## MESSAGE FROM THE PRINCIPAL

"Alhamdulillah, Peshawar Medical College is holding its 7th 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 trainees 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. Mohammad Aman Khan deserves 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:

The culture of scientific research is likely to play a very important role in the efforts to promote and maintain health, combat diseases and help in the rehabilitation of incurable diseases. Research in the local context helps us to create new knowledge and develop proper tools for the use of existing knowledge. It will help the health professional to diagnose and treat the diseases early. Research is likely to provide evidence for polices and decisions on health and development, by Federal, Provincial and local Governments. However health research has not been priority in many institutions of Pakistan and other developing countries.

In Peshawar Medical and Dental College, the undergraduate students are involved in conducting research from the 1st year. It encourages creativity, inquisitiveness, use of I.T for improving health and communication and presentation skills. They also learn about evidence based medicine. It is expected that as medical professionals they will be better practitioners as well as scientist in their future life.

I am grateful to the Dean and Principal Peshawar Medical and Peshawar Dental College, all the students of different committees and all the administrative staff for support and active facilitation of this conference. I am also very grateful to all the participants from other educational institutes who actively participated in this meeting.

Best Regards,
**Dr. Muhammad Aman**

## Message from President, UMR:

It gives me immense pleasure, to welcome you all to our college's 7th annual undergraduate research Conference. I am grateful to all of you for coming and attending our conference. I hope it is a great learning experience for all of you. A special thanks to all my team members who have worked extremely hard to make this conference possible, without you all this would have never been possible.

On behalf of the UMR Team, I would like to thank our Dean, Principal and Director, for encouraging us and appreciating our efforts. Have a happy reading. Thank you.

Best Regards,
**ZARA NISAR ANWAR**

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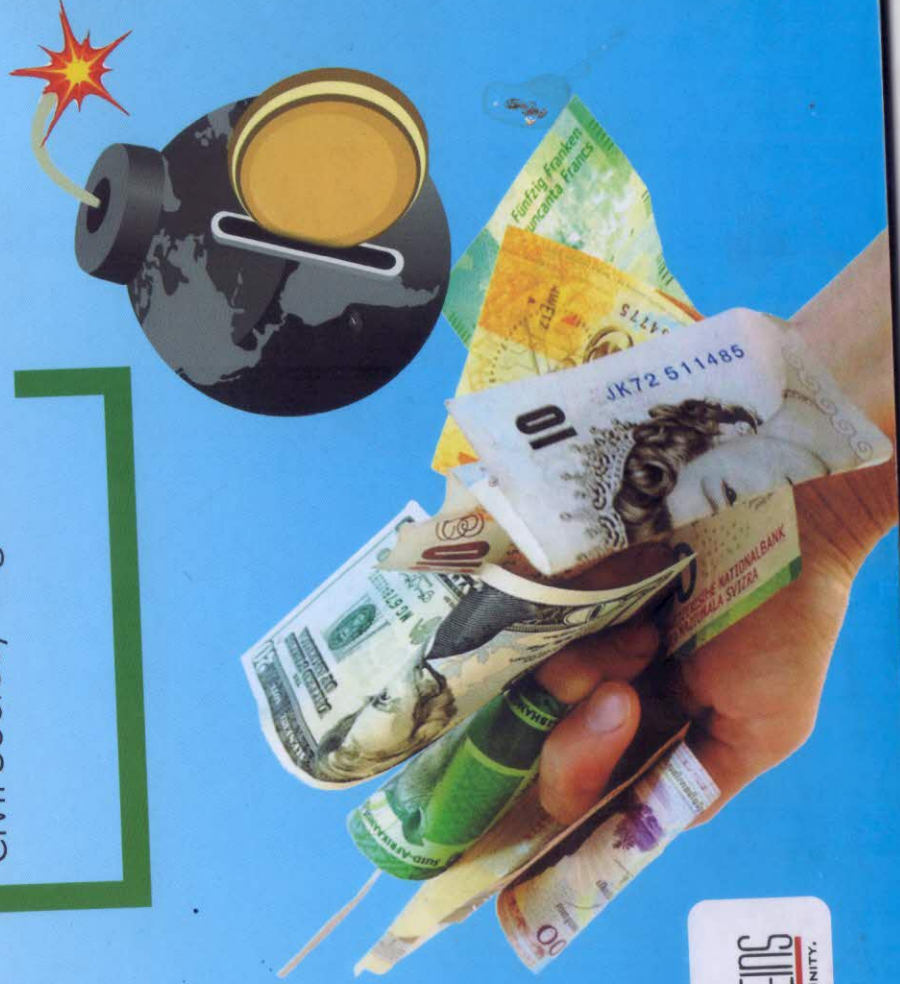
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RECOMMENDATION 8

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RECOMMENDATION 8
ON NON-PROFIT
ORGANIZATIONS:
Awareness Pack For
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# Medical Students' Perception about MCQs' versus SEQs' as assessment tools in Al-Nafees Medical College & Hospital Islamabad

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*Al-Nafees Medical College*

## Introduction:

Methods of assessment provide information not only about students' learning but confirm improvement in teaching and learning. In Pakistan, MCQs' (Multiple Choice Questions) and SEQ's (Short Essay Questions) have been frequently used as assessment tools to evaluate students' performances including medical sciences.

## Aims &Objectives:

To find out the perception about MCQs & SEQs in medical students.

## Methodology:

The questionnaire was anonymous with 11 closed ended questions. After a pilot study the survey was conducted in Al-Nafees Medical College. Participants were given a questionnaire in which they were asked different questions assessing their perceptions regarding Multiple-choice questions (MCQs) and Short-essay questions (SEQs). The data were analyzed using SPSS version 17.

## Results:

Most of the students preferred MCQs over SEQs as the choice of assessment tool. 71% thought that MCQs are authentic in assessing knowledge. 66% percent students thought that MCQs better assess application of knowledge. 44% thought that MCQs should be the only tool to be used in written assessments. On the contrary a majority (91%) rejected SEQs as the only tool to be used for written assessments.

## Conclusions:

Despite an overall preference for MCQs, students in our cohort considered that both MCQs and SEQs should be used for written assessments.

## Keywords:

Assessment, Medical Students, Learning.

# Evaluation of Perception of Basic Sciences Students of Peshawar Medical College regarding SGD & LGF

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PMC,KMU

## Introduction:
Large Group Format (LGF) is the most widely implemented and traditionally accepted learning format in which large number of students are provided with a single teacher who is mostly among the senior faculty staff while on the other hand in Small Group Discussion (SGD), few students get together to have a discussion on a particular topic in front of the theme facilitator.

## Aims &Objectives:
1. To assess the perception of students regarding Large Group Format and Small Group Discussion.
2. To identify the ultimate outcomes of the two different learning formats.

## Methodology:
A cross-sectional study was carried out among the MBBS students of 1st and 2nd year studying at Peshawar Medical College. Total 100 basic sciences students (n=100, 50M and 50F) i.e. 50 students from each class were interviewed through structured questionnaires having both quantitative and qualitative questions. The replies obtained were analyzed in specially designed analyzing sheets

## Results:
Out of 100 students, 75 were of the view that students should be exposed to both the learning formats, as each is having its own significance, however 15 claimed that only LGF format should be incorporated while 8 students were in the favor only SGD's.Majority of the students credited SGD for providing a better medium for self-expression (n=73), building level of confidence (n=68), enhancing their speaking skill (n=69) and providing comparatively a better learning environment (n=35), while they endorsed LGF for its disciplined environment (n=48) and regarded both learning formats equally better as concerned to the matter of gaining more knowledge (n=46) and concepts clarification (n=39).

## Conclusions:
Both the two different learning formats are having their own importance and significance.

## Keywords:
Large Group Format (LGF), Small Group Discussion (SGD)

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# Methods Of Teaching Most Liked By The Students Of Peshawar Medical College

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Peshawar Medical College

## Introduction:
A teacher is the one who can make the future of the nation. Students spend most of the time of their day at college around teachers, its necessary that they should understand most of the things during this time.

## Objectives:
We aimed at the teaching styles of different teachers of PMC to see that which method is more likely by the students.

## Methodology:
We distributed 200 questionnaires among the students of first year (MBBS), Secondyear (MBBS), thirdyear (MBBS), Firstyear (BDS) and Second year (BDS) to know about the views of students in which we asked different questions about teaching methods.

## Results:
200 questionnaires were filled by the students due to which we came to the result that 27% of the students say that that serious teachers make it more easier for the students to learn during the lectures while the rest of the students.73% have the view that lecture given by a polite teachers is much easy to understand.70% of the students feel easy to ask questions from a polite teacher while 30% students are in the view that they can ask question from any kind of teacher whether harsh or polite.73% students say that teacher who crack jokes in order to keep the students awake during the lecture makes it more easier for the students to learn more while the rest of the 27% of the students say that serious lectures should be delivered.25% of the students say that lectures delivered on PowerPoint is more easier for the students to

## Conclusions:
The students of PMC are of the view that polite teachers makes it more easier to understand more while questioning during lectures makes the lecture more interactive and convenient for the students to understand.

## Keywords:
Teachers, Medical Students.

# Evaluation of learning methodology in PMC

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Peshawar Medical College

## Introduction:

Learning methodology is the prime issue & component of student's life. Therefore different methods are being innovated & experimented to achieve best results, all over the world. Hence our research is based on the most preferred learning methodology by the students of PMC.

## Aims & Objectives:

To find out the best preferred choices about the study methods by the students of PMC.

## Methodology:

It was a cross-sectional study, in which a pre-tested questionnaire was distributed among 100 students of PMC. The data was collected and analyzed in Microsoft Excel.

## Results:

55% of the students prefer LGF(large group format), 43% prefer SGD(small group discussion), 2% of the students prefer both LGF & SGD.68% of the students prefer conventional book method as the more effective medium of learning, 26% prefer electronic media, 6% prefers both. 43% of the students prefer chalkboard for lectures, 32% prefer whiteboard, 15% prefer multimedia, 10% prefer all the above three. 48% of the students prefer MCQ's as the best examination pattern, 45% prefers SEQ's, 7% prefer both. 91% of the students prefer friendly environment for lectures, 9% prefer strict environment.50% of the students prefer computer printed handouts as more retainable, 47% prefer handwritten handouts, 3% prefer both.63% of the students prefer English as the best medium of language for lectures, 23% prefers Urdu, 14% prefer both.78% of the students prefer that tests can improve their learning, 22% do not prefer tests can improve their learning.

## Conclusions:

From the above result we conclude that majority of the students prefers that LGF is more preferred for their learning needs as compared to SGD.

## Keywords:

Teaching Methods, SGD, LGF

# 7th Undergraduate Medical Research Conference 2014

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# 7<sup>th</sup> Undergraduate Medical Research Conference 2014

## MEDICINE & ALLIED
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## Management Protocol For Adult Diabetic Patients At Pof Hospital, WahCantt

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*Wah Medical College*

### Introduction:
Diabetes is a highly prevalent disease which poses a huge burden on World's health status today and it is vital that this chronic and potentially disabling disease be managed and treated promptly and properly.

### Aims and Objectives:
The objective of this study was to evaluate current practices in the care of diabetic inpatients as well as to assess treatment protocol being followed in hospital settings and compliance of the patients to the treatment.

### Methodology:
A cross-sectional study was conducted at the POF Hospital WahCantt from January to June 2013, involving 100 patients between 20-60 years of age via convenient sampling technique, who were interviewed through a well-structured questionnaire regarding the patient's demography, clinical features, past medical history, type of diabetes mellitus, duration of illness, associated complications and management. SPSS v-19.0 was used for analysis.

### Results:
Our subjects included 66% women and 34% men. The age range found most susceptible in our study was 40-60 years and 57% had a positive family history. 86% of the study population had Type 2 diabetes while only 14% had Type-1. 28% patients were taking insulin, 44% OHA and remaining 28% were taking both insulin and OHA. However, 82% patients showed strict drug compliance and only 39% went for regular checkup. 40% claimed to check their blood sugar level after every 15 days, 25% once a month, 22% once in a 2 month and only 13% were those who check their blood sugar level daily. Blood sugar level of 21%, 60 % and 19 % patients was always controlled, sometime controlled and never controlled, respectively. 39% patients were suffering from more than one complications.

### Conclusion:
Diabetes is a chronic condition, regular OPD visits are an integral component of management protocol of diabetes. Unfortunately, not all patients followed this protocol.

### Keywords:
Diabetes, Management.

# Infertility Related Depression Among Primary And Secondary Infertile Women: A Hospital Based Comparative Study

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## Introduction:

Infertility is a very stressful condition which leads to many disorders like depression, anxiety, guiltiness, social seclusion, feeling worthless, marital instability and decreased self-respect.

## Aims and Objectives:

1) To determine frequency of depression among infertile women.
2) To compare frequency of depression among women with primary and secondary infertility

## Methodology:

It was a cross-sectional study on 200 infertile women of child bearing age of POF hospital WahCantt. Sampling technique was purposive. Data was collected by using pre tested questionnaire and Back 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.

## Keywords:

Depression, Infertility.

# Contact Lens Care And Allergic Conjuntivitis, A Comparitive Study.

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WAH Medical College

## Introduction:

The regular use of contact lens (CL) for correction of refractive errors, cosmetic use and their usage as therapeutic modality has increased tremendously over the past years with estimated numbers of CL wearers worldwide exceeding 140 million. Although contact lenses clearly have many advantages, certain risks have been associated with their use like allergic conjunctivitis, keratitis and blepharitis. Thus we conducted this study to evaluate and emphasize the need of having the right knowledge and practice of lens care hygiene to prevent complications among users.

## Aims and Objectives:

To find out the knowledge and practice of contact lens wear and care in co-relation to allergic conjunctivitis among students of Wah Medical College (W.M.C).

## Methodology:

This is a cross sectional study from students of Wah Medical College 100 young contact lens wearers with an age group of 18-24 years were selected conveniently from the student population of Wah Medical College. After receiving informed consent from the participants, they were enquired about different aspects of CL wear with complication by using a questionnaire that covered all aspects of study objective.

## Results:

24% of the contact lens users have good knowledge, 55% had average and the remaining 21% had poor knowledge about the contact lens care. 11% of the contact lens users had good 51% had average and the remaining 38% had poor practice. Only (19%) students have experienced symptoms of allergic conjunctivitis while the rest (81%) continue wearing their lenses without any problem. The results obtained are insignificant so we accepted the NULL hypothesis.

## Conclusion:

We conclude that maximum students have average knowledge about contact lens care and maximum students have average level of practice but high educational status doesn't always ensure good practice and care among contact lens wearers as our study shows no association of lens care with allergic conjunctivitis.

## Keywords:

Contact Lens, Allergic Conjunctivitis.

# FREQUENCY AND TYPE OF ANEMIA IN WOMEN OF REPRODUCTIVE AGE GROUP

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## Introduction:
Anemia is defined as the condition in which there is decreased level of hemoglobin than the normal or there is decreased number of RBC's than the normal value. WHO has recommended a cut off value of 11.0 g/dl for hemoglobin to define anemia at any time during pregnancy .Teenage girls and women of childbearing age are at a greater risk to develop anemia as compared to others. Anemia during pregnancy is really dangerous as it has adverse effects on both mother and fetus.

## Aims &Objectives:
To determine:
1- Frequency of anemia in women of child bearing age.
2- Type of anemia and severity of anemia in women.

## Methodology:
It was a descriptive study in POF hospital on 150 Women of reproductive age group (15-45yrs). It was a Questionnaire based study. The data was entered and analyzed by SPSS version 19 and frequency tables and charts were constructed for the quantitative variables.

## Results:
Out of 150 women 52 (34.6%) were anemic. 48 (92.4%) had microcytic anemia while 4(7.6%) had macrocytic anemia. 14(26.9%) had mild anemia, 29(55.8%) had moderate and 9(17.3%) had severe anemic.

## Conclusion:
The result of our study showed that majority of women of reproductive age are non-anemic. Out of anemic patients mostly have microcytic anemia and educated women being more anemic than uneducated women.

## Keywords:
Anemia, Child Bearing

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# Factors responsible for Non-adherence in Hypertensive Patients of Peshawar

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Peshawar Medical College

## Introduction:
Hypertension is a major risk factor for cardiovascular morbidity and mortality. Adherence to anti-hypertensive treatment plays an important role in controlling hypertension and reducing mortality and morbidity associated with cardiovascular events.

## Aims &Objectives:
To determine the:
1. Level of adherence in hypertensive patients.
2. Awareness of non-adherent hypertensive patients about hypertension.
3. Factors responsible for non-adherence in hypertensive patients.

## Methodology:
It was a quantitative descriptive, cross-sectional questionnaire based study carried out from 05-01-2014 to 18-01-2014. A convenient sample of 100 hypertensive patients (60 females & 40 males) was gathered from Hayatabad phase-4. To assess adherence, 8-itemMorisky medication adherence scale was used, whereas, factors were reported via self-report. **Data was analyzed using SPSS v21**.

## Results:
In our study, 32% of the patients showed high adherence, whereas, 18% showed moderate and 50% showed poor adherence. 84% of non-adherent patients had a good, whereas, 16% had poor awareness about hypertension. The top three factors responsible for non-adherence were forgetfulness (61.76%), symptomless (58.82%) and fear of addiction (51.47%).

## Conclusions:
Different interventions regarding reducing forgetfulness should be introduced which targets the population as well as people should be educated to use the medicine continuously and to decrease the fear of addiction.

## Keywords:
Non-Adherence, Hypertension, MoriskyMedication Adherence Scale.

# Frequency Of Obesity In Students Of Pmc.

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Umm-e-Kalsoom, Asia Kamal, YusairaArif
Peshawar Medical College

## Introduction:
Obesity results when too much fats accumulates in the body. A person is normally considered obese when his or her weight is 20% over the normal body weight for height and age BMI measures 30 or more. Obesity may be caused by a number of social, cultural, behavioral, physiological, metabolic and genetic factors that are beyond the person control.

## Aims & Objectives:
To calculate the BMI of students of PMC.
To determine the number of obese over weight and underweight students using BMI.

## Methodology:
It was a cross sectional, descriptive study at Peshawar Medical College with a sample of 82 male and female students. The data was collected from the students by the pre-defined questioners which was distributed among students of Peshawar Medical College. The duration of study was from 25 January to 15 February.

## Results:
Out of 82 students, 11% were obese 14% were overweight whereas 13% were underweight and 58% were normal. Obese females were 7%, 10% were overweight, 9% were underweight and 30% were normal. Obese males were 4%, 4% were overweight, 4% were underweight and 28% were normal.

## Conclusions:
After analyzing the data it was revealed that majority of students had a normal BMI. Low number were overweight and underweight and much less were obese. After analyzing their dietary habits it was revealed that students who were taking more junk food and not involved in any physical activity were more likely be obese.

## Keywords:
Obesity, Frequency

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# Depression among Supply StudentsOf Peshawar Medical College

TANZELA SABA
Peshawar Medical College

## Introduction:
Depression is a state of low mood and aversion to activity that can effect a person's thoughts, behavior, feelings and sense of well-beings.

## Aims &Objectives:
To find out the frequency of depression among supply students.

## Methodology:
A cross-section questionnaire based study was carried out in the PMC. A standard questionnaire PHQ-9 for screening, diagnosing, and measuring severity of depression was used.Data was collected from 100 MBBS students. The questionnaire was equally distributed among the male and female students who had supply and who did not had supply; 25 non-supply male students and 25 to supply male students.

## Results:
Among female supply students, 2% were suffering from major depression (moderately severe), 3% had majordepression (severe), 9% minor depression and 2% with minimum symptoms. Among non-supply female students, 75% had minor depression, 20% not depress, 1% had severe depression &4%had major depression (moderately severe).
Among male supply students,42% were not depress, 10% had major depression, 30% had minor depression &18% had minimum symptoms. Among male non-supply students, 79% were not depressed and 21% had minor depression.

## Conclusions:
Supply female students are more depressed as compare to males.Parents and teachers should console the effected students through positive thoughts rather than discouraging and humiliating; irrespective of their ages.

## Keywords:
Depression, Medical Students, Supply.

# Prevalence of Obesity in Asymptomatic Medical Students

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## Introduction:

Obesity has truly become a worldwide problem, affecting countries rich and poor. So just how many men, women, and children are overweight or obese? It's a natural questionand a surprisingly hard one for researchers to answer. The problem's vast and points to tremendous increases in global obesity rates over the past three decadesand find that the epidemic shows no signs of abating without dedicated efforts to combat it. The purposes of this research is to present and compare recent estimates of the prevalence of overweight and obesity in medical students and to examine associations between overweight and other activities.

## Aims &Objectives:

To calculate and compare BMI with weight monitoring, study habit, study hours, exercise and consideration of obesity as social stigma

## Methodology:

It is a cross sectional research study conducted in six months on students of Yusra Medical College and Shifa College of medicine. By Randomized sampling technique, a sample size of 140 have been taken. Data has been selected and analysed through SPSS version 17.

## Results:

Among 140 students, almost 65 students who are in regular habit of walking while studying for 1-2 hours daily , do exercise daily have BMI in normal weight range (20-25 P <0.05)with but they did not monitor weight regularly and donot consider obesity as social stigma. However, for 75 students BMI found to be in range of 25-30 (P <0.05) that indicated overweight though they are in regular habit of weight monitoring but sit while studying with total exclusion of exercise from daily routine.These overweight participants do consider obesity as social stigma.

## Conclusions:

The study showed that normal weight individuals are in habit of walk during study hours but they are less concerned about weight monitoring comparatively.

## Keywords:

Obesity, BMI, Medical Students.

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# Effect of fetal Hb on fetal outcome in Rh. Incompatibility.

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*Central Park Medical College*

## Introduction:

Rh. Incompatibility is one of the hemolytic diseases which occur when fetus is Rh+and mother is Rh-. When fetus Rh+ blood is exposed to Rh-Blood of Mother anti Rh antibodies are produced in the maternal circulation placenta and causes hemolysis of fetal RBC's.

## Aims and Objectives:

The aim of the undertaken study was to determine the effect of the fetal Hb on fetal outcome in RH Incompatibility.

## Methodology:

This was a retrospective study which was done at lady Wellington hospital Lahore during 2003-2013 on 148 pregnant females that were admitted for treatment of Rh, incompatibility. Ethical consideration was taken into account and only Rh. Sensitized females were included.

## Results:

148 fetuses Hb was divided in to 4 groups:
Group1 (1-4Hb g/dl) Group 2:(5-8 Hb g/dl) Group3:(9-12Hb g/dl) Group 4:(13-16 Hb g/dl )
With respect to Group 1 there were 54(36.48%) fetuses. Out of these 26(48.14%) remain alive and 28(51.85%) died.
With respect to Group 2 there were 38(25.67%) fetuses. Out of these 34(89.47%) remain alive and 4(10.52%) died.
With respect to Group 3 there were 36(24.32%) fetuses. Out of these 20(55.55%) remain alive and 16(44.44%) died.
With respect to Group 4 there were 20 (13.51%) fetuses. Out of these 14(70%) remain alive and 06(30%) died.

| Groups Hb g/dl | No of Fetuses | Alive Died |
|---|---|---|
| 1 1-4 54(36.48%) | 26(48.14%) | 28(51.85%) |
| 2 5-8 38(25.67%) | 34(89.47%) | 4(10.52%) |
| 3 9-12 36(24.32%) | 20(55.55%) | 16(44.44%) |
| 4 13-16 20 (13.51%) | 14(70%) | 06(30%) |

## Conclusion:

We concluded that increasing Hb level of fetus increases the live birth in Rh. Incompatibility.

## Keywords:

Rh.Incompatibility:Fetal Hb:Alive: Died

# Rising Peak of Mother Age Effect on fetal outcome in Rh. Incompatibility.

NOUSHEEN SHOUKAT,
Sajeel Ahmad,,Waqar Ahmad
Central Park Medical College

## Introduction:
Rh. Incompatibility is one of the hemolytic diseases which occurs when fetus is Rh+ and mother is Rh-. When fetus Rh+ blood is exposed to Rh-Blood of Mother, anti Rh antibodies are produced in the maternal circulation passing through placenta it causes hemolysis of fetal RBC's. Which can further lead to complications.

## Aims and Objectives:
The aim of the undertaken study was to determine the effect of the Mother age on fetal outcome in RH Incompatibility.

## Methodology:
This was one of a kind retrospective study which was done at lady Wellington hospital Lahore during 2003-2013 on 168 pregnant females that were admitted for treatment of Rh, incompatibility. Ethical consideration was taken into account and only Rh. Sensitized females were included.

## Results:
168 females were divided in to 3 groups:
Group 1: age 20-25, Group2: age 26-30, Group 3: age31-35
With respect to Group 1: there were 90 pregnancies.
Out of these 40(45.44%) were alive and 50(55.55%) died
With respect to Group 2: there were 116 pregnancies.
Out of these 44(38%) were alive and 72(62%) died
With respect to Group 1: there were 134 pregnancies.
Out of these 34(25.37%) were alive and 100(74.62%) were died

| Groups | Age of Mother | No. Preg. | Fetus Alive | Fetus Died |
|---|---|---|---|---|
| 1 | 20-25 | 90 | 40(45.44%) | 50(55.55%) |
| 2 | 26-30 | 116 | 44(38%) | 72(62%) |
| 3 | 30-35 | 134 | 34(25.37%) | 100(74.62%) |

## Conclusion:
We concluded that increasing maternal age decreases the live birth in Rh. Incompatibility.

## Key Words:
Rh. Incompatibility, Maternal age, Fetal Outcomes

# Prevalence of hepatitis B and C Among Patients Presenting in Bhatti International Teaching Hospital,Kasur.

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Central Park Medical College

## Introduction:
Hepatitis B has become an epidemic in Pakistan and Hepatitis C is not far behind. Such are its numbers that one wonders how prevalent it is in different locales and what age group and gender it mainly manifest itself.

## Aims &Objectives:
1) To investigate the frequency of Hepatitis B and C in patients presenting to B.I.T Hospital in last 6 months
2)To investigate which age group and sex were involved and which hepatitis was most common

## Methodology:
A retrospective study was carried out in B.I.T. Hospital .Patient's records for the last 6 months were reviewed from 1st August 2013 to 31 January 2014.Conveniance sampling was employed .1000 patients were reviewed .Data was analyzed using Microsoft excel.

## Results:
Out of 1000 cases 624(62.4%) were females and 376(37.6%) were males. only 66(6.6%) were in age group below 20, 640(64%) were in age group between 20-39 years. 196(19.6%) were in 40-59 and 98 9.8%) in age group above 60 years. In 1000 cases 98 (9.8%) were found to have viral hepatitis .84(8.4%) were anti HCV positive while 8(0.8%) were HBsAg positive and only 4 (0.4%) were both anti HCV and HBsAg positive .Among 84 cases of HCV 47 (55.95%) were females and 37(44.05%) were males. Among 8 cases of HBV 4(50%) were females and 4(50%) were males. Among 4 cases of both HBV, HCV positive all were females. Among anti HCV positive (4 <20 yrs),(52,20-39 yrs).(22, 40-59 yrs) and only (2>60 years) .Among HBsAg+ve patients (0<20 years), (2, 20-39 years) and (4, 40-59 years) and (2> 60 years). Among both anti HCV AndHBsAg +ve patients (0<20 years), (4, 20-39 years) and (0>40 years).

## Conclusions:
High proportions of Hepatitis C and Hepatitis B especially Hep C are reported among patients who came to Bhatti International Teaching Hospital Kasur . A large scale screening is advised in Kasur.

## Key Words:
Hep B and Hep C, Screening of patients, B.I.T. Hospital Kasur

# Frequency of Blood CytopeniasAmongRelapsers, Non-Responders and Responders to the Traditional Therapy of Hepatitis C in a Tertiary Care Hospital

WAQAS BHATTI, Ahmed Hassan. Muhammad Majid,
NUST

## Introduction:

Thrombocytopenia or leukopenia in patients with chronic liver disease is often attributed to functional over activity of the spleen (hypersplenism). Despite being a fairly common phenomenon, there is a paucity of reports on the prevalence of this syndrome in of relapsers, Non-relapsers and responders to traditional therapy.

## Aims &Objectives:

The objective of this study was to find out the frequency of blood cytopenias among the relapsers, non-responders and responders to traditional therapy of Hepatitis C in a tertiary care hospital of Rawalpindi, Pakistan.

## Methods:

5mL blood was collected in EDTA bottles from relapsers, non-responders and responders in laboratory and was analyzed using Hematology Analyzer sysmex KX-21. The hemoglobin level, total leukocyte count and platelet count was measured. The results were entered into SPSS 16 and the analysis for descriptive statistics was applied for finding out the frequencies.

## Results:

Out of the 380 patients, 204 were non-responders, 52 were responders and 121 were relapsers. 98 patients (25.9%) had anemia, 12 (3.2%) had leukopenia and 48 (12.7%) had thrombocytopenia. Among non-responders, 56 (27.5%) had anemia, 7 (3.4%) had leukopoenia and 31 (15.2%) had thrombocytopenia. Among responders, 16 (30.8%) had anemia, 2 (3.8%) had leukopoenia and 4 (7.7%) had thrombocytopenia. Among relapsers, 26 (21.5%) had anemia, 3(2.5%) had leukopoenia and 13 (10.7%) had thrombocytopenia.

## Conclusions:

Anemia is most common among relapsers, non-responders and responders, while leukopenia is least commonly seen. Thrombocytopenia occurs more commonly among non-responders and least commonly among responders. Sometimes due to minimum viral load the diagnostic tests for HCV including PCR is negative but the patient is harboring HCV infection. Such patients can be diagnosed by identifying persistent cytopenias among them.

## Keywords:

Blood Cytopenias, Relaspers, Non-Relapsers

# The Frequency Of Depression Among Patients With Type-II Diabetes.

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Sardar Begum Dental College

## Introduction:

Depression increases subsequent health care cost among patient with diabetes by 50%. In year 2025, more than three-quarter of all persons with diabetes (especially type-II that account for more than 90% of all cases) will reside in developing countries like Pakistan.

## Aims &Objectives:

To determine the frequency of depression among patients with type-II diabetes mellitus.

## Methodology:

140 subjects from either sex with definite diagnosis of type-II diabetes for at least one year and with ability to provide informed consent were included and patients with diabetes with history of treatment for any psychiatric ailment, any other physical illnesses were excluded. Approval from Hospital Ethical Committee was taken. Socio-demographic variables such as age, gender and marital status were recorded on a semi-structured questionnaire. Depression was assessed by using Beck Depressive Inventory-II. Data collected was analyzed by using SPSS version 13.

## Results:

Out of 140 patients with type 2 diabetes mellitus 85(61%) were women and 55(39%) were men. 84 (60.0%) presented with severe depression 10(7.2%) with moderate and 9(6.4%) with mild depression, rest of the study population was normal. Mean Age was 45 (+ 7.45) years. Out of study subjects 94 (67.1%) were married, 3 (2.1%) were unmarried and 43(30.8%) were widow. Depression was higher in females than men and widows than married.

## Conclusions:

Depression co-morbidity is high in diabetes mellitus type 2, especially in female and widows. It is of essence that psychiatric attention may be necessary to be incorporated in diabetes care both for prevention and treatment.

## Keywords:

Diabetes Mellitus Type 2, Depression

# Evaluation of Post-Traumatic Stress Disorder, Depression and Anxiety in Soldiers Participating in War against Terrorism.

*AHMED HASSAAN MALIK, Waqas Bhatti,*
*Hamza Jahangir, Muhammad Adil*
*NUST*

## Introduction:
Previous studies have identified traumatic exposure and PTSD as predictors of psychological health complaints without considering the relationship between exposure and PTSD. This study examined the unique associations of war-zone exposure and PTSD with perceived psychological health outcomes in soldiers participating against war against terrorism.

## Aims &Objectives:
The objectives of the study were to evaluate the occurrence of post-traumatic stress disorder, depression and anxiety in soldiers participating in war against terrorism.

## Methodology:
Study Design; Cross sectional descriptive study, Place of Study, Army units at Mangla, returning from war areas, Duration of Study, Two months (September 2013 to October 2013). Simple random sampling was done. Data from patients who actively participated in war against terrorism was collected using Impact of Event Scale Revised (IES-R), Beck Depression Inventory and Hamilton Anxiety Rating Scale (HAM-A); and was analyzed using SPSS 21 software. Post-traumatic stress disorder, depression and anxiety were determined according to the scales provided with each of these questionnaires respectively.

## Results:
A total of 126 soldiers were studied. 37 soldiers (29.4%) showed likely pretense of post-traumatic stress disorder. The mean intrusion was found to be 1.242 (on a scale of 0 to 4), mean avoidance 0.724 (on a scale of 0 to 4) and mean hyper-arousal 1.565 (on a scale of 0 to 4). 36 soldiers (28.6%) showed mild mood disturbance, 14 soldiers (11.1%) demonstrated borderline clinical depression, 20 soldiers (15.9%) showed moderate depression and 4 soldiers (3.2%) had severe depression. 25 soldiers (19.8%) showed mild to moderate anxiety while 10 soldiers (7.9%) had moderate to severe anxiety issues.

## Conclusions:
Post traumatic stress disorders, anxiety and depression is occurring amongst soldiers participating in war against terrorism. These disorders may be reduced by proper counselling of the soldiers.

## Key Words:
PTSD, depression, anxiety, war against terrorism

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# Effect Of Serum Lipid, Estradiol And Obesity On The Risk Of A Woman Developing Breast Cancer: A Case Control Study.

*ANUM RIAZ, NumraAslam, Waqas Bhatti, Noor us Saba,*
*MahamIrshad, MisbahJabeen*
*NUST*

## Introduction:
A woman's build, the risk of breast cancer and its subsequent prognosis seem to be related.
In most but not all casecontrol and prospective cohort studies, an inverse relationship has been found between weight and breast cancer among premenopausal women. And the estradiol levels have also been associated with increased risk, as well as deranged lipid profile which is more prevalent in obese women. A multi-variant analysis was warranted to explore the risk factor assessment of breast cancer.

## Aims &Objectives:
To investigate the effect of lipid profile, estradiol (EST) and obesity on the risk of a woman developing breast cancer.

## Methodology:
After getting written informed consent, demographic and anthropometric data along biological samples were collected from 100 cancer and 100 normal individuals. Results were analyzed and compiled using SPSS21.

## Results:
There was a significant increase in Body Mass Index (BMI) (p = 0.013), Total Cholesterol (TC) (p<0.001), triglyceride (p = 0.019) and low density lipoprotein (LDL) (p = 0.001) of the breast cancer patients compared to the controls. With the exception of EST that decreased, the lipid profile generally increased with age in both subjects and controls with the subjects having a much higher value than the control taken in the study. There was also a significant positive correlation between BMI and TC (r2 = 0.022; p = 0.002) and also between BMI and LDL (r2 = 0.031; p = 0.0003).

## Conclusion:
This study confirms the association between lipid profile, BMI and increased breast cancer risk.

## Keywords:
. Cancer, Breast cancer, Lipid Profile, Cholesterol

# Determination Of Serum Lipid Profile In Female Cancer Patients.

*NOOR US SABA, Waqas Bhatti, NumraAslam,*
*AnumRiaz,MahamIrshad, MisbahJabeen*
*NUST*

## Introduction:
Previous studies have found that there is derangement of lipid profiles in female cancer patients. Which results in poor cancer outcomes.

## Aims &Objectives:
To analyze serum levels of high density lipoprotein (HDL), low density lipoprotein (LDL), very low density lipoproteins and triglycerides (TG) levels in cancer patients.

## Methodology:
After getting ethical clearance and written informed consent, biological samples were collected from 100 cancer patients and serum levels of HDL, LDL, TGL, and VLDL were analyzed. Results were analyzed and compiled using SPSS21.

## Results:
Among 100 patients 74 had breast cancer and 26 had cervical cancer. Majority of the patients (93 %) had low levels of HDL while LDL and TG levels were raised in 73 and 78 patients respectively. There were variations in LDL/HDL ratio in both groups. When these parameters were compared, no significant difference was found between these two groups.

## Conclusion:
Lipid profile analysis suggests the existence of imbalance betweenHDL, LDL which acts as a prognostic marker for lipid peroxidation. This Study concludes that modulation in therapeutic management and proper nutritional intervention might reduce the burden of clinical complication and improvise the life expectancy among cancer patients.

## Keywords:
Cancer, Breast cancer, Cervical cancer, Lipid Profile, Cholesterol

# Transfusions The Double Edged Sword-Study Of Incidence Of Seropositivity Of HCV, HBV And HIV Viral Infections In Hemophilia Patients.

*SYEDA SHAHANA ALI, Zubair Ashraf*
*Central Park Medical College Lahore*

## Aims & Objectives:
To determine incidence of seropositivity of HCV, HBV & HIV viral infections in Hemophilia patients and to find association of factor VIII & factor IX with seropositive cases.

## Methodology:
A retrospective study conducted on data collected at Chughtai's Lahore Lab from 9th January, 2009 to 4th July 2012. A total of 70 reports of Viral Hepatitis test, AIDS test and coagulation profile from 70 hemophilia patients of ages 2-49 years were included. Tests were performed utilizing Chemiluminescence technology. Inclusion criteria was reports from hemophilia patients. Exclusion criteria was border line cases and reports from patients of other diseases. Limitations were due to small sample size and reports from single diagnostic center. Ethical consideration regarding confidentiality of patients was taken in account.

## Results:
Out of 70 anti HCV reports 13(18.57%) were reactive, 57(81.42%) were non-reactive. Out of 70 HBsAg reports 4(5.71%) were reactive and 66(94.29%) were non-reactive. Out of 70 anti HIV 1&2 reports 3 (4.29%) were reactive and 67(95.71%) were non-reactive. Out of anti HCV, HBsAg and anti HIV 1&2 reactive reports 90% had factor VIII level 0.1-0.2%(normal value 50-150%) and 10% had normal level.10% had factor IX level 0.1% (normal value 50-150%), 90% had normal factor IX level.

## Conclusion:
18% hemophilia patients were reactive for anti HCV, 5% for HBsAg and 4% for anti HIV 1&2. Majority of reactive cases had lower factor VIII level hence receiving regular transfusions. Alarming rate is primarily due to fact that screening don't confirm fully to recommendations of WHO.

## Keywords:
Hemophilia, HCV,HBV, HIV, Transfusions

# Prevalence Of Obesity Among Medical Students Of Central Park Medial College, Lahore, Based On BMI

SYEDA SHAHANA ALI, Hira Bilal, ZartashiaAmjad
Central Park Medical College, Lahore

## Aims and Objectives:
To study the prevalence of obesity among medical students of Central Park Medical College, Lahore based on Body Mass Index and highlight the underlying risk factors.

## Methodology:
A Cross sectional study conducted at Central Park Medical College from 10th June to 15th August, 2014. A specifically designed questionnaire was filled individually by 100 students. Only willing students of first year, second year and third year were included. The medical students of fourth year, final year and students who were not willing were excluded.

## Results:
Out of 100 students 12(12%) were underweight (BMI: 12-18.49), 48(48%) were normal (BMI: 18.50-24.99), 15(15%) were overweight (BMI: 25.00-31.49) and 25(25%) were obese (BMI: 31.50-37.99).Out of 100 students 59(59%) knew about BMI and 41(41%) did not know. Out of those 59 students who knew about BMI, 40(67.79%) defined BMI incorrectly and only 19(32.20%) defined correctly. Out of 100 students 75(75%) took part in sports or exercise and 25(25%) did not take part. Out of those who took part in sports or exercise 25(33.33%) took part daily, 25(33.33%) took part often, 23(30.66%) took part weekly, 2(2.66%) took part fortnightly. Out of 100 students 55(55%) took meal three times a day, 31(31%) took meal two times a day, 9(9%) took meal four times a day and 5(5%) took meal 5 times a day or more. Out of those 9(9%)students who took meal four times a day,6(66%) were normal(BMI:18.50-24.99),3(3%) were pre-obese(BMI:25-29.99).Out of those 5(5%)students who took meal five times a day,2(40%)were normal(BMI:18.50-24.99),1(20%)were pre-obese(BMI:25-29.99),2(40%)were obese(BMI:>30).

## Conclusion:
This study shows that a large number 40% of students were overweight and pre-obese. It also reflected that there was lack of awareness about BMI, balanced diet and regular physical activity.

## Key words:
Obesity, Medical students, BMI

# PrevelanceOf Depression Along With Its Associated Factors Among Students Of Age Group 18-25

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## Introduction:
Depression is a medical illness that causes a constant feeling of sadness and lack of interest. Depression affects how the person feels, behaves and thinks. Depression can lead to emotional and physical problems.

## Objectives:
To find out which factors are most common among students and in what percentage among males and females.

## Methods:
Students aged 18-25 were subject of the study. It was a cross sectional study done in January, 2014. A sample of 200 students (100 male and 100 females) were included in study. A fully structured questionnaire was used as data collection tool.

## Results:
The four main causes of depression were studies (42% M, 62%F), low confidence level (22%M, 8%F), various family problems (8%M, 18%F) and fear of uncertain future (38%M, 12% F). Many students were in complex personality disorders, inferiority complex was more common in students (60%M, 38% F) than superiority complex (20% M, 8%F). The common reason of inferiority complex was lack of intelligence and confidence in male and female students and the superiority complex was due to status and intelligence. Females were more depressed when they were unable to manage excessive work load 82% and in males 54%. Mostly students get depressed during exams (44%M, 72%F), students stated that their depression was evoked by bad remarks and criticism by either teachers 40%, by parents 32%, and by friends 26%, and 36% students never share their problems with anyone. Many students get depressed because of adaptive problems in a new environment, with 66%M, 46% F.

## Conclusions:
Depression seems to be more prevalent in students with study tension and there, are many personality factors which can also lead to depression.

## Keywords:
Depression, Prevalence

# Impact on quality of life and physical limitation in pregnancy-related low back pain, (Third trimester).

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## Introduction:

In pregnant women, pregnancy-related low back pain (PLBP) is most common and affect their daily activates significantly. Its prevalence varies between 3.90% - 89.88%. The most common risk factors are previous LBP, increased weight (BMI), young age, strenuous work, no of parities, LBP with menstruation and smoking. During last decade, complains of PLBP has been growing steadily.

## Aims & Objectives:

The aim of this study is to find out the prevalence of PLBP and evaluate the impact of pregnancy-related back pain in the third trimester on the quality of life, functional limitation and physical ability of pregnant women.

## Methodology:

A descriptive and cross-sectional study, conducted in Benazir Bhutto women and child care hospital (DHQ), Abbottabad during jun-feb of 2014. Total 104 patients of 3rd trimester were selected on probabilistic sampling technique during OPD timing. The criterion for inclusion was last trimester of physically active pregnant women and coming to the mentioned hospital for routine checkup, while those with preeclampsia, eclampsia, systemic disease and psychiatric problems, congenital or physical disable, patients with Height less than 4.5 feet (137cm) and third grade obese were excluded in the research. All the data and questions were recorded in a standardized pretested subject profile. The Katz's Activity's Daily Living Index (ADL), Short Form of WHO Quality of Life Questionnaire (Urdu version), Rating of pain intensity, and the Oswestry Low Back Disability Questionnaire were used. Pain intensity was measured by a visual analog scale (VAS) and Numeric Pain Intensity Scale. Functional Pain Scale (FPS) was also used to reach the effect of pain severity on their daily activities. Informed written consent was taken from all patients. All calculated data was computed according to validated scoring methods of each questionnaire. Statistical analysis was done by SPSS software (version 21). Original patient's data were filed and was locked by principle author.

Continuation of Pregnancy Related LBP & physical limitation & QOL.

## Results:

A total of 104 third trimester pregnant women participated. Eight women data was not taken into account due to exclusion criteria and only 96 were included in this study. Mean age of these 96 women was 24.56 (min 18-max 37) years, height 160.39 (min 144- max 176) cm, BMI 26.4 (min 19-maz 37), and mean duration of pregnancy was 8.08 (min 7-max 10) months. 99% of all women were housewives and most women were non-matriculated (n=48). According to WHO criteria 20 (20.8%) were physically inactive. 50 (52.1%) were living in city and all others were from remote areas. None of them ware anemic or male nutritional. Among 96 (100.0%) 3rd trimester pregnant women 66 (68.8%) had pregnancy-related low back pain (PLBP). Among these, KATZ activities of daily life resulted in n=2 (3%) patients totally dependent, n=2 (3%) were neither dependent nor independent. 100% of patients without low back pain were totally independent. Quality of life (QoL) of 66 women with PLBP was measured in four transformed domain (Physical, Psychological, Social Relationship and Environmental with mean values of 95.00: 79.64: 48.03: 126.30 respectively) to meet the standard results of WHO. Pain intensity of majority of women n=36 (54.5%) was moderate. According to Oswestry low back pain disability scoring, most women (n=30- 31.3%) showed 61%-80% disability. Functional pain scale values was computed for limitation of daily activities.

## Conclusion:

The prevalence of PLBP is quite high (68.8%) in Abbottabad population. There is a significant different between those women that had PLBP and those without PLBP (p > 0.005). Pain intensity of n=36 (54.5%) women was more severe in young and in first pregnancy that interferes significantly with their daily living activities (p>0.005). According to ODI, most women showed disability i.e. their PLBP impinged on all aspects of life.

## Key words:

Pregnancy-related low back pain (PLBP), Pre-eclampsia, Eclampsia

# Awareness About Thalassemia Among Management Students Of Peshawar

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Rehman Medical College

## Introduction:

Globally millions of people are affected with this blood disorder. It is an inherited disease, which is transferred from parents to their offspring genetically. This disease can be control by just screening the parents before their marriage, Pakistan still lacks the required awareness initiatives in this regard.

## Aims & Objectives:

The objective was to access the awareness of Thalassemia in management students. Study was focused on management students because the management students are the back bone of a society and they are going to manage the issues of the country. The objective was to access the awareness of Thalassemia in management students.

## Methodology:

It was a cross sectional study design. Four universities of Peshawar were randomly selected where study was conducted. A self-administered questionnaire was distributed among the management (including MBA, BBA and MPA) students. Students were selected randomly where every student got equal chance to get selected. Collectively, from all four colleges, out of 200 nearly 170 students opted to answer the questionnaire.

## Results:

A total 170 students returned the given questionnaire. Of them 78 were MBA students, 57 were of BBA and 35 were MPA students. Significantly was that 40 students were not knowing about this disease. Among those who were aware of Thalassemia majority i-e 74 (57%) were having poor knowledge, 33 (25.3%) were having average information, 22 (17%) were having good knowledge while only 1 (0.7%) was truly aware of Thalassemia.

## Conclusions:

The awareness of Thalassemia was very low among Management students. Their awareness is a necessity for our country to control the increasing percentage of this disease.

## Key words:

Thalassemia, Awareness, Management Students, Peshawar.

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# Prevalence of Anxiety among Medical Students

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Peshawar Medical College

## Introduction:

Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. Medical students often face fear of exams and continuous tests that's why they are anxious most of the time.

## Objectives:

The aim of the research is to find out the methods of relieving anxiety among medical students and to find out percentage of students aware of anxiety.

## Methodology:

110 questionnaires were distributed among the students of Peshawar medical college aging from 18-22 years.

## Results:

Out of 100 students 50% of them were aware of anxiety .Out of 100%,20%relieves their anxiety by eating 20%by praying 54% of them relieve it by sleep 4%by studying more only 2%of them relieved it by taking drugs.

## Conclusions:

Our research conclude that majority of students are aware of anxiety.

## Key Words:

Anxiety, Students

# Comparison Of Stannous Fluoride And Potassium Nitrate In Reduction Of Hypersensitivity. A Clinical Trail

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Peshawar Dental College

## Introduction:

Hypersensitivity control method is one of the most important tool in promoting and improving oral health of an individual. The available data based on scaling prevalence shows that Pakistan is one of the country having a high rate of dentinal hypersensitivity because of high level of periodontal diseases. Improvement of oral health care professional is a vital aspect of preventive dentistry.

## Aims & Objectives:

The aim of study was to compare stannous fluoride and potassium nitrate for control of hypersensitivity.

## Methodology:

Data was collected on a well-structured questionnaire by convenience sampling technique. The whole procedure was performed under supervision of dental specialist according to the specified recommendation in the literature. It was a single blinded clinical trial. Total number of participants were 46. The participants belong to the OPD of Peshawar Dental Hospital presented with hypersensitivity problem. The collected data was analyzed by using the SPSS V19.

## Results:

The result of this study shows that 37 participants have sensitivity and 21 have held bleeding gums. Most of participants were brushing teeth and some of them were using mouthwashes. 17 participants were using pain killer to control hypersensitivity. 41 participants were satisfied from their tooth paste. 17 patients have taken treatment against sensitivity but were not satisfied with treatment. Stannous fluoridehave reduced hypersensitivity significantly after one time application than potassium nitrate.

## Conclusions:

Stannous fluoride is better than potassium nitrate. It has significant effect on hypersensitivity reduction.

## Keywords:

Hypersensitivity, Stannous Fluoride, Potassium Nitrate

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# Para-functional Habits in Students of PDC

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,AmnaKhattak, AneelaKiran,Maria Shah
Peshawar Dental College

## Introduction:

Myofacial pain dysfunction syndrome is painful condition. There are numerous etiological factors responsible for it most common of them are para-functional habits especially among young adult female.

## Aims & Objectives:

To determine the frequency of para-functional habits treatment taken by the PDC students.

## Methodology:

Data was collected on questionnaires by interview method. Convenience sampling technique were used. The data was collected and analyzed in Microsoft Excel.

## Results:

All the participants were female belonging to age group 19-21.Most of them were un married 29 out of 50 participants had a para-functional habit. Most common para-functional habit was biting mucosa of lip and cheek 30%.The second was nail biting 8 of the dental students had taken the treatment 2 of 8 participants used habit breaking appliance.

## Conclusions:

Most of PDC students had para-functional habits but they didn't take any treatment.

## Keywords:

Para-functional Habits, PDC

# Perceptions of Visual Loss in Medical Students of Peshawar Medical College

SUMMERA

Peshawar Medical College

## Introduction:

People with low vision have reduced vision even when using the best possible corrective lens. Causes of reduced vision are refractive errors, cataract, albinism (hereditary), glaucoma, diabetic retinopathy and retinitis.

## Aims &Objectives:

To determine the different perception of junior and senior medical students about decrease vision.

## Methodology:

A cross sectional questionnaire based study was carried out in Peshawar medical college. Data was collected from hundred students (both male and female). It was analyzed in Microsoft excel to conclude the outcome.

## Results:

According to our research, 28% seniors included in our research have decreased vision while 22% have normal eyesight. In contrast, 21% junior student have decreased vision while 19% have normal eye sight. Among senior student, 28% believe that electronic media is the cause of decreased vision, while 35 % junior students are agreed with this. According to 38% senior students described dim light as the cause of decreased vision. In contrast, 32% junior agreed. According to 10% senior student decreased vision is because of diet (Vitamin A Deficiency) while 2% junior agreed. According to 10% seniors described cataract, hereditary, age, reflective error and pollution are the causes of decreased vision while none of the juniors agreed with it as they have no knowledge of these causes.

## Conclusions:

Seniors have more mature perception about decreased vision because of their knowledge as compared junior's perception.

## Keywords:

Medical Students, Vision Loss

# Prevalence Of Depression Among Students Of Age Group(18-25)

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## Introduction:

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

## Objectives:

The purpose of this study was to calculate the prevalence and pattern of grades of depression among male and female students of age group 18-25. It was a cross sectional study done in January 2014. A sample of 200 students (100 male and 100 female) were included in study. Study was based on Goldberg Depression scale developed by Dr. Ivan Goldberg, MD. A fully structured questionnaire was used as data collection tool.

## Results:

32% females and 32% boys were not depressed at all. 22% males 28% females were mildly depressed. 8% males 16% females were in mild moderate depression. 22% males 14% females were moderately depressed. 16% males 10% females were severely depressed.

## Conclusion:

Depression seems to be more prevalent in boys than girls in age group 18-25.

## Keywords:

Depression, Goldberg scale.

# Incidence and Impact of Depression and Its Effect on Quality of Life of Stroke Survivors

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NUST

## Introduction:
Depression has been reported both as risk factor and as a complication of stroke. It has also been reported to have negative impact on stroke survivors and their families alike. Although effective treatments exist for depression, there is evidence practice gap on the effective treatment of depression in post-stroke individuals. Depression, if not treated timely and properly, can worsen the treatment outcome and stroke specific quality of life (SSQOL).

## Aims & Objectives:
To find out the incidence and impact of depression and its effect on QOL of stroke survivors within 3 month post stroke.

## Methodology:
This study involved 45 stroke survivors included from the accident and emergency departments of Jinnah hospital and Mayo Hospital Lahore. The National Institute of Health Stroke Scale, Stroke Specific Quality of Life (SSQOL), international classification of diseases (tenth edition) and Center for Epidemiological Scale-Depression (CES-D) were administered to assess stroke-severity, QOL and depression respectively. The SSQOL, ICD-10 and CES-D were subsequently administered every other week for 3 months. Data were treated using Spearman's correlation coefficient, Mann Whitney U- test and multivariable stepwise linear regression analysis (P =0.05).

## Results:
Participants were of 58.1±15.7 years of age and among 45 individuals, 28 and 17 were of hemorrhagic and ischemic stroke respectively. 40% and 60% had moderate and severe stroke, respectively. Majority of them had post stroke depression. The QOL at post-stroke periods were significantly influenced (P <0.05) by depression, age, marital status, spouse supports, stroke-severity, and educational-attainment. Depression determined (P <0.05) poor QOL in stroke survivors. Co-morbidity with stroke severity was a determinant (P <0.05) of poor QOL and death. The hemorrhagic stroke survivors had significantly higher (P <0.05) QOL at post-stroke periods.

## Conclusion:
Depression is associated with stroke. It is common within the first 3 months post-stroke and has negative impact on quality of life of stroke-survivors.

## Key Words:
Stroke survivors, depression in stroke, quality of life of stroke survivor

# 7th Undergraduate Medical Research Conference 2014

## SURGERY & ALLIED
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# Frequency of Maternal Deaths among Women Attending the Gynae and Obs Ward in Teaching Hospitals of Peshawar

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## Introduction:

Reducing maternal mortality is an alarming issue in Pakistan.

## Aims and Objectives:

To determine frequency and the major causes of maternal mortality in the past three years,

To determine age-group based maternal mortality prevalence.

To determine the district wise distribution in (KPK).

To compare the maternal mortality in private and government teaching hospitals of Peshawar.

## Methodology:

This retrospective survey 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 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.

## Result:

There were a total of 277 deaths in three years 2009-2011. Eclampsia remain 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.

## Keywords:

Maternal Mortality, Peshawar

# Common Neoplasms In NeonatesAnd Associated Congenital Anomalies

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Islamic International Medical College

## Aims & Objectives:

To describe neoplasms diagnosed in children </= 28 days of age along with their treatment, associated congenital anomalies, and the long-term consequences of the diagnoses and treatments.

## Methodology:

Utilizing autopsy records, a computerized tumor registry, and medical records, we identified patients and stillborns at Duke University Medical Center (DUMC) diagnosed with neoplasms at </= 28 days of age between 1930 and 1998.

## Results:

Twenty-three neonates with neoplasms were identified. There were 7 males (30%) and 16 females (70%). Follow-up of survivors ranged from 4 months to 27 years (mean 9 years). The 20 patients identified via the computerized registry system for 1980-1998 constitute 2% (20/925) of all neoplasms seen in patients </= 16 years of age over this same time period at DUMC. There was one malignant germ cell tumor, 2 immature teratomas, and 5 teratomas. Two of the seven patients with immature teratomas or teratoma were long-term survivors following surgery. The one patient with malignant germ cell tumor, treated with surgery and chemotherapy, died. Associated anomalies were imperforate anus, congenital absence of a limb, left ventricular hypertrophy, fusion or absence of toes, coarctation of the aorta, and pulmonary valve dysplasia. Of the five children with neuroblastoma, 4 were female. INSS Stages were 1 (n = 1), 2A (n = 1), 3 (n = 1), and 4S (n = 2). Two were treated with surgery + chemotherapy + radiotherapy; two with surgery + chemotherapy; and one with surgery alone. Four children are long-term survivors. A child with a dumbbell neuroblastoma, treated with surgery and chemotherapy, is paraplegic. Of the four children with retinoblastoma, two were female.

## Conclusion:

The most common neonatal neoplasm histologic diagnoses are teratoma/germ cell tumor, neuroblastoma, and retinoblastoma.

## Key Words:

Congenital Anomalies, Neonates.

# Incidence Of RTA In Patients Presenting To Surgical Emergency At Kasur And Its Correlation With Age And Gender

SYEDA SHAHANA ALI, Usman Haider, Rehman Shahid
Central Park Medical College Lahore

## Introductions:

Road Traffic Accidents almost always results in surgical injuries, the incidence type and demographic profile of the patients is an important evidence to be compiled, so that awareness and preventive strategies can be employed.

## Objectives:

To study incidence of RTA (road traffic accidents) in patients presenting to surgical emergency at BIT hospital Kasur and to highlight its correlation with age and gender.

## Methodology:

A prospective study conducted at surgical emergency of Bhatti International Teaching Hospital Kasur from 2nd January, 2013 to 29th December, 2013. A total of 415 patients of ages 1 65 years were included in study. Patients referred to other hospitals and treated in operation theatre for major surgery were excluded. Ethical consideration regarding confidentiality of patients was taken in account.

## Results:

Out of 415 patients in surgical emergency, 329(79.27%) presented with RTA, 86(20.72%) presented with head collision. Out of 329 RTA patients, 229(69.60%) were male and 100(30.39%) were female. Out of RTA patients 53 (16.1%) were of age 1-10years, 78(23.7%) were of age 11-20years, 97(29.4%) were of age 21-30 years, 48(14.5%) were of age 31-40years, 26(7.9%) were of age 41-50years, 16(4.8%) were of age 51-60 years and 11(3.3%) were of age 61 and above. Out of RTA patients 242(73.55%) were managed with dressing, 65(19.75%) were managed with stitching and 7(2.12%) were managed with Plaster of Paris for fracture treatment.

## Conclusion:

This study shows that a large number 69% of RTA patients were males and 29% of RTA patients were from age group 21-30 years. Male gender and age group of 21-30 years shall be targeted for health education.

## Keywords:

RTA, Surgical emergency, Age, Gender

## Prevalence of perforated Appendix Among Patients Presenting In BIT Hospital Kasur

*TAYYABRIAZ, Saddam HussainAbbasi, Qurat-ul-Ain Afzal*
*Central Park Medical College*

### Introduction:

Acute appendicitis is one of the most common surgical diseases presenting in emergency ward. The first reported case of acute appendicitis was in 1736. There are many contributing factors in the perforation of appendix. The most important factors are the late presentation of the patients, steroid dependency, extreme of age, diabetics and immune-compromised.

### Aims & Objectives:

To investigate the frequency of perforated appendix in patients presenting to bit hospital in the last one year and to investigate which age group and gender were involved and also to find out the common risk factors leading to the perforated appendix

### Methodology:

A retrospective study was carried out in bit hospital. Patients' record for the last one year from January 2013 to January 2014 was reviewed. Convincing sampling was employed. 200 patients of appendicitis were reviewed. Data was analyzed using Microsoft excel 2010.

### Results:

The incidence of perforated appendicitis is higher in males (64 %) as compared to females (36%). The incidence of perforated appendicitis is higher in the extreme of ages i.e; 48.7%. Most of the patients (64.23%) were admitted with complaints of pain right iliac fossa with nausea. 1/3rd of the patients who were operated for perforated appendicitis presented with generalized peritonitis.

### Conclusion:

Perforated appendicitis is associated with high morbidity and mortality and the factors which increase the risk of perforated appendix are; Extreme of age i.e.; 1st and 5th decade of life.In diabetics and immune-compromised.In those who are taking steroids.In those who present late to the hospitals.

### Keywords:

Perforated Appendix, Contributing Factors, Delayed Presentation

# 7th Undergraduate Medical Research Conference 2014

## DENTAL SCIENCE & ALLIED
### Index

# Frequency of Oral Ulcer in Medical Students of Peshawar

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## Introduction:

Oral ulcer is a very common occurring condition. usually in association with many diseases and by many different mechanisms. but usually there is no serious underlying cause. The two most common causes of oral ulceration are local trauma and Aphthous Stomatitis ("canker sores"). a condition characterized by recurrent formation of oral ulcers for largely unknown reasons. Oral ulcers often cause pain and discomfort. and may alter the person's choice of food while healing occurs (e.g. avoiding acidic or spicy foods).

## Aims &Objectives:

To determine the frequency of oral ulcers in medical students of Peshawar.

## Methodology:

A Cross-sectional study was done by convenient sampling technique 100 questionnaire were distributed in Peshawar Medical College and Jinnah Medical College students.

## Results:

The data was entered in SPSS and frequencies were calculated, according to which 68% has experienced oral ulcers once in life time due to either trauma, infection or GIT disease. 31% had experienced oral ulcers on cheek mucosa, 26% on floor of mouth. 22% on lips, 17% on under surface of tongue and 4% on hard palate.

45% were having red and swollen gums. 22% bleeding gums. 12% bad taste, 4% gum abscesses, 1% loosening of teeth, and 26% of students were having no such problems

76% (males) were smokers and 59% (mostly females) were in stress.

## Conclusions:

Attheendof study we found out that oral ulcer is a common problem and widely prevalent at the community having percentage of 68% out of 100. An underling cause of smoking in males and stress in females.

## Key words:

Oral Ulcer. Stomatitis

# Prevalence of Gingivitis and Peri-Odontitis in PDC 2012

*SHAMA GUL, Momna Syed, Asia Mohammed*
*Peshawar Medical College*

## Introduction:
Gingivitis is a form of gum disease that causes inflammation of gums. Periodontitis is a gum infection that damages the soft tissue and destroys the bone that supports your teeth.

## Aims & Objectives:
To find the prevalence of gingivitis among the students of Peshawar medical and dental college (2013-2014)

## Methodology:
The study was cross sectional and the data collected was from Peshawar dental hospital. Total number of patient examined was 2364 out of which 1179 patients were having gingivitis and 436 patients were having periodontitis.

## Results:
Out of 2364 patients examined, 1615 (68.3%) were cases of gingivitis and periodontitis. Out of these patients, 1179 (73%) were cases of gingivitis and 436 (27%) were cases of periodontitis.

## Conclusions:
Gingivitis and periodontitis were found to be prevalent which can be easily prevented by good maintaining good oral hygiene. Awareness about good oral hygiene should be promoted to prevent these diseases.

## Keywords:
Gingivitis, Prevalence.

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# A Study Of Knowledge And Attitude Regarding Malocclusion Among The Medical Students Of PDC

*ERUM REHMAN, Amna Umar*
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## Introduction:
A malocclusion is a misalignment of teeth or incorrect relation between the teeth of two dental arches. The term was coined by EDWARD ANGLE, (the father of modern orthodontics as a derivative of occlusion) which refers to the manner in which opposing teeth meet.

## Aims & Objectives:
To evaluate the problem of malocclusion in the medical students of PDC.
To find the frequency of malocclussive patients who opted the treatment.

## Methodology:
It was cross-sectional questionnaire based study and the data was collected by interviewing the participants. Convenience sampling technique was used to collect the data. The collected data was analyzed by using SPSS (version 16).

## Results:
All the participants have knowledge about the malocclusion but 30% among them don't have any idea about malocclusion before coming to medical college. 38% among them have malocclusion and 80% of them had the opinion that it affects the aesthetics. 30% of the participants visited to the doctor for this problem. Among them 30% consulted to specialist and 72% of the participants was satisfied with the treatment and 68% have the opinion that this treatment has change their life style.

## Conclusions:
We observe that malocclusion has a greater effect on the life style or the personality of the students and proper treatment should be taken.

## Keywords:
Malocclusion, Orthodontics and Aesthetics.

# Dental Age Assessment of Children in Peshawar (KPK) By Using Demirjian Standard - AN ANALYTICAL STUDY

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*Peshawar Medical College*

## Introduction:
Demirjian standard is one of the method to identity a person by assessing one's age, which is a procedure adopted by many Anthropologist, Archaeologists and Forensic experts. Orthopantomogram is commonly use to assess all the teeth.

## Aims & Objectives:
To evaluate the applicability of the Demirjian standard on 3 to 16 years in children belong to Peshawar (KPK).

## Methodology:
Orthopantomogram (OPG) from Orthodontics department were screened. Poor quality OPGs and those subjects with obvious dental pathology, subjects with one or more bilaterally missing mandibular teeth, developmental anomalies of dentition, known history of chronic medical illness and hormonal deficiency were excluded. A total of 150 OPGs of children aged between 3 to 16 years males (78) and females (72) were included. When a tooth was missing the corresponding tooth on the other side was scored. Maxillary teeth were not included in this study because of superimposition of upper teeth with floor or posterior wall of maxillary sinus and maxillary tuberosity.

## Results:
When chronological age was compared with dental age using Demirijian method total sample showed statistically significant linear correlation of r=0.975(P<0.001) and total female sample showed statistically significant linear correlation of r=0.978(P<0.001).

## Conclusions:
Significant positive correlation was found between chronological age and dental age. Demirijian method showed high accuracy when applied to the studied population.

## Keywords:
Age Estimation, Forensic Dentistry, Orthopantomogram,

# Frequency Of Dental Plaque And Calculus Among School Going Children

*SARA KHAN, Maria Habib, Breshna Abid*
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## Introduction:
Plaque is the soft and sticky substance that accumulates on the teeth from food debris and bacteria. Plaque can be removed by brushing and flossing thoroughly. If plaque is not removed, it can lead to gum disease and cavities (1)". Calculus or tartar is a form of hardened dental plaque. It is caused by the continual accumulation of minerals from saliva on plaque on the teeth. Its rough surface provides an ideal medium for further plaque formation, threatening the health of the gingiva (gums) (2)". A longitudinal study was conducted in India about oral hygiene in school children the overall prevalence of dental plaque was 38.3 %( 3).

## Objectives:
To determine the frequency of dental plaque and calculus among school going male and female children (5-15 years)

## Methodology:
This was a cross sectional study conducted at four primary school at Warsak road Peshawar. Total 176 children were examined for plaque and calculus

## Results:
Out of 176 children 100 (57%) were male and 76 (43%) were female. Among 100 male children 80% have plaque and calculus, of which 44% children have plaque and 36% calculus. Sixty eight percent female children have plaque and calculus, 38% have plaque and 40% calculus.

## Conclusion:
It is suggested that, providing intensive advice and supervision concerning oral hygiene practices through public and school health care is mandatory.

## Keywords:
Dental Plaque, Calculus, Paediatric Age Group

# Evaluation Of Tooth Brushing Technique And Oral Hygiene Knowledge In Peshawar.

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## Introduction:

Poor oral health can have adverse effects on general health. Good oral health is very essential, which in turn is achieved by good oral hygiene that is directly related to the brushing technique and knowledge about how to maintain good oral hygiene.

## Aims & Objectives:

The aim of the study was to evaluate the tooth brushing technique and oral hygiene knowledge in students of Peshawar.

## Methodology:

A study was done by using sample size of 400, the questionnaire was distributed in 7 different institute of Peshawar (age group 13-24 years). They were asked about oral hygiene and their technique of brushing.

## Results:

The data obtain was analyzed, according to which 87% of students brush their teeth regularly, 36% once a day, 50% twice a day and 12% don't brush their teeth regularly.

The result showed that 92% of students use the scrubbing/rubbing technique; only 7% use the proper technique (circular motion), While just 0.5% knows about the standard technique (modified Bass method) of tooth brushing.

38% of students were suffering from bleeding gums, 31% students were having fillings in their teeth and 27% students had dental problem like halitosis, inflamed gums etc.

68% of student brush their teeth before breakfast ( i.ewrong timings) and 27% after breakfast.

## Conclusions:

The result showed that very few students were using the proper technique of brushing while none of them know about the standard brushing method. Although majority of students brush their teeth regularly but due to improper method and due to lack of knowledge their oral health was compromised.

## Keywords:

Tooth-Brushing Technique, Oral Hygiene

# Frequency Of Decayed Missing And Filled Teeth (DMFT) In The Patients Of Peshawar Dental College

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## Introduction:

Decayed and missing and filled teeth forms an integral part of dental spectrum which is the core focus of WHO goal for Oral Health "the retention throughout life of a functional, aesthetic, natural dentition of not less than 20 natural teeth and not requiring recourse to a prosthesis". Especially in developing countries, extraction is the most common treatment for decayed teeth and pain relief.

## Aims & Objectives:

To find the prevalence of Decayed missing and filled teeth in the Patients of PDC Peshawar.

## Methodology:

This cross sectional study was carried out in Peshawar Dental College to evaluate DMFT score/status in different clinical classes. Total numbers of participants were 50. Among 50, females were 41 and males were 9. The DMFT score was evaluated by using DMFT score scale. Data was collected on a well-structured Performa by clinical examination of the participants. The convenience sampling technique was used to collect the data.

## Results:

The mean DMFT scores were found to be 9.58. There was significant difference between the mean DMFT score among the male and female (P<0.05) and as well as there was no significant difference found between different clinical classes

## Conclusions:

DMFT is major problem in patients reporting to Peshawar Dental College.

## Keywords:

DMFT, Frequency, PDC

# Frequency Of Missing Tooth In Peshawar Dental College & Hospital

*Mahnoor khan, Aimen sahibzada*
*Peshawar Dental College*

## Introduction:

Dental carries is an important clinical/public health problem. Patients with missing permanent teeth may suffer from reduced chewing ability, inarticulate pronunciation and an unfavorable aesthetic appearance. This potentially affects their self-esteem communication behavior and professional performance.

## Aims & Objectives:

The aim of study was to evaluate the prevalence of missing teeth in patients of PDC and causes of missing tooth /extraction.

## Methodology:

A cross sectional study was conducted on a well structural Performa by using convinces sampling technique. The data was collected from the patients visiting to PDC OPD. The patients were examined by using examination instruments under well illuminated light.

## RESULT:

A survey was done and 140 teeth were missing in 50 patients in which 14 were male and 36 were female. The main cause of missing tooth were carries (82%) periodontal diseases (6%), trauma (4%), congenital (6%) and extraction (2%).

## Conclusions:

Mandibular first was the commonly missing tooth and carries was frequent reason for missing teeth.

## Keywords:

Missing Teeth, Prevalence

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# Knowledge And Attitude Regarding Bleeding Gums Among School Students Of Peshawar.

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*Peshawar Medical And Dental College.*

## Introduction:

Bleeding gums are mainly due to inadequate plaque removal from the teeth at the gum line. This will lead to a condition called gingivitis, or inflamed gums. (1)

## Aims &Objectives:

Our objectives were to know,

1. The awareness in school students, that how much they are aware of bleeding gums.

2. Whether they suffered from bleeding gum or not.

3. What precautions they follow to prevent the bleeding gums.

4. Do they visit their dentist in case of having dental problem?

## Methodology:

A cross sectional study was conducted using a sample of 300 students (14 to 16years) of different schools of Peshawar. Which include, Frontier Youths Academy, Peshawar Model School, Forward Public School, Al Noor Public School and Frontier Model School.

## Results:

The data was collected and analyzed and a report was prepared according to which 72% of students were aware of the term bleeding gum whereas the rest of 28% don't have any idea.63% students were suffering from bleeding gums in which 51% consulted a dentist in order to cure it. While the rest went for some home remedy or did nothing, and ignored their disease. 75.5% of students think that the patient suffering from bleeding gum often consult 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.68% say that due to bleeding gum they have bad oral smell due to which they often hesitate to smile or talk.

## Conclusions:

The school going students were not properly aware about bleeding gums and were unaware about the proper method of maintaining oral hygiene. Most students don't know about the actual cause of bleeding gums. Some don't even consider it disease or the health related problem.

## Keywords:

KAP, Bleeding Gums, Paedriartic Age Group

# Oral Hygiene among Two Medical Schools PDC &GMC

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*Peshawar Dental College*

## Introduction:

Oral hygiene is an important point of general health of our body. Our mouth is the entry point of many bacteria. Most of the time our body natural defenses and good health care can keep these bacteria under control. Sometimes these Bacteria overgrow and causes infections, tooth decay and gum disease.

## Aims & Objectives:

• To study various factors determining oral hygiene
• Factors related to unmet oral hygiene
• Oral hygiene practices among students of two medical schools

## Methodology:

• This was a cross sectional survey, which was done in the form of questionnaire. Students of 1st and 2nd year MBBS and BDS was of concern and it was done in Peshawar medical and dental college and Ghandhara medical college
• The subjects on which research was done was, 100 students of PMC, including 57 male and 43 female,83 students of GMC,including 46 males and 37 females

## Results:

| Clean teeth/don't clean teeth | 171 Yes | 13 No |
|---|---|---|
| What they use to clean teeth | 159 Tooth Paste | 12 use Tooth Paste and Maswak both |
| How many times clean their teeth | 127 once a day | 44 twice a day |
| How long they brush their teeth | 133 clean for 2mins | 38 for 5 mins or more then 5 mins |
| How many rinse their mouth | 137 rinse their mouth | 34 don't rinse their mouth |
| Cleanining of tongue | 142 Yes | 29 No |
| Bad smell from mouth | 15 Yes | 156 No |
| Bleeding Gums | 19 Yes | 152 No |
| Mouth Wash | 25 Yes | 146 No |
| Tobacco Products | 55 Yes | 116 No |
| Sensitive to hot/cold | 09 Yes | 162 No |
| Wisdom Tooth | 41 Yes | 130 No |
| Effected Tooth | 14 Yes | 157 No |
| Ever being to a dentist | 161 Yes | 10 No |
| Happy with smile? | 147 Yes | 24 No |

## Conclusions:

The Oral Hygiene was poor among Medical Students of PDC and GMC

## Keywords:

Oral Health, Oral Hygiene

# To Find the Prevalence of Halitosis in Students of Peshawar Medical College And Peshawar Dental College.

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*Peshawar Medical And Dental College*

## Introduction:

Halitosis is defined as a state or condition of having bad breath 1. It can be caused by different factors and has a high prevalence 2. Besides halitosis, other terms used for this condition are; foul breath and oral malodor 4. Halitosis can be subdivided into intra-oral and systemic halitosis depending on place where it originates 3. In general, intra-oral conditions like; periodontitis or tongue coatings are considered to be the most important causes (85%) for halitosis 4. Systemic halitosis covering about 5-10% of all cases of halitosis might be a manifestation of a serious disease for which treatment is much more complicated than for intra-oral halitosis 3. It is therefore of utmost importance to differentiate between intra-oral and systemic halitosis 2.

## Aims & Objectives:

The purpose of this study was to evaluate the knowledge and attitude of students towards halitosis, and the training given at a school of dentistry.

## Methodology:

A self-administered questionnaire was distributed among 150 students of various medical and dental colleges of Peshawar in January' 2014.

## Results:

Thirty eight point six percent students pointed out the stomach as the most frequent cause of halitosis. Forty percent students did not know the oral conditions and which therapeutic agents in mouthwashes are the appropriate ones to treat halitosis i.e. 49%.

## Conclusions:

In this study student's knowledge, attitude and reported education on halitosis was 72%.

## Keywords:

Halitosis, Prevalence

# Knowledge And Practice Of Oral Health Among Secondary School Students.

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WAH Medical College*

## Introduction:
Oral hygiene is the practice of keeping mouth and teeth healthy by regular tooth brushing and flossing. In the past few decades there is an increase in the incidence of oral hygiene problems like caries and ulcers among young children but due to lack of attention and knowledge it is coming up as a major issue among teens.

## Aims &Objectives:
To determine knowledge and practice of oral health among higher secondary school students. To determine gender differences regarding knowledge and practice of oral hygiene.

## Methodology:
It was a descriptive study for 6 months in different higher secondary schools of WahCantt. Subjects included 370 students from 14-17 years of age including male and female both, from different schools of WahCantt. A questionnaire was given to them and then evaluated on the basis of answers about knowledge and practice. Purposive sampling technique was used.

## Results:
Out of 370 students 9.2% of students had a good, 40.3% have average, and 50.5% have poor oral hygiene. Similarly 4.9% had a good, 45.9% have average and 49.2% have poor knowledge about oral hygiene.

## Conclusion:
Majority of students have poor knowledge and practice of oral hygiene leading to increased oral health problems.

## Keywords:
Oral Health, School, Students.

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# Knowledge Attitude and Practice of oral health among Under-Graduate students of AJ&K

*RASHID MEHMOOD, Mudassarejaz, Saeeda Rashid*
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## Introduction:
Dental carries is a major health issue experienced by 85% of children and 92% of the adults worldwide. In developing countries like Pakistan situation is more alarming.

## Aims &Objectives:
The objective of this study is to evaluate oral health knowledge, attitude and practice in Under Graduate students of Azad Jammu and Kashmir and to correlate the habits of oral hygiene and consumption of sweets and soft drinks in male and female.

## Methodology:
A cross-sectional study was done in AJK from July 2013-February 2014. Data was collected by random sampling method using a modified questionnaire adopted from Peterson et al. (2000) and Stenberg et al. (2000). Questionnaires were distributed among 500 students in which 384 were filled & collected.

## Results:
A total of 384 students comprising 49.2 % males and 50.8 % females participated in study. Knowledge level of 95% students (47% male & 48%females) was satisfactory. About 88% students (43% male & 45% females) were well aware about fluoride. A percentage of 41 clean their teeth once a day, 32 % twice a day, 17.7 % three times a day and 8 % more than three times a day. About 70% clean their teeth in morning, 5.2 % before going to bed and 21 % brush their teeth twice or thrice a day. 63% used brush and tooth paste, 37% used Miswaak as oral hygiene tool. Boys consumed more sweets and soft drinks than females. A total of n=122 (children) mostly i.e. 39% cleaned their teeth once a day and minimum i.e. 8.2% brushed thrice a day. Among (n=384) a total of n=362 (teen agers) mostly i.e. 42.7% were brushing daily and hardly 6.9% were used tooth brush thrice a day.

## Conclusions:
Results showed no significant difference between gender and age groups in knowledge level. Tooth paste + brush and Miswaak were most common tools of oral hygiene.

## Keywords:
Oral Health Education, Dental Carries

# Frequency Of Bruxism In Adults

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## Introduction:

Bruxism is nonfunctional clenching or grinding of the teeth. A movement disorder of the masticatory system characterized by teeth-grinding and clenching during sleep as well as wakefulness.

Awake bruxism is found more in females as compared to males while sleep bruxism shows no such gender prevalence. Etiology of bruxism can be divided into three groups' psychosocial factors, peripheral factors and pathophysiological factors. The recently published retrospective pilot study, with a mean slide of 0.77 mm (s.d., 0.69 mm) in the sleep bruxism group and a mean slide of 0.4 mm (s.d., 0.57 mm) in the control group, the evaluation of the mean comparison between the two groups demonstrated a larger slide from centric occlusion to maximum intercuspation in sleep bruxism subjects (MannWhitney U-test; P=0.008).

## Aims & Objectives:

To determine the frequency of bruxism among adults male and female ( age 19-25 years)

## Methodology:

This was cross sectional study conducted at four private medical colleges of Peshawar. Total 150 medical students were examined for bruxism.

## Results:
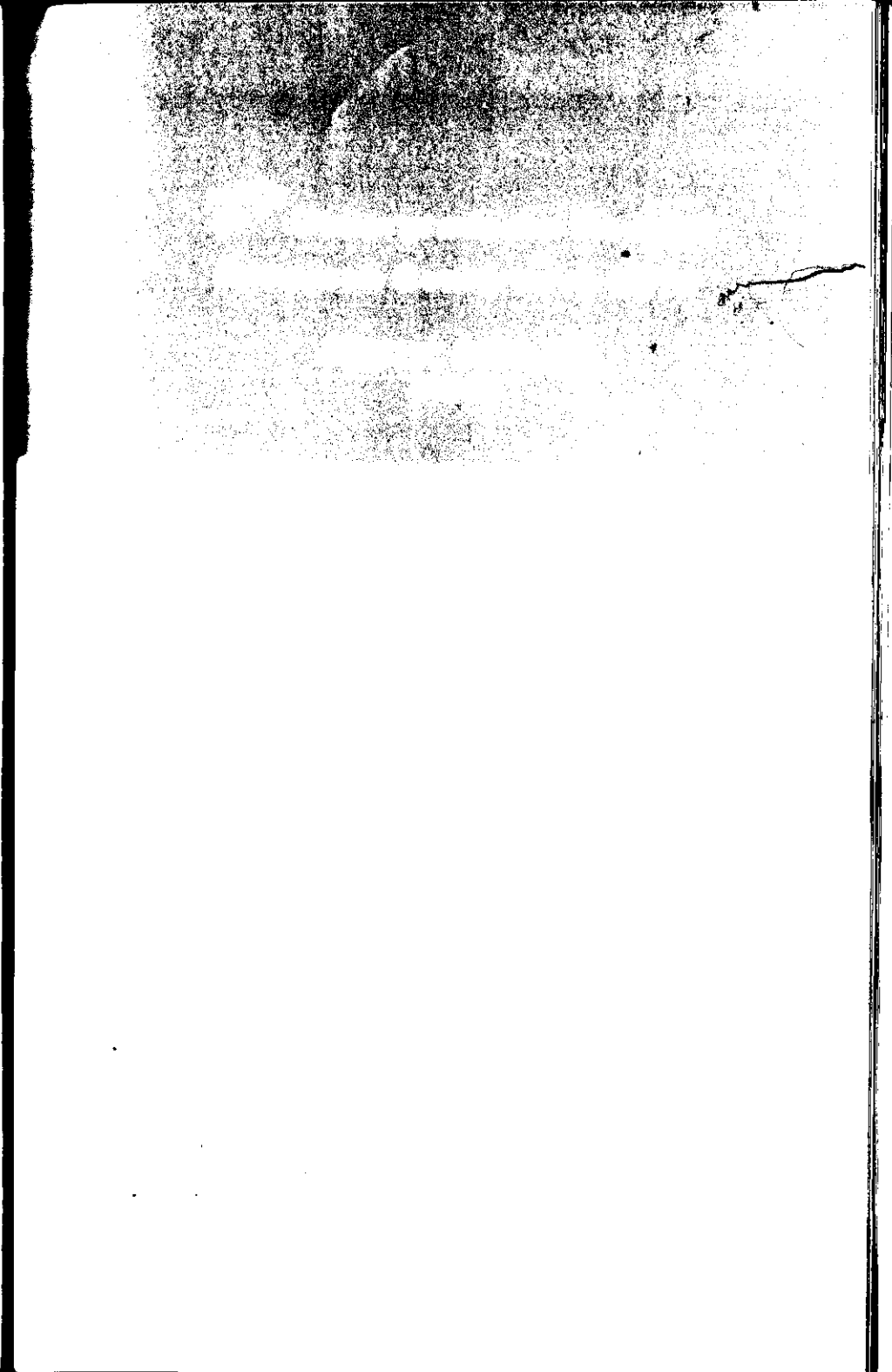
Out of 150 students 80(53%) were male and 70(47%) were female. Among 80 male students 8% were aware of bruxism and of them 3% had bruxism. 15% female were aware and of them 7% had bruxism.
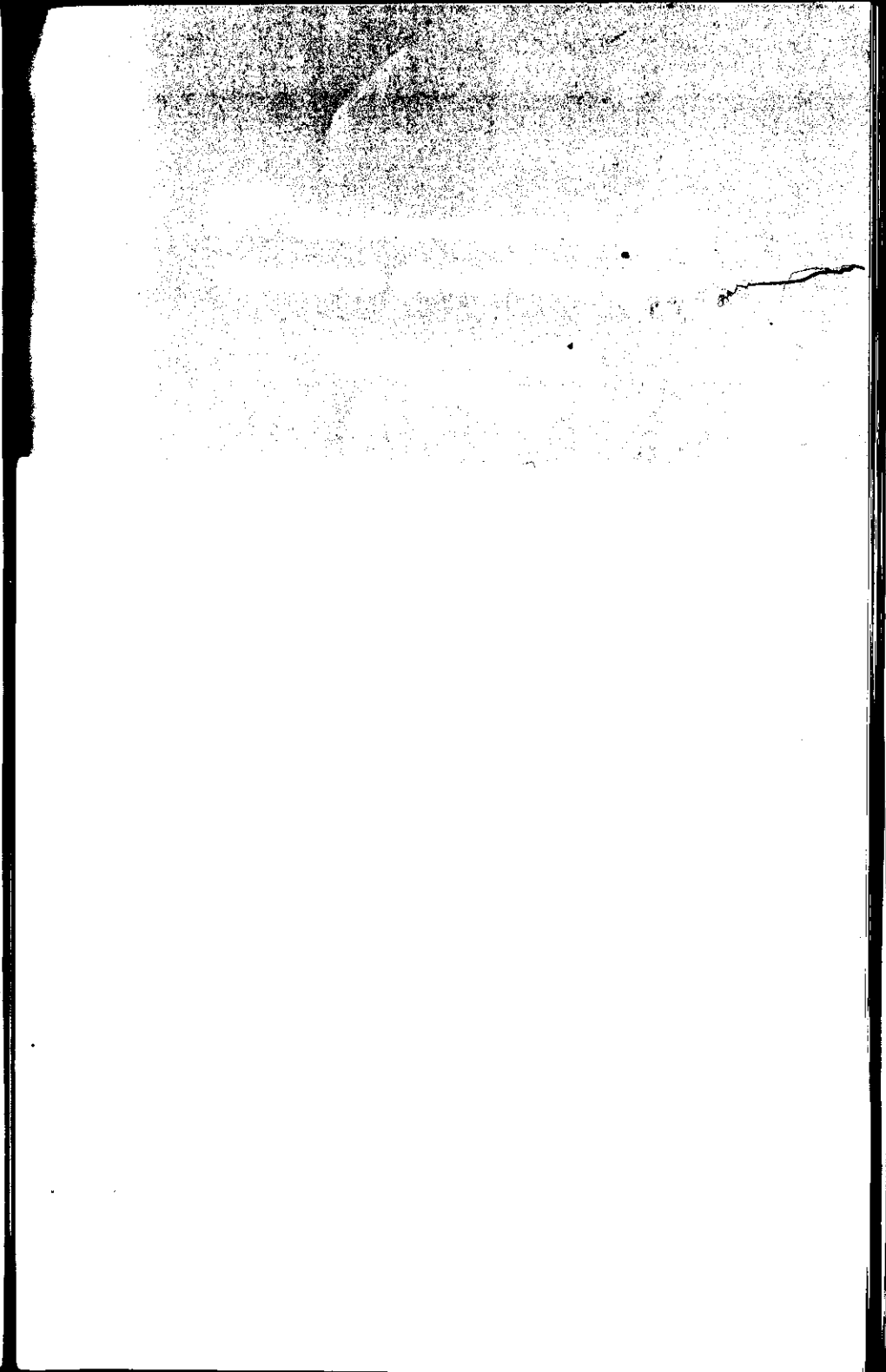
## Conclusions:

It was recommended that bruxism can be best managed by occlusal appliances, counseling, change in lifestyle and pharmacological interventions.

## Keywords:

Bruxism, Frequency, Adults

# Use Of Oral Smokeless Tobacco Among Lower Staff Of Pakistan Ordinance Factory Hospital, WahCantt.

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*WAH Medical College*

## Introduction:

According to WHO tobacco is the single most preventable cause of death in the world today. It is estimated that 5.4 million deaths currently occur every year due to tobacco use and projected figures show that by 2030 there will be more than 8 million deaths every year. There is a wide variety of smokeless tobacco in Pakistan. Among these most commonly used forms are pan, gutka and niswar. Gutka is relatively newer form of oral tobacco. In Pakistan pan is most commonly used in Karachi, while niswar is used in Khyber Pakhtonkhwa region. In a study from the large metropolitan city of Mumbai, the prevalence of Tobacco use was 57.5% among women, almost solely in smokeless form.

## Aims and Objectives:

To determine frequency of oral smokeless tobacco and its contributing factors and awareness regarding consequences of smokeless tobacco use.

## Methodology:

A Descriptive hospital based study was conducted at Pakistan Ordinance Factory (POF) Hospital,WahCantt. The study duration was 6 months. The sample size was 100. Convenient sampling technique was used. All lower staff of POF Hospital was included and paramedics were excluded. Data was collected through Questionnaires.

## Results:

Majority of the workers 32(54.2%) used naswarafter inspired from workplace i.e 54.2%. 76% were males and 24% were females. 55% have education less than primary and prominent contributory factor was stress 28(47.5%).

## Conclusion:

The lower staff in the study has only primary education. so the percentage of users of oral smokeless tobacco is more and they have less awareness about harmful consequences of oral smokeless tobacco.

## Keywords:

Oral Smokeless Tobacco, Pan. Gutka. Niswar

# Knowledge And Practice Of Healthy Life Style Among Medical And Non-Medical Students.

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Junaid Ahmad, Zubairshahid, Kamran Aslam
WAH Medical College

## Introduction:
A healthy lifestyle is one which helps to keep and improve people's health and well-being. Nutritious diet, adequate sleep and regular exercise, moderate approach to life's stressful moments and supportive social network will all lead to a healthy lifestyle.

## Aims &Objectives:
To determine:
1. Knowledge and practice of healthy lifestyle amongst medical and non-medical students.
2. Effect of knowledge on practice of healthy lifestyle among medical and non-medical students.

## Methodology:
It was a Cross-sectional study in Wah Medical College, WahCantt and Wah Engineering College, WahCantt. On 350 Medical students and Students of professional college Data collection: A questionnaire was made and distributed among students of Wah Medical College and Wah Engineering College. It will then be collected after 5 days. The analysis will be done by entering the data in SPSS version 17 and tables and charts will be formed accordingly.

## Results:
Most of the students belonged to the age group of 19-21 years (60.6%). Females constituted 53.1% of our study, whereas males were 46.9%. 54.9% students had good knowledge of healthy lifestyle and 64% of students had average practice. The students with good knowledge had average practice. There is a significant difference in the knowledge of healthy life style among medical and non-medical students with a p value of 0.004 but no difference in the practice of healthy life style among medical and non-medical students with a p value of 0.601.

## Conclusion:
The knowledge and practice of medical students suggest that superior knowledge about healthy life style does not necessarily results in to better practices. The colleges and universities represent the final opportunity for the health and nutritional education of a large number of students.

## Keywords:
Healthy Life Style, Medical Students, Non-Medical Students.

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# Major Risk Factors Of Hypertension, Prevention And Control.

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## Introduction:
Hypertension is prevalent all over the world. The main factors responsible for this rising trend are changing life style, obesity and behavior pattern of the people. Exploration of these factors is important for prevention.

## Aims and Objectives:
To identify the major risk factors of hypertension and their prevention and control.

## Methodology:
A cross-sectional study was conducted among people of rural dwelling dependant on the basic health unit in WahCantt. Data was collected by distributing questionnaire and was analyzed by SPSS software.

## Result:
Out of 239 subjects, 118 (49.4%) were male, 121 (50.6 %)were females. Subjects having >45yrs of age were 98(41%) and <45yrs of age were 141(59%). Out of 118 males, 94(41%) were smokers and 24(20.34%) were non-smokers. Prevalence of oral contraceptive pills among women were found 18% i.e. 22 women ever use oral contraceptive pills out of 121 women.

## Conclusions:
Hypertension is a "silent killer" is quietly creeping into our rural society even in younger age previously considered immune to this menace. Reason for this trouble is increase in the intrusion of risk factors of hypertension that is in terms of change of life style resulting from more and more mechanization and use of motor transportation and change in the dietary habits of people and other related factors.

## Keywords:
Hypertension, Risk Factors.

# Immunization Status Of Children At POF Hospital; Reasons For Partial And Non-Immunization.

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## Introduction:
Immunization plays a significant role in the prevention of diseases and morbidity and mortality in children can be much reduced only by implementation and utilization of EPI (Expanded Program on immunization).

## Aims&Objectives:
The objectives of the study were to determine
1) The immunization status of children admitted to pediatric ward of tertiary care in POF hospital, Wah Cantt.
2) The reasons for partial immunization and non-immunization.
3) The socio-demographic factors that affect the immunization status.

## Methodology:
The study was Descriptive and duration was about 6 months in Pediatric and Gynecology wards of POF HospitalWahCantt via convenient random sampling. Our study included mothers of 18-24 months aged children who presented to POF Hospital Wah. A pre tested structured questionnaire was filled by the students themselves.

## Results:
87.5% of children were completely immunized, 9.5% were partially immunized while 3% were not at all. 33.5% of the parents believed that there were side effects of vaccines. 44.5% of the parents thought that only oral polio vaccine was required and 17% considered it as bothersome. Health facility was inaccessible for19.5% individuals and 23% face non availability of vaccines. Chi square test showed a significant association between educational status of father, mother and place of delivery with immunization status.

## Conclusion:
The immunization status of the children was adequate and there was significant association between literacy status of father, mother and place of delivery with the immunization status. The reasons of none and partial immunization were inaccessibility, non-availability of vaccine, considering polio was the only required vaccine and inconvenience for the parents.

## Keywords:
Immunization, Children

# Patterns Of Self-Medication Among Medical And Dental Undergraduates Of PMC And PDC.

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## Introduction:
Self-medication is usually defined as intake of any type of drugs for treating oneself without professional supervision to relieve an illness or a condition. Self-medication is an issue with serious global implications.

## Aims & Objective:
In this study it was aimed to determine the patterns of self-medication among medical and dental undergraduates of Peshawar medical college and Peshawar dental college.

## Methodology:
A cross-sectional study was conducted on a sample of randomly selected medical and dental students from Peshawar medical and dental college. Questionnaire were distributed. It included basic demographic details, indications for self-medication, type drug used, sources of drug information, and reasons for self-medication. The results were analyzed by using SPSS 19.

## Results:
A total of 100 students were enrolled for the study, out of which (87%) completed the questionnaire. Self-medication was higher in females (63.2%) than in males (36.8).Headache(72.2%), Cold/cough (51.9%), fever (60.8%) and body pain (46.8%) were the most common symptoms for which self-medication was taken. Paracetamol (68.4%), analgesics (59.5%), antibiotic (48.1%),anti-allergic(35.4%) were the most common drugs used for self-medication. 15.4 % students said that they have experienced adverse effects with self-medication in which 45.5% were major effects.The most common source of drug information was doctor(72.2%), The most common reasons for self-medication were previous use(47.4%),quick relief(43.6%). 34.7% students think that it is safe to do self-medication without being qualified. 23.1% students know the PMDC rules of self-medication.

## Conclusion:
Self-medication by medical students is an important issue to be avoided and need to be added to the curriculum of undergraduate students and raise the community awareness about these hazards

## Keywords:
Self-medication, Medical Students

# PrevalenceOf Unhealthy Eating Habits Among Students of PMC/PDC

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## Introduction:
Unhealthy eating habits (for example, consuming less fruit and vegetables than recommended) contribute to chronic diseases in adulthood. Chronic health conditions, in turn, have significant adverse effects on quality of life and productivity.

## Aims &Objectives:
To determine the prevalence of unhealthy eating habits among medical students.

## Methodology:
A questionnaire was prepared and distributed among the students of Peshawar medical and dental college. Different questions were asked about unhealthy eating habits and an opinion about their eating habits was also highlighted. BMI was also calculated which gave idea about their health.

## Results:
Among the medical students...58% take regular meal while 33% don't take meal regulary,50%students take breakfast regularly while 41%donot. Similarly 71%students take regular lunch while 20% don't. 66% students go to bed later after taking meal while 25%students go to bed immediately after meal.51% students eat snacks between meal in which 40% eat fried,9%baked and 2%boiled, and 40%don't take snacks in the meal. Similarly 48% students have their meal outside their home and also take fast food more in one week.40% students eat more beyond the point of fullness 51% not so.52% engage themselves in certain activities while eating and 39% don't and in the last we asked about their opinion on their eating habits 43% said our eating habits are healthy while 49% said our eating habits are unhealthy.

## Conclusions:
From the result it is concluded that eating habits of majority of medical students are unhealthy and awareness about healthy diet and eating habits should be promoted to prevent future co-morbidities.

## Keywords:
Unhealthy eating habits.

# Frequency Of Backache And Functional Disability In Females Students Wearing High Heels

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## Introduction:
Women or girls are very fond of heels at all times which make them look elegant. This study provides evidence for the pain in back i.e. directly related to wearing heels.

## Aims &Objectives:
To determine the frequency of high heel users who suffer from backache and functional disability.
To correlate backache and functional disability of high heels users.

## Methodology:
A cross sectional analysis was done. A structured questionnaire was distributed among 227 females of Mardan and Peshawar aged (min 18 max 31), the distribution was convenient, and all subjects were functional. All subjects were measured and weighed for BMI. The data was collected and analyzed in SPSS 17.0.

## Results:
All subjects were high heels users. Daily users of high heels were 15%. 69% of subjects has a backache complain. In disease exclusion 80% did not suffer from any disease. In Trauma and exercise induced backache only 16% participate regularly in sports. On the question of duration of pain 32.2% had the pain for more than 3 months. 26% first felt the pain while standing for extended durations and 33% felt it during or after the use of high heels. On severity of pain scale, 56% said there pain was less than 5, 10% were on 6, 3.1% on 7 and 1.8% on 9. On localization of pain, 26.9% lower back pain, 12.8% low back to buttocks, 15.8% down the back of thigh and into the calf and toes. Character of pain was 25.1% persistent aching and 25.3% radiating. On question of whether high heels are the cause of your pain 63% replied in affirmative. In 66.5% the pain is relieved by rest.

## Conclusions:
The study concluded conclusively that indeed low back pain is predominant in high heels users withstanding all other exclusive criteria and variables.

## Keywords:
High Heels, Back Ache, Functional Disability

# Antenatal Care Services Utilization & Neonatal Outcome in POF Hospital, Wah Cantt.

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## Introduction:
The awareness for utilization of antenatal care services is constantly increasing amongst women. Although there has been fair decrease in maternal and neonatal mortality due to these services, still the pregnant women seems confused whether these services has any beneficial effects or not. So this study is being conducted to have a solid evidence-based conclusion on better outcome of pregnancy in relation to utilization of antenatal care services

## Aims & Objectives:
Objective of this study was to find out the relation between Educational and Financial Status in Utilization of Antenatal Care Services, and between this utilization and the Neonatal Outcome.

## Methodology:
This is a hospital-based cross-sectional study from Students of Wah Medical College. This study was conducted during April 2013 in P.O.F. Hospital, WahCantt, Pakistan. Married women, who had delivered at least one child, were included in the study from each household and 100 eligible women were selected randomly. A pre-designed Questionnaire was used to collect data. IBM SPSS was used to assess independent effect of individual factors.

## Results:
Out of total 100 women studied, 76 had a good, whereas the rest 24 had poor Neonatal outcome. More than 25% among those with bad outcome had poor or average utilization of antenatal care services. On the other hand status of utilization was good in 98% of those with better outcome. Pearson Chi-Square Test was applied and the calculated P-value was 0.001 (less than predetermined a value of 0.05), which shows that our results are statistically significant and we will 'Reject' the Null Hypothesis

## Conclusions:
We conclude that in all our subjects as the antenatal care service utilization approached standards set by WHO, we observed Neonatal outcome to improve markedly. Secondarily educated women tend to go for antenatal visits more often, Finally more income of Husband resulted in appropriate utilization of antenatal care services by pregnant women, and hence good Neonatal outcome

## Keywords:
Antenatal Care Services, Neonatal Mortality

# Magnitude, Pattern and Practices of self-medication among selected non-medical students of Peshawar University

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## Introduction:
Self-medication can be defined as obtaining and consuming drugs without the advice of physician either for diagnosis, prescription or surveillance of treatment. It has emerged as a common practice in economically deprived communities.

## Aims & Objectives:
The objective of the study is to determine the magnitude, pattern, causes and practices of self-medication among selected university students of Peshawar

## Methodology:
A questionnaire based cross sectional survey was conducted among the non-medical departments of Peshawar University. The study conducted within 2 months period from February to March 2014. Convenience sampling technique was used for the collection of the data all the students present at the defined settings on the day of study conduction had been selected on the basis of convenience. A pre tested questionnaire was used for data collection. For the analysis of data SPSS version 15.0 was used

## Results:
A total of 200 questionnaire were distributed at different departments of Peshawar University with a response rate of 81.5%. Out of 163 who responded the questionnaire about 89.6% of the students do practice self-medication while 10.4% responded negative for the self-medication. Among those who treat themselves, common seasonal flu was the commonest showing a rate of 55.20%, other diseases like fever, joint pain, minor injuries, skin problems, disturb bowel, body aches, and sore throat show a treatment rate of 53.3%, 10.4%, 25.7%, 15.9%, 12.8%, 23.3%, 47.8% of respectively. Whereas the antibiotics and analgesics were the common self-prescribed drugs showing a 55.8% and 49.1% respectively. Treating one own self, and treating successfully previously was the most common provoking factor for prescribing themselves

## Conclusions:
Self-medication was a common practice among non-medical students whereas antibiotics & analgesics were the common self-administered medications among non-medical students. Most of the students relied on prior experience

## Keywords:
Self-Medication, Non-Medical Students, Peshawar University

# KAP study about blood donation practices among male and female students of Peshawar Medical College (PMC)

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## Introduction:
Blood donation occurs when a person voluntarily has blood drawn and used for transfusion or made into medications by a process called fractionation.

## Aims & Objectives:
1. To know about the ratio of blood donation between male and female students of PMC.
2. To know about the reasons due to which they do not donate blood.
3. To know about change in attitude of the students who do not donate blood, when the hurdles they face are removed.

## Methodology:
It was a quantitative cross-sectional study carried out among students of Peshawar Medical College. A sample size of two hundred students out of which 100 were male and 100 were female, were interviewed and data was collected and graphically analyzed through MS excel.

## Results:
According to the research and data collected, 37% male and 28% female donate blood.75% of the males were regular blood donors, while only 25% of females were regular blood donors. 9% of the people are not allowed by their parents/guardians.15% of the male population had either some disease and or their BMI was not normal. 25% of the female population had either some disease and or their BMI was not normal. 18% of the male people don't donate blood because they are afraid of the needle pricks. While 45% of the female people doesn't donate blood because they are afraid of the needle pricks. 21% of the people were fully aware of the process. Only 8% of the people lacked their knowledge about blood donation and its beneficial aspects and neither had they donated blood.27% of the male while73% of the female students promised to change their attitude if proper sterilization techniques are adopted in the hospitals and will start donating blood regularly.

## Conclusions:
There should be availability of well-trained doctor and sterilization techniques in the center There should be proper awareness campaign about blood donation so that more and more people are ready to donate this life saving gift.

## Keywords:
Blood Donation, Awareness.

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# Post Stroke Depression, Functional Independence and Their Relation to Rehabilitation.

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## Introduction:
People who suffer a stroke are at risk of developing post stroke depression (PSD). Not only does this lower their quality of life but it also increases their risk of another stroke or death. It has been documented in literature that severity of PSD decreases and functional ability improves in stroke patients undergoing rehabilitation. However no such data found confirming these facts in Pakistan.

## Aims &Objectives:
To investigate the factors associated with PSD functional ability and influence of rehabilitation on them.

## Methodology:
A total of 70 stroke patients presenting to accidents and emergency departments of Mayo Hospital and Jinnah Hospital Lahore from March 2012 to September 2013 were included in the study. Measures including Center of Epidemiologic Studies Depression Scale and the Barthel Index together with demographic data were collected at 2 weeks after discharge from hospital, 2 month after the occurrence of the stroke and 6 months after the occurrence of the stroke.

## Results:
Those patients involved in the study were mainly men (5859%) and age of respondents ranged from 32 to 92 years with a mean age of 74 at 2 weeks after discharge. The Barthel Index scores ranged from 15 to 100 with means of between 88.7 and 91.7. Between 15% and 19% of the group were clinically depressed during the time frame of the study. Mean score of Barthel Index was higher among individuals undergoing rehabilitation process. The BarthelIndex, was consistently associated with PSD.

## Conclusions:
The differences found in levels of depression between those with lower functional independence after a stroke compared to those more independent and their relationship with rehabilitation raise the possibility that attention should be paid to therapeutic rehabilitation for stroke patients to help them recover as much functional independence as possible in order to improve their quality of life and lower their chances of developing PSD.

## Key words:
Functional disability; Post-stroke depression; stroke

# Knowledge, Attitude and Practice of Breastfeeding in Rawalpindi: A Cross-sectional Study.

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## Introduction:

Breastfeeding, as proved by studies conducted by UNICEF and Natural Resource Defense Council, is the natural way of providing immunity and healthy growth to infants. Despite of recommendation of exclusive breastfeeding for first 6 months by WHO, only 55% of newborns are exclusively breastfed during first 2 months of their lives and this drops to 37% among children of 6 months in Pakistan.

## Objectives:

To evaluate practice, knowledge and attitude to breastfeeding and to assess factors associated with breastfeeding among women.

## Methodology:

**Study design**: Cross sectional descriptive study, **Place and Duration:** Medical and Pediatric outpatient departments of Military Hospital, Combine Military Hospital, Holy Family Hospital, DHQ hospital, Benzir Bhutto Shaheed Hospital, Rawalpindi from September 2012 to March 2013.A total of 700 (n=700) mothers, having children upto three years of age, presenting to OPD's of mentioned hospitals were subjected to pre tested structured questionnaire translated in Urdu. Results were analyzed and compiled using SPSS21.

## Results:

Exclusive breastfeeding was reported by 49.14% (344), mixed feeding by 27 % (189) and infant formula feeding by 23.8 % (167) whereas 63 % gave pre-lacteal feed. Almost three fourth of the mothers breast fed for two years. 75.5% of the mothers were aware of the advantages of breastfeeding.Factors related with not practicing full breastfeeding were mothers' working status and delivery by caesarean section.

## Conclusion:

High proportion of women did breastfeed upto two year whereas highly educated, working women and those who deliver by caesarean section as well as those with high socioeconomic status were less likely to breastfeed. Mother's education and counseling along with providing facilitatory measures at hospitals and work place, could encourage women to breastfeed.

## Keywords:

Colostrum, Exclusive breastfeeding, Pre-Lacteal feed.

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# Mental Health And Satisfaction With Life Among Lower Limb Amputees: A Case Control Study.

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## Introduction:

Amputation grossly effects life style and the patient outlook on life as well, it has been well documented that amputation has a strong association with mental health problems. The etiological factors and determinants are manifold and need an analysis to conclusively determine the exact causative elements.

## Objective:

To determine how lower limb amputation affects mental health and life satisfaction.

## Methodology:

After written informed consent, Satisfaction With Life Scale and the Hopkins Symptom Check List 25-item along with demographic data forms were filled for 30 lower limb amputees and 30 normal individuals. The groups were compared using multiple linear regression analyses and results were analyzed and compiled using SPSS21.

## Results:

The amputees scored significantly lower on life satisfaction than the control group. A tendency to poorer mental health in the amputee group was observed, but there was no clear evidence of such a difference. The amputation effect on life satisfaction seemed to be mediated mainly by changes in occupational status and by the occurrence of short or long term complications related to the amputation.

## Conclusion:

Results imply that rehabilitation of lower limb amputees should be emphasized so that short and long term complications can be prevented and return to work can be facilitated. This will be of importance not only for the amputees' physical function, but for the maintenance of acceptable life satisfaction. Further studies on the effect of lower limb amputation on mental health are recommended.

## Keywords:

Amputees, Anxiety, Depression

# Effect Of Depression And Back Pain On Functional Ability And Health-Related Quality Of Life In Prosthesis Using Lower Limb Amputees.

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## Introduction:

Transfemoral amputees are functionally the most limited because of lacking of muscles controlling the knee joint and functional restrictions of the prosthetic knee joint. The use of an increased pelvic tilt and Trendelenburg gait to maintain knee stability and reduce the lever arm of the hip abductors often leads to back pain.

## Aims &Objectives:

To find Frequency of depression and back pain in lower limb amputees and determine its effects on functions and health related quality of life (QOL) across transfemoral&transtibial levels of amputations by comparison among them.

## Methodology:

Thirty four lower limb amputees (n=34), were subjected to interviewer administered questionnaire along with The Roland Morris disability questionnaire (RMDQ), the short form 36 health survey (SF-36) and CDC depression scale.

## Results:

Depression was present in 47% of the individuals whereas all the participants reported more back pain after amputation than before (p<0.001). There was a significant association between perceived back pain and severe or moderate disability reporting on the RMDQ. There was significantly lower health-related quality of life with regard to physical functioning, role physical, bodily pain, general health, social functioning and the physical component summary (PCS), and significantly higher in the mental component summary (MCS) on the SF-36. When two levels of amputation were compared, no statistically significant differences were found in the RMDQ or SF-36 results.

## Conclusions:

Presence of depression, the high frequency of back pain and the significant association between back pain daily or several times per week and severe or moderate disability on the RMDQ, and the negative correlation between RMDQ and SF-36, may have clinical relevance with regard to rehabilitation and follow-up of lower limb amputation.

## Keywords:

Amputation, back pain, functional ability, health-related quality of life

# Frequency And Causes Of Paraplegic Cases Reported In Paraplegic Center Peshawar In The Year 2012 And Their Association With Age And Gender.

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## Introduction:

According to Collin's dictionary paraplegia is paralysis of the lower half of the body, usually as the result of disease or injury of the spine. Each year a number of people become paraplegic due to a number of causes some of which can be easily preventable. The current study was conducted to find the frequency and causes of paraplegic cases and their association with age and gender

## Aims & Objectives:

To find the frequency of paraplegic cases reported in the Paraplegic Center Peshawar. To identify various causes responsible for the admission of patients in the Paraplegic Center. To find the association of various paraplegic cases with age and gender.

## Methodology:

A descriptive study was carried out in the paraplegic center, Hayatabad, Peshawar. Data was collected from the official register of paraplegic center of the year 2012. Study duration was one month. And ethical consideration of the patients was taken into account.

## Results:

Total 206 cases (male: 156, female: 50) of paraplegia were reported in year 2012. History Of Fall (HOF) was found to be the most frequent cause of paraplegia with a total of 74 cases, followed by Fire arm injury (FAI) = 46 cases and Road Traffic Accident (RTA) = 38 cases. Other causes included weight fallen over =27 cases, Bomb blast injury (BBI) = 8 cases and Post operation and coal mine accident with equal frequency of 6 cases each. Only one case was reported due to hit by cow accident. Nearly half of the victims of History of Fall were of age group 36-50. Whereas FAI, RTA, weight fallen over, BBI and Coal Mine Accident were common among age group 20-35. Post Operation cases were found more in patients of age above 50 years.

## Conclusion:

HOF, FAI and RTA were found to be the leading causes of paraplegia. Less common cause of paraplegia included Weight Fallen Over, BBI, Post Operation and Coal Mine Accident. Most cases of History of Fall were associated with patients of age group 36-50. The other causes of paraplegic cases were common in age group 20-35.

## Keywords:

Paraplegia: RTA, Age, Gender, Outcomes

# To Assess the Factors Influencing Prescribing Trend of Medical Doctors in a Local Teaching Hospital with Particular Reference to Essential Drugs.

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## Introduction:
A study in 2013 revealed high trend of prescribing Essential Drugs (average 64.3%) to out-patients in a local Teaching Hospital.

## Aims & Objectives:
To assess the knowledge level of medical doctors about Essential Drugs; and To understand the factors influencing prescribing trend of doctors. Also to propose recommendations for further improving the prescribing trend of doctors.

## Methodology:
Structured questionnaire based interviews were conducted among medical doctors of the same local Teaching Hospital as in 2013 study referred to above. In this descriptive study, purposive convenient sampling was done. For ethical reasons, written consent was taken from all the volunteer interviewees whose identity was kept anonymous.

## Results:
Study revealed that no conscious efforts were made to influence the prescribers in favor of Essential Drugs. 64.7% of respondents claimed to be aware of Essential Drugs, however, on further probing none of them was actually found aware of the concept or attributes of Essential Drugs including relevance to burden of diseases, efficacy, cost-effectiveness, safety and availability. Factors influencing the selection of prescribed drugs included safety (57.1%), efficacy (54.3%), relevance (48.6%), cost of drug (48.6%) and availability (28.6%). Their sources of learning about these factors included course material (65.7%), personal thinking (45.7%), training (28.6%) and pharmaceutical industry (8.6%). A result of particular concern was that 11.4% of prescribers were deciding drugs under the direct influence of pharmaceutical companies and brand names.

## Conclusions:
It is concluded that awareness campaigns, training of prescribers in Essential Drugs, introducing hospital formulary and including the concept of Essential Drugs in undergraduate medical curricula will help in increasing access of population to cost-effective and quality drugs.

## Keywords:
Prescribing Trends, Medical Doctors

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# Patterns Of Self-Medication Among Undergraduate Students Of A Local Medical College

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## Introduction:
Self medication is usually defined as intake of any type of drugs for treating oneself without professional supervision to relieve an illness or a condition. Self medication is an issue with serious global implications.

## Aims & Objectives:
In this study it was aimed to determine the patterns of self-medication among medical and dental undergraduates of Peshawar medical college and Peshawar dental college.

To associate self-medication with its associated adverse effects. To find out frequency and process of medicine used in self-medication

To establish the sources of information as the cause of self-medication

To assess the perception of user with regard to self-medication

## Methodology:
A cross-sectional study was conducted on a sample of randomly selected medical and dental students from Peshawar medical college and Peshawar dental college. Data was collected using self administered questionnaire. The results were analyzed by using SPSS 19.

## Results:
A total of 100 students were enrolled for the study, out of which 87 (87%) completed the questionnaire. Self-medication was higher in females (63.2%) than in males (36.8).Headache (72.2%), Cold/cough (51.9%), fever (60.8%) and body pain (46.8%) were the most common symptoms for which self medication was taken. Paracetamol (68.4%), analgesics (59.5%), antibiotic (48.1%),anti-allergics(35.4%) were the most common drug/drug groups used for self medication. 15.4 % students said that they have experienced adverse effects with self-medication in which 45.5% were major effects.The most common sources of drug information were doctor(72.2%), friends(38%) and textbooks(29.1%). The most common reasons for self medication were previous use(47.4%),quick relief(43.6%), sufficient pharmacological knowledge(29.5%) and mild illness(37.2%). 34.7% students think that it is safe to do self-medication without being qualified. 23.1% students know the PMDC rules of self-medication.

## Conclusion:
Self-medication is an important issue to be avoided and the community should be made aware about its hazards and drawbacks.

## Keywords:
Self-medication, Students

# Effects Of Carbonated Drinks On Health

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## Introduction:
Carbonated drinks are used world wide.the different ingredients used in these drinks are: phosphoric acid, caramel colour (purly cosmetic chemical which is tanned with carcinogens), formaldehyde-carcinogen, high fructose corn syrup, potassium benzoate and food dyes. They have a lot of adverse effects on health.

## Methodology:
It was cross sectional descriptive study through a semi-structured questionnaire. The questionnaire was distributed among 100 students of PMC.81 students returned the questionnaires and collected data was analyzed in MS Excel.

## Results:
According to our research 47% students are addicted to carbonated beverages.

27% of the students are taking less than 3 glasses daily.

32% students have tooth decay.

35% students think that it has nutritional value.

67% students have awareness about ingredients.

60% students are taking it for fun.

44% students think that it help in digestion.

22% students are taking it for taste.

## Conclusion:
From our research we concluded that in Peshawar medical college less students are using beverages because most of the students are aware of harmful ingredients (phosphoric acid, caramel colour, formaldehyde, potassium benzoate, food dyes) present in carbonated beverages and their effects on health.

The carbonated beverages causes obesity, weakening of bones, and tooth decay

## Keywords:
Carbonated drinks, Adverse effects

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# Standard of Care in Pakistan Ordinance Factories at a Hospital inWahCantt

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## Introduction:
Patient satisfaction is a major indicator of quality care. It is a useful tool to evaluate and improve the health care services since it is based on direct experiences of the users. A study is thus required to survey patients' opinions of general aspects of inpatient care provided to them during admission.

## Aims and Objectives:
To describe the quality of care being provided in POF Hospital WahCantt.

## Methodology:
A Descriptive study was carried out at POF Hospital WahCantt during January and July 2013. A 100 patient sample was taken via convenient sampling. A matrix format questionnaire was set and the data analyzed by using SPSS V-19.

## Results:
The result showed that out of 100 patients, 57% were males and 43% were females, 60% were married and 40% were unmarried, 59% were admitted via Emergency and 41% through OPD. 24% patients involved in research were from Surgery ward, 48% from Medicine, 12% from Gynecology and 16% from Pediatrics ward. Their cumulative score showed that 8% were not satisfied, 38% were partially satisfied and 54% were completely satisfied from hospital's quality of care.

## Conclusion:
Overall majority of the people were satisfied with the quality of care. Nursing care and hospital protocols positively affected the satisfaction score while doctor patient relationship affected it negatively.

## Keywords:
Ordinance Factories, Standard care.

# Work Related Stress Among Nursing Staff Of Pof Hospital, Wah Cantt

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## Introduction:

Work related stress is stress involving one's occupation. Stress is defined in terms of its physical and physiological effects on a person and can be a mental, physical or emotional strain. A variety of factors contribute to workplace stress among nurses such as negative workload, isolation, extensive work hours, lack of autonomy and lack of motivation to advancement in one's skill level.

## Aims and Objective:

To evaluate work related stress among nurses working in POF hospital, Wah cantt.
To determine the factors affecting stress among nurses.

## Methodology:

This cross sectional study was conducted at the POF hospital, Wah cantt from January to June, 2013, using a random sample of 50 nurses and data was collected through structured questionnaires. Data was further analyzed by SSPS version 19.

## Results:

Out of 50 nurses, 34 (68%) of the nurses have mild stress, 12 (24%) have moderate stress and 4 (8%) have severe stress. Our research also depicted that among age groups of 25-34, 35-44 and 45-54yrs the latter one had most nurses with severe stress comparative to others i.e. 4 (33%). Among married nurses 3 (8.6%) had severe stress while among unmarried nurses 1 (6.7%) had severe stress. Among wards of hospital medicine ward nurses had more stress 8 (47.1%) had moderate and 3 (7.6%) had severe stress) comparatively than Gynae, ENT and surgery wards nurses. Nurses with more time since job had highest stress than those having lesser time since job (among the ones having time since job of 20-25 years, 9 (60%) had moderate and 3 (20%) had severe stress.

## Conclusions:

Work related stress is affected with age, marital status, work load and time since job and increases with the increase in these factors.

## Keywords:

Work Related Stress, Nursing

## 7th Undergraduate Medical Research Conference 2014

## SOCIAL SCIENCES
## Index

# Tea Taking Habit Among The Students Of PMC

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## Introduction:

After Water, Tea is the most widely consumed beverage in the world. It has a cooling, slightly bitter and astringent  flavor that many people enjoy. Tea was created more than 5ooo years ago in China.98%of people take Tea with milk but only 30% take sugar in it. It is composed of antioxidants, caffeine, minerals, vitamins, amino acid. A cup of Tea contains about 2000 chemical compounds.

## Aims &Objectives:

To determine the frequency of intake of Tea by PMC students.
To find out the advantages presented by the students of PMC, taking Tea as habit.

## Methodology:

It was a descriptive cross-sectional study through semi-structured questionnaire designed for the study. This questionnaire was distributed among 200 students of PMC through convenience sampling.180 students returned the questionnaire which were analyzed using MS Excel.

## Results:

Out of 180 received questionnaires, 152 students(84.4%)were taking Tea as habit .Majority of them 137 students(76%)were liking it.62 students(34.4%)  were taking Tea twice a day.130 Students(72.2%)were feeling good ,and 120 students(66.7%)were feeling improvement in their mental performance after taking Tea. Regarding learning process 108 students(60%) experienced wakefulness with Tea intake during studies.80 students (44.4%) were feeling bad, and 70 students (39%)were feeling headache when they do not take Tea.91 students (50.5%)were feeling no effect of Tea on their health.81students (45%)were taking Tea to avoid sleep and was feeling effect of Tea on their sleep.

## Conclusions:

Majority of the students takes Tea and feels good ,awake and improvement in their mental performance and those who miss their routine Tea feels headache, mood swings and anxiety and those who are on average Tea intake majority of them feels no effect of Tea on their health.

## Keywords:

Eating Habits, Healthy Habits.

# The Element Of Trust: From The Eyes Of A Patient Towards His/Her Doctor

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## Introduction:

Trust in patients seems to be influenced by the doctor's behavior, perceived comfort levels, personal involvement with the patient, and to a lesser extent by cultural competence and doctor's physical appearance.

## Aims &Objectives:

To determine the frequency of patients who trust their doctors
To determine the factors whether this trust increases or decreases withcertain traits of the doctor.

## Methodology:

During the rural stage (in a village, Babari Banda) of the research 56 questionnaires were distributed in which 4 lacked responses. There were 42 questionnaires handed out to patients in urban area Lady Reading Hospital, Peshawar Khyber PakhtunKhwa. So a total of 94 patients participated. The sample age ranged from ages 18 onwards.

## Results:

Only 25% of the patients trusted the doctors with their lives and this shows one of the major areas in need of improvement. 53% were stressed out on the fact that they had to visit a doctor and when they were asked if they felt stress after visiting, the percentage increased to 61. This point can be correlated with the fact that 25% of the participants felt that they could trust the doctors with their lives proving that the trust was low.

Only 2% of the sample was educated and these left them in a handicapped situation as they were not in a position to question the authority of the doctor and were in complete submission to every order of the doctor. Only 3% were willing to question the doctors' decision

## Conclusions:

The influence of trust in this system is still an unanswered question although a lot of work has been done on it before. Using different techniques and a wider sample of patients, a greater insight can be made into the importance of this patient-doctor bond in the future.

## Keywords:

Trust, Doctor Patient Relationship, Ethics.

# Frequency Of Negative Value Judgments And Most Common Image To Be Misjudged Among The Students Of Pmc

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## Introduction:

Among the society we live in, people tend to judge others due to many psychological reasons including defensiveness, shame, inferiority complex etc. the main purpose of our research is to find out the frequency of the act and to investigate regarding which image is misjudged the most.

## Objectives:

To find out the frequency of negative value judgment among the students of PMC.
To find out which appearance is misjudged the most among students of PMC.

## Methodology:

Cross sectional descriptive study.
A sample size of 100 students among the students of PMC was used by distributing 20 questionnaires per class among which 10 were filled out by boys and 10 by girls.

## Results:

On a daily basis, 50 to 80% people perform the act of negative value judgment on first glimpse and half of those change their view after interaction with the person. Among this, the following were the results for judgment for specific categories:

- 24% on the basis of transportation.
- 42% negatively judge a girl for wearing a hijab, 34% on academic basis for wearing glasses, 18% judge a girl for wearing heels
- 62% negatively judge a boy on the basis of hairstyle, 41% judge a boy on clothing basis
- 33% negatively judge others for wearing sun glasses
- 57% negatively judge others for strolling
- 24% negatively judge a girl and a guy talking to each other
- 25% negatively judge others for not talking, 8% misjudge a person for being depressed. However 50% were willing to help them out

## Conclusions:

The males tend to be misjudged more than females. Students believe the main cause for this negative value judgment is lack of respect for others. In order to stop misjudgment, one has to make the people see that it does happen, even if we don't notice and the effects it has on the people that are judged.

## Keywords:

Negative Value Judgments, College Students

## Percentage Of Lt. Handed Male And Female Students In PMC, PIMC, RMC And Kabir medical College. And Familial Factors

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### Introduction:

Quantitative study to find out the percentage of left handed male and female students in PMC, PIMC, RMC and Kabir medical college. How left handedness runs in their families and how left handed are affected by their hand preference.

### Aims & Objectives:

1. To find out the %age of left handedness in male and female students.
2. To find out the role of heredity in left handedness.
3. To find out the problems they are facing due to left handedness.
4. To find out solutions for their problems.

### Methodology:

Questionnaire based Cross sectional Study. (MS word, Excel)

### Results:

1. Overall frequency of left handedness among males and females is:
   a. 57% males          b. 35% females
2. Ratio of left handedness among males is higher than in females.
3. The heredity of left handedness is more common in siblings than with parents.
4. Right handed instruments (chair, scissors, fork, and spoon) is the major problem for left handed people to use with left hand.

### Conclusions:

1. Our research shows that heredity plays an important role in left handedness.
2. Left handedness is more common in males than in females.
3. There are a number of problems which left handed people are facing no mainly due to their left handedness but due to lack of facilities to them.
4. There should be separate left handed rules for left handed people as there are for right handed people e.g. Rules for eating by continental method, rules for clinical examination.
5. There should be availability of left handed chairs in classrooms, offices and examination halls.
There should be availability of left handed instruments for left handed people.

### Keywords:

Left-Handedness, Gender Distribution, Familial Predisposition

# 7th Undergraduate Medical Research Conference 2014

## VECTOR BORNE DISEASES
### Index

## Demographics Profile And Intensity Of Dengue Outbreak In A Tertiary Care Hospital Saidu, Swat.

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### Introduction:

Dengue has emerged as the most dangerous, life threatening virus in Pakistan over the last decade. Recently it has played havoc in Northern areas of Pakistan specially Swat districtand had catastrophic effects on the masses of the region.

### Aims &Objectives:

To find the total number of patients affected by the fever, Tofind the ratio of males, females and children affected, To find out the ratio of married females, To determine number of deaths from the fever, To find different modalities of laboratory findings.

### Methodology:

This retrospective study was conducted on 5223 patients of Saidu Teaching Hospital, Swat during the recent outbreak.For this purpose we visited the hospital and had a brief input from the hospital administration. Clinically confirmed cases are included in the study. Statistics of the patients were obtained from their medical record in the said hospital. Microsoft excel was used for statistical data evaluation.

### Results:

Out of 5229 patients 3610(69.2%) were males and 1609 (30.7%) were females, out of which 1125 were married. There were2810 confirmed cases of denguefever which made 53% of the total patients. 668(12%) patients were belowor 15 years of age.IgM antibody test was positive in 935 patients while NS1 antigen test was positive in 2500 patients.The death toll from the outbreak in total was 33.The deceased patients were averagely between 21-35 years of age. The intensity of the fever was more in the urban areas like Mingora,Qambar, Odigram, Malookabad, Kokaraisan, Kota,Matta, Kanjoo with 700 to 1200 patients each. The age of patients ranged from 1year to 100year. 17 patients were referred to Peshawar and 124 patients were readmitted with the sign of Secondary fever.

### Conclusions:

Dengue outbreak occurred in swat was an epidemic in nature and more males are affected as compared to females but relatively females patients are also on high risk. More younger population from age of 21 to 35 is more affected.

### Keywords:

Dengue Outbreak, Swat District, Mortality, Demographic Profile

# Real Time PCR for Dengue Virus Detection

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## Introduction:
The diagnosis of dengue fever is usually based on the typical symptoms, blood counts and IgM anti-dengue antibodies. NS-1 antigen is another useful marker that can be detected in the early part of the illness. The most definitive proof of infection comes from PCR based detection of the viral RNA. Recent studies on the pathogenesis of DHF, a potentially life-threatening complication of dengue fever, has revealed the importance of initial high levels of virus replication that persists beyond the first week of illness. The persistent viraemia can be detected only by PCR.

## Aims and Objectives:
To validate the use of PCR in early diagnosis of Dengue fever (DF)

## Methodology:
A TaqMan® Probe based PCR for quantification of the Dengue Virus (DENV) load in the plasma was developed. The PCR primers/probe targeted the conserved 3' region of all four species of DENV. The fluorescent signal from the TaqMan® probe was used for the real time monitoring or the end-point analysis of PCR. We examined the plasma DENV load in 30 NS-1 positive and anti-dengueIgM negative DF patients from the recent dengue outbreak in the Dir region. All of the patients were examined in the first week of the illness.

## Results:
The PCR was positive in 28/30 (93%) of the patients. Exact quantification of the virus could not be done due to the non-availability of a standard. Out of the 28 PCR positive patients 17 (60.7%) had very high viraemia (Ct 18-23), 8 (28.6%) patients had moderate viraemia (Ct 24-27) while the remaining 3 patients (10.7%) had low viraemia (Ct 28-32). The endpoint fluorescence also closely matched the results of real time PCR.

## Conclusion:
PCR can be used as a sensitive test for the diagnosis of dengue fever in the first week of illness.

## Keywords:
Dengue, Polymerase Chain Reaction

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# Dengue should be popular by now, is it?

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## Introduction:
Dengue Fever , a mosquito borne viral disease is a benign condition followed by abrupt onset of high grade fever ,headache ,vomiting ,rash ,diarrhea, mouth and nose bleed, muscle and joint pain (hence the name break bone fever).

## Aims &Objectives:
To know about the awareness of disease, its vector,symptoms and treatment amongst general population.

## Methodology:
The study was supervised by Scientific Society of IIMC in 2014. A cross sectional 14 item questionnaire based survey was conducted in different parts of Rawalpindi, Islamabad and Gujar Khan targeting the general population. Sample size was 150 and response rate was 125 .It was taken in account that each question is well understood when it is answered. All data was recorded, collected and analyzed. Data was analyzed and percentages were calculated for each group using SPSS 17.

## Results:
A great score of people 97.6% knew that Dengue is not caused by the bite of every mosquito. More percentage of people 98.4% knew where the mosquito causing Dengue breeds. Only 22.4% people knew about the types of Dengue. 37.6% of the people knew that there is no vaccine for Dengue. 93.6% people knew that the patient of Dengue should be given juices of fruits. Most of the people 85% knew about the symptoms associated with Dengue.

## Conclusion:
The study revealed remarkable results as many people knew about the causative agent and its symptoms. We suggest that we should continue the Health Educational programs with greater motivation to eradicate the disease completely out of our beloved homeland.

## Keywords:
Dengue, Public Awareness

# Frequency of Thrombocytopenia in Dengue Hemorrhagic Fever.

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## Introduction:

Dengue hemorrhagic fever is a potentially lethal illness that is universally prevalent in the tropics. The dengue virus (DENV) is the cause of dengue fever. It is a mosquito-borne single positive-stranded RNA virus of the family Flaviviridae. The incidence of dengue has grown dramatically around the world in recent decades. Over 2.5 billion people over 40% of the world's population are now at risk from dengue. WHO currently estimates there may be 50-100 million dengue infections worldwide every year.

## Aims &Objectives:

To study prevalence of thrombocytopenia in patients of DENV infection & its correlation with age and gender.

## Methodology:

This was a case study performed at Chughtai's Lahore lab from August 2011 to October 2011.ELISA test reports of 101 DENV infected patients (66 males - 65.3% & 35 females - 34.65%) were reviewed & CBC reports of respective patients were seen to evaluate the prevalence of thrombocytopenia with reference to different age & gender groups. Samples of patients with either of the antibodies, IgM&IgG, marked positive on ELISA were listed under thrombocytopenia if the platelet count was less than 150,000/ul.

## Results:

Out of 101 DENV infected patients, 38 had IgM positive (>1.1), 40 marked IgG positive (>1.1) while ELISA reports of 23 patients showed both the antibodies positive. Out of these, 58 patients had their platelet count below 150, i.e. 57.4%. 39 patients out of 58 thrombocytopenic patients (67.24%) were males while 19 (32.75%) were females. Plotting age against thrombocytopenia revealed that it is more prevalent in patients ranging from 21-40 years of age i.e. 29 patients (50%).

## Conclusion:

57.4% DENV infected patients have thrombocytopenia.

## Keywords:

Dengue, Thrombocytopenia.

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# Pattern of Human Plasmodium Species among Malaria Positive Patients.

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## Introduction:

Malaria is one of the most devastating diseases in the World. Over 3 billion people live under the threat of malaria in 24 endemic countries and it kills over a million each year mostly children.

## Aims &Objectives:

To determine the' percentages 'of different species of Human Plasmodium among Malaria Positive patients.

## Methodology:

This was a descriptive study conducted at Chugtais Lahore Lab Lahore from August 2013 to January 2014 for a period of about 6 month .A total of 100 specimens belonging to Patients of different age groups were included .Thick smears were made to diagnose malaria and thin smears to detect plasmodium species. Smears were viewed microscopically.

## Results:

Out of these 100 cases 62(62 %) were males and 38(38%) were females .The age was between the range of 3 to 75 years which was further categorized into four groups .Among malaria positive patients 21 (21%) belonged to 1-20 years of age, 54(54%) to 21-40 years of age, 15(15%) to 41-60 years of age and 10 (10%) were above 60 years of age. 99(99%) were Plasmodium Vivax Positive and only 1(1%) was positive for Plasmodium Vivax and Plasmodium Falceparum mixed. On further categorization for Plasmodium Vivax 97(97%) patients were positive for Schizonts and ring form Tropozites of Plasmodium vivax, 2 (2%) were positive for Schizonts of Plasmodium Vivax and 1 (1%) was positive for Trophozites of Plasmodium Vivax.

## Conclusions:

Plasmodium infection is largely attributed to Plasmodium Vivax but mixed Plasmodium Vivax and Plasmodium Falceparum are also present.

## Key Words:

Malaria, PlasmodiumVivax,Plasmodium Falceparum.

# Impact Of Rice Crop Cultivation On The Spread Of Dengue Fever In The Suburban/Rural Populations In Northern Punjab

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## Introduction:
Rice crop cultivation results in stagnant water pool which subsequently leads to mosquito breeding, and the such breeding pools act as focus for mosquitos insults on local human population mainly dengue. It can be further assumed that rice crops cultivation and time and the frequency of reported cases should have a direct link. This study was conducted to explore conclusively the axiom.

## Aims &Objectives:
To find the impact of rice crop cultivation on the spread of dengue in the suburban/rural populations in Northern Punjab.

## Methodology:
We selected the suburban/rural areas of Northern Punjab including Districts of Rawalpindi and Faisalabad, and collected data on the reported cases of Dengue fever quoted by WHO and the government of Pakistan. We surveyed the rural areas which are surrounding the cities of Rawalpindi and Faisalabad by visiting the homes of these patients to find out how many of them were from the rice crop cultivating areas and the time period of becoming infected with dengue virus.

## Results:
We surveyed a total of 928 patients in these areas and observed that 260 (28%) patients were living in rice crop growing area at the time of becoming infected. When compared to the population of rice cultivating areas of Punjab (15.6% of total population in the province), this figure is significant. The time of this outbreak, in these areas, was May to October, the same period in which rice crop is cultivated.

## Conclusions:
In the suburban/rural populations of Northern Punjab, out breaks of Dengue fever strongly coincide with the rice cultivation areas and these outbreaks occurred May to October which is time when rice fields are full of stagnant water.

## Keywords:
Dengue, Reported Cases, Rice Crop Cultivation

# Utility of the NS1 Testing Procedure

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## Introduction:
Controlling dengue infections is challenging because it requires not only effective control of vectors responsible for transmitting the virus but also accurate and rapid diagnosis. To date, accurate and timely diagnosis of early detection with DENV remains a problem for management of dengue infected patients in many parts of the world, especially in countries with limited resources.

## Aims & Objectives:
A commercial dengue NS1 Ag STRIP was evaluated to demonstrate its potential application for early laboratory diagnosis of acute dengue virus infection. This study was conducted at Chughtai labs, Lahore to determine the effectiveness in early diagnosis, better case management and faster public health response.

## Methodology:
A sample of 50 microliters of plasma or serum was tested, distributing it in tubes. A drop of the migration buffer was added to each tube and the Ag strip (containing the dengue NS1 antigen) was inserted in each tube. The results were obtained after 15 mins. The appearance of blue or purple line indicated a positive result.

## Results:
A commercial dengue NS-1 AG strip test was evaluated to demonstrate its potential application for early laboratory diagnosis of acute dengue virus infection. From the tests conducted at Chughtai Lahore Lab, we concluded that out of a data of 100 individuals, 82 were tested positive whereas, 18 were tested negative for acute dengue virus infection. The positive predicted value of the dengue NS-1 AG strip test was 81.66 % and negative predicted value was 18.34 %.

## Conclusions:
Ns1 test proved to be more specific & sensitive, but is not widely available. The results indicate that commercial kits of dengue NS1 antigen are useful for the laboratory diagnosis of acute primary and secondary dengue.

## Keywords:
Dengue, Antigen detection, Diagnostic, NS1 AG STRIP

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