"In the name of Allah, the Compassionate, the Merciful"

8TH Undergraduate Medical Research Conference

MESSAGE FROM THE DEAN:

Research is one of the important steps in identifying the existing sate of health among our populations and health care institutions. To improve the overall health of our people and achieve physical, social, spiritual and economic well-being is a vital step for the development of any society. The institutes of PRIME FPUNDATION are focused to inculcate a research culture among its undergraduate and postgraduate students.

Good research skills enable us to not only become good doctors but good human beings as well. and gradually, we can then come up as a nation and our country will be one of the developed countries.

Research and education are the key factors and possibly the most important ones in the development of the nation. The major difference in the nations that influenced the world and those that are being influenced upon is education and research. More specifically, it is true for Muslims as Ummah. Iqbal rightly said,

سبب کچھ اور ہے تو جس کو خود سمجھتاہے   زوال بندۂ مومن کا بے زری سے نہیں

This year, UMR activities had to be limited to a smaller scale because of the recent unfortunate events in Peshawar and the overall security concerns in the KP province. Nevertheless, the UMR department has maintained its tradition of holding this very important annual activity. I congratulate all the UMR team under the leadership of prof. Muhammad Aman for the commendable effort in these difficult circumstances

May Allah bless you all

Prof. Dr. Najeeb-ul-Haq

Dean

Peshawar Medical College

Message from Principal:

Alhamdulillah, Peshawar Medical College is holding its 8th 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 futures 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 visions and mission of the Department of UMR is to create leaders in health sciences research and to provide enabling environment for creativity and excellence in all domains of health sciences research at undergraduate level.

PRIME Foundation Pakistan prides itself for embedding culture of research in all its component institutions since its inception. In the last few years it has been a viewed as a must competency for ungraduated medical students by regulatory bodies, all over the world, like Pakistan Medical and Dental Council, General Medical council of UK and similar bodies in USA, Canada and Australia. This has changed the scenario of medical education as students are expected to develop research skills as part of their education.

 Training in research empowers students to become effective members of health care teams, conducting and publishing research for improving healthcare outcomes and there by contributing to social-economic development of society.

 I am grateful to Dean and Principals of Peshawar Medical and Dental Colleges, all administrative departments and I T Wing for their relentless support for making the event a success.

 My sincere thanks are also due to faculty of Community Health Sciences Department and the Executive committee of8h UMR whose day and night efforts made the conference dream a reality.

May Allah help and guide us to be more useful to humanity and be rewarded with his pleasure. Ameen

Prof. Dr. Mohammad Aman Khan

Director 8th UMR Conference

Message from President UMR:

It gives me immense pleasure to write for of 8th Undergraduate Medical Research Conference. Unlike previous conferences conducted by Undergraduate Medical Research (UMR) Department of Peshawar Medical College, this conference turned to be unique and different in many aspects. This time the UMR department has offered grants to the abstract to the extra ordinary proposals in order to encourage research at undergraduate level. A special dedicated team comprising of reputed faculty was assigned to thoroughly scrutinize every undergraduate project to ensure ethical consideration. Introduction of clinical short-courses was another pleasing innovation that was warmly welcomed by the students. Theme-based cooking competition and research quiz competition were another two areas of students' interest. For the first time an exclusive pre-Conference scientific workshop session was conducted in order to equip medical and dental students with the basic skills of drafting research abstract and preparing an effective research oral and post presentations. The allocation of handsome cash prizes further added a fascinating effect. Although this time the conference has been confined to the students of Peshawar Medical College and Peshawar Dental College due to some security issues but the way students managed to ensure their participation in different scientific sessions and competitions is highly admirable.

The progress that my college has made in the field of undergraduate medical research is remarkable. These are not only my words but also the remarks that I often receive from my colleagues studying in different medical colleges. It's a matter of pride to realize that the UMR department of PMC is conducting research conferences at undergraduate level on annual basis without any break. It's indeed a great platform for medical and dental students to show the performance of my fellow colleagues in this wonderful conference and now I dream a day when the UMR department of Peshawar Medical College will succeed to organize an undergraduate medical research conference on international level (In'sha Allah).

All praise is to Allah Almighty who blessed me a hardworking and devoted team. I shall be failing in my duties if I don't mention the name of our worthy Dean of Peshawar Medical College without whom support this day would not have been possible. The kind affection and guidance of respected Director of UMR enabled us to conduct this conference in such a systematic way. I am indebted to my parents, teachers, friends and well- wishers who always valued my suggestions and

encouraged my ideas. It was indeed a tiresome but yet an interesting task assigned to me. It was really an awesome experience to find young curious minds trying to promote research culture at undergraduate level. The day is not far away when our beloved country will succeed to secure an eminent position on international level in the field of Health Science Research (in'sha Allah)."Some men see things as they are and say why. I dream things that never were and say why not?!" (George Bernard Shah)

Best Regards,

Muhammad Salman H. Qureshi

President, 8th UMR Conference

Message form Vice President UMR:

It is my great pleasure to be the part of 8th Undergraduate Medical Research Conference and I welcome you all to this conference. I appreciate thenthusiasmand I am very grateful to the participants who are presenting their research. I would like to thank all of my team members as their efforts and support made this conference possible. I hope all of you find this conference informative.

 I would also like to thank our Dean, Principal and Director UMR whose support gave us the strength to conduct this conference.

Best Regards,

Tabinda Shadab

Vice - President, 8th UMR Conference

Table of Contents

Medicine
&
Allied

Prevalence and Drug Prescription to Patients

Suffering from Congestive Cardiac Failure Admitted

at Lady Reading Hospital

RAHAT JAN

Introduction:

Heart failure is the state of any heart disease in which, despite adequate ventricular filling, the heart output is decreased or in which the heart is unable to pump blood at rate adequate for satisfying the requirements of the tissues with function parameters remaining within normal limits

Objectives:

1. To know the most common side effect related to CCF prescribe medicine.

2. To guide and counsel the patient about their disease and medication to avoid future problems.

Methodology:

Study design was combination of retrospective record review of histories of patient was collected on a structured questionnaire from 15 case via convenient sampling method. This report was completed during a 2 weeks' period from 14th November 2014 to 27th November 2014 in Cardiology ward in Lady Reading hospital, Peshawar. The data was recorded on Microsoft Excel sheets and analyzed by this software.

Results:

The patient's demographic data shows that out of 15 patients (100%) patients, 6 patients were male (40%) and 9 patients were female (60%).The patient's age shows that 73.33% patients were of the age 15-60 years, 13.33% of the patients were of the age 61-65 years.6.66% of the patients were of the age 66 70 years and 6.66% of the patient were of age 71-75 years. Concurrent ailment shows that apart from CCF patients were suffering from hypertension (33.33%), 3 patients were suffering from CAD (20%),5 patients were suffering from DM (33.33%) and 2 of them were not having any concurrent ailment (13.33'%).

Conclusion:

The overall therapy was good, rational and patient respond well shows improvement with prescribed regime but still there are some problems in therapy prescribed by the physician in sense of dose adjustment, drug interaction, adverse drug reactions etc.

Keywords:

Heart failure, drug prescription.

Effect of Family System, Education Level and

Financial Dependency on the Mental State of Elderly

Individuals of Peshawar

GUL MAKAY, Hafsa Ambrccn, Gulalai Ihsan, Romisa, Maimoona

Introduction:

The most common geriatric psychiatric disorder is depression. It has been suggested that urbanization promotes nucleation of family systems and The most common geriatric psychiatric disorder is depression. It has been decrease in care and support for the elderly Methods: A cross-sectional study was carried out in the premises of Kuwait Teaching Hospital Peshawar and Mercy teaching Hospital Peshawar. 200 questionnaire based interviews were conducted among the elderly people (age 60 Above) visiting the hospital (100 males and 100 female). Depression was assessed using the 15-item Geriatric Depression Scale.

Objectives:

1. To determine frequency of depression among old age male and

2 To find association of depression with level of education among old age male and female.

3. To compare frequency of depression among old age male and female living in joint and nuclear family system.

4. To compare frequency of depression with financial dependency among old age male and female.

Results:

Our study results estimated 47% of elderly in Peshawar to be suffering from probable depression, with higher prevalence in women (55%) as compared to male (40%). Elderly individuals living in nuclear family were more prone to depressed then those individuals living in joint family. (26% living in joint family were depressed vs. 64% livings in nuclear family were depressed). 35% of low level educated individuals were depressed and 65% were not depressed. Whereas 85 % of high level educated were depressed and 15% were not depressed. 45% of financially dependent elderly individuals were depressed and 55% of financially dependent elderly individuals were not depressed. 4970of financially dependent were depressed where as 51% were not depressed.

Conclusion:

The present study found that residing in a nuclear family system is a strong independent predictor of depression in the elderly. The prevalence of depression in the elderly women population in our study was moderately high than in elderly male population. Social support programs for the elderly especially females must be developed to ensure their well-being.

Keywords:

Depression, education level, mental state

Incidence e of High Blood Lead Levels (BLL'S) in children

Of Peshawar from February 2015 to April 2015

SULEMAN K.AFRIDI, Muhammad Hammad Khan, Sycd Husnain Ahmad

Introduction:

This study aims to shed light on the range of Lead present in the blood of children in the city of Peshawar. This study will be conducted in a variety of locations to try to highlight that a child receiving healthcare from any source in Peshawar is accounted for. Each test for Lead costs PKR 1 200 Data from the blood samples from each healthcare facility will be analyzed further.

Objectives:

1- Determine Blood Lead levels (BLL)'s of 1-10-year-old children from Public & Private Hospitals as well as Maternity Healthcare Clinics.

2- Compare the reported blood lead levels (BLL)'s in different areas of Peshawar by the use of the data collected from the aforementioned Sources of Healthcare.

Methodology:

This is a cross-sectional study that will take place in two major hospitals of Peshawar, as well as a maternity clinic. They are:

1) Khyber teaching hospital (Public)

2) Kuwait Teaching Hospital (Private)

3) Johar Khatoon clinic (private clinic)

The sample size will be 100 children (n=100) between the ages of 1-10. This study will use a conventional sampling technique (non-probability). The inclusion criteria are children aged 1-10, while the exclusion criteria is children blow the age of 1 and above 10 years of age and children with blood disorders such as Hemophilia, Thalassemia etc. The time frame of the study will be from February 2015 to April2 015. Data will be collected Excel sheets and further analysis will be done enquired. Consent will be taken from the institute, respective hospitals, and parents of participants as well as doctors that will refer the patients for blood Sampling. The consent forms will also be translated in Urdu to make it parents to understand why this research is being

Keywords:

Blood lead level, lead poisoning

Post-Traumatic Stress Disorder in Patients with

Traumatic Spinal Cord Injuries

KIIALID RASIIID, Mahdi Haq, Nabhan Rashad, Mohammad Atif Javed Swati, Shahid Ullah, Syed Zarak Ali Shah, Jamal Akhtar, Hamza Amin, Aleemullah Wazi, Mohammad Faheem Ullah

Introduction:

Post-traumatic stress disorder (PTSD) is a psychiatric disorder that develop after exposure to a traumatic event. Patients of traumatic spinal cord injuries are at risk of developing PTSD, and diagnosing and recognizing risk factors is important for effective treatment

Objective:

To determine the prevalence of PTSD 1n post-traumatic spinal cord injury patients and correlate the presence of PTSD to factors such age, cause of injury, and level of injury.

Methods:

A descriptive cross sectional study was conducted at Paraplegic Center Peshawar, Pakistan. The Diagnostic and Statistical Manual of Mental Disorders Fifth Edition (DSM-5) was used to assess the presence of post-traumatic stress disorder in patients at the Paraplegic Center. The study was carried out from December 2014 to February 2015 on a convenience sample of 51 patients. The criterion for inclusion in the study was to have atraumatic spinal cord injury, while the exclusion criterion was to have a traumatic spinal cord injury, while the exclusion criterion was to have a spinal cord injury that was non-traumatic in nature.

Results:

Out of 51 patients, 31% met the diagnostic criteria for PTSD. The age group of 15-24 years had a 27% prevalence of PTSD, while the age groups of 25-34 years and 35-44 years had a PTSD prevalence of 42% and 40% respectively. Patients who had fallen from a height had the highest prevalence of PTSD - 41%, as compared to patients who had other causes of traumatic spinal cord injury. Patients with a lumbar spinal lesion had a PTSD prevalence of 44%, whereas patients with a cervical and thoracic spinal lesion had a PTSD prevalence of 33% and 25% respectively.

Conclusion:

The study shows that lower age groups had a lower prevalence of PSTD and the patients who had fallen from a height had the highest prevalence of PSTD lumber spinal lesion patients had a higher prevalence of PSTD than patients who had spinal lesions at the cervical or thoracic level. age groups had of PTSD, the study shows patients who had spinal lesions at the cervical or thoracic level.

Keywords:

Post-traumatic stress disorder, spinal cord injuries.

Prevalence of Anemia among Undergraduate Medical
Students of Peshawar Medical College in 2014

MAIEEN HAQ, Ruby Noor, Sadiya Gul, Wagma Basir, Aamra

Introduction:

Anemia is the decrease in the amount of red blood cells or the amount of hemoglobin in the blood. The ability of blood to carry oxygen is reduced. The symptoms include feeling tiredness, weakness, shortness of breath or poor ability to exercise, increased thirst and the person become noticeably pale. Underlying causes are impaired RBCs production, increased RBCs destruction, blood loss and fluid overload. It is typically diagnosed on a complete blood count. Its treatment usually depends on the cause and severity, vitamin supplements given orally or intramuscularly.

Objectives:

1. To find out the frequency of anemia among male students.

2. To find out the frequency of anemia among female students.

3. To compare the frequency of male and female students.

Methodology:

This was a descriptive study. Sample size in our study was 126 (male=49 &female=77). The Hb levels of all the subjects were estimated by Sahli's tube method.

Results:

Out of 126 students, 49 were male and 77 were female. Among males 6.1%were of age 18 and none of them were anemic. Students having age of 19were 14% and among them 14.2% were anemic. 20 years old studentswere18% and among 33% were anomic. 30% students were 21 years old and among them 46% had anemia. 24% students were 22 years old and among them 25% were anemic. Those students of age 23 were 6.1%, among them 33.3% were anemic. Among 77 female students 24% were of age 18 and among them 63%%were having anemia. 40.25% students were 19 years old and among them+1.9% were anemic. 19.48% students were 20 years old and among themb6.6% were anemic. 11.68% students were of age 21 and among 44.40Were anemic. The students having age 22 were only 6.49% while 20%among them were anemic.

Conclusion:

Our study reveals that prevalence of anemia is high in female students having age group 18 to 20 years as compared to male students.

Keywords:

Anemia, Medical students

A Cross-sectional Study on Patients) Suffering from

Cerebrovascular Accident (CVA)

SUNDUS KHAN

Introduction:

The sudden death of some brain cells due to lack of oxygen when the flow to the brain is impaired by blockage or rupture of an artery to the brain. A Cerebrovascular Accidents(CVA) is also referred to as a stroke, it is due to poor blood flow to the brain results in cell death. There are two main types: ischemic due to lack of blood flow and hemorrhagic due to bleeding. They result in part of the brain not functioning properly. The main risk factor for stroke is high blood pressure. Other risk factors include tobacco smoking, obesity, high blood cholesterol, diabetes, previous TIA, and atrial fibrillation among others.

Objectives:

1, To determine age wise distribution of admitted CVA patients in LRH from Dec 2014-Fcb2015.

2. To find out the common gender suffering from CVA among these patients.

3.To find out the most common cause of this disease in CVA patients.

Methodology:

It was a retrospective study of records of admitted patients from December 2014- February 2015 in neurology ward of Lady Reading Hospital (LRH). The records were reviewed in the time duration of 3months. A cross sectional study was then conducted on sample of admitted patients in LRH suffering from CVA. The data was collected from the history of the patients.

Results:

Among total number of patients i.e. 120, 46 were males and 74 Were females. Patients included were 7 months to 100 years old patients. 62% females and 38% males which includes, CVA: 26%, ICB: 21%, Hemorrhagic stroke: 22% and Ischemic stroke: 31%

Conclusion:

Cerebrovascular Accidents were more Common in females and more prevalent in females aged 40+ and males aged 60 +.

Keywords:

Cerebrovascular accident, hemorrhagic stroke.

The Effect of Certain Environmental, Physical, Genetics,

Hygienic and Psychological Factors on Hair loss

MUHAMMAD ABDULILAII, Malak Mustaqeem Khan, Mazhar Shehzaad, Junaid Rehman

Introduction:

Baldness is the partial or complete lack of hair growth and part of the wider topic of "hair thinning".

Objectives:

1. To study and relate hair fall to environmental, physical, genetic hygienic and psychological factors
2. To know whether the students are conscious about their hair fall problems

Methodology:

was a cross sectional study? The study was carried out among the students of Peshawar Medical College. A survey questionnaire was designed for collecting data.

Results:

We distributed 136 questionnaires among the undergraduate students of PMC. We observed that about 80% of PMC students are conscious about their hair loss. And 62% of them think that hair fall affects their personality in a negative way. 33.8% of students prefer anti hair fall cosmetics for their hair while 28.4% have n0 worries. 26% of people use home remedies for their hair fall solutions. Only 11% of students consider visiting a doctor a feasible option. 40% of student's hail from Urban areas.31.6% of these notice an increased hair fall during the mid-autumn season.37.5% of students notice an increase in hair loss when they remain stressed over long periods of time 9.4% of students consider their hair fall problems to be due to environmental factors including climate and sun exposure while 32.3% think they have nutritional reasons, a meager13.2% consider it to be inherited. 4 1.2 percent of students complained of increased hair fall when they were using a narrow-too the comb/hairbrush.75.6% of the students complaining of hair fall were found to be consuming less than the recommended intake quantity of water. 87%of the students were of the view that this survey could prove to be quite helpful.

Conclusion:

Most of the students were suffering from hair fall. Notable reasons included less water consumption, stress, mental exertion, hygiene habits, nutritional deficiencies and genetic factors. Hair loss, medical students.

Key words:

Hair loss, Medical students.

Severity of Depression in Hostilites s and Day

<u>**Severity of depression in Hostilities and day scholars of**</u>

<u>**Peshawar Medical College on the Basis of Beck's**</u>

<u>**Depression Inventory**</u>

MUSTAFA JAVAID, Muhammad Yahya Khan, Saad Hussain Farooqi, Miraj Ul Haq

Hamza Khattak, Ammar Khattak,

Introduction:

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. The Beck Depression Inventory (BDI, BDI-1A, inventory, one of the most widely used instruments for measuring the created by Aaron T. Beck, is a 21-question multiple-choice s self-report inventory, one of the most widely used instruments for measuring the severity of depression.

Objective:

To find out the severity of depression in Peshawar Medical College students in regards to the becks depression inventory.

Methodology:

We conducted a questionnaire based survey in two groups of Peshawar Medical College students. 50 questionnaires each were distributed to hostilities and day scholars respectively and were asked to answer 2questions within 10 minutes. Data was analyzed according to the BD-II scale which is divided into 4 categories namely, 1) Minimal depression (Score= 0-13) 2) Mild depression (Score= 14-19) 3) Moderate depression (Score= 20-28) 4) Severe depression (Score= 29-63).

Results:

The response rate of my study was 100%, Out of which 52 (52%) were hostilities and 48 (48%) day scholars. Of the 52 hostilities, 10 (19.2%) students were severely depressed, whereas 12 (23.1%) had moderate depression. 12 (23.1%) students suffered from mild depression while 18 (34.6%) responded with minimal depression. Of the 48 (48%) day scholars 5 (10.4%) students were severely depressed, 1(2%) student had moderate depression. 8(16.6%) students suffered from mild depression while 33 (68

.75%) students responded with minimal depression.

Conclusion:

The present study shows that the severity of depression is greater in hostilities as compared to day scholars.

Keywords:

Depression, becks depression inventory, medical students.

Prevalence e of HCV in Patients Visiting Peshawar

Dental College OPD

NATASIA KAMRAN, Kulsoom Momin, Anmol Kousar, Palwasha Zaheer, Nosheen Yousuf,

Maria Anwar, Laloona Tariq

Introduction:

Hepatitis C is a liver disease caused by the hepatitis C virus: the virus can cause both acute and chronic hepatitis infection, ranging in severity from a mild illness lasting a few weeks to a The Hepatitis C virus is a blood borne virus and the most Common modes of infection are through unsafe injection practices; inadequate sterilization and blood products. 130 150 million people globally have chronic of medical equipment in some health-care settings; and unscreened blood hepatitis C infection. A significant number of those who are chronically develop liver cirrhosis or liver cancer 350. 000 to 500, 000 people die each year from hepatitis C-related liver diseases.

Antiviral medicines can cure hepatitis C infection, but access to diagnosis treatment and Antiviral treatment is successful in 50-90% of persons treated, depending on the treatment used, and has also been shown to reduce the development of liver cancer cirrhosis. There is currently no vaccine for hepatitis C, however research in this area is ongoing.

Objective:

To assess the prevalence of hepatitis C virus (HCV) infection in the patients

visited to Peshawar Dental College OPD.

Methodology:

In this retrospective study 6714 were investigated for the presence of HCV/HBV. Out of these 6714 patients 3170 were males and 3544 were females.

Results:

Prevalence of HCV infection in males: Out of 3170 patients 62 (1.95%) were having hepatitis C virus (Peshawar district). Out of 3544 patients 72 virus (Peshawar district)

Conclusion:

We observed a high prevalence of HCV infection in females compared to males.

Keyword:

Hepatitis C Virus

Frequency of diarrhea in children below 10 years of

age in two private teaching hospitals of district

Peshawar from 2012-2014

KHIZER ZAMAN, Tariq Shah, Muhammad Nabeel Hayat, Muhammad Usman, Muhammad Yahya, Salman Khan and Shahid Mukarram

Introduction:

Diarrhea is the passage of 3 or more liquid stools per day. The death rate because of diarrhea globally is 3.3 million/year. Median infant mortality 8.37 deaths per thousand live births in KPK, its prevalence in children of age 2-8 years in rural and urban areas is 15 and 16% respectively. It is S one of the major cause of infant mortality.

Objective:

To find out the prevalence of diarrhea in two private hospitals (Kuwait Teaching hospital Peshawar and Mercy Teaching Hospital Peshawar in district Peshawar. In children below 10 years of age, from 2012 to 2014

Methodology:

We carried out a cross sectional study using registered records of respective hospitals from January 2012 to December2 0 13 inclusive. We collected the secondary data using self-administered questionnaire. We analyzed the data using SPSS software. The research was carried out with permission from ethical approval committee

Results:

Total number of pediatric patients in the two hospital from 2012 to 2014was 3452. We collected a total of 433(12.5%) diarrheal patients in both the hospitals out of which 267(61.7%) were males and 166 (38.3%) were females. Number of patients in 2012 was 238(55%) while those in 2013were 195 (45%).According to residential address the number of patients are as follow; Tehkal 124 (28%), Afghan Camp 7(1.6%), Jalalabad 25(5.7%) others 272 (62%) and Mercy Educational Complex 5 (1.5%)

Conclusions:

We concluded that diarrhea is 23.4% more in males than females. We also found that 73% of the patients were less than 2 years old. Patients in 2012 were 10% more than patients in 2013. The most probable cause the large number of IDPs or Flood aftermath. Furthermore, the frequency of patients coming from peripheries of Peshawar is higher than the patients coming from Tehkal, Jalalabad, Afghan camps and Mercy Educational Complex respectively.

Key Words:

Diarrhea, Internally Displaced People

Prevalence of HBV in Patients Visiting Peshawar Dental College OPD

PALWASIIA ZAHEER, Nosheen Yousaf, Kalsoom Momin, Anmol Kausar, Natasha Kamran, Nosheen Yousaf, Maria Anwar, Mashayyada Durrani

Introduction:

Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic diseases. The virus is transmitted through contact with the blood or other body fluids of an infected person. More than 780 000 people die every year due to the consequences of hepatitis B. Hepatitis B is an important occupational hazard for health workers. Hepatitis B is preventable with the currently available safe and effective vaccine.

Objective:

To assess the prevalence of hepatitis B virus (HBV) infection in the patients visited to Outpatient Department to Peshawar Dental College.

Methodology:

In this retrospective study 6714 were investigated for the presence of HCV and HBV. Out of these 6714 patients 3170 were males and 3544 were females.

Results:

In males, out of 3170 patients 61(1.94%) patients were suffering from hepatitis B virus (Peshawar district). In females, out of 3544 patients 35 (0.98%) patients were suffering from hepatitis B virus (Peshawar district)

Conclusion:

We observed a high prevalence of HBV infection in males compared to female. HBV transmission can be prevented via vaccination and sterilization of instruments.

Keywords:

Hepatitis- B Virus.

Effects of Neem on Diabetic Retinopathy

SADIA AIIMAD, Sana Latif, lqra, Durr-e-Shahwar

Introduction:

diabetes mellitus, which can eventually lead to blindness. It is an ocular Diabetic retinopathy is a damage to the retina caused by complications of manifestation of systemic discuss which effects up to 80% of all patient's statistics, research indicates that a at least 90% of these new cases could he who have had diabetes for 10 years or more, despite these intimidating reduced if there was proper and vigilant treatment and monitoring of the eyes. The longer a person has diabetes, the higher their chances of developing diabetic retinopathy.

Objective:

To study the effect of neem on diabetic retinopathy.

Methodology:

 Four diabetic patients were used in this experimental research. The patients were of 47, 48, 41 and 49 ages respectively. Two of the patients were given medicine like Getryl etc. the other patients were given neem leaf extract to lower the level of glucose.

Results:

The patients were treated with juice for a period of one month. During this month the glucose level of patients was checked at the end of each week. The glucose levels of the patient given neem extracts were lower than the medicated patients, and way below the normal range, moreover the data was analyzed statistically. Coefficients of variations were found that treatment is more consistent than control (the value of CV for control is 2.22 and treatment is 4.8)

Conclusion:

It was found that neem can give the better result by reducing glucose level. It also improves the blood circulation by dilating the blood vessels. It is also helpful in reducing the need for hypoglycemic drugs.

Keywords:

Neem, Diabetes, Diabetic retinopathy.

Surgery
&
Allied

A Cross Sectional Study on Causes

And Progression of Myopia in PMC Students.

SANA FARID, Ayesha Javaid, Farccha Subhan, Hoorish maqsood, Ambreen Zaman.

Introduction:

Myopia (short sightedness) is a refractive error in which eye fails to see distant objects properly. It is an important cause of correctable visual impairment and preventable blindness worldwide.

Objectives:

1. To find the frequency of myopia among students.

2. To find the most common causes of myopia.

3. To find the progression in the myopic students.

Methodology:

A descriptive study was conducted among PMC undergraduate students from 15hFcbruary, 2015 to 3rd MARCH, 2015.The sample of our study was100 students (n=100, M:50& F:50). Our sampling technique was convenient sampling. Regarding ethical considerations verbal consent was taken from the students who agreed to participate in our study.

Results:

The frequency of myopia was found to be 47.66. Mean refractive error was-1.75D. A total of 52% of females and 42.59% of males were myopic. Reading besides the medical books & lectures is 669% for male is below 1hour and among females is 46%. 289% male students use electronic device for two to four hours. While 349% of female students use more than 4hours. About 529% of male students spend more time on outdoor activities for about more than 1 hour while 65% of females spend less than 1 hr.,42% male take rest 5-15 minutes during studies while 30% females takes rest 5-15mins average reading distance for reading printed material is 15to 30 min for 50% male & 66% female. Change in the duration of reading in past 2 years is decreased 15% of male while in females about 22% remains unchanged about 22% of male & 30% of female myopic conditioning past 2ycars remains unchanged 12% of male & 14% of female myopic condition is worsened for average about -1.5D

Conclusion:

We concluded that the myopia among the males is less than in females it is

because the females have less outdoor activities plus more studying &

more screen watching

Keywords:

Myopia, refractive error, medical students.

Frequency of Common Breast Diseases

ZAINAB YOUSUFI

Introduction:

Breast disease both benign and malignant are common and are highly prevalent condition. Most women experience physical breast changes sometime during their life. Common condition includes cysts, fluid filled lumps, fibro adenomas, blocked milk ducts and fibrocystic breast changes.

Objectives:

1. To find the frequency of common breast diseases.

2. To find the relationship of common breast diseases with age.

Methodology:

It was retrospective review of the last 4 years' records. Sample size of our study was 184 with purposive sampling technique. Variables of interest were age and the type of disease under discussion. The age of the patient and the type of disease diagnosed was taken into the consideration irrespective of the marital status, family history and place of residence. Collected data was entered in excel sheets and results computed. Ethical consideration were taken care of.

Result:

In year 2010, Intra -ductal carcinoma (IDC), Fibro adenoma, Chronic non- Specific inflammation and others were reported as 12, 6, 6 and 15 cases respectively, in 2011, they were reported as 18, 5, 6 and 17 respectively, in2012, 23, 7, 4 and 14 respectively and in 2013, 18, 7, 7 and 19 respectively. In less than 20 years, 16 cases, 21-40 years 7 cases, 41-60 years 2 cases and in greater than 60 zero cases of fibro adenoma were reported. Mild chronic non-specific inflammation in less than 20 years old was reported to be 3 cases, 21 40 years 5 cases, 41-60 years 15 cases and greater than60 zero cases were reported. IDC in <20 years was 3 cases, 21 40 years 26cascs, 41-60 years 33 cases and in greater than 60 years 9 cases were reported.

Conclusions:

Our study is based upon retrospective record review which included age and type of disease irrespective of the marital status, residence and family history but as our topic needed these factors so we recommend the laboratories to put these factors as well in record registers so that we can relate them to our study.

Keywords:

Breast diseases, fibro adenoma.

Dental Sciences

Dental Age Assessment of Children in Peshawar

(KPK) by using Demirjian Standard

EIMAN GIIANI, Hoor Maryam, Ayesha Ghani

Introduction:

This is one of the method I to identity a person by assessing one's age, which is a procedure adopted I by many Anthropologist, Archaeologists and Forensic experts. There are many methods available through which age can be assessed, and these arc attainment of secondary sex character, fusion of sutures, and epiphysis of bones and development of the teeth. Tooth development is uniform and less influenced by external factors as malnutrition, disease and mental stress. Orthopantomogram is commonly use to assess all the teeth because it shows the whole of the dentition on a single image

Objective:

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

Methodology:

 Mineralization of 7 mandibular teeth from central incisor to 2 molars were assessed according to the method described by Demirjian et al, using the eighth grade scheme where stages A to D describe the crown formation, while E to H describe root development. 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. Orthopantomogram (0PG) from Orthodontics department were screened. Poor quality 0PGs 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.

Results:

When chronological age was compared with dental age using Demirjian method total sample showed statistically significant linear correlation of rF0.975([P<0.001) and total female sample showed statistically significant linear correlation of r=0.978(P<0.001) .

Conclusion:

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

Keywords:

Age estimation, Forensic Dentistry, Orthopantomogram, Demirjian method

The Incidence of Most Common Affected by

Caries and the Frequency of different Procedures

Performed in the Department of Operative Dentistry, Peshawar Dental Hospital

RIDA MUJEEB

Introduction:

Dental caries is the most common disease affecting teeth. Worldwide, estimates approximately 2.43 billion people (36% of the population) have dental caries in their permanent teeth. The World Health 0rganizations estimates that nearly all adults have dental caries at some point in life. In baby teeth it affects about 620 million people or 9% of the population. In our region data regarding the most commonly affected teeth and procedure performed to restore them is scarce.

Objective:

To find out the most common teeth affected by carious process and to evaluate the frequency of different operative procedures performed in the department of operative dentistry, Peshawar Dental Hospital.

Methodology:

A cross-sectional study was done by extracting 2 months' data from the patient's records of the department of operative dentistry. Data for different variables were analyzed by using Microsoft Excel and SPSS version 19.

Results:

A total of 895 patients were studied with an average age of 29 (+ 14 SD, 3- 80 age range) years. Male patients were 413(43.109%) and female patients were 569 (63.60%). Female to male ratio was 1.4. Following were the most commonly affected teeth with dental caries: Maxillary Deciduous teeth: D (First Molar) Mandibular Deciduous Teeth: (Second Molar) and D (First Molar) Maxillary/Mandibular Permanent Teeth: 6. In both gender, the root canal was done in 231patientswhile GIC filling was performed in 270 patients, followed by composite filling in 209 patients and amalgam restorations in 135 patients.

Conclusion:

Female were most commonly affected by dental caries. The most common procedure done in both gender was GIC restoration, composite filling and amalgam restoration while Root Canal treatment was the procedure done in advanced carious lesions and pulpitis.

Key words:

Carious tooth, Root Canal Treatment.

Frequency of Partially Dentate and Edentulous

Patients Visited to Prosthodontics Department

of Peshawar Dental College

ALINA NAYAR, Laila Wazir, Muniba, Ureeba Zaheer, Tehrim lqbal, Komal,

Farah, Naima, Sobia

Introduction:

Loss of teeth is mainly attributed to dental caries and periodontal diseases. Edentulous and small number of remaining teeth are associated with low educational level and family income.

Objective:

To find out the frequency 'of partially dentate and edentulous patients.

Methodology:

The data was collected by using OPD register of Prosthodontics department of Peshawar Dental College It was a retrospective cross- sectional study. Male and female patients were involved and data was analyzed using SPSS.

Results:

Total number of patients was 3400. The patient using complete denture was 100 and removable partial dentures was 3000 which came out to be 91.17%.

Conclusion:

On the basis of this study it is concluded that number of patients of Complete denture is very less compared to removable partial denture and fixed prosthesis received by the patients

Keywords:

Dentures, prosthodontics

Knowledge, Attitude and Practice about Halitosis among

the Dental Students of Peshawar Dental College

AMNA UMAR, Erum Rehman

Introduction:

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

Objective:

To evaluate the knowledge, attitude and practice of students towards halitosis.

Methodology:

A self-administered questionnaire was distributed among 100 students of Peshawar Dental College in March 2015.

Results:

Forty percent of participants did not know about the oral conditions, 20% of participants had bad breath because of Xerostomia, 3-4% of participants are suffering from halitosis because of GIT disorders, 6% of participants are advised to have examination either by a physician or dentist, 85% of the participants think that halitosis is mainly caused by Xerostomia, GIT disorders, bad oral hygiene, plaque and calculus, 55% of the participants find their breath to be the worst in the following situation (85% = when they wake up in the morning, 8%= when thirsty, 7% =when hungry), 45% of participants had treated halitosis by different medications and mouthwashes, I-c advised by physician or dentist.

Conclusion:

In this study, student's knowledge, attitude and practice on halitosis was 55%.

Keywords:

Halitosis, oral malodor, periodontitis

Need for Scaling in Patients aged 7 to 13 years

SHUMAILA

Introduction:

Scaling is a recommended treatment for gum diseases and involves delicately scrapping of plaque and calculus from below the gum line. Scaling removes the calculus, plaque and bacterial deposits that constantly form around the teeth and gums. Regular oral hygiene, maintenance is essential in preventing common dental problems and periodontal problems such as dental caries, gingivitis and periodontitis. The longer plaque and calculus on teeth, the more harmful they become and cause gingivitis. When gingivitis is not treated, it an advance to periodontitis. A scaling is to be considered effective if the patient is Subsequently able to maintain their periodontal health without further bone or attachment loss and prevent recurrent infection with periodontal pathogens.

Objective:

To find out the need of scaling in patients.

Methodology:

Retrospective data was used to find need of scaling. The data was collected by the staff of Peshawar Dental College on a structured questionnaire in December 2013. The data was collected in different schools of Peshawar. The data was analyzed by using SPSS version 16

Results:

. Total number of students were 65, among them 50 students have plaque and calculus deposits, which means they need scaling, while 15 had excellent oral hygiene so they don't need scaling. Most frequently scaling needed group was 13-year-old children, they include 17 students. On the other side 8-year-old students had best oral hygiene.

Conclusion:

From the above results we concluded that, most of the students in our study have bad oral hygiene and need preventive as well as conventional treatment such as oral health education or dental awareness programs at schools and scaling.

Keywords:

Scaling. gingivitis, periodontitis

Oro-dental Health: Different Tooth Brushing Techiest

Awareness and Practices among Students of Peshawar

Medical College and Peshawar Dental College

ASMA AI. SYEDA. Maria Aziz. Amna Khan Tonba Shar

Introduction:

Oral diseases are the major public health concern owing prevalence and their effects on the individual's quality of life a tooth brushing is the principal method by which individual remove plaque and control plaque related diseases such as periodontitis and caries Good health care professionals generally recommended at least two time brushing with appropriate brushing techniques.

Objectives:

1. To find out the frequency of different tooth brushing technique in medical students.

2. To aware students about the effective tooth brushing technique for their oral health.

Methodology:

It was a descriptive cross-sectional questionnaire based study conducted in Peshawar Medical College and Peshawar Dental College by using convenient sampling technique.

Results:

Total number of students interviewed were 200 among which 7996 do not know about different tooth brushing techniques. Only 22 96 knew. in the people of 18 to 26 year of age 3% of students do not even brush regularly According to the gender 1 out of 134 females do not brush regularly and 5out of 66 males do not so 3% of the total do not brush regularly 309% of the students brush their teeth in vertical direction 259% in horizontal direction 46% circularly. 20 % of the students change their tooth brush every month 43% after 2 months 34% change their tooth brush in 2 to months and 4% change after a year or more.

Conclusion:

It has been observed that even in medical colleges the students are unaware of proper tooth brushing techniques which is important for oral health.

Keywords:

Tooth brushing technique, medical students, dental students

Ergonomics in Dentistry and Prevention of

Musculoskeletal Diseases

GIIAZALA WAZIR

Introduction:

It is a discipline that studies workers and their relationship to their occupational environment. The scope of ergonomics in dentistry is large. Good working ergonomics is essential so that work capability efficiency and high clinical level of treatment can be maintained throughout the working life of dental professional's

Objective:

To find out the ergonomics of musculoskeletal diseases in dentistry.

Methodology:

This cross Sectional study was carried out at Peshawar Dental College and Khyber College of Dentistry. The sample size was 180 subjects with 50% undergraduates and 50% postgraduate students.

Results:

Among undergraduates, 42% were having excessive fatigue in shoulders and neck, 8% feel swelling in hands without visible swelling, 24%o feel numbness in fingers, 42% were having back pain. 53% think that use of an adjustable chair with proper back support, using wide diameter grip hand instruments can decrease the frequency of musculoskeletal diseases in dentists and their ages ranged from 19 to 23 years. While in post graduates 53% were having excessive fatigue in shoulders and neck, 159% feel swelling in hands without visible swelling, 55% feel numbness in fingers, 63% were having back pain, 86% think that use of an adjustable chair with proper back support, using wide diameter grip hand instruments can decrease the frequency of musculoskeletal diseases in dentists and their ages ranged from 25 to 44 years.

Conclusion:

Dental students and clinicians are suffering from musculoskeletal disease. Fatigue and back pain are more common, while numbness in hand were less common. Overall the frequency was increased in post graduates as Compare to under graduates. According to most under and post grades the musculoskeletal diseases can be best avoided by use of back rest and wide angle hand piece.

Keywords:

Ergonomics, Musculoskeletal diseases.

Frequency of Different Classes of Occlusion in

Different School Going Children of Peshawar

LALONA TARIQ, Bisma Ehsan, Rabiya Shakeel, Natasha Kamran

Mamoona Muhammad, L.aila Hayat, Nida Saeed, Naila Gul

Introduction:

A malocclusion is a misalignment or incorrect relation between the teeth of the two dental arches when they approach each other as the jaws close. Malocclusion is a common finding, although it is not usually serious enough to require treatment. Those who have more severe malocclusions may require orthodontic and sometimes surgical treatment (orthographic surgery) to correct the problem. Correction of malocclusion may reduce risk of tooth decay and help relieve excessive pressure the temporomandibular joint. Orthodontic treatment is also used to able for aesthetic reasons. Malocclusions may be coupled with skeletal disharmony of the face, where the relations between the upper and lower jaws are not appropriate. Such skeletal disharmonies often distort sufferer's face shape, severely affect aesthetics of the face and may be with coupled mastication or speech problems. Most skeletal malocclusions can only be treated by orthographic surgery.

Objective:

To find out frequency of different types of occlusion by using Angle's classification.

Methodology:

Retrospective cross-sectional study by using data conducted in different schools of Peshawar. The age group was 12-16 years including both males and females. The data was collected by staff of Peshawar Dental College on well-structured Performa. SPSS was used to analyze the data.

Results:

Total no of participants was 361 in which 170 were females and 191l were males. Out of total 355 patients, 261 were class 1, 69 were class 2 and 25 were class 3. Among females predominant were 111 classes 1 and among males predominant were 150 classes 1.

Conclusion:

From the above discussion it can be inferred that class 1 mal occlusion is predominantly present in both genders.

Keywords:

Malocclusion, orthodontics.

Frequency and Distribution of Orofacial Pain in the

Patients at Peshawar Dental Hospital

MARIA HABIB

Introduction:

Orofacial pain has been defined as pain localized to the region above the neck, in front of the cars, and below the orbit meatal line, as well as pain within the oral cavity. Orofacial pain has many causes, some of them are explained below. Pulpitis is a condition in which the pulp of the tooth becomes inflamed. causing pain and pressure in the tooth. Trigeminal like an electric shock. It is usually unilateral and the attack is sudden and neuralgia is a sudden, severe facial pain, described as sharp, shooting or lasts for few seconds to about two minutes. Periapical infection is the infection surrounding the root of a tooth, often accompanied by a tooth ache. Pericoronitis also known as operculitis inflammation of the soft tissues surrounding partially erupted crown of a tooth.

Objective:

To evaluate the frequency of patients reporting to Peshawar dental hospital with orofacial pain.

Methodology:

One fifty-five adult patients (15-65ycars) of orofacial pain were diagnosed in OPD of Peshawar Dental Hospital in the last three months (Dec-Feb 2015). The data was collected from the OPD records.

Results:

Out of 155 patients 38.7% has pulpitis and 6.4% were suffering from trigeminal neuralgia. Among those 155Patients 9.6% has TMJ pain and 19.3% were suffering from pericoronitis and 25.8% patients were suffering from periapical infections.

Conclusion:

This study appears to suggest that pulpitis among orofacial pain has high frequency in patients of Peshawar dental hospital.

Keyword:

Orofacial pain

Frequency of Different Dental Prosthesis Provided

to Patients in Prosthodontics Department in

Peshawar Dental Hospital

MENHAS

Introduction:

A dental prosthesis is an intraoral (inside the mouth) prosthesis used to restore (reconstruct) intraoral defects such as missing teeth, missing parts of teeth, and missing soft or hard structures of the jaw and palate. Prosthodontics is the dental specialty that focuses on dental prostheses. Such prostheses arc used to rehabilitate mastication (chewing), improve aesthetics, and aid speech

Objective:

To find out the frequency of different dental prosthesis provided to patients in prosthodontics department in Peshawar Dental Hospital.

Methodology:

It was a retrospective cross-sectional study carried out from September 2011 to October 2013. The data was collected from OPD register of prosthodontics department. Total number of patients included were 3400.Dental prosthesis of all types, provided to both genders and all age groups were included in this study. Data was entered and analyzed through SPSS-version

Results:

Out of these patients, 20.58% were provided partial dentures. While complete dentures, crowns, bridges, CC plates and splints were provided to 9.41%, 13.5%, 11.76%, 2.64% and 1.34% respectively.

Conclusion:

Partial denture was the most common prosthesis provided while spent was the least one.

Key Word:

Dental prosthesis.

DMET and Comparison between Dental Student and

Patient of Age 18 to 23

MUSHAYYADA DURRANI, Maria Hanif, Ansah, Maria Anwar, Palwasha Zaheer, Nosheen Yousaf, Anmol Kousar, Kulsoon Momin Afridi

Introduction:

Dental health is a highly individualized concept the perception of which is very affected by individual culture and socioeconomic status. Dental health professional has an important role to play an improvement of public health education level.

Objective:

To find out the DMFT scores and oral health status of Peshawar Dental College students and OPD patients of the same age group and compare them accordingly.

Methodology:

The study population dentistry with age range 18 consisted of undergraduate students and patients of 24 years. The data was collected by well structural questionnaire of 100 participants of Peshawar dental college. The examination was done to find DMFT scoring, the data was collected by non-probability and convenience method. The study was conducted my cross section comparative study design. The data was collected and analyzed in SPSS version 16. This cross sectional study was carried out at Peshawar Dental College to evaluate the dental caries status among the dental student and patent of age 18 to 23. The decayed, missing and filled teeth were evaluated according to DMFT scoring scale .50 students and 50 patient of age 18 to 23 were included in study. The overall DMFT scores was 73 %. There was difference between DMFT score of dental students and patients.

Results:

A total of 50 dental undergraduate students and 50 dental patients were included in this study. Distribution of students in different professional years was done. Similarly gender wise distribution was done. DMFT score with respect to professional years and patients was brushing teeth Frequency 100 %, dentist visit 100 %, and extra means of cleaning 100 %

Conclusion:

The dental caries status was low amongst the dental students as compared to dental patients. Dental student's s completed their undergraduate training period with higher no of treated teeth. This has been attributed to their motivation and good perception of their dental health.

Key Words:

Dental caries status, DMIT, Dental student and patients

Frequency and Awareness of Mouth Freshener in

Peshawar Medical and Dental College

NABLA BASHIR, Saba, Faiza Saleem Khan, Fatima Saadat, Asma Azim

Introduction:

The hygiene hypothesis suggests that a reduction in the microbial exposure due to improved oral health measures has contributed to oral hygiene imbalance and increase incidence of dental diseases such: as caries.

Objective:

To find out the awareness of mouth freshener among MBBS and BDS students of Peshawar Medical and Dental College.

Methodology:

 A questionnaire was developed to evaluate oral hygiene and dental care practices of total 90 students (45 BDS and 45 MBBS). The questionnaires were distributed among 1st year BDS,1st year MBBS and 2nd year BDS students. The data was collected by using the 19th version of SPSs software. The Chi-square test was applied and the data was collected. The study design Was Cross sectional comparative study.

Results:

The following questions had the p-value significant (less than .05). By using mouth freshener if bad odor was lost or not and comparing the result among 1st year and 2nd year classes, among 1st year students 63 answered yes, among 2nd year students 7 answered yes. Meeting a dentist every six months or no, 39 BDS students & 25 MBBS students answered yes. Parents insisting on dental health? 41 BDS students &31 MBBS students answered yes. If it's important to use the right mouth freshener or not, 44 BDS students & 35MBBS students answered yes. Experiencing bad breath from mouth, 15 BDS students & 19 MBBS students answered yes. After using mouth freshener, how long bad breath reappears?30 BDS students answered after 3 hours,6 answered after 6 hours,9 answered after 9 hours, 1 5 BDS students answered 3 hours, 15 answered 6 hours and15 answered 9 hours. In your opinion use of mouth freshener affects your personality, 8 male answered & 58 females answered yes

Conclusion:

By analyzing the data, majority of BDS students think that mouth fresheners good for oral hygiene as compared to MBBS students. In our opinion, mouth freshener has many benefits.

Keywords:

 mouth freshener, medical and dental students

Prevalence of Malocclusion in Different Gender of

Patient Reporting the Orthodontic Department of

Peshawar Dental College

SADIA AMIN, Samrccn Khalil, Shandana Wahab

Introduction:

Malocclusion is the c deviation in inter-arch and/or intra-arch relation of the teeth and/or jaw. The etiology is multifactorial both genetic and environmental factor plays their I role it occurs in majority of population therefore, detailed knowledge of its dental and skeletal characteristics essential so that proper resources can be directed towards its diagnosis and treatment plaining.

Objective:

The purpose of this study was to assess the pattern of malocclusion in patients reporting to the department of orthodontic at Peshawar Dental at Peshawar dental college.

Methodology:

Ninety-one patient's w were selected from the record of this purpose. The record included the gender, cephalometric, OPG and complete file. The Excluding criteria were syndromes and pathology.

Results:

Skeletal class 1 was most frequently seen malocclusion in the record i.e. 53.8% and class 2 i.e. 38.5% and least seen is class 3 i.e. 7.7% the total male patient is 33 % and female is 67%. Number of female patients in class 1 is 32 and male is 17 while in class2, females were 27 and males were 8. In class 3 female were and 2 males were 5.

Conclusion:

The results of this study reflect the need for further studies to investigate the reasons this trend. This study show that angel class 1 malocclusion was frequently seen where is class 3 was least seen. This was a pilot study and doesn't necessarily reflect the trend of entire Pakistani population it however does provide a bassline data for plaining orthodontic treatment.

Keywords:

Malocclusion, orthodontic.

Patient's Attitude towards Esthetic Dental

Treatment at Peshawar Dental Hospital

SOMIA GUL

Introduction:

Esthetics has become an important issue in modern society, as it seems to define one's character. In the past, functional demands were the main consideration in dental treatment. Today, with the decrease in caries prevalence, the focus has shifted toward dental esthetics.

Objective:

The aim of the present study was to assess the attitude of patients towards current esthetic dental treatment carried out at Peshawar Dental Hospital.

Methodology:

This was a cress sectional questionnaire based study conducted on patients attending Peshawar Dental hospital during one-month period. Verbal consent was censured before applying the questionnaire. No clinical Examination was done. Data was entered and analyzed by the statistical package SPSS 19.

Results:

A total of 80 patients were enrolled in the study. The subjects ranged in age from 18 to 50 years old. 73.89% of the samples were females and 26.3% were males. For the first question, 91.3% of subjects responded affirmatively while 8.8% responded negatively. Among those who responded negatively Missing teeth was the main reason. 41.3% subjects said they would like to change their smile by changing the teeth position. Regarding the satisfaction of the subjects with the treatment procedure, 48.8% subjects were satisfied while 15% were unsatisfied. When asked about the treatment time 41.3% of subjects said that treatment takes a reasonable time while 43.8% said that it takes a long time. Those who said the treatment takes a long time were mostly the patients attending Prosthodontic ward. When asked about time and cost, 80% said that both are important. 53.8% patients were asked about their expectations regarding esthetics before the treatment and 70% subjects said them expectations were fulfilled after the treatment. 38.8% subjects said that the most important factor in sacking esthetic dental procedure is appearance while 37.5% said that its smile.

Conclusion:

On the basis of this study it is concluded that relatively a high level of dissatisfaction with appearance among study sample in dictated the need for practice of esthetic dentistry in the society.

Key Words:

Esthetics, Denton-facial attractiveness

Evaluation of Tooth Brushing Technique and Oral

Hygiene Knowledge in Peshawar.

Ghazala Wazir, Amna Akhtar, Muzdalfa Hanif, Palwasha Zahid, Maria Khalil

Introduction:

Oral health is integral part of general health. Poor oral health can have adverse effects on general health. Hence good oral health is very essential, which in turn is achieved by good oral hygiene that is directly related to the technique of brushing.

Objectives:

 To evaluate the tooth brushing technique and oral hygiene knowledge in students of Peshawar.

Methodology:

A Cross sectional study was done by using sample size of 450, the questionnaires were distributed in 6 different schools of Peshawar (12- 19 years). they were asked about oral hygiene and their technique of brushing w2s demonstrated by the students that how they use to brush their teeth The data obtain was analyzed, according to which 85% of student brush their teeth regularly, 34% once a day, 48% twice a day and 18% sometime brush their teeth.

Result:

 The result showed that 90% of students use the scrubbing/rubbing technique; only 8%o use the proper technique while just1.5% knows about the standard technique of tooth brushing. 72% of student brush their teeth before breakfast (i.e. wrong timings) and 28% after breakfast.

So due to their wrong brushing technique and timings 35% of student we're suffering from bleeding gums, 31% students were having fillings in teeth and 34% students were facing other dental problem like halitosis, gingivitis etc.

Conclusion:

The result showed that very few students were using the proper technique of brushing while none of them know about the standard method, however mostly 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.

Oral Manifestations and Complications in

Hospitalized and Non-Hospitalized Diabetic Patients

SHUMAISA KIATTAK

Introduction:

Diabetes mellitus is a common disease with concomitant oral manifestations that impact dental care. Diabetes mellitus affects more than 150 million people worldwide at an alarming rate, with a global prevalence of 4% in 1995 and an expected rise to 5.4% by the year 2025. One of the concerns is the ability of oral infections to profoundly affect metabolic control of the diabetic state and vice versa.

Objective:

To gather information related to oral manifestations and complications of diabetes in hospitalized and non-hospitalized patients and compare them accordingly,

Methodology:

Data was collected on a well-structured Performa by using convenience sampling technique and study design was cross-sectional comparative study. Hospitals visited were Kuwait Teaching Hospital and Mercy Teaching Hospital. The Performa included Personal/Demographic history related to patient and Examination of the patient; specially focused on oral health.

Results:

After examining 30 patients (15 hospitalized and 15 non-hospitalized) it was revealed that among hospitalized patients, 54% brushed their teeth, 46% didn't. 87% experienced dryness of mouth, 13% didn't. 47% Experienced burning mouth sensation, 53% didn't. In PDI index, 46% had calculus, 27% had 3-4mm pocket depth, and 27% had a pocket depth greater than 6mm. None had healthy gums. 40% had taste dysfunction, 53% had a fissured tongue and 7% had infections. Among non-hospitalized patients, 94% brushed their teeth, 6% didn't. 73% experienced dryness of mouth, 27% didn't. 7% experienced burning mouth sensation, 93% didn't. 27% had calculus, 46% had a pocket depth of 3-4mm, and 7% had a pocket depth greater than 6mm.20% had healthy gums. 60% had taste dysfunction, 40% had a fissured tongue and none of them had infections.

Conclusion:

Most of the hospitalized patients did not brush their teeth and specific measures should be taken to bring awareness in them.

Keywords:

Diabetes, xerostomia.

Common Causes of Orofacial Pain in Patients

Visiting Oral Medicine Department of PDC

Raheela, Hurrya Adeeb, Sanam Nayab, Hina Hakeem

Introduction:

Orofacial pain is the most frequent reason for the patient to visit dental clinic. The orofacial pain has two parts: oriental and facial. Oriental main occurs in the area under the orbit meatal line in oral cavity, above the nock and in front of cars, while facial pain occurs in the rest of the area of the head and neck region2 Among the orofacial pain pulpitis is the most common while gingivitis is the second most common pain.

Objective:

1. To determine the common cause of orofacial pain among the patient who reported the oral diagnostic sciences and oral medicine department of PDC.

Methodology:

Cross sectional study was done by convenient sampling technique. Total of

318 patients were studied. the data was recorded in separate preform and was entered in SPSS version 16. Analysis was done to determine the Frequency & %age of all common causes of orofacial pain

Result:

Out of 318 patients, 151(47.5%) were male and 167(52.5%) were females. The patients reported pulpitis were 192 (60.3%). Among the males more common cause was pulpitis 92 (61%)followed by gingivitis 16 (11%) ,Tmj disorder 7 (5%), periapical infection 11 (79%) and neuropathic pain 6 (4%) while psychogenic 4 (29%). Among the females more common cause was pulpitis 100 (60%) followed by gingivitis 20 (12%), tmj disorder 18 (11%), periapical infection 9 (5%) and psychogenic pain 6 (0) neuropathic pain 4 (2%).Gingivitis was the 2 and most common cause O1 orofacial pain, neuropathic pain was most commonly observed in 4th - D decade. While psychogenic pain was most common in female in their 6 decade of life.

Conclusion:

It was concluded that the most Common cause in both and female was Pulpitis. neuropathic pain was common in male and psychogenic pain was Common in female

Keywords:

Orofacial pain. Pulpitis neuropathic pain

Frequency and Distribution of Impacted Teeth in

Patients Visited Minor Oral Surgery

MAHNOOR 1QBAL, Dania Hassan, Naseem Bano, Khadija Rehman.

Hascena, Momina, Sabahat

Introduction:

An impacted tooth is one that fails to erupt into the dental arch within the specific time. Because impacted teeth do not erupt, they are retained throughout the individual's lifetime unless extracted or exposed surgically. Tenth may become impacted because of adjacent teeth, dense overlying bone, Excessive soft tissue or a genetic abnormality. Most often, the cause of impaction is inadequate arch length and space in which to erupt. That is the total length of the alveolar arch is smaller than the tooth arch (the combined mesiodistal width of each tooth). The third molars are frequently impacted because they are the last teeth to erupt in the oral cavity. Mandibular third molars are more commonly impacted than their maxillary counterparts. As a general rule, all impacted teeth must be removed, except canine teeth, canine's won't need surgery and may just remain buried and give no further problems.

Objective:

To find the distribution and percentage of different impacted teeth.

Methodology:

Retrospective study was conducted and data obtained was then analyzed using PSP. The participants belong to both gender who visited to MOS of PDC during 1st Jan 2014 till 31st Dec 2014.

Results:

Out of 376 diseased patients 84% are impacted cases. Among these cases, 74% are male patients and 10% are females. Among all impacted cases are mandibular left third molar most common impacted teeth (84%) followed by mandibular right molar (35%), max. right 8%, max.l eft 8% and only 1% is canine.

Conclusion:

Most common impacted tooth was mandibular left third molar and that was found in males mostly.

Key Words:

Impacted teeth, minor oral surgery.

Comparison of Mandibular Inter-Canine Width in

Different Malocclusions of Peshawar

Uruba Fida, Salma (Gul, Rabia Binte wali, Sara Ali, Aneela karim, Shazia Hameed

Introduction:

The mandibular inter Canine width have considerable implications in orthodontic diagnosis and treatment planning, affecting the space available, dental aesthetics and stability of the dentition. The aim of this study was to compare the inter-canine width among the three malocclusion groups. Malocclusion: A malocclusion is the misalignment or incorrect relation between the teeth of the two dental arches when they approach each other as the jaw close. Inter-canine Width: The horizontal distance between the cusp tips of the upper and lower permanent canines.

Objectives:

1. Data collection from pre-treatment orthodontic casts from orthodontic department of PDC.

2. Data collection from files of orthodontic patients at dental clinics of PDC.

3. Transverse width of mandibular dental casts measured by digital caliper.

Methodology:

It is a retrospective study. A total of 77 patients who belonged to different malocclusion groups (Angle's class I, I, II) were included. The data was collected from pretreatment orthodontic casts and files of orthodontic department of Peshawar Dental College. The transverse width of mandibular dental casts was measured by universal digital caliper.

Results:

Mean inter- -canine width in class 1 malocclusion was found to be 26.0133 in class 2 the mean width was 26.5384 and in class 3 the mean width was found to be 27.2783

Conclusions:

The inter canine width was calculated and were calculated to be least in skeletal class 1 patient, skeletally class 2 and skeletally class 3(in ascending order) patents. The inter-canine width exhibited sexual dimorphism with males having larger inter canine width in skeletal class 1 and 2 patients while females had greater inter-canine width in skeletally class 3 patients.

Keywords:

Malocclusion, dental

Public Health

Hand Sanitation Practices within Clinical Settings: Its Knowledge and Prevalence among Medical Students in Peshawar Medical College (PMC)

MALGUI, MALIHA AI.I, Hira Tariq, Layba Atta, Faiza, Rabeea

Ihtesham, Rahat Ghafoor, Fatima Iftikhar & Fatima Batool

Introduction

Maintaining adequate hand hygiene remains amongst the prerequisites of good health. In clinical settings, this rather simple practice serves as an important and effective measure in reducing risk of nosocomial infections.**:**

Objective:

To find the knowledge and prevalence of hand sanitation practices within clinical settings in students of Peshawar Medical College.

Methodology:

Results:

This study is an observational cross-sectional study. The study population was selected via convenient sampling and consisted of medical students from Peshawar Medical College (PMC). Sample size was 155.All medical students from third year to final year, currently enrolled in the above mentioned medical college were included in the study. Data collection process approximately lasted for a period of two weeks. All the data from questionnaires were entered into a data base designed for this purpose using Epidote 3.1 program. Statistical Package for Social Sciences (SPSS) v. 17.0 was employed as a tool for data analysis. Total of 155 questionnaires were filled by medical students of PMC. Among them 87(56.1%) students were males and 68(43.99%) were females, with male to female ratio of 1.28:1. When asked about the importance of hand sanitation practices in clinical setting, 151 (97.4%) students had a positive opinion while Only 4(2.6%) replied in negative. Overall, 87 considered hand sanitation practices important in reducing the risk of nosocomial infections while 52 regarded them as an important tool in preventing transmission of resistant microbes amongst patients in clinical settings. Regarding maintenance of hand hygiene using soap and water, 83 considered that soaps reduces the surface Lesion between dirt and skin, 50 answered soap softens the dirt over the skin. When asked the future doctors about their knowledge of7 steps of hand sanitation, 66 replied with a positive answer while shockingly 89 gave a negative response, out of these 66 med students, when asked about application of these seven steps in clinical, 17 did observe these seven steps while 49 observe all the seven steps.

Conclusion:

Results generated from it would prove to be of immense importance in controlling various factors responsible for poor adherence to different hand hygiene practices among medical students in clinical settings.

Keywords:

Hand sanitation, medical students.

Patterns of Accessing and Sharing Health Related
Information via Modern Communication
Technologies among University Students

AASIYA AZIZ, Nazli gul, Areej Gul, Shadab Khan, Mehreen, Sidra

Taufeeq, Asmara, Abida Bint-c-Wali, Nayab Jamil, Zainab Oazi Mashal bano

Introduction:

The use of mobile and internet technologies to support the achievement of health objectives (mHealth & eHealth) has the potential to transform the face of health service delivery across the globe. With increased accessibility comes the possibility of greater personalization and citizen focused public health and medical care.

Objectives:

1. To determine common sources of health related information among university students, the proportion of university students who have access to modern forms of Information Communication Technology (1CT)
2. To describe use of these media for accessing and/or sharing health related information, and their willingness to receive such information via these media.

Methodology:

It was a descriptive cross sectional questionnaire based study carried out from 30-03-2014 to 20-03-2014. A cluster randomized sample of 136students, both male and female of FAST National University, Peshawar with a response rate of 94.85 % was taken. SPSS v21 was used for data analysis and Microsoft Excel was used for designing graphs.

Results:

In our study, common source of health related information was doctors (63.20%). 91.2 % people had access to both mobile phone and internet.22.10% of them receive or forward health related SMS. 27.90% student use internet to access health information. Around 43.40% students read the health information they receive on social networking sites 41.20% 0Tour target population preferred receiving health related information via SMS. 50% of them said they trust the health information available on internet but take medical opinion before acting on it

Conclusion:

Internet, mobile phones and SMS. Health issues There is great a potential for effective health messaging and heal education through the use of modern communication technologies like of young adults can be targeted through such interventions.

Keyword:

Information technology.

Awareness Regarding Postnatal Care among Mothers

FAIZA HAQ, Kashmala Gul, Sidra Younas,Sadia Manzoor, Zainab

Afridi,Hira Sethi,Naila, Uzma Ghafoor

Introduction:

Postnatal period is the period beginning immediately after birth of a child and extending for about six weeks. Different complications and problems can arise if mother or the child is neglected during this period

Objectives:

 To determine the percentage of mothers aware about:

1. Personal hygienic of mother and child during postnatal period.

2. Nutrition of mother and child during postnatal period.

3. Breast feeding of child

4. Possibility of probable physical and psychological problems

5. Use of contraception during postnatal period.

Results:

According to our survey we got the following results, when women were asked about hygiene, 72% women replied that mother should take regular baths during postnatal period, 28% replied, no they shouldnot.9 3% women responded hands should be washed before touching the child, 7% said no it is not necessary. When asked about breast feeding 94% women were of a view that baby should be necessarily fed with colostrum, 4% gave response that No' while 2% were not aware. 939% of the women baby should be exclusively breastfed, 7% thought exclusive breast feed wasn't necessary. When women were asked about nutrition 59% women were of the view that they should take specific food in postpartum.41% favored mixed food should be taken.789% were of the awareness that supplements should be taken, 13% thought that it is not important ,9% didn't know at all. Awareness of contraception among women when asked was that 50% responded contraception should be taken early in postnatal period,39% replied no 11% didn't know. 33% said it's safe to take oral contraceptive pill in postnatal period, 50% thought its harmful while 7% didn't know at all about it.

Conclusion:

According to our results we came to the conclusion that, nearly 70% of women were aware about the importance of cleanliness, supplements and breast facing, they were also aware about the danger of contraceptive use during the postnatal period, although they showed preference of specific food over mixed food.

Keywords:

Post-natal care, personal hygienic.

Studying Anorexic Behavior among Female

Students in Peshawar Medical College

ZUBAIDA

Introduction:

Anorexic behavior causes significant physical and psychological stress in large number of adolescents and in young adults throughout the world. This clinical condition involves symptoms such as binge eating, purging and a constant preoccupation with food and body image. Individuals may engage in severe dieting behavior, experience extreme guilt after eating and feel terrific of being overweight. They may actually feel as though food control their lives.

Objectives:

1. To find the frequency among hostility and day scholar students who are more prone to show anorexic behavior.

2. To study and compare the anorexic behavior among female students in Peshawar medical college.

Methodology:

A cross sectional questionnaires based study was carried out in Peshawar Medical College. Data collection tools were self-structured. Data was collected from fifty medical students. The questionnaires were equally distributed (n=25) among host died and day scholar students to compare their dietary habits. The collected data was entered in excel-sheets and percentage was computed.

Results:

Out of 50students, 15hostalitc (3 0%) and 35dayscholars (7 0%) kept them stomachs empty for most of the time in order to influence their body shape and weight. 20 hostilities (40%) and 30 day scholars (60%) excluded fats and carbohydrates from their daily diets. 36%(n=18) hostility and64%(n=32) always had a fear that they will gain weight.22hostalite (44%)and 28dayscolars (56%) were taking exercise on daily basis to keep them weight within limit. 26 hostilities (52%) and 24dayscholars (48%) had normal menstrual periods. 15 hostilities (30%) and 35 day scholars (70%)we're using pills for reducing weight.

Conclusion:

The frequency of anorexic behavior in hosteled is low as compared today scholars.61% of day scholar students are more prone to show anorexic behavior.

Keywords:

Anorexia, medical students.

Food Safety: It Matters for Your Teeth

EIMAN GHANI, Hoor Maryam, Ayesha Ghani

Introduction:

Discoloration of the tooth is one of the most frequent reason why a patient seeks dental care. Tooth discoloration is usually esthetically displeasing and psychologically traumatizing. There has been a recent increase in interest in the treatment of tooth discoloration as shown by the large number of food items appearing in the market

Objective:

To study whether the routinely used food items causes tooth discoloration.

Methodology:

The experiment was performed on natural sound teeth, which were extracted at the department of Oral and Maxillofacial surgery for Orthodontic purposes. Written consent was taken from the patient. The shade of all the teeth were recorded in natural light before the experiment by using shade guide. The shade of the tooth was confirmed by the two other observers participating in the experiment. The teeth were kept in different food items and color was compared with the shade guide after every 48 hours (maximum 192 hours). No. of food items, 10; Milk, Citrus juice, Tea, Coffee, Spicy food, Chocolate, Ketchup, Pan, Imli, Carbonated drinks. No. of teeth: 10; naturally extracted sound teeth from surgery department, Backers, Pipettes and Shade guide.

Results:

Initially, for milk was B3, A1 for citrus juice, C1 for tea, A2 for coffee, C1 for spicy for, B1 for chocolate, A1 for ketchup, B1 for Imli and A1 for carbonated drinks. At 48 hours, B4 for milk, B2 for citrus juice, A3 for tea, A3 for coffee, B2 for spicy food, B2 for chocolate, A3 for ketchup, A3 for Paan, B2 for Imli and A4 for carbonated drinks. At96, 144 & 192 hours, B4 for milk, B3 for citrus juice, A3.5 for tea, A3 for coffee, B3 for spicy food, A3.5, A3.5 for Paan, B2 for Imli and A4 for carbonated drink.

Conclusion:

Carbonated drinks, tea, coffee and spicy food cause tooth discoloration. Use of carbonated drinks, tea, coffee and spicy food should be minimized and when used, immediate mouth rinsing/tooth brushing may reduce chances of tooth discoloration.

Keywords:

Teeth staining, food safety.

Effects of Coffee and tea Consumption on Cognitive

Functions among Undergraduates of Peshawar Medical College

ISHRAT FATIMA, Haya Sultan, Afia Ihtesham

Introduction:

Drinking coffee or tea is very popular among students particularly of medical colleges. These drinks contain caffeine which is a stimulant of CNS and mood elevator. According to the US Food and drug Administration (FDA) about 90% of the world's population ingests some form of caffeine

Objectives:

1. To find which drink is more common among PMC students

2. To find the causes of their consumption

3. To find particular time of its elevated consumption

Methodology:

A cross-sectional study was carried out in which 100 pre-tested questionnaires were distributed among students of Peshawar Medical College that included 50 males and 50 females. Results were analyzed using MS excel 2013.

Results:

Of the 50 girls enquired, 42% drink tea, 14% drink coffee and 44% drink both. While the 50 boys enquired 54% of them drink tea, 18% coffee and 28% drink both.46% of the girls and 44% of the boy's drink coffee/tea because they say it's in their routine.38% girls and boys drink for stimulation of mind while 16% girls and 18% boys drink for pleasure. 52% of the boys and 16% of the girl's drink tea/coffee habitually in excess while most of the girls (38%) drink in excess only during exams while only 22% of the boy's drink in excess during exams. 80% of the girls and 46% of the boys think that only drinking in excess is bad for health otherwise it is good.

Conclusion:

After analyzing the results, it is concluded that majority of the girls consume both (tea/coffee) while most of the boy's drink only tea. Majority of the boys and girls drink because it is in their routine. Most of the girl's drink in excess only when they are stressed or during exams while majority of the boy's drink in excess because they are habitual.

Keywords:

Coffee, tea, caffeine, cognition.

Management Protocol for Adult Diabetic Patients at

Teaching Hospitals of Peshawar.

AZAZ KIIAN, M.Shakecl Afridi, A.Mujtaba Khaliq, Muhammad

Uzair, Haroon Zaid, Ghufran Khan, Munawar, Afnan, Sami-Ullah

Introduction:

Diabetes Mellitus 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.

Objectives:

1. To evaluate current practices in the care of diabetic in patients.

2. To assess treatment protocol being followed in hospital settings and compliance of the patients to the treatment.

Methodology:

A cross sectional study was conducted in the teaching hospitals of Peshawar (Hayatabad medical Complex, Mercy teaching hospital, Khyber teaching hospital) involving 200 patients between age 18-65 years of age via sampling technique, who were interviewed through a well –structured questionnaire regarding the patient's types of diabetes mellitus, past medical history, duration of illness complications associated, clinical features and management. SPSS v19.8 was used for determination of the result.

Results:

Our subjects included 62% women and 38% men. The age range found most susceptible in our study was 40-65 years and 60% had a positive family history. 85% of the study population had type 2 diabetes and only 15% had type 1 Diabetes Mellitus. 30% patients were taking insulin, 44% OHA and remaining 26 % were taking both. However, 80% patients showed strict drug compliance and only 40% went for regular checkup. 40% claimed to check their blood sugar level after every 15 days, 25% once a month, 22% once in two months and only 13% checked their blood sugar level daily. Blood sugar level of 20%, 60% and 20% patients was from more always controlled, sometime controlled and never controlled respectively. 45% patients were suffering from more complications.

Conclusion:

Diabetes Mellitus is a chronic condition, regular OPD visits are an Important component of management protocol of diabetes. But unfortunately most of the patients did not follow these protocol which results in formation of more complications.

Keywords:

Diabetes Mellitus, diabetic patients.

KAP Survey on Breast Cancer and Awareness about

the Role of Deodorants in Breast Cancer in Female

Medical Students

SAIFA RASIIAD, Marghalara Noor, Parkha Malik, Sana Iabal

Introduction:

Breast cancer is a very common death causing disease in women, Frequent Use of these deodorants results in diagnosis of breast cancer in an earlier age which is a clear proof for its harmfulness.

Objective:

To check the knowledge, attitude and practice of female medical students about breast cancer and role of deodorants in causing breast cancer.

Methodology:

It will be a cross-sectional questionnaire based on knowledge, attitude and practice study. A pre-defined questionnaire will be distributed among 200 female students of Peshawar Medical College and Peshawar Dental College. The study will be carried out at Peshawar Medical College and Peshawar Dental College. The survey was completed in 3 days. Ethical consideration was taken in account.

Results:

Total 200 questionnaires were filled by female students of Peshawar Medical College and Peshawar Dental College. Out of these 200 cases, 88%know about the causes, risk factors, consequences and mortality rate of breast cancer while 12% were not aware. 25% knew about the role of deodorants in causing Breast Cancer while 75% didn't know. Only 5.5% knew about Paraben as a cancer causing factor in deodorants and its estrogenic property while 94.5% didn't know. 16% had family history of breast cancer out of which 15% visits doctor regularly, 80% students use deodorants regularly, 15 % uses it occasionally while 5% don't uses it at all, 40% prefers good aspects of deodorants while 60% prefers its bad aspect, 69% showed interest in avoiding or limiting its use and warning their family and friends about the harmful aspect of deodorants.

Conclusion:

According to our study. most of students know about the causes, risk lectors, Consequences and mortality rate of breast cancer while a few knew about the role of deodorants in its causation.

Keywords:

Breast cancer, deodorants.

Knowledge, Attitude and Practices of Food Vendors

about Food Handling Practices in Peshawar, KPK

SANA AFRIDI

Introduction:

Food vending is a wide spread, ubiquitous and pronounced part of food selling in the developed as well as developing countries. The main purpose study was to find out the knowledge, attitude and practices of food vendors about food handling process in Peshawar KPK.

Objective:

To find out the level of awareness, attitude, practices performed by food Vendors and the role of food vending pro cases in food safety and the consequent food-borne illnesses.

Methodology:

A cross sectional study was conducted from 16th January 2015to 27 th February 2015 among 120 food vendors of Hayatabad and Board Bazar. Convenient sampling technique was used. Semi -structured questionnaires were designed and translated into local language. Collected data was entered and analyzed in Excel.

Results:

Respondents knowledge was found to be rather low as around 60% of food vendors do not even consider unhygienic practices of food vendors as a potential source of food borne diseases on the contrary, their knowledge on food storage was good i.e. 65% of them consider proper food storage essential. Only half of these food vendors i.e. 53% were found to be having a sound knowledge about the danger of unhygienic practices. Regarding education status 57% were illiterate and 20% secondary education and 15% primary. Work placement cleaning was found to be good on their verbal response which came out to be 64%. Regarding food safety training courses 38% of the vendors said training courses be provided highlighting importance food safety.

Conclusions:

Main problem identified with the food handlers relates to the fact that they receive no specific training and have no documental proof of their training, If any. Food hygienic training is a legal requirement with in food industry and should be a part of an effective food safety management.

Keywords:

Food Vendors, Food Safety.

Trend in Antenatal Care e among the patients admitted in

Gynae / 0bs Ward at Kuwait Teaching Hospital

HINA KIIALIQ, Umm-e-Salma Rashid, Maria Zubair

Introduction:

Antenatal care is one of the four pillars initiatives of safe mother hood les a branch of preventative medicine dealing with pre-symptomatic diagnosis of conceal medical disorders, nutritive, immunology, health education and social medicine in addition to prevention and early detection of pregnancy disorders.

Objectives:

1. To assess the pattern of antenatal (AN) care.

2. To Assess the preventative services availed by Antenatal patients.

3. To find the frequency of visits paid at antenatal clinic/hospital.

Methodology:

A cross sectional questionnaire based study was conducted at Kuwait Teaching Hospital, from 12th January 2015 to 2nd March 2015The research criteria included antenatal patients in range of 36-42 weeks' gestation, admitted in Obstetrics Ward at KTH. The patients were informed about the nature of the study, those willing to participate were interviewed and questionnaires were filled out.

Results:

Out of a total of 82 patients, 54 patients had their initial antenatal checkups done at private clinic and then they were referred to hospital at 8 months' gestation. 20 came through 0PD. 34 patients got booking at 8th months of gestation. 0f these 54 patients, 24 patients came to Kuwait Teaching hospital on their own will and got delivered through NVD. 26 patients presented with complications like CPD, feta maternal distress or breech pregnancy and were delivered through C-section. 18 patients out of 81 availed hospital care throughout pregnancy and delivered at Kuwait Teaching Hospital. 4 patients did not pay any AN visit throughout the periods of gestation and came to KTH emergency in labor with complications.

Conclusion:

The results clearly reflect the unsatisfactory level of antenatal care in our setup. The study shows that among those pregnancies who had proper antenatal checkups and vaccinated very few ended in complications the safely delivered through Normal Vaginal Delivery.

Key words:

Antenatal care, cephalo pelvic disproportion

Pattern of Mortality and Morbidity due to Non-communicable Diseases in Private Sector Hospitals of Khyber Pakhtunkhwa

KASHMALA HUMAYUN, Braikhna Khan, Hina Nasir, Kanwal Noor.

Kinza Munir, Mariam Tareen, Samra lftikhar, Sana Ahmad, Shayan

Shahid, Sumbal Ishfaq, Wagma Naeem Khan

Introduction:

Non-communicable diseases are a merging, global health issue since the past few years. Non communicable or chronic diseases, is a medical condition or disease, which by definition is Aon infectious and non-transmissible among people.

Objective:

To study the mortality pattern and to compare the ratio of mortality occurring due to non-communicable diseases in different age groups & genders.

Methodology:

Death records from year2010 to 2012 were collected from private hospitals. Patient selection was based upon cases having Non-Communicable Diseases (NCDs) as cither primary disease; in case of admission records, or patients having NCDs as the underlying cause of death; in case of death records. The collected data was then analyzed in SPSS & Microsoft Excel.

Results:

Out of these 793 non communicable disease patients, 100 of them died with Cardiovascular Diseases (CVDs), being the most common cause of death in both male and female population. On comparing the male and female mortality rates, the male mortality rate (52%) was higher. The mean age of expiry was 66 years in COPD with a standard deviation of 10 years, 60 years in CVDs, 54 years in diabetes, 50 years in cancers and other disease. Therefore, the upper age group (above 50 years) had a greater risk of death based on statistical data. The mean age for morbidity was 52years in COPD, 56 years in CVDs, 51ycars in diabetes; 50 years in cancers. The females had a greater morbidity rate (56%) than males. CVDs were the most common cause of NCDs followed by diabetes, COPDs and cancer.

Conclusion:

Mortality due to non-communicable disease can be greatly reduced only if appropriate modifications in life style are brought. This can be the initial and foremost step in prevention of NCD mortality, provided that awareness and education of community is done.

Keywords:

Non-communicable diseases, cardiovascular diseases.

Study of Knowledge, Attitude and Practice Toward

Type 2 Diabetes among Diabetic Patients attending

Tertiary Care Hospitals in Peshawar

MAHEEN ANJUM, Bakht Awar, Anum Rehman, Fiza, Sana Mukhtiar, Ruby, Qurat-ul-ain

Introduction:

Diabetes mellitus is a syndrome of metabolic disorders sharing hyperglycemia as their common feature. In type 2 diabetes, the body does make insulin, but cither it is not enough for the body requirement or body is unable to utilize the insulin to its full potential as a results hyperglycemia ensues. DM can result in diabetic retinopathy, diabetic coma and diabetic nephropathy. It is also the root cause of Blindness stroke, and heart attack.

Objectives:

1. To assess the knowledge and attitude towards Diabetes Mellitus of the diabetic patients and the associated factors.
2. To determine their practices and the factors associated with it regarding Diabetes Mellitus.

Methodology:

It was a hospital based cross-sectional study which was conducted at Kuwait Teaching Hospital, Mercy Teaching Hospital and Hayatabad Medical Complex. A self-administered questionnaire was filled by interrogating 50 diabetic patients. The data was entered and analyzed using Microsoft Excel 2007.

Results:

Out of 50 diabetic patients on whom research was conducted, 32% were male and 68% were female. 80% of the people were illiterate. 84% were unemployed and only 16% were employed. 66% have the family history of diabetes mellitus. 70% knew that diabetes mellitus is symptomatic and out of these 42% knew about 3-4 common symptoms of diabetes mellitus. Their knowledge regarding the complications, prevention and treatment options was relatively better. Their practices to control or prevent the dreadful Complications of the disease were poor including checking regularly of their blood glucose level (31%), their weight (30%), eye exam (40%), and foot exam (56%).

Conclusion:

Poor practice was associated with poverty, unemployment, lack of resource and social issues. These issues must be taken into keen consideration and involvement of both governmental and non-governmental organ nations is important to improve the practices of the diabetic patients.

Keywords:

Diabetes Mellitus, diabetic patients.

Knowledge, Attitude and Awareness of Personal

Care in Diabetic Patients

DURR-E- SIAWAR. Yamna Hassan, Marina Fawad, Maida, Ayesha Latif

Introduction:

Diabetes is a group of metabolic disorders in which a person has high blood sugar level cither because the body doesn't produce enough insulin or because cells don't respond to insulin that is produce. There are two main types of a diabetes: Type 1 diabetes & Type 2 diabetes. There are many complications of diabetes and most of the people aware of them but Some them ignore them while others take proper care of themselves. This study aims to examine patients' knowledge, attitude and practice of diabetes self-care.

Objectives:

1. To assess the knowledge of diabetic patients regarding personal health care as a part of diabetic treatment regimen.

2. To estimate the most common source of knowledge regarding personal health care received by patients
3. To assess the level of adherence of diabetic patient to personal health care as a part of their treatment regimen.

Methodology:

A cross sectional study was conducted. Total 100 questionnaires were distributed and all of them were returned, response rate was 100%. Data was collected from patients of Mercy Teaching Hospital (MTH). Kuwait Teaching Hospital (KTH) and Khyber Teaching Hospital (KTH) after acquiring their consent.

Results:

Total 11% of patients get knowledge from media, 81% from doc tors and remaining 8% from family and friends.68% of patients visit regularly to their physician, out of which 80% monitor their sugar level regularly while 20% consider it costly.2 8% of patients take their nutritional supplements and only 78% of patients follow their diet plans.68% of patients know about importance of exercise but only 30% follow it.

Conclusion:

We concluded from the study that most of the patients know about diabetes and its complications. Majority of them follow their diet plans and Visit physician. While most of them ignore to do proper exercise.

Key Word:

Diabetes Mellitus.

Standard of Cleanliness in Hospitals

SANA ENAYAT, Maria Zubair, Amcena Gillani, Anum Naseer, Fatimah Rehman Shinwari

Introduction:

The cleanliness of any hospital environment is important for infection control and patient wellbeing. With the increasing awareness of patients and their attendants they expect a clean uncluttered environment.

Objective:

To find out the standard of cleanliness in the teaching hospital of a private institute.

Methodology:

A cross section study was conducted. Self-administered questionnaires were used. The study was conducted at Kuwait Teaching Hospital and Mercy teaching hospital, Peshawar. The information was obtained from nurses, cleaning staff, patients and their attendants. Consent was taken from the concerned individuals ensuring them that the information will only be used for research purpose and will not be disclosed to unconcerned person. The sample size was 100 and the data was analyzed using SPSS.

Results:

Our results depicted that 63.3% of the wards were cleaned 3 times a day in accordance with the morning, afternoon and evening shifts, 30% of the wards were cleaned once daily and 6.7% of the wards were cleaned once a week. In 50% of the cases disinfectants were used for cleaning purposes, 33.3% of the times detergents were used, in 13.4% the floors were simply swept clean and in 13.3% of the time they were washed with water. In 93.8% of the wards bins were present and out of them 93.3% were emptied daily and in 6.3% of the wards there were no bins present. 73.3% of the washrooms were kept clean and 53.3% had soaps and hand wash available. Bed sheets were changed on daily basis in 68.8% of the wards, in 18.5% of the wards they were changed twice a week and in 12.5% of the wards they were changed weekly. 43.3% of the cases the ward equipment were sterilized once daily, 6.3% twice a day and 50.4% of the times they were sterilized after every use.

Conclusion:

Cleanliness must be carried out before disinfection to make the process effective and reduce the possible transmission of microorganisms.

Key Word:

Hygiene.

How Conscious Are We about Our Skin?

MALAIKA NAWAZ, Momal Fatima, Palwasha Saleem, Mashal Rasheed, Ayesha Aftab, Mahin Aftab & Sana Riaz

Introduction:

Skin is the protective barrier of the body against offensive environment but it needs protection and care itself. It is a common observation that females arc more conscious about their skin.

Objectives:

1. To find out which gender is more conscious about their skin how often do they get pimples.

2. To find whether the students are worried about their skin or not.

Methodology:

It was a cross-sectional questionnaire based study.

Results:

Total number of student who were questioned regarding this research out of which 49(49%) were male and 51(519%) were females. We found that 71(71%) of students were conscious while 29(29%) of students were unconscious about the products they use for their skin. We found that 49(49%) of students felt bad, 6(6%) of them felt ashamed & 45(45%) didn't care when they got pimples. We found that 64(64%) of students were worried & 35(35%) were not worried about their skin. Furthermore, 43(43%) of students got pimples occasionally, 11(11%) of them got pimples after eating oily food, 14(14%) got pimples frequently, 14(14%) of them never took any notice & 18(18%) of them didn't get pimples ever.

Conclusions:

We concluded that 42% of students are more conscious about their skin. Majority of students are worried about their skin and feel bad when they get pimples frequently.

Keywords:

Skin care, medical students.

Are You Really Concerned About Your Health?

(Preferences of PMC Students While Dining Out)

SANA GUL, Anum Gul, Huma Saeed

Introduction:

Quality and hygiene of food in different food places is a growing issue these days due its impact on one's health especially on the gastrointestinal tract. Our research focuses on the preferences of PMC students while dining out.

Objective:

To find out the ratio of Peshawar Medical College students who are really concerned about hygiene and food quality while visiting different places of food.

Methodology:

We distributed 200 questionnaires among the students of first year MBBS and BDS, second year MIBBS and third year MBBS in which we asked different questions about their hygienic concern while dining out.

Results:

Total 200 questionnaires were filled by the students due to which we came to the result that 77.2 7% male students prefer dining out whereas female students who prefer dining out are 83.37%. 64.11% of the students are those who have suffered at one or the other time from different problems due to dining out such as diarrhea, peptic ulcers, abdominal pain, vomiting etc. Students really concerned about hygienic of food places they visit are42.35%. 77.38% of the students prefer homemade hygienic food whereas 20.83% of the students prefer dining out; they do not prefer homemade food.

Conclusion:

Despite knowing the different health issues one may face while dining out, the students of PMC still prefer dining out. They are driven by their desires to dine out.

Keywords:

Hygiene, Peptic ulcers.

Awareness of Healthy Food among Medical Students

of Peshawar Medical College

SARA KULSOOM, Maria, Maheen, Ruqqiyya, Maryam

Introduction:

Healthy food is the one which has a high content of fiber, natural vitamins, fructose and that is low in fat and contains limited amount of cholesterol and sodium. Healthy food has many advantages as it may reduce the risk of high cholesterol, stroke.

Objectives:

1.To know the perception of PMC students about healthy food.

2. Awareness of students regarding benefits of healthy food s and disadvantages of unhealthy food

Methodology:

It was a cross sectional study conducted among the 50 female's students of PMC. Self-administered questionnaire was used to measure awareness of healthy food among medical students of 1st and 2nd year MBBS. Both open and closed ended questions were used. The data was analyzed in Microsoft Excel. Study was approved by ethical community of PMC.

Results:

Out of total 50 students about half of subjects take 46 glasses of water while only 10% take 6-8 glasses which is standard intake of water,38% student take fruit daily while 12% don't like to take fruits, approximately half of students take fried food daily while 14% once in a week,64% students prefer grilled food over fried food when available, 68% students prefer beans and pulses over meat. Among subjects 76% regularly take salt and 70% are aware of diseases caused by its excessive intake while 2/3 take sugar regularly and almost 84% are aware of its side effects.72% of subjects arc not aware of benefits of fruits . According to their BMI 76% arc conscious about their health, 12% found to be underweight and 6% overweight.

Conclusion:

Majority of students not have proper awareness about healthy food. They should be provided proper knowledge about it and also healthy food should be present college canteen As it is very important to know healthy food so that they can spread awareness among their patients.

Key Words:

Healthy food, medical students.

A KAP Study regarding Use of Safe Food and Water

by Students of some selected Schools at Warsak

Road Peshawar

SUMBAL SHAMS, Salma Shams, Zubi Shams, Sadaf. Ambreen, Aliya Murad, Sundas Sara

Introduction:

Food safety's a scientific discipline describing handling, preparation and storage of food in ways that prevent foodborne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards.

Objectives:

1. To determine the knowledge of high school students about safe food and water.

2. To determine the status of safe food and water used by these students.

3. To develop a relationship between the quality of food used and the prevalent diseases among these students.

Methodology:

A structured Questionnaire was prepared and filled through interviews by the project team. The data was analyzed to develop a relationship between food/water quality and the prevailing disease.

Results:

According to our results, 90% of the total students were totally aware of safe food and water. 73% of the students mentioned that they use only homemade food and food items from school during their break hours. Only 27% of total students mentioned that they sometimes take uncovered food from road side Maximum students (86%) take purified and treated water but only 14% of them take untreated tap water. Those who take home made food (73%) only 3% of them shows some disorders related to GIT. Those who take uncovered food (27%) they suffer mostly from GIT disorders. out of them who take uncovered food (27%) 12% students mentioned that their problem arises after eating. Out of these 12%, 6% of the students show abdominal pain in their symptoms. While some other common problems are vomiting (2%), nausea (3) and diarrhea (1%). None of their problem is common with their other fellows.

Conclusion:

Most of the high schools going students are totally aware of food safety and safe water.

Key words:

food safety, gastrointestinal disorders.

Barriers to the Students of Peshawar Medical

College in Research

MOMINA RAHMAN, Fariha Ali Khan, Bakhtawar Kamal, Aleena Afridi, Sundus Saif

Introduction:

Research is a systematic, rigorous investigation of a situation or problem in order to generate new knowledge or validate existing knowledge.

Objective:

To find out the reasons due to which the students of Peshawar Medical College arc not doing research and the problems they have faced while doing a research.

Methodology:

A cross sectional questionnaire based study was performed from 7th, March 2015 to 14, March 2015 in Peshawar Medical College, Peshawar involving medical students (n=80) from different years. Students from 1 year and 2nd year were designated as" Pre-clinical" while students from 3rd and 4th year were designated as "Clinical" students. Stratified Random sampling technique is used. Students were divided into strata based on the year of study (4 strata. 20 students (10 males and 10 female) from each year were asked to fill a questionnaire containing 16-questions. Total positive result score was calculated. Data was analyzed in Microsoft Excel.

Results:

Eighty students from 1st -4 th year completed the survey. Among the respondents, only 58% students are interested in doing a research, 63.1% are involved in research and according to 55% of the students, undergraduate medical research is important. Students reported problems such as: lack of resources (28.5%), Lack of guidance (26.7%), drack confidence (33.3%) & Lack of time (74.6%).92.8% of the students find research work to be a difficult task. Majority students (81.5%) disagreed to the idea that research can only be carried out by intelligent people. Seventy percent of the students think that research faculty is co-operative with them. Almost 79% students agreed that research makes the medical studies more interesting and palatable.55.2% of the students think that research has a positive impact on studies.

Conclusion:

From this research we concluded that majority of students consider research important at undergraduate level but the main barriers which they face while doing a research are lack of time and lack of resources.

Key words:

Medical research, medical students

Traumatic Spinal Cord Injuries (TSCI), its Assessment in

Terms of Causative Factors, Demographics, levels of

Injury, Types of Paralysis and Complications in Paraplegic Centre Peshawar

Shan E Zahra, Nazish Ali, Haya Ahmad, Khadija Rahman, lqra Saleem Khan, Sundas Taj Hameed

Introduction:

As many as 500,000 people suffer a spinal cord injury each year. People with spinal cord injuries are 2 to 5 times more likely to die prematurely. with worse survival rates in low- and middle-income countries

Objectives:

1. To assess the frequency of TSCI patients
2. To assess the causative factors of TSCI in patients
3. To assess the demographics of TSCI patients
4. To assess the level of injury in them
5. To assess type of paralysis in them
6. To assess complications of TSCI
7.

Methodology:

This study was conducted in Paraplegic Centre Peshawar. Our study design was cross sectional with convenient sampling. This research aims to find demographical pattern of traumatic SCI. This research also tried to find causative factors, levels, paralysis and complications of patients of TSCI.

Results:

The results which came in front of us were 68 patients were suffering from TSCI. Out of these patients 57 were male and 11 were female. 10 patients were aged between o 20, 31 between 21 40 years, 26 patients were aged between 41-60 years and 1 above 60 years. All patients were Pakistani. 54 patients belong from different districts of KPK, 3 from Punjab, Sindh and F.A.T.A each, 4 from Baluchistan and 1 from Azad Kashmir. TSCI was common in Labors. Major causes injury was fall from Height in 27patient's, Firearm injury in 17 patients and Motor Vehicle accidents in 14 patients. Level of injury in 55 patients was Thoracic, Cervical in 8 and lumbar in 7. Many patients have multiple levels involved. 61 patients were hemiplegic and 7 were tetraplegic. Common complications were urinary incontinence, facial incontinence and pressure sores in 62, 61 and 64 patients respectively.

Conclusion:

The major cause of TSCI was fall from heights and firearm which is a preventable cause. There should be interventions to support use patients.

Keywords:

Traumatic spinal cord injuries, paralysis.