sweets In Relation To Obesity By The Students Of Pmc- Sidrah Taufiq, Mashal Bano, Areej Gul, Sarah Yousaf, Sumbal Ishfaq Peshawar Medical College	68
6	Determining The Coverage Of Polio Vaccination During Nids Amna Shaukat, Maimuna Shabir, Amal Bibi, Arfa Khan, Shakeela Mana, Zikra Siraj, Asma Irum, Farkhanda Aman Peshawar Medical College	69
7	Awareness About The Management Of Rabies Among General Population Momna Ijaz Chauhdary, Zubaira Abbas, Asra Nayab, Asra Nayab, Sundas Qamar, Hamama Javed, Shehrish Tariq, Samrina Sadaf Services Institute Of Medical Sciences, Lahore	70
8	Assessing The Knowledge Of Dengue Fever Among Students Of Rawalpindi Omair Zahid M. Ahmad Chishti, M. Hasnain, Rawalpindi Medical College	71
9	A Study Of Knowledge, Attitude And Self-Reported Practices Of Health Professionals Regarding The Procedure Of Intravenous Injections In Civil Hospital Karachi Shama Javed, Alina Altaf, Anum Mahmood, Hafsa Wajeer, Nida Jahangir, Farah Naz, Zawish Batool, Saba Nafees, Ghosia Alam, Nada Noor, Muhammad Sarim , Ansari, Salik Ur Rehman, Muhammad Owais Arshad, Muhammad Arbab Anwar Dow Medical College	72
10	The Use Of Analgesics In Self-Medication By The General Population And Students Of Peshawar Medical College; Prevalence, Practice And Attitude Sarah Yousaf Kanwal Noor, Areej Gul, Roobi Rehman, Zainab Qazi Peshawar Medical College	73
11	Bioethical Aspects Of Sexually Transmitted Infections Treatment Among Adolescence In Yogyakarta Alfani Fajar Ilmawan, Linda Rosita, Syaefudin Ali, Akhmad, Titik Kuntari Islamic University Of Indonesia	74
12	Self-Medication For Fever In Educated And Uneducated People	75
	A Study On The Frequency Of Abo Blood Groups And Rh Factor In Abbottabad District Shan E Zahra, Nazish Ali, Ruqqaiya, Fatima-Tuz-Zahra, Husna Arjumand, Saba Bashir Peshawar Medical College	
13	Immunization According To Epi Among Pediatric Patients In Kuwait Teaching Hospital Khizer Hayat, Muhammad Hammad, Razi Ullah, Sohail Ayub Medical College	76
14	Factors And Symptoms Responsible For Self-Medication Among Students Of Pmc And The Commonly Used Medications	77

	Malik Hidayat Ullah, Syed Sufyan Khaliq, Majid Jan Kakakhel, Muhammad Ismail Alvi Peshawar Medical College	
15	Breakfast Skipping Routines Of Medical Students- Zaria Harum, Sadia Manzoor, Hina Hameed, Hina Nasir, Tabinda Shadab, Zainab Afridi Peshawar Medical College	78
16	Role Of Electronic Media In Polio Immunization Campaign Anum Rehman, Neelam Zeb Khan, Syeda Sabeen Zuhra, Iffat Mehmood, Nayab Iqbal Peshawar Medical College	79
17	Assessment Of Awareness & Knowledge Of Breast Cancer Among Pakistani Women- Sadaf Mubeen, Aiman Dawood, Naila Fayaz, Rabia Nizam, Ayesha Arif, Madiha Fazil, Anas Khalil Services Institute Of Medical Sciences, Sheikhpura	80
18	Assessment Of Awareness Of Diabetic Personal Care, A Part Of Diabetic Treatment Regimen Sana Sayed, Sobia Hamza, Ambar Shuaib, Hafsa Afzal Khan Peshawar Medical College	81
19	Correlation Of Excessive Computer Use And Backache Fauzia Saghir, Maryam Dar, Saliha Abid, Anum Cheema, Muhammad Israrul Haq, Irfan Anwar, Shozab Ali Taj Services Institute Of Medical Sciences	82
20	Frequency Of Refractive Errors In School Going Children Of Peshawar Between 8 To 14 Years Of Age Syed Fahad Shaheen, Tanveer Ahmed, Adnan Khan, Shahzad Khan, Nouman Ishaq, Amjad Ali Peshawar Medical College	83
21	Job Stress Among Doctors Of Government And Private Hospitals- Hafiz Sajid, Arooj Ahmed, Maryam Naseer, Iqra Tariq, Asaad Zulfiqar, Umer Shahid, Shahab Zafar Services Institute Of Medical Sciences, Lahore	84
22	Job Stress In Medical Officers Of Government And Private Hospitals Hafiz Sajid, Arooj Ahmed, Maryam Naseer, Iqra Tariq, Asaad Zulfiqar, Umer Shahid, Shahab Zafar Services Institute Of Medical Sciences, Lahore	85
23	Knowledge And Perceptions Of Diabetes In Urban And Semi Urban Population Of Peshawar, Kpk, Pakistan- Muhammad Zuhaid Khalil Khan Zabir Ayub Medical College	86
24	Knowledge Of Pakistani Health Care Professionals About Disability: A Cross Sectional Survey Hira Mubasha, Dr.Farooq Rathore Army Medical College, Rawalpindi	87
25	Knowledge Attitude And Practices Of Undergraduate Students Regarding Dietary Habits, Physical Inactivity And Awareness Of Coronary Heart Diseases	88

	Rabia Farooq, Nusrat Zareen, Rubina Farooq Islamabad Medical And Dental College	
26	Nutritional Status Of Children In Local Orphanages Of Karachi Syed Talha Ali, Tanveer Alam Khan, Sidra Tariq, Al- Balawi Muayed, Syed Niaz Ali, Zainab Hassan, Sikander Ali, Prof. Dr. Seema N. Mumtaz Hamdard University, Karachi	89
27	Patient Satisfaction A Comparison Between Public & Private Sector Hospitals Of Peshawar Muhammad Ismail Alvi, Muhammad Awais Yousaf, Syed Zain Ul Abideen, Diva Turial, Sohail Akhter	90
	Prescription Writing	91
1	Perception Writing Errors And Legibility Of Handwriting Sohaib Ali, Mir Azam Khan, Mohsin Amin, Muhammad Salman Qureshi, Muhammad Ismail Alvi Peshawar Medical College	93
2	The Art Of Prescription Writing Tuba Jamil, Dr. Jamil Sabit Rashid Latif Medical College, Lahore	94