

6<sup>th</sup>

UNDERGRADUATE

MEDICAL RESEARCH CONFERENCE

2013

Abstract Book



Peshawar Medical College

&

Dental College

## MESSAGE FROM THE DEAN

There may be multiple factors in the development and progress of a nation but the most important of them is undoubtedly research and education. Only those nations survive and rule which have the capacity to build their institutions of research and education. Muslims should have given special importance to this but unfortunately it is rather the contrary.

In Quran there are seven hundred and fifty six (756) verses about universe and human creation (for pondering on the signs of Allah i.e. research) while there are only one hundred and fifty (150) about the Islamic jurisprudence - Fiqh. In fact Fiqh is also research because it is a deductive knowledge that is based on logical reasoning for solution of a problem in line with the fundamental principles of Quran and Hadith.

Allah says in Surah Fussilat (41:53) "*Soon shall We show them our signs in the universe and in their own body, until it becomes manifest to them that this is the Truth. Is it not enough that your Lord does witness all things?*" This is a challenge for scientists in general and doctors in particular, to explore these signs, in structure and function.

The Prophet (SAW) said "*Indeed Allah did not send any diseases but with its cure except senility*" [Tibrani]. Let us do research to find out this cure.

The Prophet (SAW) also said "*If any one treats a patient without having appropriate knowledge of his disease, he will stand responsible for all the sufferings (as a result of his treatment) of the patient*" (Abu Daud, Ibni Maja and Nisaae). Let us keep our knowledge up to date through Continuous Medical Education.

The UMR conference has now become an integral part of the annual calendar of Peshawar Medical College. It is growing every year with better organization and standard of papers. I hope this time it will be more educative than before and will cover broader area of medical and social sciences. It is indeed encouraging to see more and more participating colleges across the country, with better standards of papers. I congratulate all the students participating in this conference and hope that "research" is no more an "alien" idea for them, as it was for us in our student life.

I also congratulate the organizers who have made tremendous efforts to make it a successful and memorable event.  
May Allah bless you all.

**Prof. Najib Ul Haq**  
Dean  
Peshawar Medical College

## MESSAGE FROM THE PRINCIPAL

"Alhamdulillah, Peshawar Medical College is holding its 6<sup>th</sup> Annual UMR Conference, since its inception in 2006. The aim of Peshawar Medical College is to produce visionary doctors, who should be professionally competent, ethically sound and effective in communication. Our institution is striving hard to provide conducive and friendly environment to medical students, to prepare themselves as future researchers. These research oriented young medical trainee will also definitely achieve excellence in patient care and other contemporary fields of their profession on completion of their training. All students and faculty members especially director UMR Dr Zahoor-Ullah deserve heartiest congratulations for organizing this event. May ALLAH bless them with all kinds of successes".

**Prof. Sajjad Ahmad**  
Principal  
Peshawar Medical College

## MESSAGE FROM DIRECTOR UMR

6<sup>th</sup> UMR Abstract book is in your hands, which reflects clearly the interest, potential and enthusiasm of today's medical student of both private and public sector medical colleges of the country for research.

PMC a comparatively young medical college in private sector in Pakistan has given high importance to the creation of research culture, amongst the medical student at undergraduate level for which a UMR department is in place since its inception and annual UMR conference a forum to facilitate the undergraduate researcher to share their research work, has become a regular feature.

This year's conference theme is "**Quality and Affordable Healthcare**". Faculty and UMR department is looking forward to welcome our guest, the undergraduate students from different medical colleges of Pakistan, listen to them and share our research endeavors in the scenic Peshawar Medical College in the best season of the year.

Looking forward to see you all the future health care providers and leaders on 20<sup>th</sup> & 21<sup>st</sup> of March, 2013

**Dr. Zahoor Ullah**  
Director UMR  
Peshawar Medical College

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6<sup>th</sup> Under Graduate  
Medical Research  
Conference 2013

**MEDICINE AND  
ALLIED**

## COMMUNITY BASED MANAGEMENT OF MULTI DRUG RESISTANT TUBERCULOSIS (DOTS-PLUS) IN THE POPULATION OF KHYBER PAKHTUNKHWA

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**Peshawar Medical College.**

**Objectives:** The objectives of this research were to determine the treatment outcome of registered MDR-TB patients in the DOTS-PLUS program at a local tertiary care hospital and to assess the community mechanisms for treatment supervision and patient education about MDR-TB.

**Methodology:** Retrospective data analysis of DOTS PLUS records of patients registered from October 2008 - December 2011 was collected from the hospital records. To assess the community mechanisms for supervised treatment of MDR, a questionnaire was designed for both the MDR-TB patient and treatment supporter to assess their level of knowledge about the disease and to see how well the community based management was working. Questionnaire based interviews were conducted in MDR-TB OPD clinic of the hospital.

**Results:** 133 patients were registered in the DOTS-PLUS program in this duration of which 43% were male and 57 % were females. 65 % patients were between 9 - 30 years old, 32 % were between 31-60 years old. The treatment outcome of the registered patients was that 49 % patients had completed their treatment, 4 % were cured, 26 % died during the treatment, 17 % defaulted and 4 % were transferred out during the treatment. 40 patients were interviewed out of which 20 % were male and 80% were females. All the patients had a mandatory treatment supporter and all of them were their first degree relatives. 95 % patients replied that they were the only patient being supervised by their treatment supporter and 40 treatment supporters were interviewed of which, 45 % were below 30 years of age, 55 % were between 31 - 60 years of age and none were above 61 years old. 45 % supporters said they supervise the treatment of their patient on daily basis, 45 % said they do it twice a day, while 10 % do it on alternate days.

**Conclusion:** MDR TB requires a strong community mechanism for treatment supervision. A very professional initiation of therapy can't be sustained if the supervision mechanisms are weak or the treatment supervisors aren't formally trained and accountable. Problems in treatment adherence among the cohort can't be addressed well without support from a strong community component for treatment supervision.

**Keywords:** Multi-drug resistant tuberculosis, DOTS-PLUS, Community based management, Khyber Pakhtunkhwa.

## Lifestyle related risks for cardiovascular disease and prescription pattern in Pakistani Patients with Coronary Heart Disease.

MARIAM TAREEN.

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**Objectives:** The objective of this study was to document the frequency of lifestyle risks for coronary heart disease and prescription pattern in patients suffering from angiographically proven Coronary Heart Disease.

**Methods:** Secondary analysis of the RISKORN database was performed. RISKORN was a matched case control study of patients presenting for coronary angiograms in Islamabad and Pakistan over a 2 year period. Although many papers have been published about lifestyle, anthropometric and biochemical risk factors from this study base, prescription patterns were not reported. I generated frequency distributions from this database to report frequency of prescriptions and lifestyle risks

**Results:** Patients had a mean age of 50 years (range 30-70) and 73% were male. Median monthly income was US\$ 137. Average BMI and W/H ratios were 27.69 and 0.93 in females and 25.31 and 0.941 in males, respectively. 5% of females and 30% males were current smokers while 66% of males had been smokers in the past. 75% females and 38% males were hypertensive while 50% females and 9% males had diabetes. 33% had never had their cholesterol levels checked. 45% females and 64% males took exercise in any form. Analysis of prescriptions revealed that only 57% of patients were on beta-blockers, 54% were on calcium channel blockers while 81% were on oral nitrate therapy. Buccal nitrates were being used by only 44% and 50% of patients with chest pain on effort and at rest respectively. 42% of diabetics with CAD were hypertensive, with only 36% of them on ACE Inhibitors. Dietary analysis of helpings per week showed an excess consumption of red as opposed to white meat (4 Vs 3, 2 & 7 rec.). Consumption of grains was adequate while that of fruit and vegetables was low (7 & 3, 10 & 14 rec.). An excess of visible fat and whole eggs was being consumed (30 & 4, < 21 & < 2 rec.).

**Conclusions:** Optimal medical therapy and prudent dietary and lifestyle advice are cost effective missed windows of opportunity in the secondary prevention of CAD in developing countries.

**Key Words:** Coronary Heart disease, prescription pattern, cardiovascular disease.

## Factors Affecting Patient Compliance in the long-term therapy of Diabetes mellitus at Services Hospital Lahore

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WaqasRasheed, MusadiqJaved

Services Institute of Medical Sciences.

**Objectives:** The objective of the study was to correlate the life style of the people with their adherence to chronic life-long therapy (dietary and medical both) and to highlight the barriers to patient's compliance in subjects.

**Methodology:** Study design was cross-sectional. Study was conducted in Diabetes Management Center (DMC), Services Hospital, Lahore. Data gathering was done during 1 month (June 2012-July 2012). 64 Patients of different age groups were studied. Data was collected through pretested Questionnaire.

**Results:** Our study showed that 78.1 percent of the patients had a good knowledge of their disease. 76.6 percent were strictly compliant to their drug dosage regimens. Among the major reasons for non-compliance, 7.8 percent listed forgetting to take the drug and 7.8 percent listed high cost of the medicine. Dietary compliance was 31.3 percent, and the 39% included inability of patients to resist tempting food, whereas 26.6 % of patients did not consider it important. 42.18 percent of the patients were complaint to lifestyle modification i.e. physical activity.

**Conclusion:** Most of the patients regularly took medicines, whereas the rate of dietary non-compliance was the highest, with exercise compliance following closely.

**Keywords:** Diabetes Mellitus, drug therapy, patient compliance.

## PREVALANCE OF HEPATITIS B & C IN BLOOD DONORS IN HAMZA FOUNDATION PESHAWAR

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Peshawar Medical College.

**Objectives:** To find out the prevalence of hepatitis B and C in blood donors.

**Methodology:** A total of 39788 blood donors were screened for Hepatitis B and C at Hamza Foundation. The screening test used was ELISA method.

**Results:** The purpose of this study was to compare the prevalence of hepatitis B and hepatitis C in voluntary blood donors in HAMZA FOUNDATION PESHAWAR from 12 July 2006 to 31 Jan, 2013. A total of 39788 donors were bled. Anti-HCV was found positive in 245 (0.615%), HBs Ag was positive in 671 (1.686%) individuals.

**Conclusion:** This study shows a higher prevalence of HCV than HBV infection in blood donors. The prevalence of HCV and HBV can be minimized by the screening of all donors for anti-HCV and HBs Ag and discouraging the use of unsterilized syringes.

**Key words:** Hepatitis B and C, Blood donors.

## Specialty preferences among undergraduate medical students of Peshawar Medical College

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Peshawar Medical College.

**Objectives:** Aim of our study was to find-out specialty preferences among undergraduate medical students and gender-based differences in specialty preferences among undergraduate medical students.

**Methodology:** It was a cross-sectional questionnaire based study carried out from 31-01-2013 to 16-02-2013 on 300 subjects at Peshawar Medical College out of which 200 students responded (115 females and 85 males). Subjects were issued a self-administered questionnaire which was designed to determine the specialty preferences among them.

**Results:** Highest specialty preference was surgery (54%) compared with Internal-medicine (46%) and Diagnostic (0%) in which Internal-medicine was more preferred by males (54%) while surgery by females (62%). In males, highest preference was cardiothoracic surgery (16.45%) followed by Gastroenterology (15.18%) & Cardiology (12.60%) as sub-specialties, whereas in females, Gynecology & Obstetrics (31%) followed by General Surgery (12%) & Pediatrics (10.18%). Factors responsible for specialty preferences were own interest (85%), liking interaction with public (40.5%) and high-income (29%) for males whereas for females they were own interest (78%), secure future (41.6%) & liking interaction with public (26%).

**Conclusion:** In our setup, Gynecology & Obstetrics is ruled-out for males & hence is more preferred by females due to their interest & secure future. Whereas males tend to prefer cardiothoracic surgery influenced by their interest and high income. Also, females tend to prefer surgery related sub-specialties more than males which reflect that if females take surgery as careers, it will no more be a male dominated area.

**Keywords:** Medical specialty, specialty preference, medical studies.

## Prevalence of Vitamin D deficiency and insufficiency in patients complaining of Arthralgia

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Islamabad Medical and dental college.

**Objectives:** To determine the prevalence of vitamin-D deficiency and insufficiency in patients complaining of arthralgia.

**Methodology:** This cross-sectional study included a group of 332 individuals complaining of arthralgia. Vitamin-D blood screening was performed at Islamabad Diagnostic Centre by ELISA method.

**Results:** Out of 332 individuals who had arthralgia, 9.03%(30 out of 332), 5.12%(17 out of 332) and 85.84%(285 out of 332) had Vitamin-D sufficiency, insufficiency and deficiency. 75.0%(249 out of 332) were females and 25.0%(83 out of 332) were male patients. In females 8.83%(22 out of 249), 6.02%(15 out of 249) and 85.1%(212 out of 249) had Vitamin-D sufficiency, insufficiency and deficiency (p-value=0.430). Out of 85.1% of Vitamin-D deficient females, 48.5%(103 out of 212), 16.98%(36 out of 212) and 34.4%(73 out of 212) had severe, moderate and mild Vitamin-D deficiency (p-value=0.844). In male patients 9.63%(8 out of 83), 2.40%(2 out of 83) and 87.95%(73 out of 83) of males had Vitamin-D sufficiency, insufficiency and deficiency (p-value=0.430). Out of 87.95%(73 out of 83) Vitamin-D deficient males, 45.20%(33 out of 73), 16.43%(12 out of 73) and 38.3%(28 out of 73) had severe moderate and mild Vitamin-D deficiency (p-value=0.844). In females Vitamin-D deficiency is most prevalent in age groups of 41-50, 51-60 years followed by age groups of 31-40 and 21-30 years. Whereas in males Vitamin-D deficiency is most prevalent in age groups of 31-40 years followed by the age groups of 61-70, 13-20, and 21-30 years (P-value=0.025).

**Conclusion:** Arthralgia can be used as an indicator of Vitamin-D3 deficiency and insufficiency keeping the prevalence rate of about 90% in mind.

**Key Words:** Vitamin D deficiency, ELISA, deficiency, prevalence.

## Frequency of thrombocytopenia in epileptic patients on Valproic acid

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MudasarLatif Malik, MubashirLatif Malik, Malik MudasarYasin, Muhammad FarhanAzeem.  
Central Park Medical College.

**Objective:** To investigate the Frequency of thrombocytopenia in Epileptic patients on Valproic acid.

**Methodology:** It was a prospective study, Wapda teaching hospital neurology department of Medicine. 30 epileptic patients on valproic acid. Data from patients hospitalized between 1<sup>st</sup> November 2011 and 31<sup>st</sup> December 2012 who were receiving VPA and had lab investigation done when using this medicine.

**Results:** Of 30 patients on VPA-treatment, 5 met our criteria for thrombocytopenia. Mild thrombocytopenia (platelet count of  $101-150 \times 10^3/\text{mm}^3$ ) occurred in 3 patients, and moderate thrombocytopenia (platelet count of  $40-100 \times 10^3/\text{mm}^3$ ) occurred in 2 patients. Middle and old age patients and VPA dosage greater than 1,000 mg/day were identified as significant risk factors for developing thrombocytopenia.

**Conclusion:** The estimated prevalence of thrombocytopenia is 16% in the general psychiatric population receiving VPA, with the middle age and elderly at greatest risk.

**Keywords:** Valproic Acid, thrombocytopenia, epilepsy.



## Prevalent causes of Vitamin D deficiency and insufficiency in Pakistani

RABIA FAROOQ, Dr.Nadeem Islam Sheikh, Dr.RubinaFarooq.  
Islamabad Medical and Dental College.

**Objectives:** To determine the prevalent causes of vitamin-D deficiency and insufficiency in Pakistani population.

**Methodology:** This cross-sectional study included a group of 302 individuals with age range of 2-86 years who were diagnosed as Vitamin-D Deficient or insufficient. A self-administered questionnaire was used to access the prevalent causes of Vitamin-D deficiency and insufficiency among them.

**Results:** Out of 302 individuals, 94.37 % (285 out of 302) had Vitamin-D deficiency and 5.62%(17 out of 302) had Vitamin-D insufficiency. 76.0%(229 out of 302) were females and 24.0 % ( 73 out of 302) were male patients. Inadequate exposure to sunlight, increased pigmentation of skin, inadequate dietary intake and supplementation of Vitamin D, use of sun block, veil (purdah) observation, mal-absorption diseases and obesity were found to be responsible for Vitamin D deficiency and Insufficiency among the individuals.

**Conclusion:** Based on the findings of the study, we recommend fortification of foods with vitamin D3 to treat and prevent vitamin D deficiency as lifestyle is not expected to be changed in the present time. Early monitoring of vitamin-D status is required. Adequate sunlight exposure, along with Dietary intake and supplementation of Vitamin-D depending upon severity of the disease can maximize a person's vitamin-D status to promote good health.

**Keywords:** Vitamin D deficiency, deficiency, prevalence.

## Is Tuberculosis treatable, a public perception?

AHMAD BILAL ,SummaiyaYasin, DrShabana Ali  
Islamic International Medical College.

**Objectives:** The aim of our study was to find out the perceptions of general public about the treatment of tuberculosis.

**Methodology:** Study design was cross-sectional. This study was headed by The Department of Anatomy of IIMCT during the year 2013. A survey was conducted at Pakistan Railway Hospital, Rawalpindi and covered general population. A 20 item questionnaire based survey was conducted. Sample size was 125 and response size was 100. Data was analyzed in Microsoft Excel 2007.

**Results:** A large proportion of public (84.6%) knew about the Essential Treatment. Rather, much of the people were unaware of the Free Treatment being provided (64.1%). A great score of the people knew about the Need of Cooperation on the part of the patient and its Lethality if not treated (78.5%) Unfortunately, a large proportion (57.9%) weren't aware about the Duration of Treatment but a large population (90.8%) did know about the importance of Better Nutrition while treating the disease. Males were better aware about need of treatment of tuberculosis as compared to females. A very small number of people regarded their answer as don't know.

**Conclusion:** This study has revealed that awareness about the Treatment of Tuberculosis is related with the socio-economic conditions of the people. Therefore there is a need for health education programs emphasizing recognition, identification, and modification of risk factor for TB and its free treatment.

**Keywords:** Tuberculosis, public, treatment

## AWARENESS OF T.B WITH GENDER AND AGE IN A COHORT OF GENERAL PUBLIC OF PAKISTAN

RAKSHAN SAEED, SummaiyaYasin, Zeejah Khan  
Islamic International Medical College.

**Objectives:** Awareness about tuberculosis in respect to gender and age.

**Methodology:** It was a cross-sectional and questionnaire based study conducted among general public in Pakistan Railway Hospital Rawalpindi. This study was headed by the department of ANATOMY of IIMCT during the year 2013. People of various ages were included in the research. 100 survey forms based on awareness in general public were formulated and asked. Awareness regarding duration of cough symptoms, family history, organs involved, personal hygiene and risk factors for transfer of mycobacterium tuberculosis was compared in different genders.

**Result:** Females are aware of their hygienic practices needed for prevention and treatment of T.B. Adults (20-30 yrs) know more about mode of transmission of T.B and risk factors than older people. A great score of people (87.1%) knew that prolonged cough should be followed by T.B tests. Unfortunately, a large proportion of people (72.9%) did not know that family support is very important for patient's recovery. Most of our general public (97.1%) is recognize the harmful effects of smoking in T.B patients. Most of the males were not aware that T.B can affect different organs in the body.

**Conclusion:** The general public awareness regarding T.B is associated with gender, age, and socioeconomic conditions of people. Females and adults are dominant regarding awareness.

**Key Words:** Awareness, tuberculosis, gender and age.

## ASCITIC FLUIDCYTOLOGY: DOES IT HAVE A ROLE IN EARLY DIAGNOSIS AND AFFORDABLE PERSONAL HEALTH CARE?

ZUBAIR ASHRAF, NaeemShahzad, Zian-ul-AbidenMujaid  
Central Park Medical College, Lahore

**Objectives:** To study the morphological diagnostic spectrum of ascitic fluid cytology. To assess the relative importance of ascitic fluid cytology in affordable personal health care.

**Methodology:** This was a descriptive study conducted at Chughtais Lahore Lab Lahore from Jan 2012 to May 2012 for a period of about five months. A total of 243 ascitic fluid specimens belonging to patients of all age groups coming to Chughtais Lahore Lab were included in this study. The clinical data of all patients was also taken into account. The fluid was centrifuged and slides were made. The rest of the fluid was saved for immunohistochemistry. The slides were stained with H&E and Giemsa stains. The slides were reviewed by two cytopathologists separately to minimize the risk of diagnostic error. The data was tabulated and analyzed using SPSS version 13.

**Results:** In present study 243 specimens belonging to different age groups were included. Out of these 243 case 117(48.15%) were males and 126(51.85%) were females. The age range was between 11 to 86 years. Considering the final diagnosis, out of 243 specimens, 238 case were benign (97.9%) and 5 case(2.16%) were malignant. In further categorization of benign specimens, 111 cases (46.6%) were lymphocytic meaning most likely tuberculous and 127 cases (53.4%) were pyogenic. Out of five malignancies, 3 cases (60%) were adenocarcinoma, while 2cases (40%) were squamous cell carcinomas. Malignancy was found in females only.

**Conclusion:** Most of the cases were benign, and almost half of the patients had tuberculosis. Adenocarcinoma was the commonest malignancy found. It is concluded that ascitic fluid cytology is less time consuming, cost- effective and early and easy diagnostic modality in better patient management.

**Key Words:** Lymphocytic, adenocarcinoma, squamous cell carcinoma.

## Frequency & Risk factors of Myocardial Infarction in CCU Of KTH

TAIMUR FARID, Muhammad Arsalan, Fahad Shehzad, Aurangzeb Ahmad  
Peshawar Medical College

**Objectives:** To investigate the frequency of major risk factors of myocardial infarction in the CCU of KTH in the year 2011, to assess and compare the frequency of key risk factors in male Vs female patients and to find out the age group most affected

**Methodology:** Study Locale: Cardiac Care Unit of Khyber Teaching Hospital, Study Design: Retrospective descriptive study, Sample Size: 2477 patients, Study Duration: Jan 01, 2011 to Dec 31, 2011, Sampling Method: Convenience sampling method

**Results:** The common risk factors were Diabetes Mellitus, Hypertension and Smoking. But many patients had no underlying cause of myocardial infarction. DM, HTN and smoking were alone risk factors in 562 (22.59%), 387 (15.56%) and 48 (1.93%) patients respectively. However, 708 (28.46%) patients had DM plus HTN, 132 (5.30%) had DM plus smoking and 56 (2.25%) had HTN plus smoking. 594 (23.88%) patients had no risk factor of MI. Out of 2487 patients studied, 1136 (53.71%) were males and 1151 (46.28%) were females.

Out of 1336 male patients, 312 (23.35%) were having only DM as a risk factor of their MI, 202 (15.11%) were having only HTN, 44 (3.29%) only smoking whereas 283 (21.18%) had no risk factor of MI. Moreover, 308 (23.05%) patients had DM plus HTN, 132 (9.88%) had DM plus smoking and 55 (4.11%) had HTN plus smoking as a risk factor of MI. Additionally, the data showed that 752 out of 1336 male patients were diabetic, 565 were hypertensive and 231 were tobacco smokers. Out of 1151 female patients, 250 (21.72%) had only DM as a risk factor of MI, 185 (16.07%) had only HTN, 4 (0.34%) had only smoking whereas 311 (27.01%) had no risk factor of MI. Furthermore, 400 (34.75%) patients had DM plus HTN, 1 (0.08%) had HTN plus smoking but no female patient had DM plus smoking as a risk factor of MI. In addition to this, the data showed that 650 out of 1151 female patients were diabetics, 586 were hypertensive and only 5 were tobacco smokers. Among 2487 cases, only 5 (0.20%) were found in the age group ranging from 20-29 years, 20 (0.80%) were in the age group of 30-39 years, 528 (21.23%) in the age

group of 40-49 years, 804 (32.32%) in the age group of 50-59 years, 624 (25.09%) in the age group of 60-69 years, 623 (25.05%) in the age group of 70-79 years, 133 (5.34%) in the age group of 80-89 years and 35 (1.40%) in the age group of 90-99 years.

Out of 1336 male cases, only 2 (0.14%) were noted in the age group ranging from 20-29 years, 12 (0.89%) were in the age group of 30-39 years, 287 (21.48%) in the age group of 40-49 years, 425 (31.81%) in the age group of 50-59 years, 331 (24.77%) in the age group of 60-69 years, 192 (14.37%) in the age group of 70-79 years, 65 (4.86%) in the age group of 80-89 years and 21 (1.57%) in the age group of 90-99 years.

Out of 1151 females, only 3 (0.26%) were found in the age group ranging from 20-29 years, 8 (0.69%) were in the age group of 30-39 years, 242 (21.02%) in the age group of 40-49 years, 385 (33.45%) in the age group of 50-59 years, 297 (25.80%) in the age group of 60-69 years, 133 (11.55%) in the age group of 70-79 years, 68 (5.90%) in the age group of 80-89 years and 14 (1.21%) in the age group of 90-99 years.

**Conclusion:** The major risk factors of heart attack were DM, HTN and Smoking. Out of these, DM is the most common risk factor. Most of the reported cases were patients between the age of 50 to 59 years. The risk of heart attack is low below 40 years of age but with the advancement of age, the risk increases. Males were much more affected than females in the ratio of 1.2:1.

**Key words:** Risk factors, Critically-ill patients, Cardiac Care Unit, Khyber Teaching Hospital.

## FNAC as First Line Screening Method for Neck Malignancies

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Central Park Medical College, Lahore

**Objectives:** Objective of this study carried out was to investigate that FNAC is a technique which when used as a first line screening technique in cases of suspected neck malignancies is due to its effectiveness and time saving as well as cost effective.

**Methodology:** It was a retrospective analysis on data collected from Chughtai's lab Lahore from September 2012 to February 2013.

**Results:** From the collected reports of 80 individuals, 40% were lymph node FNACs, 36.3% were thyroid FNACs, and 28.8% were simple lumps, cysts, and other masses in neck. When data was analyzed only a minor percentage of all the FNACs done on neck masses were malignant i.e. only 24.14% for thyroid and only 15.63% for lymph nodes.

**Conclusion:** Of the cases investigated for thyroid Goiter was found to be the leading pathology with a percentage of 57.72%, then were benign cysts 24.14%, then medullary carcinoma of thyroid 13.79% and last were benign nodules of thyroid 10.34%. For lymph node FNAC findings reactive hyperplasia's stood the commonest 37.5%, then tuberculosis with the same percentage 37.5%, lymphomas were only 15.63% especially common were Hodgkin's lymphomas, and last were the benign swellings with a percentage of 9.38%.

**Keywords:** FNAC, Malignancies, Affordable Diagnosis

## Comparative Efficacy of Sudan Black B and Periodic Acid Schiff in the diagnosis of Acute Leukemia's

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International Islamic Medical College

**Objectives:** To compare the effectiveness of sudan black b(SBB) and periodic acid schiff(PAS) in the diagnosis of acute lymphoblastic leukemia(ALL) and acute myelogenous leukemia(AML).

**Methodology:** This was a retrospective study. The data was collected from Fauji Foundation Hospital Rawalpindi. From October 2011- February 2013. 51 leukemic cases presented as both acute and chronic types. Out of 51 there presented 37 cases were of acute leukemia's. Bone marrow biopsy was done and the bone marrow smears of 37 cases were stained first by leishman stain and after leishman staining with both the stains i.e. with Sudan black b and periodic acid Schiff separately.

**Results:** Out of 37 cases 17(45.94%) were diagnosed of acute myeloid leukemia (AML) mostly with the M1 and M2 sub types of AML and 20(54.05%) cases were diagnosed of acute lymphoblastic leukemia (all) using cytochemical staining i-e Sudan black b and Periodic acid Schiff. The bone marrow smears of 17 cases of (AML) showed positive response to Sudan black b staining especially the sub types M1 and M2 but when stained with periodic acid Schiff they showed weak to moderate positivity which was diffuse in all AML cases. The bone marrow smears of all 20 cases of acute lymphoblastic leukemia (all) were negative for Sudan black b and Periodic Acid Schiff stain was positive in most of all cases. The positivity pattern for periodic acid Schiff stain in the all cases was coarse granular or block positivity against negative cytoplasmic background.

**Conclusion:** Sudan black b stain is positive in most of AML cases especially M2 sub type while the periodic acid Schiff stain is helpful to diagnose ALL cases where it shows coarse granular or block positivity

**Key words:** Sudan black b, periodic acid Schiff, acute leukemia's.

## NON COMPLIANCE TO ANTI-TB TREATMENT: A PILOT PROJECT

Muhammad Awais Dawood

Foundation University Medical College

**Objectives:** To identify the factors leading to non-compliance to anti-TB treatment

**Methodology:** After ethical approval, this descriptive study was conducted at Medical Outpatient Department of a tertiary care hospital of Rawlapindi during a period of 2 months. Diagnosed TB patients who had been started with re-treatment were included, and newly diagnosed TB patients excluded. Data was collected by administering questionnaire to 25 patients fulfilling the inclusion criterion. Questions focused on the patients' knowledge on TB and doctors' communication with them. Out of 25 patients, 20 completed the study from which the results were evaluated.

**Results:** Out of 20, 18 patients (90%) lacked basic knowledge regarding TB which included its possible causes, mode of transmission and prevention. Doctor-patient communication gap was weak which was reflected in 75% of the responses. Duration of medication was known by 95% of the patients but they were unaware of the consequences if they discontinued. Socioeconomic status was poor.

**Conclusion:** Lack of knowledge in patients about TB seems to be one of the major causes leading to non-compliance to anti-TB treatment which is further being aggravated by the communication gap between doctors and patient.

**Key words:** Non-compliance, Anti-TB.

## FREQUENCY AND TYPES OF CANCER AND RISK FACTORS OF BREAST CANCER IN

ABIDA RAHIM, maria ishfaq, zara nisar, gulina wadood, hera fahim, aiman adil, maryam nawaz, khushnuma

**Objectives:** To determine the frequency of cancer by type and gender, to determine the distribution of breast cancer by age group and to determine the most common risk factors for the development of breast cancer in our setup.

**Methodology:** We conducted a descriptive analysis of 217 patients, based on an interview type questionnaire. Our goals were to estimate the frequency and to identify the risk factors prevalent in our set-up.

**Results:** A total of 217 questionnaires were filled by interviewing the patients. Out of these 217 cases, 30% cases were of breast cancer. Among the rest 70% cases, thyroid cancer accounts for 6.4% of the total 217 cases, blood cancer 5.9%, esophageal cancer 5.5%, ovarian cancer, 4.1%, cervical cancer, Hodgkin lymphoma and squamous cell carcinoma 3.6% each, ca rectum, stomach cancer, non Hodgkin lymphoma and colon cancer 2.3%, brain tumor 1.8% and kidney tumor 1.8%. Still other are the cases like liver cancer that accounts 1.3% of the total cases, bone cancer, lung cancer, tongue cancer, vocal cord cancer and neck masses 0.92%. Carcinoma head of pancreas, transitional cell carcinoma, round blue cell carcinoma, pituitary tumor and Wilms tumor 0.4% each.

**Conclusion:** By comparing our results with that of other researches done in west, we conclude that the risk factors responsible for development of breast cancer in west are not common in our setup. Age group 25-59 is the only non-modifiable risk factor common for breast cancer. We also conclude that the most common cancer in men and women is kidney tumor and breast cancer respectively.

**Key words:** Breast Cancer

## COMPARISON OF CONVENTIONAL TREATMENT ALONE AND WITH CHEST PHYSICAL THERAPY IN BRONCHEICTASIS

MALIHA BATOOL, MR ASIF HANEF, DR ZAHEER AKHTR  
Gulab Devi PGMI Lahore.

**Objective:** The study is designed with the following objectives. (i) To see the role of conventional treatment alone and with CHEST PHYSIOTHERAPY in the patients with Bronchiectasis. (ii) To compare the prognosis of bronchiectasis with and without chest physiotherapy.

**Methods:** 50 patients came with diagnosis of bronchiectasis in Gulab Devi Hospital Lahore. Clinical parameters are productive cough, fever, breathlessness, and decrease O<sub>2</sub> saturation. The patients were divided into two groups; group A and group B. Group A receive only conventional treatment (only Antibiotics) and Group B receiving conventional treatment with chest physical therapy(antibiotics with cpt).

**Results:** In this study we see the improvement in pulmonary function testing, improvement in PEFr and improvement in O<sub>2</sub> Saturation. After treatment Chest x-ray clear, subside the temperature and improve the dyspnea scale. In this study Patients are divided into two groups; group A and group B. Each group has 25 patients. Group A who are receiving only conventional treatment (only antibiotics) In this group 16 patients have recurrent infection very earlier after completing the antibiotic therapy and in group B patients who receives both therapies at a time they have not recurrent infection very earlier they spend more easy life as compared to group A patients. In group B only 6 patients have earlier recurrent infections.

**Conclusion:** Conventional treatment with Chest physical therapy is more effective then conventional treatment alone. Conventional treatment with Chest physical therapy used in the broncheactasis patients to minimize pulmonary secretion retention, to maximize oxygenation, O<sub>2</sub> saturation and to expand atelectic lung segments.

**Key words:** Chest physical therapy, Bronchiectasis, bronchial hygiene therapy.

## STUDY OF HISTOPATHOLOGICAL FINDINGS OF LYMPH NODE BIOPSY IN GULAB DEVI HOSPITAL LAHORE

MALIHA BATOOL, Asif hanif, Dr akhtar zareen  
Gulab Devi PGMI, Lahore.

**Objective:** To see the histopathological outcome of lymph node biopsy and to see the sensitivity and specificity of lymph node biopsy in Tuberculosis and malignancy.

**Methods:** 212 patients with lymph node enlargement who had lymph node biopsies at Gulab Devi hospital Lahore in 2012. The clinical parameters age, fever, and weight loss were measured at initial examination. Fine needle aspiration cytology was done in all patients. The patients were divided into 4 groups 1) Tuberculosis, 2) cancerous, 3) specific reactive hyperplasia and 4) one is tuberculosis abscess. These groups were 98 compared based on patient's clinical parameters. Biopsies were taken from different area of cervical, supraclavicular, axillaries, and submandibular and mediastinal lymph nodes.

**Results:** Out of 212 patients, 148(69.81%) presented with cervical, 34(16.03%) were presented with supraclavicular, 19(8.96%) were presented with axillary, 6(2.83%) were presented with submandibular lymphadenopathy. Only 5(2.35%) cases of mediastinal lymphadenopathy were reported. The final diagnosis indicated that the patient had Tuberculosis (132; 62.25%), 60(28.30%) had cancer and 20(9.43%) had nonspecific reactive hyperplasia.

**Conclusion:** Tuberculosis lymphadenitis (62.25%) represented the commonest infectious etiology in our study and malignancy (28.30%) is less common as compare to Tuberculosis lymphadenitis. It is advised that any treatment for lymphadenopathy should be preceded by histological proof.

**Key words:** Lymphadenopathy, Tuberculosis, Malignancy, Biopsy.

## STUDY OF FREQUENCY OF EXTRA PULMONARY TUBERCULOSIS IN GULAB DEVI HOSPITAL LAHORE

HAFIZ MARYAM IDREES, Asif Hanif, Dr Zaheer Akhter  
Gulab Devi PGMI, Lahore.

**Objective:** The objective's of this study is to see the frequency of EPTB in different organs of the body with relation to family and past history and ratio of EPTB and PTB.

**Methods:** We performed observational study in 167 patients presented with EPTB in outdoor department of Gulab Devi Hospital Lahore. Diagnoses were made by different investigations; we then compared the frequency of EPTB in various organs of the body in relationship with sex, contact and past history.

**Results:** Total patients; 167, out of which 74(44.3%) are females and 93(55.7%) are males. Most common clinical presentation of EPTB is Pleural effusion (44.3); patients presented with T.B of the joints were 39(23.4%). Other organs involved were abdomen, lymph nodes, brain and pericardium. Patients who were reported with abscess and disseminated T.B accounts only for 1.76% of all reported cases. Patients presented with T.B of eye were only 0.62% of all patients. 21 (12.96%) patients have positive contact history and 7(4.32%) patients were presentation with previous history of T.B.

**Conclusion:** Most common clinical presentation of EPTB is pleural effusion in age group of 20-40 years in both sex.

**Key words:** Pulmonary tuberculosis, extra pulmonary tuberculosis.

## Frequency of Sickle-Cell Hemoglobin (HbS) and Hepatitis-C Virus (HCV) in Beta Thalassemic patients and their association with gender

A retrospective analysis.

MUHAMMAD SALMAN H. QURESHI, Mahboob Jan, Aamir Zaman, Ahmad Wazir,  
Bakhtawar Qureshi.  
Peshawar Medical College.

**Objectives:** To determine the frequency of Sickle-Cell Hemoglobin (HbS) and Hepatitis-C Virus (HCV) in Thalassaemic patients undergoing blood transfusion in a non-profit blood donating organization in Peshawar, to find the association of gender with positive cases of HbS and HCV and to determine frequency of deaths reported in thalassaemic patients suffering from HbS & HCV.

**Methodology:** A retrospective study was performed in Fatmid blood donating foundation, Peshawar. All the HbS & HCV positive cases of "regular" Thalassaemic patients reported since 1988 were recorded and taken under consideration for data analysis. The data was collected from the "Thalassaemia Reactive Patient's Report", which was obtained from the record cell of Fatmid Foundation. Ethical consideration regarding confidentiality of patients was taken in account. The study duration was about 20 days.

**Results:** After analyzing the data it was revealed that out of more than 1500 regular beta thalassaemic patients, 92 patients were affected either with HbS or HCV. Among these 92 patients, 5 were affected with HbS and 86 were found HCV positive while one patient was found to be HbS positive as well as HCV positive. The frequency of positive cases was 20% more in males (n=55) as compared to the females (n=37). Out of 92 patients, 22 deaths (n=22, M:16 & F:6) were reported.

**Conclusion:** About 6 % of total thalassaemic patients were HbS or HCV positive. The frequency of HCV was 17 times more than that of HbS. Majority of the positive cases were associated with males as compared to the females. Almost quarter of total subjects eventually died of their diseases.

**Key words:** Thalassaemia, Hbs, HCV

## Relationship and trends; chronic tonsillitis and rheumatic endocarditis, rheumatic arthritis and osteoarthritis.

SOHAIB ALI, Izhar ali, Shahab Ahmed, Hamza Zafar, Waqas Afzal, Hasan Afzal, Nouman Younas.  
Peshawar Medical College.

**Objectives:** To find out relationship between chronic tonsillitis and rheumatic endocarditis, to find that tonsillectomy can cause rheumatoid arthritis and osteoarthritis to find that tonsillectomy can taper the complicated cases of rheumatoid arthritis and osteoarthritis.

**Methodology:** The data was collected from the case histories of 112 patients, provided by rheumatologists in private practice. The data was analyzed in SPSS and Microsoft Excel.

**Results:** Out of 112 patients 15 patients (13.4%) had undergone tonsillectomy in the past before the development of disease. Out of 112 patients 34 (30.4%) had developed rheumatic endocarditis and out of those 13 (38.2%) suffered from chronic / recurrent tonsillitis. Out of 112 patients 56 (50%) suffered from rheumatoid-arthritis (RA) and 22(19.6%) from osteoarthritis (OA). The patients of RA and OA totaling 78, out of these 78, 19(24.4%) had chronic tonsillitis. The health of these 19 patients improved after the tonsillectomy, reinforcing the idea that tonsillitis does have a role in rheumatic disease.

**Conclusion:** There is direct correlation between chronic tonsillitis and rheumatic endocarditis; also the tonsillitis can exacerbate the conditions of rheumatoid arthritis and osteoarthritis. There is a partial evidence that tonsillectomy can cause rheumatoid arthritis and osteoarthritis.

**Key words:** Chronic Tonsillitis, Rheumatic endocarditis, Rheumatoid Arthritis, Osteoarthritis.

## CAUSAL ASSOCIATION BETWEEN CARDIOVASCULAR DISEASE AND CHRONIC KIDNEY DISEASE

FAHAD AHMAD, Hisham Khalid Zubair, Hafiz Tariq Shah, Mohsin Nisar.

**Objectives:** This study aimed to explore such causal association between CVD and CKD.

**Methodology:** We conducted a nation-wide retrospective cohort study based on the National Health Research Database from 2004 to 2007. Each patient identified was individually tracked for a full three years from the index admission to identify those in whom any type of stroke developed. The study cohort consisted of patients hospitalized with a principal diagnosis of CKD and no traditional cardiovascular risk factors at baseline (n = 1393) and an age-matched control cohort of patients hospitalized for appendectomies (n = 1393, a surrogate for the general population). Cox proportional hazard regression and propensity score model were used to compare the three-year stroke-free survival rate of the two cohorts after adjustment for possible confounding factors.

**Result:** There were 256 stroke patients, 156 (11.2%) in the study cohort and 100 (7.2%) in the control cohort. After adjusting for covariates, patients with primary CKD had a 1.94-fold greater risk for stroke (95% CI, 1.452.60; p<0.001) based on Cox regression and a 1.68-fold greater risk for stroke (95% CI, 1.252.25; p = 0.001) based on propensity score. This was still the case for two cohorts younger than 75 years old and without traditional cardiovascular risk factors.

**Conclusion:** This study of patients indicates that CKD itself is a causal risk factor for stroke beyond the traditional cardiovascular risk factors. Primary CKD patients have higher risk for stroke than the general population and all CKD patients, irrespective of the presence or severity of traditional cardiovascular risk factors, should be made aware of the stroke risk and monitored for stroke prevention.

**Key words:** Cardiovascular Disease, Chronic Kidney Disease.



## Frequency of Hepatitis B and Hepatitis C in Patients Admitted For Delivery in Kuwait Teaching Hospital

HALA HAQ, Hina Amir, Asma Imran Qureshi, Hira Iftikhar, Hoor Fawad Khan  
Jasia Bukhari, Kausar Rehman Shinwari

**Objectives:** The objectives of this research were to determine the frequency of Hepatitis B and Hepatitis C and the risk factors associated with Hepatitis B and C.

**Methodology:** Descriptive study using the registered records of Gynecology and Obstetrics Department of Kuwait Teaching Hospital, from 1<sup>st</sup> January 2012 to the 31<sup>st</sup> December 2012. All the ethical considerations were taken special care of while analyzing a data of sample size 1734.

**Results:** In our descriptive study, conducted at Kuwait Teaching Hospital, a total number of 38 women out of 1734 women were HbsAg positive (2.19%) and a total number of 21 out of 1734 were HCV positive (1.1%). Thus concluding that, Hepatitis B is more common in the child bearing age women as compared to Hepatitis C.

**Conclusion:** Concluded that hepatitis B is more common in the young age group, within the female population of KPK and thus we should emphasize that screening must be done for hepatitis B in such cases. The frequency of hepatitis C antibody positivity is not significantly different from that of the general population. Although routine screening of high risk population may be done, but it appears that women of this age group (i.e. child bearing age) do not appear to be a high risk group. In this study, no tests for HbeAg and DNA were done in these cases. It is well established that the vertical transmission of HBV from mother to child is significantly more incase the mother is positive for HbeAg/DNA.

**Key words:** Hepatitis B, Hepatitis C.

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## Prevalence of Hepatitis B & C among patients undergoing surgery in the Surgical Ward of Mercy Teaching Hospital

MUHAMMAD ARSALAN, FahadShehzad, Aurangzeb Ahmad, TaimurFarid  
Peshawar Medical College.

**Objectives:** To investigate the frequency of hepatitis B and Hepatitis C in preoperative patients in the surgical ward of MTH in the year 2012 and to find out whether there is any impact on the method of surgery after being diagnosed HBsAg positive or anti-HCV positive

**Methodology:** A retrospective study was carried out in Surgical Ward of Mercy Teaching Hospital. Patients' records for the past 1 year were reviewed from 1st January, 2012 to 31st December, 2012. Convenience sampling was employed. 477 patients were reviewed. Data was analyzed using Microsoft Excel.

**Results:** Out of 477 cases, 291 (61%) were males and 186 (39%) were females. Only 23 (4.8%) of the reported cases were found in the age group below 20 years, 128 (26.8%) were in the age group ranging between 20 and 39 years, 230 (48.2%) in the age group of 40-59 years and 96 (20.1%) in the age group above 60 years. In 477 cases, 88 (18.4%) patients were found to have viral hepatitis, 21 (23.9%) were HBsAg positive while 67 (76.1%) anti-HCV positive. Among 21 cases of HBV, 16 (76.2%) were males and 5 (23.8%) were females. However, among 67 cases of HCV, 54 (80.6%) were males and 13 (19.4%) were females. Among HBsAg positive patients, none were in the age group below 20 years, 3 were in the age group of 20-40 years, 11 in the age group of 40-59 years and 7 in the age group of 60 years or above. In anti-HCV positive cases, none were in the age group below 20 years, 13 were in the age group of 20-39 years, 37 in the age group of 40-59 years and 17 in the age group of 60 years or above. All the patients underwent surgical treatment with no change in the method of surgery after being diagnosed HBsAg or anti-HCV positive. However, surgery was delayed in a few cases for 2-4 days and medical opinion was asked.

**Conclusion:** High proportions of Hepatitis B and C are reported among preoperative patients. Such a high percentage of hepatitis B and C positive patients is alarming not only for patients but also for health workers dealing with such patients. Routine serological screening prior to surgery should be made mandatory so that asymptomatic patients would no longer pose a threat to its spread. Also proper sterilization protocols should be implemented and followed that would help in prevention of spread of disease.

**Keywords:** Hepatitis B & C, Preoperative patients, Surgical Ward, Mercy Teaching Hospital.

## MORPHOLOGICAL STUDY OF TUMOR SIZE, GRADE AND AXILLARY LYMPH NODE STATUS IN BREAST CARCINOMA

SYEDA SHAHANA ALI, RubabFatima, Sajeel Ahmed  
Central Park Medical College, Lahore.

**Objectives:** To study morphological spectrum of tumor size, grade and axillary lymph node status in breast carcinoma.

**Methodology:** A descriptive study conducted at Chughtai Lab Lahore from 1st January 2012 to 30th November 2012 for a period of 11 months. A total of 90 mastectomy specimens from 90 female patients of age 26-80 years were included. Mastectomy specimens were processed in Histopathology department & slides were made stained with H & E stain, reviewed by 2 histopathologists. Tumor size, Grade and axillary lymph node involvement were assessed. Grading was done using Bloom Richerdson Grading System.

**Results:** Out of 90 specimens, 72(80.00%) were Grade 2, 10(11.11%) were Grade 3 and only 8(8.89%) were Grade 1. Out of 90 specimens 38(42.22%) were sized 0-5cm, 37(41.11%) were sized 6-10cm, 13(14.44%) were sized 11-15cm & 2(2.22%) were sized 16-20cm. Out of 90 specimens 69(76.67%) had lymph node involvement of 0-7 nodes, 12(13.33%) had 8-14 nodes involved, 4(4.44%) had 15-21 nodes involved & only 5(5.56%) had 22-28 lymph nodes involvement.

**Conclusion:** Majority of patients had Grade 2 carcinoma. 0-5cm was commonest size of tumor encountered and maximum number of patients had 0-7 axillary lymph nodes involved.

**Keywords:** Breast Carcinoma, Mastectomy, Lymph node, Grade.

## FNAC as First Line Screening Method for Neck Malignancies

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Central Park Medical College, Lahore

**Objectives:** Objective of this study carried out was to investigate that FNAC is a technique which when used as a first line screening technique in cases of suspected neck malignancies is due to its effectiveness and time saving as well as cost effective.

**Methodology:** It was a retrospective analysis on data collected from Chughtai's lab Lahore from September 2012 to February 2013.

**Results:** From the collected reports of 80 individuals, 40% were lymph node FNACs, 36.3% were thyroid FNACs, and 28.8% were simple lumps, cysts, and other masses in neck. When data was analyzed only a minor percentage of all the FNACs done on neck masses were malignant i.e. only 24.14% for thyroid and only 15.63% for lymph nodes.

**Conclusion:** Of the cases investigated for thyroid Goiter was found to be the leading pathology with a percentage of 57.72%, then were benign cysts 24.14%, then medullary carcinoma of thyroid 13.79% and last were benign nodules of thyroid 10.34%. For lymph node FNAC findings reactive hyperplasia's stood the commonest 37.5%, then tuberculosis with the same percentage 37.5%, lymphomas were only 15.63% especially common were Hodgkin's lymphomas, and last were the benign swellings with a percentage of 9.38%.

**Keywords:** FNAC, Malignancies, Affordable Diagnosis.

## Comparative Efficacy of Sudan Black B and Periodic Acid Schiff in the diagnosis of Acute Leukemia's

SUMAIYA MALIK  
International Islamic Medical College

**Objectives:** To compare the effectiveness of Sudan black b (SBB) and periodic acid schiff (PAS) in the diagnosis of acute lymphoblastic leukemia (ALL) and acute myelogenous leukemia (AML).

**Methodology:** This was a retrospective study. The data was collected from Fauji Foundation Hospital Rawalpindi. From October 2011- February 2013. 51 leukemic cases presented as both acute and chronic types. Out of 51 there presented 37 cases were of acute leukemia's. Bone marrow biopsy was done and the bone marrow smears of 37 cases were stained first by leishman stain and after leishman staining with both the stains i.e. with Sudan black b and periodic acid Schiff separately.

**Results:** Out of 37 cases 17 (45.94%) were diagnosed of acute myeloid leukemia (AML) mostly with the M1 and M2 sub types of AML and 20 (54.05%) cases were diagnosed of acute lymphoblastic leukemia (all) using cytochemical staining i.e Sudan black b and Periodic acid Schiff. The bone marrow smears of 17 cases of (AML) showed positive response to Sudan black b staining especially the sub types M1 and M2 but when stained with periodic acid Schiff they showed weak to moderate positivity which was diffuse in all AML cases. The bone marrow smears of all 20 cases of acute lymphoblastic leukemia (all) were negative for Sudan black b and Periodic Acid Schiff stain was positive in most of all cases. The positivity pattern for periodic acid Schiff stain in the all cases was coarse granular or block positivity against negative cytoplasmic background

**Conclusion:** Sudan black b stain is positive in most of AML cases especially M2 sub type while the periodic acid Schiff stain is helpful to diagnose ALL cases where it shows coarse granular or block positivity

**Key words:** Sudan black b, periodic acid Schiff, acute leukemia's.

## FREQUENCY AND DISTRIBUTION OF DIFFERENT TYPES OF BREAST CARCINOMA-OUR EXPERIENCE

Zeeshan Ajmal Jamali, Ali Akram, Tayyab Riaz, Miss Naila  
Central Park Medical College

**Objectives:** The purpose of this study was to evaluate the morphology of carcinoma breast and to find out the frequency of its different types and its distribution in modified radical mastectomy specimens.

**Methodology:** This was a descriptive study conducted in the department of histopathology Chughtais Lahore Lab, Lahore. The study comprised of convenient samples of 90 patients above 25 years of age undergoing modified radical mastectomy. The duration of study was about 10 months from January 2012 to December 2012. Following specimens were excluded from study, benign neoplasms, pure in-situ carcinoma, and lumpectomy specimens. The specimens were fixed in 10% formalin. Gross and microscopic examination was done. Slides were reviewed by two histo-pathologists to minimize the possibility of risk of diagnostic error. The data analyzed using SPSS version 13.

**Results:** A total of 90 modified radical mastectomy specimen belonging to different age groups were included in this study. The age range was between 30 years to 80 years. The majority of patients were between the age group 40-50 years (35.5%) followed by the age group 30-40 (31.1%). Most of the patient (50%) had carcinoma on right side. Out of these 90 specimens, 60 cases were infiltrating ductal carcinoma and 24 cases were of lobular carcinoma. Six Cases (6.6%) were other types of carcinoma of breast

**Conclusion:** Majority of the patients belonged to 4th and 5th decades of life. Greater proportion of patients had tumor on right side. Infiltrating ductal carcinoma is the commonest malignancy found.

**Key words:** Neoplasms, Carcinoma, Ductal, Lobular.

## Frequency of different types of Central Nervous System (CNS) Tumors, their association with age and Gender

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Qureshi, Muhammad Usama Tanoli.  
Peshawar Medical College.

**Objectives:** To determine the frequency of CNS tumors in the patients coming to Neurosurgery ward of a tertiary care hospital in Peshawar, to determine association of age with various types of CNS tumors and to determine association of gender with various types of CNS tumors.

**Methodology:** This retrospective study was performed in the neurosurgery ward of Lady Reading Hospital, Peshawar. All the cases of CNS tumors reported in the year of 2011 were recorded and taken under consideration for data analysis. The data was collected from the official record register and from patient medical records. Ethical consideration was taken in account. The study duration was about 15 days.

**Results:** After analyzing the data it was revealed that total 235 CNS tumor cases were registered in the year 2011. Out of 235 cases, 211 were the brain tumors while the rest of 24 were spinal tumors. Among brain tumors, the cases of Gliomas were having the highest frequency of 52, followed by Meningiomas with frequency of 24 and then Pituitary tumors with frequency of 9. Regarding association of gender with various types of CNS tumors, Meningiomas were more in females as compared to males, while Gliomas were recorded with equal frequency in both the genders, however, in our patient population higher frequency of male patients was observed. Although only males were found to be affected with Intra-medullary Spinal tumors, but overall Spinal Tumors were found more in female patients. No child below the age of thirteen years was found to be suffering from Pituitary tumors. Out of 211 cases of brain tumor, 64 were in children under thirteen years while teenagers were found to be least affected with brain tumors as compared to other age groups.

**Conclusion:** The frequency of brain tumor cases is about 9 times more than the cases of spinal tumor. Gliomas, Meningiomas and Pituitary tumors are having maximum frequency among all other brain tumors.

**Key words:** CNS Tumors, Age Distribution.

## Association of Dietary Intake of Purine-Rich Foods with Hyperuricemic Nephropathy

Dujanah Siddique Bhatti, Safiullah Latif

Institute: Foundation University Medical College.

**Objectives:** The objective of this article is to examine the clinical data concerned with the influence of a high purine diet on serum uric acid level and to institute the relationship between elevated serum uric acid and renal insufficiency.

**Methodology:** The record of 25 patients presenting with CRF, managed in the urology centre of FFH and Hearts International Hospital in Rawalpindi, was reviewed.

Their history was pursued with special emphasis on dietary pattern. We devised a self-administered questionnaire that targeted to evaluate the average consumption of purine rich foods, the portion of each item and the frequency of intake over a period of 6 weeks. The questions were also associated with specified serving sizes corresponding to natural portions depicted in pictures. The data was collected and fed into data analysis software.

**Results:** It was found that increased meat intake, including seafood and some purine rich vegetables, was associated with a higher serum uric acid level. Additional laboratory tests revealed an increase in serum creatinine and serum urea.

**Conclusion:** Overall, our results provide prospective evidence that a purine-rich diet increases the serum uric acid concentration leading to increased risk of renal dysfunction.

**Key words:** Hyperuricemia, Purine-rich diet, renal insufficiency.

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## Awareness of Causes of Bleeding gums among school students

GHAZALA WAZIR, Menhas Akbar, Naima Bangash.  
Peshawar Dental College

**Objectives:** Our objective was to know the awareness in school students that how much they are aware of bleeding gum whether they are sufferers or not. We also wanted to see, what precautions they follow to prevent the bleeding gums.

**Methodology:** A study was conducted using a sample of 150 students (14 to 16years) of different schools of Peshawar. Self administered questionnaires were used. Which include, Frontier Youths Academy, Peshawar Model School, Forward Public School, Al Noor Public School and Frontier Model School.

**Result:** The data was collected and analyzed and a report was prepared according to which 74% of students were aware of the term bleeding gum whereas the rest of 26% don't have any idea. 63% students were suffering from bleeding gum in which 51% consulted a dentist in order to cure it. While the rest went for some home remedy or did nothing, and ignore this disease. 75.5% of students think that the patient suffering from bleeding gum often consults the dentist while the rest think that people do nothing to cure it. 17% of student think that the cause of bleeding gum is imbalance diet, 25% say that it's due to not maintaining oral hygiene while the rest were not aware of the causative factors.

**Conclusion:** There is a need of educating school teachers about risk factors and temporary management of Bleeding Gums. These teachers then can aware their students about the causes and effects of Bleeding Gums on their social and personal health.

**Key words:** Bleeding gums, Students.

## PREVALENCE OF DENTAL SENSITIVITY AMONG PMC AND PDC STUDENTS

MENHAS ,Ureba Zaheer, Tehreem Iqbal , Shehla Khan, RabiaBint e Wali  
Peshawar Medical College

**Objectives:** To find the rate of dental sensitivity in PMC and PDC students .To determine the causes of dental sensitivity. To determine the effects of dental sensitivity on quality of life of the students of PMC and PDC.

**Methodology:** A pre-defined questionnaire was prepared and distributed among selected students of PMC and PDC for completion. The data was collected analyzed and a report was prepared.11 male and 85 female students were selected randomly from PMC and PDC for the study.

**Results:** 61.4% students have experienced dental sensitivity and 38.5% have not experienced dental sensitivity ever.58.5% students agreed that discomfort stops immediately upon removal of painful stimuli while 41.4% disagreed with this statement.Dental sensitivity disturbs eating habits of 50% students while rests of 50% students eating habits were not disturbed by dental sensitivity.20.4% students have bleeding gums , 5.6% have swollen gums , 6.8% have both bleeding as well as swollen gums and 67.04% do not have bleeding and swollen gums .

**Conclusion:** Majority of students have experienced dental sensitivity.

**Keywords:** Dental Sensitivity, Students.

## TO FIND OUT THE AWARENESS LEVEL ABOUT GINGIVAL CANCER AMONGST MEDICAL STUDENTS & GENERAL PUBLIC OF KPK

ATTIYA MEHER, Shama Gul  
Peshawar Medical College.

**Objectives:** To Find out comparison of awareness level between medical students and general public.

**Methodology:** Structured questionnaire was prepared and completed, Cross-sectional by the research team. After interviewing the random selected respondents from medical college pmc and general public.

**Results:** 65% of medical students know about gingival cancer and 35% of general public don't know. 80% people say's don't brushing teeth can prevent from gingival cancer and 20% are not in the favors.5% general public has gingival cancer in their family and 0% found in medical students. 55% of medical students say smoking can cause gingival cancer while 45% OF general public says is not in the favor. 80% of medical students says if we take care of our oral hygiene then we stop gingival cancer and 20% of general public says its not possible. 40% students of medical college says that cause of gingival cancer is having bacteria in his her denture and 10% says that by eating tasty food and more than 66% says by alcohol. While 10% don't know.60% say that gingival cancer is more in male and 40% don't know.40% know the appearance of gingival cancer and 60% of general public don't know. 40% have low diet in fruit and vegetable and 60% have rich diet.

**Conclusion:** We observe that general public get twice as compared to medical students the reason is that they is low of knowledge. Males get twice as compared to females.

**Key words:** Gingival cancer.

## AWARENESS OF DENTAL CARE IN EDUCATED COMMUNITY

SUDUS NISAR, Laila Nazir, Muniba Saleem, Komal Rauf  
Peshawar Dental College.

**Objectives:** To assess Knowledge, Attitude and Practice towards oral health among educated population.

**Methodology:** Study design was cross-sectional. The study group comprised of 180 people, data was collected by means of self administered questionnaire .The data was analyzed using the SPSS version 16.0 software.

**Results:** The result showed that among 180 respondents 153 (85%) agreed that smoking causes oral cancer, 13 (7.2%) disagreed while 14 (7.8%) did not know .104 (57.8%) among them were not in favor of visiting the dentist after relieving their pain, while 64 (35.6%) among them did visit the dentist. 156 (86.7%) used toothbrush ,9 (5.0%) used miswak and 3(1.6%) among them used fingers and other means to clean their teeth.105 (58.3%) snacked once a day, 31 (17.2%) snacked thrice a day, 31 (17.2%) snacked more than five times a day while 13 (7.2%) did not snack at all.

**Conclusion:** Result of this study suggest that oral health KAP of the respondents were quiet satisfying but has to be improved in certain aspects through community oriented oral health promotion programmers. These programmers are needed to improve KAP of educated community.

**Key words:** Dental care.

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**MEDICAL EDUCATION**



## WHY MEDICAL PROFESSION IS HIGHLY PREFERRED BY STUDENTS

DURR-E-SHEHWAR, Maida, Yamna Hassan, SunyaHadi, Marina Fawad  
Peshawar Medical College.

**Objectives:** The purpose of study is to describe, why people choose medical profession and also to find why girls are more interested in this field.

**Method:**Data was obtained with a pre determined questionnaire. For questionnaire, the sample size was 200, with 100 for male and 100 for female students. The participants involved were selected from Peshawar Medical College.

**Results:** 75% of males and 71% of females choose this profession because of its respectability, 10% of both males and females choose because of its obliging nature, 10% males and 14% females choose because of high earning, 27% of males and 26% of females are forced by family because of competition and 67% males and 80% females are agreed that girls are more interested than males to join medical profession.

**Conclusion:** Majority of students (78% males and 80% of females) joined this profession by their own choice.Very few students (27% males and 26% females) are forced by family.

Key Words: Medical Profession.

## Prevalence of hair loss among medical students of Peshawar.

AYESHA AHMAD, Mashallrshad Khan, AnikaMansoor, HabibaDaudSethi.  
Peshawar Medical College.

**Objectives:** The objective of the study was to find out causes of hair loss among undergraduate medical students and frequency of hair loss.

**Methodology:** The study was carried out among undergraduate medical students of Peshawar Medical College and students of Khyber Girls Medical College. A questionnaire was designed for collecting data which included question related to causes and effect of hair loss. Sample size was 100. Questionnaires were distributed among students of PMC and KMC. Data was analyzed in Microsoft Word 2007.

**Results:** Overall 85% of medical students are suffering from hair loss problem. While 15% doesn't have the problem of hair loss. 18% of students think that usage of electrical equipments is one of cause,14% considered usage of too much shampoo as cause,16% considered not taking care is the cause, while13% believe that it is due to mental stress and 19% of them think that taking of caffeine products as a cause.

**Conclusion:** Thus the research concluded that majority of the students of medical colleges are suffering from hair loss problem while few people don't have the problem.

**Key Words:** Hair Loss Problem

## Attitude of General Community towards Organ Donation

KASHMALA HUMAYUN, KinzaMunir, ShayanShahid, Sana Ahmad, Shan-e-Zahra  
Peshawar Medical College.

**Objectives:** This survey was designed to access the knowledge of people about organ donation, to know the hurdles that the community faces towards deciding about organ donation.

**Methodology:** A survey form was distributed among 200 people. Knowledge of the respondents was assessed through questions regarding the source of their knowledge etc. Attitudes of the respondents regarding organ donation was also determined through different questions. The data was entered into Microsoft Excel.

**Results:** Out of 200 respondents, 77% were in favor of organ-donation. 70% had satisfactory knowledge. The major source of knowledge was television and medical-journals. 47 % said they needed specialist advice before deciding while 43% said they could decide themselves. 7% needed more information while 1 % could not decide at all. 50% responded they would only donate organs to blood-relatives while 34 % would donate to strangers. 7% said they would not donate at all. Motivation for 68% was to save someone's life, 7%were motivated by life-saving transplant stories. 25% said they would donate organs for financial benefits. Reasons for not donating: 40% religious issues, 33%were insecure about the health outcomes and 27% did not find themselves brave enough for the procedure. 43% respondents said there should be no financial reward for the donor while 57% were in favor of it. 83% people were of the idea that organ donation should be made a more common idea and awareness should be created among people. 17% people totally rejected the idea.

**Conclusion:** Organ donation has, since ages been, the least understood and practiced domain of medical sciences. The idea should be made more common by creating awareness among people and educating them about its outcomes and removing their insecurities.

**Key Words:** Organ Donation, Transplant

## BEST PREFERRED TEACHING METHOD AND ATTENTION SPAN OF STUDENTS

ANAM HAQ,Afsheen, RishmenaQadir Khan, ZenabJavaid, Tanzeela Saba  
Peshawar medical College

**Objectives:** The objectives of this research were to find out the best preferred teaching method and format among the students of PMC. We also tried to find out if there are any other better options.

**Methodology:** Descriptive study using questionnaires among the students of PMC. All the ethical considerations were taken special care of. The study was started from the 1st of January till the 25th of February.

**Results:** Best preferred teaching method is via board and multimedia both (47%), best preferred teaching format is short group discussions (35%). 67% of the student body is content with more assignments. The attention span of 39% of students during board lectures is one hour while in multimedia lectures it is 30 minutes in 68% of them. 42% students want to be taught in English while 51% prefer a multilingual (including English, Urdu and Pashto) lecture. 62% of the students want to have a friendly environment with light jokes in class during the lecture so as to freshen up. 82% of the students suggested that the notes/handouts of the lecture, which is supposed to be conducted on the next day or two, should be available online.

**Conclusion:** Students like studying when the teacher uses both multimedia and board. Consecutive classes should be avoided. Emphasis should be stressed upon on practical work and models/diagrams. The teacher should always keep the environment relaxed and interesting.

**Keywords:** Teaching Method, PMC.

## Assessment and Comparison of the First Aid Knowledge among the medical students of CPMC and teachers of Secondary Educational Institutes in Lahore.

SUBHAN AMJAD, Abdullah Mumtaz, Sheikh Usman Yamin  
Central Park Medical College, Lahore

**Objective:** To assess and compare the First Aid knowledge among the medical students of Central Park Medical College, Lahore and teachers of secondary educational institutes in Lahore.

**Methodology:** Cross sectional/KAP study carried out at Central Park Medical College Lahore students and educational institutes in Lahore from December 2012 - February 2013 was conducted on 200 subjects, 100 central park medical college students of 1st, 2nd and 3rd year (45% female & 55% male) and 100 teachers of Secondary Educational Institutes (35% female & 65% male). Data was analyzed in the Microsoft Excel.

**Results:** Amongst the medical students, 86% had knowledge about first aid while in teachers of Secondary Institutions of Lahore had 84.29% knowledge. However, medical students' practical skills were significant (46.56 % can manage the case) than teachers (29.56 %) regarding burn, heatstroke, sprain, wound, breathlessness, heart attack and bleeding.

**Conclusion:** The knowledge of medical students and teachers of secondary institutes was almost on same pace. However in dealing with medical emergency, Medical students are better than teachers due to more medical exposure and scientific study.

**Key word:** Central Park Medical College (CPMC), Teachers, First Aid

## Headache in college/university going students

SADIA AHMAD, Iqra, Sana Latif, Durr-e-shahwar  
Peshawar Medical College

**Objectives:** To determine cause and intensity of headache in college/university going students based on gender distribution and frequency of subtypes of headache. And how people manage it

**Methodology:** A research study was conducted at Peshawar Medical College and University of Peshawar in Feb, 2013. A structured questionnaire was distributed randomly to undergraduates. Causes of headache were documented along with its subtypes and intensity.

**Results:** Of 200 randomly selected undergraduates, 180 responded; among them 22% (male) and 23% (female) suffer headache daily; 37% (M) and 33% (F) weekly; and 41% (M) and 44% (F) monthly.

42% (F), 22% (M) had mild headache; 69% (F), 56% (M) had moderate and 25% (F), 9% (M) had severe headache. 31% (F) and 18% (M) had migraine among which 46% had family history of migraine; 33% (F), 47% (M) had headache in whole head; 47% (F), 37% (M) had in frontal. During our study we found out that about 80% people use oral tablets for the management of their headache whereas; 18% by sleeping and only 2% by dam/taweez. It was quite interesting to find out that three main causes of headache were; lectures/exams (70%), parties/rush places (54%) and driving/travelling (40%). Other causes included TV/computer usage (38%), noise (22%), sleep level (18%).

**Conclusion:** Headache is common among undergraduates of PMC and UOP. This justifies, in our opinion, the adjustment of the lecture hours so that students can get adequate rest periods. This may help in reducing the intensity and frequency of headache eliminating certain causes.

**Keywords:** Headache, Undergraduates.

## FREQUENCY OF MYOPIA AND HYPERMETROPIA AMONG MEDICAL STUDENTS

ROMISA REHMAN, Aisha Raza, Ayesha Ahmad, Munaza Tariq, Mashallrshad  
Peshawar Medical College

**Objective:** To determine the frequency of myopia and hypermetropia among medical students of Peshawar (age group 19-23). To determine the reason for reluctance to wearing glasses.

**Methodology:** A cross sectional comparative study was conducted among students of PMC, KMC and KGMC with a sample size of 100.

**Results:** Out of 100 selected students 90% were myopic. Of these 30% had their refractive error since 1 yr, 33% from 2 yrs and 37% >3 years. 91% of these visit an ophthalmologist, and 59% of these find that their number has increased, 32% are those whose number is constant and 9% of these found that their number decreased. 34% of these wear glasses all the time, 13% while reading, 14% while watching TV and 39% wear glasses during lecture. For those who don't wear glasses or lost their 5% can see the board, 30% can see by applying pressure and 65% can't see. And 32% of these can see board when they wear their friend glasses if no. is close enough.

7% of students use some vitA supplements. 25% of these people feels reluctance to wearing glasses, out of these 12% are due to some cosmetic cause, 12% don't like their glasses and 9% gave no reason. 32% of students wear contact lenses and of these 26% wear everyday

35% of these students have declared their refractive error as genetic.

**Conclusion:** More than  $\frac{3}{4}$  of medical students have myopia.  $\frac{1}{4}$  of students feel reluctance and hence 20% of these wear lens in routine life.

**Keywords:** Myopia, Hypermetropia.

## RATIO OF ANOREXIA NERVOSA AMONG COLLEGE STUDENTS

AISHA RAZA, Sunya Sardar, Sana Latif, Komal Farooqi, Saria Saeed Ali  
Peshawar Medical College

**Objective:** To find out the frequency of female students who are conscious about their appearance and their body weight.

**Methodology:** The study was carried out among the students of Peshawar Model College, Jinnah College for Women, Frontier Collage and Islamia College. A questionnaire was designed for collecting data which included the question related to the appearance, body weight and ratio of anorexia nervosa. Forms were distributed among FSc students.

**Results:** Result shows that 40% of students are not satisfied by their body weight, 43% of these feel that they are overweight even though they are not, of these 30% think that their life would be better if they were thinner, 25% are suggested to take any weight loss program hence 23% of students are following some weight loss program and 30% of these take pills. 56% of students have complain regarding their appearance, hence 46% of students are suffering from bouts of depression, 66% of students want acceptance from people about their appearance,

**Conclusion:** 40% of students were not satisfied by their body weight and they took pills and followed some diet programs. More than  $\frac{1}{2}$  of students had complain regarding their appearance and 46% of students were suffering from bouts of depression.

**Keywords:** Anorexia nervosa.

## COMPARISON OF FREQUENCY OF CLUSTER MIGRAINES; ITS PRESENTATION AND SYMPTOMATOLOGY IN TERMS OF GENDER DISTRIBUTION

KANWAL NOOR, Anees, Hina Nasir, Fiza Fawad, Sana Mukhtiar

**Objectives:** To assess the frequency and gender distribution of Cluster Migraines (Headaches) in students of PMC.

**Methodology:** A cross-sectional questionnaire based study was carried out in medical students of Peshawar Medical College. 120 questionnaires were distributed equally among male and female students, out of which 110 were returned 50 female/60 male, response rate was 91.66%.

**Results:** In 50 females (61%) suffered from headache and out of 60 males (39%) suffered from headache. The majority of females attributed it to tension (62%) and (38%) considered it idiopathic, 36% of males attributed it to tension while (64%) marked the cause idiopathic. In females (53%) complained of weakness/laziness because of headache and (31%) had most of the symptoms of migraine, (16%) reported vomiting along with it. In males (55%) complained of weakness/laziness, (27%) reported vomiting and (18%) had temporary blurring of vision. (86%) females reported sensitivity to light/noise while (57%) of males had sensitivity to light/noise. (74%) females had no vision problems associated with migraine, furthermore uni-ocular and bi-ocular visual involvement was 10% and 16% respectively. In males (60%) had no problem with vision while (27%) recorded problem with both eyes during pain and 13% uni-ocular.

**CONCLUSION:** Migraine is now a rapidly spreading problem seen mostly among students. The study was successfully able to conclude that there is definitive difference of cluster migraines presentation in males and females.

**KEYWORDS:** Cluster Migraines, Gender Distribution, Frequency & Presentation.

## TOWARDS AN IDEAL ONCOLOGY CURRICULUM: EVALUATION OF UNDERGRADUATE ONCOLOGY CURRICULUM IN PAKISTAN

Sheraz Ahmad, Dr. Afshan Hussain Khattaq, Mazhar Ali Shah, Salim Wazir, Moniba Gul, Sohaib Ali, Raana Kanwal, Iram Siddique, M.Ashfaq Utman Zai, S.Tariq Shah  
Peshawar Medical College.

**Objectives:** To assess the knowledge perception and possession ratio with respect to the subject method of oncology.

**Methodology:** Our study subjects were young doctors in their house job, working at Ayub Teaching Hospital, Hayatabad Medical complex and Khyber Teaching hospitals during the study tenure.

**Results:** Majority (96%) had never been part of any research work. 84% had come through cancer patients but only 56% had got any demonstration on a cancer patient during their clinical rotations. None of the colleges from where these doctors graduated offered a specific rotation to the Oncology ward. 90% young doctors want to know about cancer and its management and 80% want to attend Oncology summer schools, but only 14% want Oncology as a career choice for themselves. The knowledge core answered showed a wide variation. 54% thought they know how to prevent cancer. 60% knew about screening, 26% about molecular basis of cancer, 58% about Patho-physiology, 64% how to break the bad news and 56% about the symptom management in cancer and main adverse effects with treatment. 48% knew about the basic treatment modalities and only 26% were aware how to manage the adverse drug reactions. 10% thought they are highly prepared to deal with cancer while 18% ranked their selves poorly prepared. 16% reported satisfactory preparation while the majority, 40% thought they are just average.

**Conclusions:** Efforts should be made to establish Oncology summer schools on emergency basis, amend the curriculum, and motivate the youngsters to join this demanding field, as we are acutely short of Oncology personnel.

**Key Words:** Undergraduate curriculum, Oncology.

## BLOOD DONATION PHOBIA IN STUDENTS OF PESHAWAR MEDICAL COLLEGE.

MOHSIN AMIN, Sohaib Ali, Mohammad Ismail, Salman Haider Qureshi, Izhar Ali,  
Umair Ali Shah.  
Peshawar Medical College.

**Objectives:** To find the percentage of student's reluctant to donate blood to find the causes of such reluctance and to find gender distribution of blood donation hesitancy.

**Methodology:** It was a cross sectional study targeting the students of Peshawar Medical College. 40 students from each class were targeted out of 200, the response was 147.

Analysis was done in Excel 2007.

**Results:** The overall reluctance to donate was 37.7%, being less in male 27.4% and more in females 48%, in the sample size. The overall desire to donate blood was 58.8%, being more in male 53.7% and less in females 48.1%. The overall sample size who have donated blood is 33.3%, being more in males 53.7% and less in females 13.2%. Here the difference between desire and donation is startling in females out of 48% desiring only 13% actually donate. And this lead us to our question of parental consent, the overall subjects who have parental consent was 54.8%, with males given more freedom 47.1% while females were not at 32%. Another marker for this reluctance was fear of needles that is trypanophobia and aichmophobia (fear of sharp things). Overall trypanophobia was 31.8%, being less in males 17% and more in females 46.6%.

Hematophobia (fear of blood), or blood-injury-illness phobia, overall 19.4%, with males 11.7% and females 27.2%. Hematophobia is characterized by childhood trauma; overall incidence was 66.7%, with males 44.9% and females 77.6%. Another reluctance factor is fear of disease, overall that fear was 40.6%, being less in males 21.7% and considerably more in females 59.6%.

**Conclusion:** The results indicate that if we are to increase the donor pool we must tackle the problem of parental consent and fear of disease. The results also indicate that females have a strong desire to donate blood and we must utilize the female donor pool.

**Key Words:** Blood donation, phobia, gender distribution.

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## EFFECTS OF SLEEP ON THE PHYSICAL AND MENTAL HEALTH OF PESHAWAR MEDICAL/DENTAL COLLEGE

GULNARGUS, SanaSaleh,ItratBatool  
Peshawar Medical College.

**Objectives:** Objectives of this study were to find the effects of sleep on the physical and mental health of Peshawar Medical/Dental College

**Methodology:** A questionnaire of about 10 questions was prepared and 150 pages were distributed among the students of Peshawar medical and dental college. Questionnaire was distributed equally and was filled by 75 male and 75 female students of both Peshawar medical and dental college. 115 MBBS students and 35 BDS students took part in filling our questionnaire. Questions were asked about sleep deprivation, its causes and its effects; also about oversleeping its causes and its effects. Information's was also collected about the normal sleep of students. We also asked questions about their sleep duration and took out the result from it.

**Result:** Among the 150 i.e. 75 male and 75 female students 70 students says that our sleep is normal, 42 students are in the category of oversleep, and 38 in the category of sleep deprivation. Among the sleep deprived students, 20 students are sleep deprived due to uncomfortable environment and 12 students due to study burden. Similarly among the total students 94 say that it is enjoyable, 20 says it is time waste and 14 says that it is a good habit.

When the effects were asked majority students say that both physical and mental health is affected by either taking more sleep or not taking sleep at all.

**Conclusion:** Some of the effects they list in the category of sleep deprivation are fatigue, headache, and lack of concentration on study, and in the category of oversleeping they list laziness, selfesteem and irresponsibility.

**Key words:** Normal sleep, sleep deprivation, oversleeping.

## Prevalence of Cigarette Smoking among male student of Bannu Medical College

MUHAMMAD ABUBAKAR YOUSAF, Atta-ur-Rahman  
Bannu medical College.

**Objectives:** To determine the prevalence of smoking and its determinants among male students of Bannu Medical College. It further highlights the major challenges of tobacco control at university level.

**Methodology:** A cross sectional analytical study was conducted among male students of Bannu medical college from 20th September to 1st October 2012. Our sampling technique was stratified accidental sampling and data was collected through a self administered questionnaire from the students.

**Results:** In our study we include 100 male students of Bannu medical college. A self administered Questionnaire was distributed among them, all of them were collected and it was concluded that 33(33%) students were current smokers, 67(67%) were non smokers and 8(12%) students out of non smokers were past smokers. Our mean age was 22 years (SD=1.6yrs, Range=18-26yrs). Among 33 smokers 4(12%) had started smoking in school, 16(48.5%) at intermediate level and 12(36%) in medical college. The prevalence of smoking in each class was first year (40%), second year (30%), third year (30%), fourth year (20%) and final year (45%). The cause of smoking was luxury (39.4%), friends company (33%), tension and anxiety (12.12%), personality (6.1%), movies (3.03%) and nonspecific cause (18%). The no. of students who wished to quit smoking was 29(87.9%). Of them 26(78.8%) students had attempted to quit smoking in which 7(26.9%) students tried in recent days, 7(26.9%) in weeks, 9(34.6%) in months and 3(11.5%) in years. Most of the students started smoking before medical college. Bad company and luxury were the main causes.

**Conclusion:** Our study showed that there is a high smoking prevalence among our male students, a trend similar to other medical colleges. The main reason was Bad Company and luxury. Mostly parents are unaware of their child smoking behavior and no such guide lines from teacher side. There should be ban on smoking in medical college and hostels because most of them smoke in hostels.

**Key words:** Prevalence, Smoking, Male students of Bannu medical college.

## Prevalence and Trends of Transfusion Transmitted Infections (TTIs) in Blood Donors of Northern Pakistan

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Khyber Medical College.

**Objectives:** Objectives of the study was to find out the prevalence and trends of Transfusion Transmitted Infections in blood donors of Pakistan.

**Methodology:** A retrospective descriptive study on 423078 blood donors was carried out in five major Blood Bank Units of Northern Pakistan which included Khyber Teaching Hospital Peshawar, Lady Reading Hospital Peshawar, Hamza Foundation Peshawar, Hayatabad Medical Complex Peshawar and POF Hospital Wah Cantonment from January 2007 through May 2012.

**Results:** Mean seroprevalence of TTIs were calculated as follows: HCV Ab: 1.856% (7855), HBS Ag: 2.170% (9184), HIV Ab: 0.0316% (134) and Syphilis: 0.315% (867). A mean increase of 7.175% per annum was calculated in the number of blood donors ( $p < 0.05$ ), while a mean annual decrease of 0.1464% was established in HCV sero-positivity ( $P < 0.05$ ).

**Conclusion:** Improvements such as provision of latest screening kits, maintenance of computerized records including necessary data for follow up should be made. We recommend pre instead of post donation screening to be done because of the high seroprevalence of TTIs (4.245%). Awareness campaigns, seminars and vaccination programs should be conducted by the health sector, especially for Hepatitis B.

**Keywords:** Blood transfusion, Blood donor, Infections

## Frequency, influential factors and awareness about hazardous effects of smokeless tobacco used in undergraduate medical students of Peshawar

FARMAN ALI, Ashna Khan, Asadullah, Fazl e Elahi, Muhammad Kashif  
Peshawar Medical College.

**Objectives:** The objectives of our study were to find out the frequency, influencing factors and hazardous effect of smokeless tobacco in medical students.

**Methodology:** Study location was Peshawar. Student duration was two months. Students of Peshawar Medical College were under the subject matter. It included all the students (male) i.e. from first year to final year medical students. It was a questionnaire based survey. Hundred (100) questionnaires were distributed. The study was on a small scale because of limited resources and time. It was a cross-sectional study with convenient sampling.

**Results:** In our study out of 100 students 23 were users and 77 were non users of smokeless tobacco. Out of 23, naswar users were 17 (73.91%), pan users were 4 (17.39%) and 2 (8.96%) were using both. Among the (23) students 78.26% started using it during their study at P.M.C while the remaining 21.73% started it before starting their studies at P.M.C. 91.30% were introduced by their friends and 8.60% were introduced by their relatives. 13.04% were facing study related problems but 86.96% were not facing such a problem. Among (77) non-users 44.15% had relatives using smokeless tobacco while 55.84% had no one amongst their relatives using it. 88.31% of the non-users had friends who use smokeless tobacco while 11.68 had no friends using it. 3.80% mentioned no disease while 25.97%, 44.15%, 19.48%, 7% and 0%, mentioned One, Two, Three, Four and Five diseases respectively. Conditions which impel students into the abuse of smokeless tobacco were stress (61%), boredom (22%), and cheer up (17%). About awareness the source of information about the hazards of smokeless tobacco were books (78.26%), media (52.17%), and lectures (8.69%).

**Conclusion:** From the deductions it can be easily concluded that tobacco use is common among medical students. The main reason for the smokeless tobacco use seems to be friends, relatives and circumstances surrounding the students. Further study with large resources must be done immediately in order to reduce the alarming pace of its spread. Proper lectures for medical students and awareness programs should be run in the general community to mitigate the use of smokeless tobacco.

**Keywords:** Smokeless tobacco, medical students, hazardous effects.



## Study accessing knowledge regarding x-ray scans of private and public sector

ZarshahZakir  
Peshawar Medical College

**Objectives:** The main objectives of this study were to assess the knowledge of x-ray technicians on x-ray radiation hazards and safety practices, and to compare methods of x-ray safety measures adopted by public and private sector hospitals of Peshawar.

**Methodology:** It was a questionnaire based cross sectional study of sample size 35. Two sectors of hospitals were selected, among the public sector KTH (Khyber teaching hospital) and LRH (Lady Reading hospital) were selected, and among the private sector MTH (Mercy teaching hospital) and KTH (Kuwait teaching hospital) were selected.

**Results:** The result showed that 32% of x-ray technicians in public sector were unaware of hazardous effects of x-rays, while 16% of them said that x-ray cause skin burns. In private sector 10% of x-ray technicians were unaware of the hazardous effects, while 20% of them said that x-ray effect thyroid gland, 20% of them said x-ray effect eyes and 20% of them said that x-ray causes bone cancer. In public sector 12% of x-ray technicians were unaware about the fact that why x-rays are contraindicated in pregnancy while in private sector all (100%) of technicians were well aware of x-rays hazardous effects in pregnancy. In public sector only 1% technicians were aware of safe dose of x-ray rest 99% were unaware if the safe level of x-ray. In private sector 100% technicians were unaware of the safe dose of x-rays. Both in public and private sector all (100%) of x-ray technicians use only lead aprons for patients against hazardous effects of x-rays. In public 64% of technicians were provided with lead cabinets only for their own protection while 36% in public sector were not provided with anything for their protection. In private sector 100% of technicians were provided with lead cabinets for their protection.

**Conclusion:** The study conducted tells that methods of x-rays safety measures adopted by the public and private hospitals are also deficient regarding safety practices. We recommend that educated people who have sound knowledge regarding x-rays should be appointed, and also the radiology department should provide the proper protection devices to the patients and technicians to avoid x-ray hazard. Similarly the knowledge of x-ray technicians regarding x-ray hazards and safety practices working both in public and private sector hospitals can be improved by workshops and education sessions regarding x-ray practices at regular intervals.

**Keywords:** X-Rays, hazards, safety practices.

## Pattern of firearm injuries in Karachi- An autopsy based study

ABDUL WASAY KHAN, Laraib Malik, Dr. Farhat Mirza  
Dow Medical College.

**Objective:** To assess the pattern of fire arm injuries in Karachi amongst medico-legal deaths autopsied at all the three mortuaries of Karachi i.e. Civil Hospital, AbbasiShaheed Hospital and Jinnah Post Graduate Medical Center.

**Methodology:** This study involves deaths due to firearm injuries and underwent autopsy in three major medico-legal centers of Karachi that is Civil Hospital, AbbasiShaheed Hospital and Jinnah Post Graduate Medical Centre from 1st January 2008 to 31st December 2008. Variables include basic demographics, site and frequency of firearm injuries and the manner of death.

**Result:** In our study out of 2006 autopsies performed 944 (47.05%) medico legal deaths were due to fire arms. Out of them 931 (98.62 %) were homicidal and 13 (1.37%) were suicidal. The age group most affected was of 16-30 years 477 (50.52 %). 621 (65.78%) had known identity whereas 323 (34.21 %) remain unidentified. Male to female ratio was 18:1 (male 896 and female 48). The most commonly targeted parts of the body in order of frequency were head-417 cases (44.17%), chest-269 cases (28.49%), abdomen 74 (7.83%), head and chest in 33 (3.49%) and head chest and abdomen in 44 (4.66%) cases.

**Conclusion:** The study concluded that homicidal firearm injuries contributed as one of the foremost cause of death. Majority of the victims were identified and were males. The age group of 16-30 years was most affected. The most commonly targeted body part was head.

**Key Words:** firearm injuries, homicide, medico-legal, autopsy.

## EFFECTS OF CHANGING CLIMATE ON HUMAN HEALTH AN ANALYSIS FOCUSING PAKISTAN.

IQRA SHAHZAD, Zainab Salman, ShafaqJalil, KiranNayab, Isbah Rashid, Adnan AkramBhatti  
Islamic International Medical College.

**Objectives:** Objective of our study was to analyze the effects of changing climate on human health regarding Pakistan.

**Methodology:** Our study was deduced from data provided by WHO and government of Pakistan.

**Results:** During 2005 surveys of main water sources including hand pumps, wells, tube-wells and water supply schemes show that drinking water has become polluted with bacteria after flooding and there is an imminent chance of an outbreak of skin and water-borne diseases. About 36,000 diarrheal cases and more than 1,500 people reported killed as the second week of floods ended in August 2010. As of August 23rd, Pakistani government estimates indicated that 1,542 deaths and 2,327 injuries had occurred as a result of the floods. An estimated 2 million people in Baluchistan and Sindh Provinces were affected by the floods in 2007. At least 300,000 children under the age of five were at risk from infectious diseases, epidemics and poor nutrition. MMR Weekly Morbidity and Mortality Report Pakistan depicts that a total of 98,118 patient consultations were reported in flood affected districts (Dadu and Kamber) of Sindh province and 175,098 patient consultations in 11 floods affected districts of Baluchistan province. Acute Diarrhea (7% and 9%) and the acute respiratory infections (36% and 22%) [Upper (16% and 15%) and Lower (10% and 7%)] were the leading causes of morbidity. Furthermore, an increase in the annual rainfall has been proved over the years.

**Conclusion:** As the spell of global warming continues to cast courses, over the years, we should be prepared to deal with the probable problems ahead. There is a need to design and enforce not only preventive and rehabilitative methodologies but also their implementation and managing suggestions to be refined. Being inevitable round the globe, global warmin+g produces its effects in Pakistan also; affecting climate and, thus, health too.

**Key Words:** Climate.

## PREVALENCE OF SELF-MEDICATION AMONG MEDICAL STUDENTS

AREEJ AHMAD, Sakinamalik, saramahsud, saramuneer, sobiaanwarwaqar, wajihafarooq, zona Rashid.  
Wah Medical College.

**Objectives:** To assess the prevalence and to identify the reasons, and the patterns of self-medication among medical students.

**Methodology:** A cross-sectional study was conducted among the 2nd year and 3rd year medical students of Rawalpindi Medical College and Wah Medical College. Our sample size was 200. Data was collected by distributing questionnaire and was analyzed by using SPSS.10 software.

**Results:** Self-medication was found among 75%. 27.3% of the respondents often used self-medication. 89.3% of the medical students think that it is necessary to consult a doctor before taking self-medication. 31.3% of medical students alter the regimen of prescribed medicine, while 66.7% students stop taking medicine without consultation of a doctor. The most common reasons for which self-medication used were, on someone's advice (47.3%), and old prescription (32%). Most common symptoms for which self-medication taken were, headache (46.7%), and fever (19.3%). The most common medicines used by medical students were: analgesic (38%), antibiotic (30%), and antipyretic (17.3%). 74% of the participant students considered self-medication as harmful. If disease was not cured by self-medication: 89.3% medical students consulted a doctor, 7.3% students changed the medicine, and 3.3% increased the dose. Only 13.3% of the students had chronic illness for which they took self-medication. 60% of students studied the literature before taking self-medication, while 96% medical students followed the instruction written on medicine box like expiry date, temperature etc.

**Conclusions:** This study found that self-medication is very common among medical students. Since inappropriate self-medication has the potential to cause serious harm, potential problems of self-medication should be emphasized to the medical students to minimize this risk.

**Key words:** Self-medication, Medical students.

## SOCIO-DEMOGRAPHIC PROFILE OF CANCER PATIENTS

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MoazzamGulzar.  
Wah Medical College.

**Objectives:** To find out various socio-demographic profiles like sex, age, dietary habits, occupation, income etc. of cancer patients.

**Methodology:** A cross-sectional study was carried out at NORI Hospital PIMS Islamabad. Sample size was 100. Sampling technique used was Convenient sampling. Data was collected by using structured Performa and was analyzed by using SPSS v10 software.

**Results:** Out of 100 patients 58% were males 42% were females, 82% were married, 57% belonged to rural area while 43% were from urban areas, 60% consume vegetarian diet, 33% were smokers and 67% were earning less than 10,000 per month.

**Conclusion:** Most of the patients suffering from cancer belong to a low socio economic class. Breast cancer is the most common cancer among females and thyroid among the males. Most of the people suffering from cancer are of old age group. Most of the patients are from the rural areas and are vegetarian. Very few people are having positive family history.

**Keywords:** Cancer, socio-demographic profile

## Evaluation of knowledge of slaughter house workers about their hygiene, slaughter house hygiene and meat related problems.

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Usman  
Wah Medical College.

**Objectives:** To assess the knowledge of slaughter house workers about their and slaughter hygiene and meat related health problem.

**Methodology:** Study design was descriptive, cross-sectional. Study was conducted in Rawalpindi and WahCantt from (1-06-12 to 31-08-12). Self-administered questionnaires were used. Data was analyzed in Microsoft Excel 2007.

**Results:** Our research showed 72% of the workers know the correct time of washing hand and 56% know about the correct way of washing hand before and after handling meat. While 72% of the individual know correctly about the places that should be kept clean in a slaughter house. Only 12 %of the workers know the proper way of sterilization of knives and various instruments used in a slaughter house. 60% of the slaughter house workers know the correct temperature to preserve meat. 40% of workers know about germ free diet, 40% know how to preserve meat and 96% of the worker know the common signs and symptoms of food poisoning.

**Conclusion:** Our concluded that knowledge of slaughter workers is in sufficient regarding their and slaughter house hygiene and meat related health problems. There is need of educating them about their and slaughter house hygiene to minimize meat related health problem.

**Keywords:** slaughter house, hygiene, meat.

## Adequate sleep: does it matters in exams

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Sanasohail, Sidra Javed, Zara Saeed  
Wah Medical College.

**Objective:** To find out the no. of sleeping hours in the night before examination of medical and engineering students. To compare sleeping time of medical and engineering students. To find relationship of sleep time with grades obtained by medical and engineering students.

**Methodology:** Descriptive study was carried in Wah Medical College. Our sample size was 120 students from WMC and 60 students from CEME. Simple random sampling technique was used.

Data was analyzed using SPSS 19th version.

**Results:** Among 60 medical students, 32 students had 6-7 hours of sleep, 13 students had 8-9 hours of sleep and 3 (5%) were those who slept for 10 hours, the mean duration was  $6.6 + 1.692$ , whereas among engineering students 26 students had 6-7 hours sleep, 10 students had 8-9 hours of sleep and only 1 (1.67%) slept for 10 hours, mean duration of sleep was  $5.8 + 1.824$ . night sleep duration was significantly associated with grades obtained ( $df=1$  and  $p$  value=0.014)

**Conclusion:** Medical students slept significantly more than the engineering students. Those professional students who have adequate sleep before exams show better results than those who do not have adequate sleep or excess sleep. The results were significant with  $X^2=127.2$ ,  $DF=9$  and  $p=0.000$ .

**Key words:** Sleep, students.

## Pre surgical anxiety in patients admitted to POF hospital, WahCantt

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Umer, SehrishWaqar

Wah Medical College.

**Objectives:** To evaluate anxiety index of patients undergoing first surgery, to assess difference in level of anxiety among male and female patients and to calculate level of anxiety difference age groups.

**Methodology:** A descriptive study was carried out on 100 patients aged between 15-65 years admitted in POF Hospital, Wah cant. Questionnaire was made and data was collected accordingly from the patients admitted for major surgeries, undergoing their first surgical procedure.

**Results:** Out of 100 patients the mean anxiety index was 19.4. The mean anxiety of males was 15.83 while that of females was 19.94. The youngest age group 16-25 years has mean anxiety index of 15.88 showing mild anxiety. The age group 26-35 years, 36-45 years and 46-55 years has anxiety level 19.4, 24.7 and 21.4 showing moderate anxiety. The group of elderly people 55-65 years has mean anxiety index of 16.36 showing mild anxiety according to BAI.

**Conclusion:** Our study showed that the female patients are more anxious than the male patients and moreover the age group of 36-45 years has the highest anxiety index. Most important factor in reducing anxiety is belief in Allah Almighty. Other factors include enthusiasm among young people, decreased responsibilities in older age and better hospital facilities. Standard informed consent practice is very important in answering the queries of the patients, relieving anxiety and better preparing them for the procedure.

**Key words:** Pre-surgical anxiety, patients.

## Awareness status about hazards of smoking among medical students of Peshawar Medical College

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Peshawar Medical College.

**Objectives:** Our study aims to find out the frequencies of medical students of PMC who are addicted to smoke.

**Methodology:** 200 questionnaires were distributed among 1st year MBBS, 2nd year MBBS, 3rd year MBBS, 4th Year MBBS and final Year MBBS of Peshawar Medical College.

**Results:** Number of smokers in PMC is 65 %, while non smokers are 35 %.91% started smoking from teenage.72% smoke more than 10 cigarettes per day. Majority of the smokers smoke to relief their stress.72% think that cannabis drug is the most harmful one than therein.75% think that millions of people die because of passive smoking.65% of people know the negative impacts of smoking while 35% are unaware.62% think that smoking should be banned while the rest are against it.65% face coughing, while 15% face breathlessness and 20% face chest pain.82% are worried about lung cancer. While 18% are worried about heart disease and stroke.

**Conclusion:** We observed that majority of people know about the hazards of smoking but still they smoke. They face many problems but they can't cease it because they are addicted to it.

**Keywords:** medical student, smoking, hazards.

## TO ASSESS KNOWLEDGE, ATTITUDE AND PRACTICE OF MEDICAL STUDENTS REGARDING HAZARDOUS EFFECT OF SHEESHA

KHALID RASHID, FaheemUllah, Syed Zarak, Hamza Amin, Nabhan Rashad  
Peshawar Medical College

**Objectives:** To know about knowledge, determine the attitude and assess the tendency of medical students regarding sheesha smoking and its hazardous effects.

**Methodology:** A cross-sectional questionnaire based study was carried out among 111 Male students of Khyber Medical College, Peshawar Medical College, Saidu Medical College and Gandhara Medical College, Aging from 18-22 years having a good socioeconomic status, with their consent and the data was analyzed in Microsoft Excel.

**Results:** Most of the subjects i.e. 93% have the knowledge about Sheesha. 32% were sheesha smokers. Amongst smokers 65.71% smoked sheesha occasionally while 34.29% were regular smokers. 45.71% smokers thought it to be causing only respiratory problems while31.42% were fully aware of its hazardous effects and 14.28% considered it safe .92% were introduced to sheesha by their friends and they also smoked with their friends. The main cause of sheesha smoking was to have fun (77.4%) while other main causes include relieving stress (14.285%) and attracting opposite gender (2.85%). Average cost per one session of sheesha smoking varies from 450 to 750RS.

**Conclusion:** The percentage of sheesha smokers in medical institutes of KPK is alarming and most of the sheesha users are not fully aware of the hazardous effects of sheesha other than its effects on lungs. Most of the sheesha smokers share it with their friends and it can be a major cause of transferring contagious diseases.

**Key words:** Sheesha, Medical students.

## TO DETERMINE THE OCCURENCE OF MALARIA IN DIFFERENT AGE GROUPS OF MALES AND FEMALES AMONG AFGHAN REFUGEES VISITING BASIC HEALTH UNITS IN YEAR 2010

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Farooq.  
Peshawar Medical College.

**Objectives:** To find which gender is commonly infected by Malaria amongst afghan refugees, to determine which group of age is more affected among them and to determine the dominant strain of malaria infecting these patients.

**Methodology:** It is a retrospective study conducted in 48 BHUs working under PDH UNHCR. The time frame of study was from January 2010 till Decemeber 2010. Sample size was 2920 malaria positive patients.

**Results:** The total number of patients that came to these BHUs in the 2010 was 9.5 Million. Out of this 4.78 Million were Males and 4.77 Million were Female patients. Out of 9.5 Million patients, afghan refugees infected with malaria in the year 2010 were 2920. Out of 2920 malaria positive patients 2834 patients were camp refugees (average 236/month). Out of 2834 camp refugees 1223 were Males (Average 102/month) and 1611 were Females (average 134/month). Among the camp refugees who were reported to suffer from Malaria 2354 patients were  $\geq 5$  years of age (average 196/month), 458 patients were between 1-4 years of age (Average 38/month) and 22 patients were  $< 1$  year of age (average 2/month). Out of the total 2834 no. of malaria infected camp refugees Plasmodium Vivax was the most predominant strain with 2781 patients (Avg. 232/month), 46 patients had Plasmodium falciparum (Avg. 4/month) only 7 patients came with the mixed result having both the strains in them.

**Conclusion:** Through our study we concluded that females and children are more affected by Malaria and P.Vivax strain is more common among them. Though government and private sector are working to educate and promote awareness among the citizens, urban and rural, but they should direct their efforts towards afghan refugees too.

We recommend that there should be proper health education of these refugees, at the very basic level, in an attempt to raise their quality of life.

**Key words:** Malaria, refugee camps

## Socio psychological impacts of infertility in females

MUTJALLA KHUSHAB, Hafiza Kiran Ismail,  
Dr. Khawaja Tahir Mehmood, Dr. Fatima Amin.  
Lahore College for Women University.

**Objectives:** To evaluate the social and psychological impact, to analyze the effect of patient's education, employment, behavior of her in-laws, co operation of her husband in her psychological adjustment and to determine the level of hope in such infertile females.

**Methodology:** A retrospective and comparative study design has been followed. All the patients were divided into two groups. Females of one group were educated, employed, belonging to good social class and nuclear family system. Their partners were educated employed and co operative to them whereas the females of other group were not enjoying these conditions due to any reason.

**Results:** Total infertile patients included in this study were 80, 40% patients were educated while 60% are uneducated, 70% patient's partner were educated while 30% were uneducated, 25% patients were employed and 80% patient's partner were employed, 70% patients belonged to urban families and 30% to rural families. 65% had cooperative husband, 35% patients had non cooperative husbands. 60% patients lived in nuclear and 40% joint family system. 55% patients had supportive in laws and 45% had unsupportive inlaws. 25% patients were divorced due to infertility and 45% patient's husband had 2nd marriage. 95% said that reaction of society was very disappointing and 70% patients were hopeless and depressed about conceiving.

**Conclusion:** Both partners are affected by psychological impacts but females being sensitive are affected more. Many females find a way to cope on their own, by indulging in different jobs, whereas others may need counseling, psychotherapy and relaxation techniques.

**Keywords:** Infertility, females, educated, employed.

## What are the adverse effects of dieting on overweight people, a cross-sectional survey?

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Peshawar Medical College.

**Objectives:** Our main objective is to find out the adverse effect of dieting on overweight people.

**Methodology:** Study design was cross-sectional survey. 200 questionnaires were distributed among 1st Year MBBS, 2nd Year MBBS, 3rd Year MBBS, 4th Year MBBS and Final Year MBBS of Peshawar Medical College. Data was analyzed using Microsoft Excel 2007.

**Results:** It was found out that 75% think that they are overweight, while remaining 25% are not. Those who are over weight, 80% of people prefer vegetable diet for themselves, while 20% prefer protein diet. Some of them prefer exercise, cooking and walking also. 75% spend more than 10 hours in sleeping while the rest 25 % sleep for 8 hours. During diet 65% skip their lunch, 25% skip their breakfast while 10% skip their breakfast. 88% once started continue till 2 months while 11% continue till 1 month. Majority of the people face many problems like 85% say their skin is dry, 75% say their skin is pale, 92% feel dizziness, 91% say their hairs are effected, while 45% face U-V allergy. 42% cannot maintain their diet. After leaving diet 65% say they regain their original weight, while 35% say their weight is same. 85% think if they are overweight they will prefer exercise for themselves while 15% will prefer dieting for themselves. 98% people say it is good to maintain a proper balance diet.

**Conclusion:** We have concluded that majority people face many problems during diet, they skip their breakfast, dinner and lunch. Obese people are more focusing on diet than exercise, because of this they cannot maintain a proper weight and face many diseases.

**Keywords:** Overweight, Dieting.

## Prevalence of HBV and HCV in Thalassemia Patients and Student Blood Donors

SARAH IHSAN  
Peshawar Medical College

**Objectives:** Hepatitis B and C virus are a major cause of post-transfusion infection in Thalassemia patients. The purpose of this study was to determine the prevalence of seropositivity (SP) of HBV and HCV in multi-transfused patients and student blood donors.

**Methodology:** A cross sectional study of 780 Thalassemia patients and blood collected from 39788 student donors was made. The patients are registered at Hamza Foundation, Peshawar where they get regular service. Screening records of patients and blood donations collected by the Foundation were used to determine the SP rate.

**Results:** Out of 780 patients, 60(7.6%) were found to be anti HCV positive and 11(1.4%) were HB surface antigen positive. There were a total of 39788 student donors out of which 250(0.63%) were anti HCV positive and 671(1.68%) were HB surface antigen positive.

**Conclusion:** Currently, HBV and HCV infection is a major problem in Thalassemia patients receiving regular transfusions. This alarming rate is primarily due to the fact that screening protocols which are anti-body based do not conform fully to the recommendations of the WHO. While the comparative higher cost may be an impediment, there is an urgent need to consider using nucleic acid (NAT) methods, through government support in public sector blood banks and Thalassemia service providers. The exact cause of rate of infection is not understood in the student community since it was determined by blood screening only. However, it may be attributed to unhygienic practices in hair salons, dental care centers, various hospitals and the use of intravenous narcotics. Students, including the ones unaware of their infection should be tested and counseled appropriately by Thalassemia service centers.

**Keywords:** HBV, HCV, Prevalence, Recipients, Donors, Hamza Foundation.

## The Knowledge, Attitude and Practices survey of female MBBS students of Peshawar Medical College (PMC), regarding Hepatitis B vaccination

SAMIHA HAQ, Nazia Afridi, Sofia Salman, Sadia Hameed, Nimra Ali, Ramsha Zainab, Sana Ikram  
Peshawar Medical College

**Objectives:** The objective of our study was to conduct a Knowledge, Attitude and Practices (KAP) survey on hepatitis B vaccination among female MBBS students of Peshawar Medical College and compare KAP regarding hepatitis B vaccination of pre clinical and clinical students.

**Methodology:** The study was descriptive, cross-sectional and was conducted in Peshawar Medical College, Warsak Road, Peshawar from December 2012 to January 2013. The technique used for selection of subjects was convenient sampling. A structured questionnaire meeting the requirements of our survey was distributed among 150 students, 30 from each class. A pilot study was also conducted on 20 BDS students of Peshawar Dental College.

**Results:** It was found that 25% of students had excellent knowledge, 60% had good knowledge and 4% had poor knowledge about hepatitis B vaccination. 42% of students had excellent attitude, 53% had good attitude and 2% had poor attitude towards hepatitis B vaccination. 36% of students had excellent practice, 41% had good practice and 14% had poor practice. Clinical students had more knowledge, attitude and practice as compared to pre-clinical students.

**Conclusion:** The overall knowledge, attitude and practice of female MBBS students regarding hepatitis B vaccination is good but we need to attain an excellent level as medical students are prone to get hepatitis B from their patients or transmit hepatitis B to their patients.

**Keywords:** Hepatitis B, Vaccination.

## A KAP SURVEY ABOUT THE LEVEL OF AWARENESS OF DENGUE FEVER IN URBAN COMMUNITY OF PESHAWAR

ZAINAB ALI, Momina Haq, Ammara Ifikhar, Kashmala Inayat, Syeda Sumbul Sardar

Peshawar Medical College

**Objectives:** To find out the awareness of dengue fever in urban community.

**Methodology:** A cross sectional study was conducted for 3 months on sample size of 200. After informed consent by the participants, a pre formed questionnaire was filled by each subject.

**Results:** 186 out of 200 people had heard about dengue fever while the remaining 14 had not heard about it and thus, were not made to answer the questionnaire further. 57% of the respondents had good knowledge about dengue fever, 29% average knowledge and 11% had poor knowledge. 98.36% people knew that it is caused by a mosquito bite. 63% of people know about the major symptoms of dengue fever. 28.5% people thought that the disease can be transmitted from person to person directly and (87%) thought it is treatable.

83% of the people had good attitude, 6% with average and 11% had poor attitude regarding precautionary measures against mosquitoes, locality hygiene and care. 95.70% liked to take precautionary measures in case of mosquitoes in the area. 63% people had good practice regarding taking precautionary measures against mosquitoes, sleeping habits, dengue fever care, while 37% had poor practice.

**Conclusion:** Overall the urban community of Peshawar shows good knowledge, attitude and Practice about dengue fever awareness. However, very little information is available about dengue fever awareness in Pakistan. Researches should be carried out at national level to assess the knowledge status, attitude as well as practice about the dengue fever in population. Campaigns should be started at community level to make more awareness about dengue fever among people. This campaign would also help cover the aspect about the preventive measures about malaria and will help a lot in its control as well, especially by aiming to eradicate the breeding places of the mosquitoes.

**Keywords:** Dengue fever, Urban Community, Peshawar.



## AWARENESS IN GENERAL PUBLIC OF PESHAWAR ABOUT STROKE

SHAKIRA ADNAN, Laila Habib, Saima Khan, Ghuncha Tariq, Sundas Sahibzada  
Peshawar Medical College

**Objectives:** To determine the frequency of knowledge about stroke, its risk factors, prevention and management among selected population of Peshawar.

**Methodology:** A cross sectional questionnaire based study was carried out in Peshawar. Data was collected from 108 normal adult populations with different educational background in Peshawar city. The questionnaire comprised of whether the general population had the knowledge regarding stroke being a disease of brain or else, risk factors and whether they affect the outcome and is there any treatment for it.

**Results:** The mean overall knowledge score was 55.5%; however, only 47% of those questioned knew that stroke was a disease involving the brain- 53.9% knew the signs and symptoms-48.3% only knew the risk factors for stroke and only 44.4% knew about its treatment and prognosis. The general understanding of stroke in our opinion was poor.

**Conclusion:** About half of the people interviewed had awareness about stroke.

**Keywords:** Stroke, Peshawar.

## TO ASSESS KNOWLEDGE, ATTITUDE AND PRACTICE OF MEDICAL STUDENTS REGARDING HAZARDOUS EFFECT OF SHEESHA

KHALID RASHID, FaheemUllah, Syed Zarak, Hamza Amin, Nabhan Rashad  
Peshawar Medical College

**Objectives:** To know about knowledge, determine the attitude and assess the tendency of medical students regarding sheesha smoking and its hazardous effects.

**Methodology:** A cross-sectional questionnaire based study was carried out among 111 Male students of Khyber Medical College, Peshawar Medical College, Saidu Medical College and Gandhara Medical College, Aging from 18-22 years having a good socioeconomic status, with their consent and the data was analyzed in Microsoft Excel.

**Results:** Most of the subjects i.e. 93% have the knowledge about Sheesha. 32% were sheesha smokers. Amongst smokers 65.71% smoked sheesha occasionally while 34.29% were regular smokers. 45.71% smokers thought it to be causing only respiratory problems while 31.42% were fully aware of its hazardous effects and 14.28% considered it safe. 92% were introduced to sheesha by their friends and they also smoked with their friends. The main cause of sheesha smoking was to have fun (77.4%) while other main causes include relieving stress (14.285%) and attracting opposite gender (2.85%). Average cost per one session of sheesha smoking varies from 450 to 750RS.

**Conclusion:** The percentage of sheesha smokers in medical institutes of KPK is alarming and most of the sheesha users are not fully aware of the hazardous effects of sheesha other than its effects on lungs. Most of the sheesha smokers share it with their friends and it can be a major cause of transferring contagious diseases.

**Key words:** Sheesha, Medical students.

## PERCEPTION OF HEALTH CARE PROVIDERS ON MEDICATION ERRORS

SYEDA SAMA BILAL, Aisha Durrani, Hafsa Tariq

**Objectives:** To find out the perception of health care providers on medication errors.

**Methodology:** A descriptive, cross-sectional study was carried out. A questionnaire was applied to the doctors whereas the nursing staff and pharmacists underwent an interview based on the questionnaire. 186 HCPs from two government and two private hospitals made part of the study after consent was taken from the concerned authorities and the individuals under the study, ensuring them that the information used will not be disclosed and will be used for research purpose only. The study lacked the perception of patients on medication errors which would've augmented our study better. The data was analyzed in SPSS Version 12.

**Results:** The study population of 186 HCPs consisted of 84 Doctors, 64 Nurses and 38 pharmacists. As perceived by the study subjects, the most common type of medication error in tertiary care setups were prescription errors 27.66% followed by errors due to improper counseling 24.84%. The causes considered to be the most common in causing medication errors by the subjects under study were shortage of staff 39.88%, Poor communication among HCPs 36.63% and Inadequate systems to share information about medication errors 29.53%. Performance deficit accounted for the fourth most common cause 28.63% as perceived by the HCPs under the study. According to the HCPs 45.76 % of medication errors are reported by doctors, 33.03% by patients and 21.21 % by the nursing staff.

**Conclusion:** Preventable medication errors appear to occur at very high rates among community based tertiary care providers. The findings may just be a tip of the iceberg; further study should be carried out on the knowledge, practice and attitude of Health care providers in providing the best possible medical care to the community. In the absence of that however, a national policy on incident reporting would help in determining incidences, types and potential causes of medication errors to improve patient safety.

**Key words:** Health Care providers, Preventable Medication errors.

## Correlation between sleep apnea and BMI and its gender distribution

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Peshawar Medical College.

**Objectives:** The purpose of the research was to study the presence of sleep apnea among the students of medical colleges in Peshawar and correlate with BMI and other risk factors and its frequency distribution.

**Method:** A cross sectional study was conducted from November 2012 to February 2013 in which the sample of 102 questionnaires was randomly distributed among the students of medical colleges in Peshawar. The subjects were divided into different age groups i.e. 18, 19, 20 and 21. The results were 14%, 17%, 39%, 13% and 17% respectively. According to this study the BMI of the students were underweight 17%, normal 57%, overweight 18% and obese 8%.

**Result:** In our study we found that out of 102 studied objects 74% were found to be suffering from Sleep apnea. The subjects were chosen from different medical colleges of Peshawar.

Out of these 102, 54(60%) were males and 38(40%) were females. 25% of the students suffering from sleep apnea were found to be smokers. Other conditions associated were: Genetics 30%, High blood pressure 9%, Nasal congestion during sleep 25%, Headaches 21%, Difficulty in breathing during sleep 8% and Snoring problem being 7%.

**Conclusion:** According to our study the results were not conclusive enough to correlate between sleep apnea and BMI, and sleep apnea is more in males than females.

**Key words:** Sleep Apnea, BMI.

## KAP STUDY REGARDING OCCUPATIONAL HAZARDS IN MALE WORKERS OF MARBEL INDUSTRIES, PESHAWAR

SALMA JEE, Hadia Manzoor, Shireen Zeb  
Kabir Medical College.

**Objectives:** To determine the level of knowledge about occupational hazards in workers of marble industry related to their job, to establish relationship between risk factors and problem affecting health of workers, to determine the various factors contributing occupational hazards in the marble industry workers, to find out the magnitude of protective measures adapted by the workers and provided by the owner.

**Methodology:** A Cross-sectional descriptive study conducted in Marble industries, Peshawar from 1<sup>st</sup> December 2012 to 28<sup>th</sup> February 2013. Marble industry workers were approached to participate in the study. A cross-sectional questionnaire based survey was conducted. 100 questionnaires were filled by the workers. It included certain questions related to knowledge, exposure status to different hazards, nature of work, working conditions, inter-personal relations and there attitude towards usage of protective measures. Verbal consent was taken from the workers and owners and all were assured that the information will be kept confidential.

**Results:** Based on the results it was found, 66% of the workers had knowledge about occupational hazards while 33% did not know about it. 72% were exposed to physical hazards, 50% to chemical hazards, 30% to mechanical hazards and 20% to psychosocial hazards. Protective measures were adopted in which 72% were using gloves, 10% were using masks, 5% were using goggles, 7% were using ear plugs and 53% were wearing plastic apron. 70% workers had good relation with the owner however 30% workers had tolerable relation. 95% workers had good relationship with each other while 5% workers had tolerable relation.

**Conclusion:** The level of knowledge was 66% which is not enough. The workers were exposed to different health problems due to there job. Physical and chemical hazards were more common compared to others. The inter-personal relationships also contributed to the psycho social health.

**Key words:** Occupational health hazards, Marble industry.

## Compliance of Cigarette manufacturing industry with Governmental anti-smoking regulation

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Peshawar Medical College.

**Objective:** To asses the compliance of cigarette manufacturing industry with governmental anti smoking regulation.

**Methodology:** A cross-sectional analysis by 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.

**Result:** A total of 39 varieties of 18 cigarette brands are available in Abbottabad city out of which 71.8% are imported varieties. A total of 38.4% varieties have displayed health warnings (28.2% pictorial health warning; 10.2% written health warning). Top three brands consumed daily include one local brand (having two varieties), one semi-imported brand (having three varieties) and one imported brand (single variety), accounting for 23.6%, 12.3% & 10.9% of daily cigarette sale respectively. Amongst these only the two varieties of the local brand and a single variety of the semi-imported brand have displayed the health warning. The other two varieties of semi-imported brand, contributing 39% and 44.7% its daily sale and the top selling imported brand have not displayed the health warning. Female customers, accounting for 8% of total cigarette customers, buy only those brands which have not displayed the health warning. 5.6% 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 (MoH) should assure the display of these warnings on all the brands so that smokers must be fully aware about the risk involved in smoking.

**Key words:** Cigarette smoking, anti-smoking regulations, protection of non-smoker health.

## ASSESSMENT OF KNOWLEDGE AND SKILLS OF DOCTORS AND PARAMEDICS REGARDING HAND HYGIENE, SAFE INJECTION PRACTICE AND PATIENT COMMUNICATION

FARAH GUL, Anam Malik, Humaira Rabbani, Sania Javed, Zarmina Aslam  
Peshawar Medical College.

**Objectives:** To assess the skills and knowledge of doctors and paramedics regarding hand hygiene, safe injection practice and patient communication

**Methodology:** Cross-sectional study in which sample size was 100, both doctors and paramedics. Printed Performa consisted of three headings; Hand hygiene, safe injection practice and patient communication. Each heading consist of: Consent form, Questionnaire and Observational Check List. Data was collected from Lady Reading Hospital, and Hayatabad Medical Complex, Peshawar

**Results:** 83% health professionals knew that hand washing is necessary but only 11% practiced this. 79% do not know the WHO recommended 6 step hygienic hand wash. 75% said that an approved antiseptic should ideally be used for hygienic hand wash but 32% of the respondents knew that chlorhexidinegluconate is a WHO approved antiseptic detergent. Our study regarding injection safety showed that more than 50% of the doctors and paramedics know the WHO recommendations for injection safety but very few follow it i.e. 72% don't use antiseptic and 63.63% don't discard the syringes properly.

We assessed the knowledge of doctors regarding communication and we found that their knowledge level is very low and only 27% of the doctors were able to answer the basic questions about communication 30% of the doctors follow the recommended protocol for effective communication i-e only 19% doctors greeted their patients, 18.37% of the doctors educated the patients about the problem, 8.2% took feedback, and only 28.27% of the doctors listen appropriately to their patients

**Conclusion:** After analyzing our data we concluded that there is a big gap between knowledge and skills of doctors and paramedics regarding hand hygiene and safe injection practice. Regarding patient communication; knowledge level is low therefore practice is worse.

**Key words:** Knowledge, hand hygiene, safe injection practice and patient communication

## Back into the fire: Relapse of under 20 years drug addicts after their phase of rehabilitation in the year 2012.

MUHAMMAD SALMAN HAIDER QURESHI, Abdul Haseeb Khan, Fawad Ali,  
Bakhtawar W. Qureshi

**Objectives:** To determine the frequency of drug addicts undergoing relapse after their phase of rehabilitation in a private sector non-government organization and to investigate major reasons responsible for the relapsing episode.

**Methodology:** A Descriptive, cross-sectional study was carried out in Dost Foundation, Peshawar. The required data was collected from the Record Cell of Dost Foundation. Moreover, all the 14 male patients undergoing rehabilitation were interviewed in their regional languages through semi-structured questionnaire. The study duration was about 2 months. Confidentiality of subjects was taken into consideration.

**Results:** After analyzing the data, it was revealed that total 180 drug addicts were admitted in the year 2012, out which 150 got rehabilitated. Out of these 150, eventually 54 (36%) relapsed back and became the victim of drug addiction again. Regarding interview, the response rate was 93% (n=13). Out of these 13 patients, 12 (92%) stated that they were having support from their parents regarding cessation of drug addiction. 92% were sure that they'll not indulge in drug addiction after their rehabilitation. All the 13 subjects (100%) said that they do not personally like the life of a drug addict. Majority of the subjects regarded themselves responsible for these circumstances while others regarded their friend's company and relatives responsible for the situation. According the patients, the major factors responsible for drug addiction was the impact of bad company, depression and self curiosity while minor factors responsible were compulsion by relatives and close association with the father's business of drug supply.

**Conclusion:** More than quarters of the subjects relapse back after undergoing all the process of rehabilitation which is indeed a matter of concern. The factors responsible for indulging in drug addiction were revealed to be bad company of friends, depression, self curiosity and impact of relatives and father's business.

**Key words:** Rehabilitation.

## KAP study about blood donation among male and female students of Peshawar Medical College

NAILA NOOR , Maheen Anjum, Bakhtawar Mustajab.

**Objectives:** To know about the ratio of blood donation between male and female students of Peshawar Medical College, to know about the barriers they face to donate blood and to know about the awareness level of people about blood donation.

**Methodology:** A simple knowledge attitude and practice study was carried out on the topic blood donation among male and female students of Peshawar Medical College. The questions interviewed were based on the knowledge, health state, awareness and attitude of the people towards blood donation. A sample size of hundred students were interviewed and data was collected and graphically analyzed through MS excel.

**Result:** According to the research and data collected 26% of the female and 8% of male population don't donate blood. A population of 33% male and 33% female donate blood. 28% of the population don't donate blood yet they don't have any known illness or problem in blood donation. 26% of the population facing no hurdle and they donate blood on regular basis. 9% of the people are not allowed by their parents/guardians. 24% of the population suffers either from some disease and or their BMI is not normal. A population of 7% does not donate blood because the blood donation center is situated far from their homes/hostel and is not accessible. While 6% of the people don't donate blood because they are afraid of the pricks.

59% of the people who donate blood are aware of the pros and cons of the blood donation. While 12% of the blood donors were not fully aware of the process they were undertaking. 21% of the people were fully aware of the process and the life saving gift yet they did not donate blood. Only 8% of the people lacked their knowledge about blood donation and its beneficial aspects and neither had they donated blood.

**Conclusion:** The data collected from the research carried out showed a black picture of the society. 26% of the population doesn't donate blood yet they don't face any problem in blood donation. While 7% of the people don't donate blood because the blood donation centers are not in their access. 8% of the people who did not donate blood were not aware of the process, the blood donation centers situation and the precious life saving gift. Knowing the importance of the blood donation, its life saving role, steps should be taken for decreasing the percentage of the non willing blood donors.

**Key words:** Blood donation.

## Frequency of lower and upper limb amputees at PRSP, Peshawar

AMIR SHAHZAD

Pakistan Institute of Prosthetic and orthotic sciences.

**Objective:** In order to seek out the major causes in trauma of lower and upper limb amputees who were getting rehabilitation with different respective prosthesis in the specific period.

**Methodology:** This was Cross-sectional Retrospective study. The registered patient record was collected from the PRSP center, Peshawar from the January 1st, 2010 to December 31st, 2012. All confidential considerations were followed in collecting the data. The Data were analyzed using SPSS 17.0.

**Results:** The study was consisted of male and female ratio of 4.9:1.0 respectively counting towards the 3268 amputees and the mean age was 28.5 ( $4=28.5=80$ ). The Data was to first analyze the common cause of amputation similarly 17.4% by Disease, 7.7 % by Congenital, and 75% by Trauma, thereafter the result showed the major cause was trauma because of enormous assortments. The objective was to seek out the cause nature of trauma, therefore the trauma was further assorted by nature: Road Accident 20%, Bomb blast 37.2%, Gunshot 22.6%, Electric current 6.1%, Shelling 2.7%, Work related accident 2.6%, mine Accident 1.4%, Diabetes trauma 2.8 %, Burn 1.6% and punishment/Animal bits/fall injury 3%. Amputation caused by the bomb blast was also clear result of current situation across the KPK. Study also observed that there was 50.1% below knee amputation, 22.4 % above knee amputation and 27.4% amputation of either levels of lower or upper limb. All of these samples (amputees) had been rehabilitated with the respective prosthesis.

**Conclusion:** The study was concluded by the samples collected from PRSP, Peshawar to assess that the frequent cause was trauma. In trauma, the most frequent cause was bomb blast and mentioned causes transform a person to an amputee of either lower or upper limb particularly below knee amputee.

**Keywords:** Lower limb, upper limb, amputation.

**6<sup>th</sup> Under Graduate  
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**Basic Sciences**

## **PREVALENCE OF ABSENCE OF PALMARIS LONGUS MUSCLE IN KASHMIRI POPULATION**

MUHAMMAD JUNAID KHAN

Azad Jammu and Kashmir Medical College.

**Objective:** In this study, prevalence of absence of Palmaris longus muscle in Azad Jammu and Kashmir population is determined.

**Methodology:** Descriptive, cross-sectional study carried out by twenty five students of AJK Medical College, Muzaffarabad (MBBS-1) in seven districts of Azad Jammu and Kashmir. Absence of PLM was assessed by five clinical methods. Objects with agenesis of PLM were asked for any difficulty during their daily activities.

**Result:** 556 subjects were studied. 67 (12.05%) subjects were found for absence of PLM. This absence does not affect their routine activities. Morphologically, different tendons of PLM were also found. Mostly agenesis of PLM was noticed in Females. Given five tests gave no significant result relating its agenesis. It may have some relation with blood group which is not found in previous literature.

**Conclusion:** Prevalence of absence of PLM i.e. 12.050% in AJ&K is close to values mentioned in other literature. Its agenesis varies with body side, sex, race and hand dominance. It was found predominantly absent in female than male which also goes in favor of previous studies.

**Keywords:** Palmaris Longus, Prevalence, Morphologically.

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**Mother And Child Health,  
obstetrics and Gynecology**

## Evaluations of risk factors associated with Gestational diabetes

ZEBA BATOOL

Lahore College for Women's University.

**Objective:** Gestational diabetes mellitus is a relatively common medical condition that was described as early as the nineteenth century. The present study was designed to assess the risks associated with gestational diabetes during a subsequent pregnancy.

**Methodology:** A prospective study was conducted in Lahore for women who were diagnosed as having GDM during a pregnancy from hospitals and general community. 50 patients were randomly selected. Risk factor associated with GDM was determined and Graphs were made.

**Results:** The study revealed that 80% of patients did not show any adverse outcomes. The rate of serious peri-natal complications was significantly lower among the infants. Most of the patients were satisfied with their treatment including medication and diet modification. There was no role of pharmacist as such, patients usually preferred the physicians.

**Conclusion:** Treatment of gestational diabetes reduces serious perinatal morbidity and may also improve the woman's health-related quality of life.

**Key Words:** Gestational Diabetes.



## Perceptions and Practices of Fasting in Ramadan during Pregnancy in South East Pakistan

Shayan Qadir, Syed M. Mubeen, Salman Mansoor, Asad Hussain.  
Khyber Medical College.

**Objectives:** The present study was conducted to examine the concepts and practices of maternal fasting during pregnancy in Pakistani Muslim women.

**Methodology:** A cross-sectional study was done in 2008 on 352 females from gynecology departments of hospitals in major cities of two provinces of Pakistan. Non-probability convenient sampling technique was used and a questionnaire was used to collect data from females who had experienced pregnancy during Ramadan at least once in life. Analysis was done on SPSS version 16. Chi-square test was used to assess associations and  $P < 0.05$  was considered statistically significant. All ethical considerations were taken into account for the respondents.

**Results:** Out of the total, 309 (87.8%) fasted during their pregnancies while 43 (12.2%) did not fast at all. Among those who fasted, 48.54% ( $n = 150$ ) fasted for the whole month, 27.20% ( $n = 84$ ) fasted on alternate days, 11.97% ( $n = 37$ ) fasted only on weekends/holidays, and 12.29% ( $n = 38$ ) fasted on particular special days. The majority perceived no harm and risk caused by fasting to them or to fetus during pregnancy. 25% ( $n=76$ ) had to nullify their fast. A significant association was found between gravidity and occupation with fasting ( $P < 0.05$ ).

**Conclusion:** Pakistani Muslim women showed a strong compassion for fasting in pregnancy. There is a need for nurses and other healthcare providers in all Muslim countries and especially in non-Muslim countries with cultural diversity to be fully aware of the effects of fasting in pregnancy so that they can act promptly ensuring safe and healthy delivery.

**Keyword:** Fasting, Pregnancy, Ramadan

## Symptoms during the Perimenopause: Frequency, Severity and Effect on Quality of Life in Women.

WAQAS BHATTI, Sanniya Arshad, Aaizalftikhar, Dania Naz, Tooba Amir.

**Objective:** To find out frequency and severity of various symptoms during different stages of menopause transition and their effect on quality of life (QOL).

**Methodology:** Cross sectional descriptive study. Military Hospital and Combined Military Hospital, Rawalpindi from September 2012 to February 2013. 250 healthy females ( $n=250$ ) were subjected to interviewer-administered questionnaire to find out stage of perimenopause along with frequency and severity of the symptoms, after taking fully informed consent. Health, Emotional and Sexual QOL were assessed by The Utian Quality of Life (UQOL) Scale. Patients presenting with complex gynecological and obstetrical problems were excluded. Data for frequency and severity of symptoms and QOL at various stages of perimenopause was recorded and analyzed using SPSS21.

**Results:** 250 perimenopausal females (mean age= $49 \pm 4$ ), 32% were in late reproductive (LR) stage, 40% at early menopausal transition (EMT) and 28% at late menopause transition (LMT) stage. Most frequent symptoms were hot flushes (84%), night sweat (80%) and crying spells (67%). Whereas muscle and joint pain, sleep difficulty and increased urinary frequency occurred with the most severity. Frequency and severity of symptoms markedly increased through LR stage to LMT stage. QOL was high in women in LR stage and those seeking medical care for the symptoms, approaching to low QOL in women at LMT stage.

**Conclusion:** Menopause is the natural and expected stage of female development and its transition is manifested by symptoms of different frequency and severity. QOL can be improved by symptomatic treatment of symptoms appearing during the menopause transition.

**Key words:** Perimenopause, dyspareunia, quality of life.

## INFERTILITY RELATED DEPRESSION AMONG PRIMARY AND SECONDARY INFERTILE WOMEN; A HOSPITAL BASED COMPARATIVE STUDY

MUNEEBA AKBAR, Toobaanam, Sidra Akram, MunazzahPervaiz,  
NasirHussainKhosa  
Wah Medical College.

**Objectives:** To determine frequency of depression among infertile women. To compare frequency of depression among women with primary and secondary infertility

**Methodology:** Cross sectional study was done. POF hospital Wah Cantt. Sample size was 200 infertile women of child bearing age. Data was collected by using pre tested questionnaire and Beck's Depression Inventory scale was applied to calculate depression among infertile women. The data was analyzed by using SPSS version 19 and Chi-square test was used to determine the difference in depression among women with primary and secondary infertility. A p value of less than 0.05% was considered significant.

**Results:** Frequency of depression among infertile women was 47.7%; depression among women with primary infertility was 45.8% and secondary infertility was 52%. The p value came out to be 0.472 which is insignificant.

**Conclusion:** Depression among infertile women was higher as compared to other population. Comparison between depression among women primary and secondary infertility had not shown any significant difference.

**Key words:** Depression, Infertility.

## Indications of abdominal hysterectomy

HAFSA ISLAM, IramIshfaq, RabiaBibi, Saima Basher, Salma Jabeen, Sana Arshad,  
Sarah Shabber, Samra khan  
Wah Medical College.

**Objectives:** To study the indications of abdominal hysterectomy.

**Methodology:** Retrospective study was carried out at Pakistan ordnance factory hospital, WahCantt, for three years and four months, from 1st September 2008 to 9th January 2012.

Retrospective review of the record of 498 operated cases for abdominal hysterectomy was done. Data was analyzed with SPSS 17th version.

**Results:** Out of 497 cases of abdominal hysterectomy, 438 (88.13%) undergone the surgery because of dysfunctional uterine bleeding (DUB) and 40 (8.05%) because of leiomyoma. Other indications were obstetric complications 5(1%), pelvic inflammatory disease 3 (0.6%). Two cases (0.4%) of each; mentally retarded, ovarian cyst, ovarian mass and malignancy (CA cervix and CA ovary) were also subjected to hysterectomy.

**Conclusion:** In the study most of the cases were of dysfunctional uterine bleeding (DUB), next to it was leiomyoma (8.05%). This large proportion of DUB is much higher than the proportion of this indication in quoted studies. This fact entails into the recommendation of annual audit or review of the indications of abdominal hysterectomy on periodic basis.

**Key words:** Abdominal Hysterectomy,

## ANTENATAL STRESS AMONG PREGNANT FEMALES OF PESHAWAR

Naila Hayat, Farhat shireen, Ayesha Amir, Khushbakht  
Peshawar Medical College

**Objectives:** To assess the frequency of antenatal stress. To assess the severity of antenatal stress. To rank the most common cause of antenatal stress in pregnant women visiting Kuwait and Mercy teaching hospitals.

**Methodology:** A cross-sectional study was carried out at two hospitals of Peshawar. Convenience sampling was done to assess the frequency and severity of antenatal stress and rank the most common cause of antenatal stress using a structured questionnaire. The sample size achieved was 100.

**Results:** The study showed that amongst the antenatal patients visiting Kuwait teaching hospital and mercy teaching hospital, 17% did not have any cause of stress. After calculating the stress scale for each patient, 37% had experienced low level of antenatal stress, 32% had mild to moderate stress, 33% were at high level of antenatal stress.

**Conclusion:** Most common cause of antenatal stress is the stress of delivery. The 2nd most common cause is the stress of financial problems and 3rd being poor relationship with in-laws.

**Key words:** Antenatal, stress, pregnant.

## MISCARRIAGES AND ITS SOCIAL EFFECTS ON PATIENTS ADMITTED IN MTH & KTH

ROMISA REHMAN, Gulmakay, Hafsa, Gulalai, Maimona  
Peshawar Medical College

**Objectives:** To study behavior of families with women who underwent miscarriage in Kuwait teaching hospital and Mercy Teaching hospital, Peshawar and to study the precautions taken by the women who had underwent miscarriage in their last pregnancy.

**Methodology:** A structured questionnaire was prepared and distributed among 75 selected women in gynaecology wards of mercy teaching hospital, Kuwait teaching hospital, Khyber teaching hospital and some private clinics from DIR.

**Results:** Result showed that 53% of rural women and 47% of urban women underwent miscarriage. In which 45% are illiterate, 13% are primary educated, 20% Matric, 22% are graduates. And of these 48% belong to lower class 20% are lower middle and 44% are upper middle. Some of these miscarriages can possibly be due to physical stress because 32% of these were subjected to violence, 53% are due to ignorance, and 15% due to poverty. The family behavior with women who underwent miscarriage showed that 16% are treated badly, 45% are treated nicely and 39% indifferently. The result shows that 65% of these women consulted gynecologist after miscarriage. 70% of these changed their drugs on the doctors' advice. And 77% of them had successful child births after their miscarriage.

**Conclusion:** The ratio of women who underwent miscarriage in rural areas is more and most of them belonged to poor families and couldn't access a gynecologist. Results revealed that these women weren't given much importance even after their miscarriage and ended up depressed.

**Keywords:** Miscarriage, Social Effects, Patients in MTH / KTH

## EPI Immunization status of neonates visiting Kuwait Teaching Hospital during the year 2010

SYED ZAIN-UL-ABIDEEN SHAH, Imran Hameed Khan, Obaidullah, Muhammad

Anas

Peshawar Medical College

**Objectives:** Measure percentage of neonates who are unimmunized and most common disease for which vaccination is missing.

**Method:** Descriptive cross-sectional study. Pre-approved performas were filled by the investigators from hospital database registers from Pediatric OPD in Kuwait Teaching Hospital. Sample size is 103 neonates. Data was gathered during one week's time in January, 2013 and random sampling was used.

**Results:** Our result showed that of the total sample, 58% (60) of neonates were incompletely vaccinated in which 55% (33) were from rural areas and 45% (27) were from urban areas. Whereas only 42% (43) of neonates had completed their vaccination majority of this belonged to rural population. Of the incompletely vaccinated diseases, measles was the most common 48% followed by polio (27%), pentavalent (22%) and BCG (3%).

**Conclusion:** Present study is a survey which showed that percentage of neonates who were unimmunized is very high (58%) in Peshawar region. Our recommendation is that number of EPI centers should be increased, and should be opened and monitored at tehsil levels. More initiatives should be undertaken for the motivation and information on the part of mothers to bring apparently healthy infants to a health care center.

**Keywords:** EPI immunization, neonates.

## Weaning and Feeding Practices and There Determinants among the Mothers Attending Pediatric Ward of Kuwait Teaching Hospital

Khawar Nawaz Khan, Hamza Ashfaq, Muhammad Umar Rasool, Kashif Nawaz,

Khalid Rehman, and Muhammad Naseer

Peshawar Medical College

**Objectives:** To find out the percentage of exclusive breast feeding among the target population and its effect on weaning. Determine types of food commonly used for weaning and percentage of children with late weaning.

**Methodology:** A descriptive cross sectional retrospective study was done in Kuwait teaching hospital from January 18th till January 31st 2013. The relevant data was collected from the mothers attending pediatric ward on the questionnaire based interviews and the data was entered and analyzed in the excel 2007.

**Results:** Amongst 75 mothers interviewed, 28 (37%) mothers started weaning their child at the age of 4-6 months, whereas late weaning was observed in 44(59%) of the mothers and 3(4%) mothers started weaning earlier than 4 months. 32(43%) subjects exclusively breast feed their child's for (5-6 months) and 40(53.34%)cases continued exclusive breast feeding for more than 6 months which resulted in late weaning and 3(4.33%) breast feed their child for less than 4 months. The most common type of food used for weaning were cereals (25%),mashed banana (20.37%), rice (17.12%), egg (16.66%), others (biscuits, custard, bread etc) 20.83%. The frequency of late weaning in children's was 44(59%). 55(73.33%), subjects were illiterate which was the main reason for late weaning in 59% cases. The exclusive breast feeding duration was more in mothers (57.33%) who had birth spacing of more than 2 years, while it was less in mothers (42.67%) who had birth spacing of less than 2 years. The main reason for starting weaning the child by mothers was hunger after the feed (57.33% cases). The most common source of advice to mothers about weaning was relatives (56 % cases).The most common issue related to weaning was diarrhea (22.66% cases).

**Conclusion:** Most of the mothers are not aware of the right timing of weaning (4-6 months).

**Key words:** Weaning, Breast feeding, Pediatrics Ward, and Kuwait Teaching Hospital

## ASSESSMENT OF CORRELATION BETWEEN MATERNAL NUTRITION DURING PREGNANCY AND HEALTH OF NEWBORN

WADANA SHAH, Zainab Rahman, Syeda Madiha Tahir, Zainab Tabassum, Shaista Zeb, Palwasha Khan, Zahida Bibi

**Objectives:** To determine the nutritional status of the mother through anthropometric measurements (height, weight, BMI, mid arm circumference) To assess health of new born via: Anthropometric measurements (crown- heel length, weight, head circumference, chest circumference, mid arm circumference). Delivery of the newborn, whether pre term, full term or post term. To correlate the data and highlight the importance of effect of maternal nutrition during pregnancy on the health of newborn.

**Methodology:** This was a cross-sectional study in Kuwait and Mercy Teaching Hospitals, Peshawar during the period from December 24,2012 to January 17.2013. 50 structured questionnaires were filled after taking informed consent from the patients for disclosure of personal information and were assured of confidentiality. Permission of the MS of the Hospitals and Gynae Heads of the Department was also ensured.

**Results:** We collected data of 50 pregnant ladies. Their nutritional status was assessed by their BMI at the time of delivery, their mid arm circumference and Hb level {for assessing anemia}.

No lady had a BMI value less than 18.5 gm/dl. And all of them delivered babies weighing more than 2500 grams with the exception of one baby who weighed 2000 grams at the time of delivery though the mother had BMI in the normal range.

**Conclusion:** Good maternal nutrition during pregnancy leads to birth of a healthy newborn. All the mothers were healthy and delivered healthy babies.

**Key words:** Nutrition, maternal nutrition, BMI, Anthropometric measurements, Hb level.

## FREQUENCY OF STILL BIRTH AT KUWAIT AND MERCY TEACHING HOSPITALS, PESHAWAR

MUHAMMAD ZARAK KHAN, Shah Faisal, Muhammad Ijaz Khan, Ziad Humayun, Umair Abdullah, Ubaid Ur Rehman, Muhammad Haris

**Objectives:** In our study we tried to find out the frequency of stillbirth at Kuwait Teaching Hospital and Mercy Teaching Hospital, there leading causes and the comparison between these two hospitals based on the data collected. WHO defines stillbirth as death prior to expulsion or extraction from the mother. Death is determined by absence of vital signs.

**Methodology:** A retrospective study was carried out at Kuwait and Mercy teaching hospitals, two years sample was taken since January 1st 2011 to December 31st 2012. The relevant data was collected from the hospital register. The data was recorded and analyzed on Microsoft Excel.

**Results:** Amongst the 8002 cases registered in year 2011 - 2012, 223 (2.8%) were of still births. 219 (2.9%) still births were recorded in, 7340 normal vaginal deliveries. 662 cases were carried out as C-section with a fairly reduced number of stillbirths i.e. 4 yielding a frequency of 0.6%. Out of 219 still births in normal vaginal deliveries, 114 (53.2%) were due to intrauterine death and 57 (26.7%) were attributed to anencephaly.

**Conclusion:** IUD was most common because majority of the patients were from rural areas; hence lack of awareness was of pressing concern. Educational health programs are recommended at the rural level of our province and Pakistan so that the mothers are educated about all these problems and how to tackle them when they occur.

**Key words:** Still birth.

## COMPARISON OF NEONATAL MORTALITY BETWEEN GOVERNMENT AND PRIVATE TERTIARY CARE HOSPITALS OF PESHAWAR

KHAYYAMAMER, aghasyedmuhammad, medrarullahkhan, fawadahmed, hayatkhan, ibrahimkhan, harisali khan  
Peshawar Medical College.

**Objectives:** To determine and Compare the frequency of neonatal mortality in a government and Private Tertiary Care Hospital of Peshawar, to determine and Compare the three major causes of Neonatal Mortality in a Government and Private Tertiary Care Hospital of Peshawar, to determine and Compare the District-wise distribution and Gender-wise distribution of neonatal mortality, in a Government and Private Tertiary Care Hospital of Peshawar.

**Methodology:** The study was a retrospective review of patient hospital charts in Khyber Teaching Hospital (A government Tertiary Care Hospital) and Kuwait Teaching Hospital (A private Tertiary Care Hospital), from 2009 to 2011. The data was analyzed in Excel 2007.

**Result:** Amongst the 4067 neonates admitted in Khyber Teaching Hospital, between 2009 to 2010, 17.2% (n=703) neonates died. Out of 430 neonates admitted in Kuwait Teaching Hospital, between 2009 to 2010, 5.1% (n=22) neonates died. The three major single causes of neonatal mortality in Government Tertiary Care hospital were Preterm Birth, Neonatal Sepsis and Hypoxic Ischemic Encephalopathy accounting for 27.07% (n=98), 22.3% (n=81) and 20.1% (n=73), of total deaths due to single causes, respectively. The three major Multiple causes of neonatal mortality, in government Tertiary Care hospital, were Neonatal Sepsis in combination with Hypoxic Ischemic Encephalopathy, Neonatal Sepsis in combination with Preterm Birth and Neonatal Sepsis in combination with Respiratory Distress Syndrome responsible for 11.7% (n=40), 9.6% (n=33) and 7.03% (n=24) of total deaths due to multiple causes. The most common single cause of neonatal mortality in Private tertiary Care hospitals was Birth Asphyxia, accounting for 42.1% (n=8) of total deaths due to single causes and followed by 21.05% (n=4) deaths due to preterm Birth and 21.05% (n=4) of deaths due to Neonatal Sepsis. There were only 13.6% (n=3) deaths due to multiple causes. Majority of the neonatal deaths, that is, 53.9% (n=379)

**Conclusion:** We conclude that neonatal mortality is higher in Government Tertiary Care hospital, as compared to Private Tertiary Care Hospital.

**Key words:** Neonatal Mortality.

## CERVICAL CANCER KNOWLEDGE AND AWARENESS AMONG FEMALES IN PESHAWAR

HumairaRabbani, Anam Malik, Farah Gul, SaniaJaved, ZarminaAslam.

**Objectives:** This KAP study was done on the aim to assess the knowledge and awareness regarding cervical cancer in educated females of Peshawar.

**Methodology:** It is cross sectional descriptive study and a survey was conducted among female in Peshawar between 21<sup>st</sup> February to 7<sup>th</sup> March 2013. Two hundred structure questionnaires were distributed. Data was collected and computed using MS excel 2010. Participants in survey included graduates and postgraduates at college or university levels whereas medical students, doctors and nurses were excluded from this study.

**Results:** We distributed 200 printed questionnaires among educated females of Peshawar and collected all back. Of all filled questionnaire, only 38.5% females heard about cervical cancer.

All 38.5% are aware of some of risk factors. 24% know that cervical cancer is because of early age marriages, 29% prefer that multiple pregnancies is a risk factor, 33% aware that smoking is a risk factor, 51% give importance to infection as a risk factor of cervical cancer, 41% agrees with poor socioeconomic risk factor, 50% heard that HIV/AIDS is a risk factors and 47% know that multiple male partners is a risk for cervical cancer.

25% marked any screening test; out of 25%, 7% know that urine test is a screening test, 9% biopsy, 6% ultrasound and only 3% recognized that Pap smear is a main screening test.

That 3% who marked and know that Pap smear is a main screening test, they screened for cervical cancer and rest didn't.

**Conclusion:** Most of educated females are unaware of cervical cancer and its risk factors. Because of inadequacy of knowledge, screening practice for cervical cancer is very poor.

**Keywords:** Cervical cancer, awareness, knowledge, screening, risk factors.

## Frequency of Maternal Deaths in Past Three Years among Women Attending the Gynae and Obs Wards in Teaching Hospitals of Peshawar.

MUHAMMAD ARSALAN AZMAT SWATI, Sohail Akhtar, Abdul Hadi, Shoaib Iqbal Safi, Shams-ul-Islam, Rameez Afridi, Muhammad Anas.  
Peshawar Medical College.

**Objectives:** The following study was conducted to determine frequency and the major causes of maternal mortality in the past three years, to see in which age group, it is most prevalent and to determine the district wise distribution in Khyber Pakhtunkhwa (KPK). And, lastly, to compare the maternal mortality in private and government teaching hospitals of Peshawar.

**Methodology:** This retrospective study consisted of three years record's review of Maternal Mortality registers of different hospitals, in which we have to determine the maternal mortality of past three years. The record which was reviewed started from 1st January, 2009 to 31st December, 2011. On the basis of non-probability convenience survey, we accessed to the records of Lady Reading Hospital, Kuwait Teaching Hospital and Mercy Teaching Hospital. A data sheet was designed to collect the required data from the past records and then it was analyzed with MS Excel 2007.

**Results:** There were a total of 277 deaths in three years 2009-2011. Eclampsia remains the leading cause in 2009 (17%) and in 2010 (15%) where as in 2011, Post Partum Hemorrhage has the highest percentage (18%). The age group in which the maternal deaths were more are 31-35 years (25%), in 2009, 26-35 years (50%) in 2010 and 36-40 years (27%) in 2011. And most of the deaths were recorded from Peshawar in 2009, 2010 and 2011. And there were no deaths found in Kuwait Teaching Hospital and Mercy Teaching Hospital.

**Conclusion:** There has been a rise noticed in maternal mortality with each year, which is alarming for us and tells us that there is a strong need in the improvement of the maternity care in tertiary hospitals and community based education to decrease the maternal deaths.

**Key words:** Maternal mortality, child bearing age, eclampsia.

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Health Care

## Awareness about Fast Food among medical students of PMC (Peshawar Medical College)

Gulmakay, RomeesaRehman, Gulalaihhsan, MemoonaZakir  
Peshawar Medical College.

**Objectives:** Aim of our study was to assess the awareness level of medical students of PMC about fast food.

**Methodology:** A structured questionnaire was prepared and distributed among hostel students of PMC. 100 hostel students (50 males and 50 females) were randomly selected for filling the questionnaire.

**Results:** 46% eats fast food because they don't like food provided by the hostel mess, 5% eats to save time, 5% didn't subscribe to hostel mess, and 44% eats for refreshment. 5% think it is healthy while 95% thinks it is not healthy. Out of 95% who thinks it is not healthy 17% thinks it lacks nutrients, 69% thinks it has high fats, 1% thinks it lacks vitamins, 13% thinks it has high carbohydrates. According to 80% of the students its complications include heart burn, constipation, and obesity. None of them think it causes weakness, headache and backache, and 20% think it has no side effects.

**Conclusions:** Most students eat fast food for refreshment or they don't like hostel mess. Most students know that it is not healthy.

**Keywords:** Fast food, awareness, medical students

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## Patient satisfaction regarding quality of care provided by doctors in Two Tertiary Private Sector Hospitals of Peshawar, KPK

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**Objectives:** To assess the level of patient's satisfaction with the quality of care provided by the doctor and with the hospital environment. To assess the level of patient's satisfaction regarding the information provided by the doctor to the patient, to assess the level of patient's satisfaction with the attitude of doctor. To assess the level of patient's satisfaction with the privacy provided by the doctor. To assess the level of patient's satisfaction regarding the hospital environment.

**Methodology:** A cross-sectional study was done in two private tertiary care hospitals of Peshawar, Mercy Teaching Hospital and Kuwait Teaching Hospital. Convenient sampling was technique was used. 413 medical and surgical patients between the ages of 18 to 80 years, both male and females, who have been admitted to the hospital for at least one night, not confused or not too ill to participate, were surveyed. Written informed consent was taken before collecting the information. Data was entered and analyzed in Microsoft Excel.

**Results:** Among the 413 patients, on average 75.71% patients were always satisfied from doctors care; of this 44.94% patients were always satisfied with information given by the doctor, 83.09% patients were always satisfied with attitude of the doctor and 99.10% patients were always satisfied with the privacy given by the doctor and 76.16% patients were satisfied with the hospital environment.

**Conclusion:** Patients satisfaction with every domain of doctor's care is showing good results except satisfaction with information provided by the doctors to the patient and their family members. Only two fifth of the patients were always satisfied with the information provided by the doctor. Although there is need to improve many aspects of care but some areas need special attention. Patients' family members should be given opportunity to talk to the doctor. Doctor's care should be improved by specifically focusing on the information domain.

**Keywords:** Patients satisfaction, doctor's care, quality of care, hospital environment.

## Patient's perception of quality of health-care in Medical & Surgery wards of private teaching hospitals of Peshawar

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**Objectives:** Aim of our study was to assess patient's perception of quality health-care services offered in hospital wards and to find-out hospital based differences in patient's perception of quality of health-care

**Methodology:** It was a cross-sectional questionnaire based study carried out from 01-02-2013 to 16-02-2013 on 61 subjects (32 females and 29 males) at Mercy & Kuwait Teaching Hospital. Two wards were selected i.e. medicine (32 patients) and surgery (29 patients). Data was analyzed in Microsoft Excel 2007.

**Results:** 67% of the patients were uneducated. 56% of the patient belonged to lower socioeconomic class while 44% to lower-middle. Overall patient's perception of quality of health-care in both hospitals was better (62%), good (35%) while in 3% it was fair. Patient's perception of quality of health-care was relatively higher among the patients admitted in surgery & medicine wards of Kuwait. Surgery ward of Mercy had a better perception level than medicine ward whereas in Kuwait, medicine ward patients had a better level of perception than surgery ward.

**Conclusion:** Mercy & Kuwait teaching hospitals are private sector hospitals. As the results indicate, most of the patients admitted in these hospitals are uneducated and belong to lower socioeconomic class. It is also obvious that perception of quality of health-care in these patients is better as the services offered are better and affordable.

**Keywords:** Quality of care, health-care quality, patient's perception.

## A Study on Knowledge, Attitudes and Practices (KAP) of Doctors on Informed Consent for Surgery- A Pilot Project

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Foundation University Model College

**Objectives:** To assess the knowledge, attitude and practices of doctors in obtaining valid informed consent from surgical patients.

**Methodology:** This study was conducted in teaching hospitals of Rawalpindi/Islamabad mainly targeting house officers and post-graduate trainees. Questionnaires based on guidelines recommended by American College of Surgeons for obtaining valid informed consent were distributed among doctors. Mean responses were calculated.

**Results:** A total of 30 respondents completed the forms. Data was subjected to Excel sheets and mean percentages were calculated.

Regarding knowledge; 80% of the doctors were aware of the hospital's informed consent policy. All of them knew who should obtain consent although 40% were never formally trained in this aspect. Regarding attitudes; even though all of the doctors agreed that every patient has a right to give informed consent, 56 % of them believed, that the authority to make all decisions regarding patient's care should reside with the doctor. 56% of doctors thought informed consent is not necessary as long as the procedure saved the patient's life. Regarding practices; 67% of doctors preferred to communicate in a language that is understandable to the patient. 58% of doctors would discuss risks like uncertainty in diagnosis and surgeon's lack of experience with the patient. 36% of doctors would report their seniors if they proceeded without consent.

**Conclusions:** Despite adequate knowledge about obtaining valid informed consent, an indifferent attitude of doctors was observed which accounts for the knowledge-practice gap. A formal training in this regard may help to bridge this gap.

**Key words:** consent for surgery, doctors.

## TOWARDS A NATIONAL CANCER REGISTRY: A FIVE YEARS DATA REPORT, A STEP ALONG THE LONG JOURNEY

SHERAZ AHMED, A.Nadim Qureshi, Sohaib Ali, Abida Kazmi, Ashfaq Ahmad, Syeda Laila, Raana Abdur Rehman, Jawad Ahmad, Tausif Ahmad, Tauqueer Ahmad  
Peshawar Medical College.

**Objectives:** To access the present cancer data basis so that they can be incorporated into the national registry.

**Methodology:** A retrospective study was conducted on the hospital records at the Oncology Department of ATH, Abbottabad from year 2007-2012. Data was collected through a Standard Data Capture Form with a final figure of 555 patients selected. The malignancies were diagnosed clinically and histo-pathologically from different laboratories of Pakistan, mainly Shaukat Khanum Hospital Laboratories.

**Results:** Among these cases, 54.08% were male and 45.92% were female. Incidence of cancer in patients below 15 years of age was 8.47% while above 15 years the incidence was 91.53%. Majority (31.95%) of the cancer patients were from Mansehra. The incidence of cancer in Abbottabad was 27.08% and from haripur the reported cases were only 14.26 %. Leukemias were at the top with 15.14% cases. The 2nd most common was breast carcinoma (13.69%). While 12.07% were Lymphomas and 8.65% were ovarian carcinomas. 2.70% of the reported cancers were Gastric carcinoma and skin cancer. Among the male population, the highest incidence was of Hodgkin lymphomas (14.9%). The 2nd most common malignancy was Lymphocytic leukemia (14.3%). 8.3% male patients had prostate and 5.7% had Lung cancer. In female, the highest incidence was carcinoma breast (19.7%). 2nd most common cancer was ovarian carcinoma (13.4%). While 9.7% were having leukemia and 4.3% were reported as cases of Hodgkin lymphoma. Majority of the histo-pathologies were done from Shaukat Khanum Hospital Laboratories (34.06%) while 17.47% were from Ayub Medical College Pathology Lab, 13.10% were from Agha Khan Hospital Labs and 9.61% from Chughtai's Lahore Labs.

**Conclusion:** A variety of cancers are prevalent in the indigent population. Data keeping at wards is sub-optimal and only few cases qualified mentioning in the Cancer Registry Report. Commonest cancer at the area has slight differences with rest of the country. No National Cancer Registry is found, hampering our Cancer Quest. Keeping in view its huge bulk of Histo-pathologies, SKMCH & RC with other Top most labs of the country can make a representative, National level; Pathology based cancer Registry, provided they integrate sufficiently.

**Key words:** National Cancer Registry

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