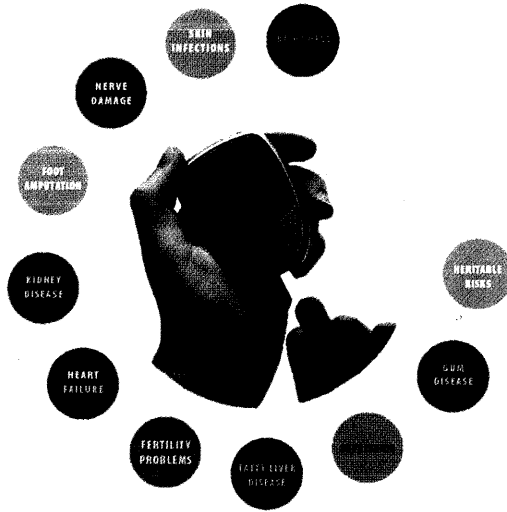


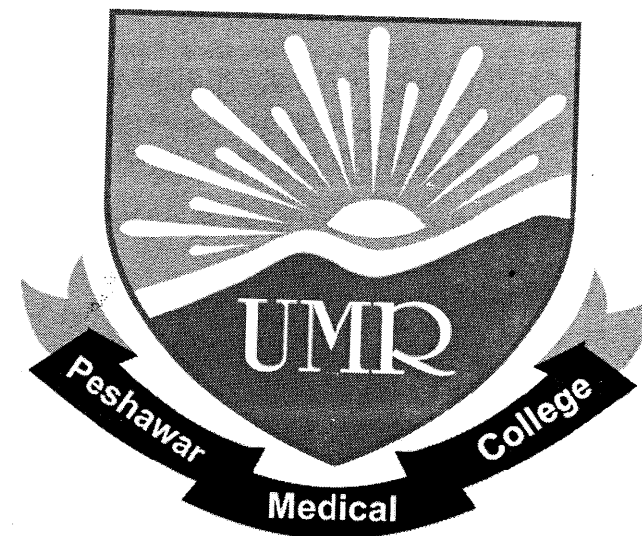
9TH UNDERGRADUATE MEDICAL RESEARCH CONFERENCE 16TH & 17TH MARCH, 2016



DIABETES

**PREVENT "DIABETES" STAT;
SCREEN
TEST
ACT
TODAY**

ABSTRACT BOOK



DEPARTMENT OF UNDERGRADUATE
MEDICAL RESEARCH
PESHAWAR MEDICAL COLLEGE

PREFACE

A total number of 60 abstracts have been included in this abstract book, 30 from Peshawar medical and dental college and 30 from other different colleges and universities. The content of the abstract received from other than Peshawar Medical and dental colleges has not been changed and published as such received in original from the writer/researcher.

Message from Dean:

Research is one of the basic instinct that different human beings form animals. The ability to communicate, draw prospective conclusions based on present situation / experiments and recoded it for future use and evidence is the acumen specific to human beings only. It is this quality of research and its capacity, that determines the rise and fall of Nations

The main purpose of any research is human development. Believers have an additional major objective that is, recognition and strengthening their relation to the Creator. The importance of research can be recognized from the fact that In Qura'an there are there are 756 Ayah about research while only about 150 religious (Fiqhi) issues.

I am proud to say that you are the pioneers in this activity and now many other colleges are following you. The main purpose of introducing research at students' level in Peshawar Medical College and Peshawar Dental College, is to develop the research culture from students life and remove the false fears about research. It is also meant to get you familiar with the process of writing, conducting and carrying out a research project including the ethical issue involved in it. I hope that all these points are taken into consideration while you prepare your projects and executing them.

I congratulate all the UMR team including the concerned teaching staff, to organize this even inspite of many odds that you have been facing, including the unpredictable situation in Khyber Pakhtunkhwa. I wish you a very successful event and hope that your projects will provide food for thought for many interested people.

May Allah bless you all.

Prof. Dr. Najeeb ul Haq
Dean
Peshawar Medical College

Message from Principal:

Alhamdulillah, Peshawar Medical College is holding its 9th Annual UMR Conference, since its inception in 2006. The aim of Peshawar Medical College is to produce visionary doctors, who should be professionally competent, ethically sound and effective in communication. Our institution is striving hard to provide conducive and friendly environment to medical students, to prepare themselves as future researchers. These research oriented young medical trainees will also definitely achieve excellence in patient care and other contemporary fields of their profession on completion of their training. All students and faculty members especially director UMR Dr. Mohammad Aman Khan deserves heartiest congratulations for organizing this event. May Allah bless them will all kinds of successes.

Prof. Sajjad Ahmed
Principal
Peshawar Medical College

Message from Director UMR:

The theme of the 9th Undergraduate Medical Research Conference, Peshawar Medical College is "Diabetes". Non communicable diseases particularly Diabetes are becoming a Public health problem for the people of Khyber Pakhtunkhwa in particular and Pakistan in general. The aim of this conference is to create awareness about the condition and ways to prevent its rise among the undergraduate students and the population of K.P and Pakistan.

Pakistan has an estimated 194 million population in 2016 with the population of 30 years and above is mounting each year in Pakistan. Since the prevalence of chronic disease including Diabetes and co-morbidity increases with advancing age, this combination is planting a lot of pressure on the health care services of Pakistan.

In younger children of less than 5 years, the prevalence of malnutrition and under nutrition is 30% (National Nutrition Survey of Pakistan 2011). This makes them more vulnerable to infectious diseases (diarrhea, pneumonia and measles) and its complications including death. When these children survive into adult hood, it further places them at a risk of non communicable diseases (diabetes, obesity, heart diseases, high blood pressure and cancers). Needless to say exclusive breast feeding, balanced food in weaning and adult life, more physical activity, daily personal and community hygiene and adopting healthy life style, can to a great extent delay onset of these diseases.

The culture of scientific research is likely to play a very important role in the efforts to promote and maintain health, combat diseases, help in the diagnosis and treatment and for this very reason the Pioneers of Peshawar Medical and Dental College thought to inculcate research into the curriculum of the Undergraduate Medical Education right from start. I am grateful to the Dean and Principal Peshawar Medical College, all the students of different committees and the administrative staff for their support in active facilitation of this conference. I am also very grateful to all the participants from other educational institutes who actively participated in this meeting

Best Regards,
Dr. Muhammad Aman
Director 9th UMR Conference

Message from President 9th UMR:

As predicted by most, the coming era in medicine will be era of genetics .one can imagine how fast things are changing and evolving into abstract form. To cope with such a rapid tempo, we have to boost up our research quality and quantity. unfortunately, Muslims have been proved very fundamentalist and had opposing behavior towards science and research but since 1857 the harmful consequences of this behavior were felt and steps were taken to change the mindset of Muslims.

Peshawar medical college has got a good name in research at under graduate level, this year it is celebrating its 9th research conference which is another milestone in its journey of research. Yet it has much to do in the field of research in order to meet the International standard of research.

Best of luck young researchers

Ahmad al Ibad
President
9th UMR conference

Message from Vice President 9th UMR:

Praise be to Almighty ALLAH who gave me an opportunity to be a part of vision that encourage students to learn the process of research, provides an enriched and comprehensive learning platform and provide them with the opportunity to their publish abstracts at undergraduate level.

The spirit of investigation and analysis of facts has been encouraged many times in Quran as in the following Ayah: "And he has subjected to you, as from him, all that is in the heavens and on earth; behold, in that are signs indeed for those who reflect". (45:13)

Regarding the importance of research at undergraduate level, I personally assume that no one expects high quality or modern research from an undergraduate student, but at least conducting these simple researches helps them learn how to follow process of research from the topic selection till data analysis and abstract writing. I am grateful to our beloved staff coordinators and Director UMR who believed in my abilities and always ignored my flaws, without their generous supervision I might not be able to perform well. I would like to appreciate the efforts of abstract committee who made the process of abstract registration, editing, designing and printing of abstract book.

Best regards,
Maria Zubair
Vice President
9th UMR conference

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Medicine & Allied

To Study the Relation of Age, Fasting Blood Sugar, Diet Control And Medications With Development Of Complication In Female Patients Who Visited Diabetic Camp On 15th November,

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Syed Mansoor Shah
Peshawar Medical College

Introduction:

The complications of Diabetes Mellitus are far less common and less severe in people who have well controlled FBS. Risk factors include stress, smoking, elevated cholesterol levels, obesity, high blood pressure, lack of exercise and poor diet.

Objectives:

Aim of the study was to find the impact of age, Fasting Blood Sugar, stress and diet control of Diabetics on the development of complications.

Methodology:

A cross-sectional study was conducted in Diabetic camp, AIMS Hospital Peshawar on 15th November, 2015. Total 200 Diabetic female patients were selected and interviewed, result analyzed using spss version 15.

Results:

200 female patients were divided in to 4 groups:

Group1 (15-30yr): Out of 5.6% patients, 16% had normal while 84% had high FBS. 16% were on proper medication and appropriate diet, .66% had neurological, 16% nephrological and the rest 5% were free of complications.

Group 2: (31-50yr)out of 49.9% patients, 3.2% had normal FBS, 3.2% were pre-diabetics 21% of them were on proper medication There were 33% neurological, 19% vascular, 5% nephrological and 6% had all the complications. Group3(51-70yr): Out of 31.7% patients 2.9% had normal blood sugar, 14.5% were pre-diabetics 88.6% had inappropriate diet and poor compliance. 1-Out of these 28.6% neurological, 17.1% vascular, 5.7% all of the above complications.

Group four (71-90): All the 1.8% patients were diabetics, with improper medication and diet with a poor compliance and had retinopathy.

Conclusion:

In each age group, risk of development of complications is three times higher in patients with uncontrolled blood sugar, improper diet and poor compliance, as compared to those who have controlled blood sugar level.

Prophylactic Antibiotic Trends in Medically Compromised Patients Visiting PDC

Saba, Nabila Bashir, Asma Sattar, Tayyaba Jabeen
Peshawar Medical and Dental College

Introduction

Antibiotics are used in addition to appropriate treatment to aid the host defenses in elimination of remaining bacteria. It is indicated when there is evidence of clinical sign involvement and spread of infection.

Objective

1. To find out the highest frequently used antibiotics in medically compromised patients.
2. To compare trends of antibiotics prescription in male and female patients.

Methodology

This was a Cross Sectional Questionnaire based study conducted on 50 patients including male and female attending Peshawar Dental College. No clinical examination was done. Data was analyzed using SPSS 19.

Results

Out of 50 patients, Dental procedure performed in 16 patients was scaling and extraction. 24 patients were having hypertension. In 32 patients, the most commonly antibiotic prescribed by dentists was penicillin. Macrolides were prescribed in 14 patients. Metronidazole was prescribed in 49 patients. Mouthwash was prescribed in 20 patients. 48 patients have given thrice the antibiotic. 19 patients of age 41-50 were prescribed and given twice mouthwash. 28 females and 22 males were prescribed and given thrice antibiotic. 28 females and 22 males were prescribed and given thrice metronidazole.

Conclusion

The result showed that antibiotic prophylaxis is common in dentistry. It is given before and after a dental procedure in medically compromised patients in order to reduce the risk of infection.

Frequency and Risk Factors of Oropharyngeal Cancer among Males in Three Tertiary Care Hospitals of Peshawar

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Kabir medical college

Introduction

A multitude of factors is responsible for the development of Oropharyngeal cancers. Some factors are modifiable while others are non-modifiable.

Objectives

The main purpose of this study was to analyze frequency and different risk factors associated with Oropharyngeal cancers among males of the three tertiary care hospitals of Peshawar.

Methods

It was a cross-sectional study conducted on 100 male patients of different age groups presented with different cancers in the three tertiary care hospitals of Peshawar. Non-probability convenient sampling technique was used. Semi-structured questionnaire was used as data collection tool. Patient's record and investigation were used as adding tools.

Results

Analysis of the data showed that the frequency of Oropharyngeal cancer was found

To be 19% (19 cases out of 100). The frequencies of socio-demographic profile of Oropharyngeal cancer was rural: urban (89%:11%). 84% Pathan were and 16% were Afghan. 68% were married, 26% were unmarried and 5% were widower. 37% of the patients were illiterate, 47% were having primary education and 10% were matric pass. 39% patients were labor, 5% was government servant, 16% were business man, 42% were others (drivers, students, mechanic, technician, ward boy, no work).

Frequency of risk factors among all the 19 patients were: 74% patients had 4-8 hours' continuous exposure to UV light. 42% were smokers. 37% patients were inhabited of taking snuff. 10% had HPV positive. Diet of 16% was smoked meat. 42% percentage patients had a history of oral thrush. 36% percentage had history of leukoplakia.

Conclusion

Frequency was higher in patients who are; exposed to UV light, Smokers and risk increases with combined effect of taking snuff and smoking, patients who were positive for HPV. Risk increases in patients with poor socio-demographic profile.

A Cross Sectional Analysis Of Usage Of Complementary And Alternative Medicine By Diabetic Patients

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Liaquat University of Medical & Health Sciences, Jamshoro

Introduction:

Complementary and alternative medicine as a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complementary medicine is used with conventional therapy, whereas alternative medicine is used instead of conventional medicine.

Objective:

A cross-sectional study is designed to evaluate the use of complementary and alternative medicine by patients with diabetes mellitus attending OPD of Liaquat University Hospital, Hyderabad.

Methods:

Two hundred and eighty patients attending the outpatient diabetes clinic for allopathic treatment were included via simple random sampling procedure. Through an interview, based questionnaire patients were interviewed to assess their knowledge, awareness and practice of non-allopathic forms of therapy. Information on the patients' background characteristics, family history of disease, existing knowledge of their disease and therapy was obtained. Study was conducted from 15th of January 2014 to first of April 2014.

Results:

The user rate of complementary and alternative medicine was 73.57% (n=206) and this was not significantly associated with the educational or socioeconomic status of the patients. Desire for early and maximum benefit was the most common reason (88.57%) for using these remedies. The patients felt that herbal medicine followed by homeopathy were the most beneficial alternative therapies, while acupuncture was felt to have the least benefit in the control of diabetes.

Conclusion:

A markedly prevalent use of complementary and alternative systems of treatment by diabetic patients is recorded. Hence, it is essentially needed to obtain objective data in order to assess the effectiveness of non-allopathic medicines.

**ALBUMIN CREATININE RATIO (ACR) A
CONVENIENT METHOD FOR DIAGNOSIS OF EARLY
DIABETIC NEPHROPATHY**

MUHAMMAD ANEEQ HAROON,
Foundation University Medical College.

Introduction:

Diabetic nephropathy (or diabetic kidney disease) is a progressive kidney disease caused by damage to the capillaries in the kidneys' glomeruli. Nephrotic syndrome and diffuse scarring of the glomeruli characterize it. It is due to longstanding diabetes mellitus, and is a prime reason for dialysis in many developed countries. It is classified as a small blood vessel complication of diabetes.

Objective:

To evaluate albumin creatinine ratio (ACR) as a screening marker for detection of early diabetic nephropathy

Methodology:

This retrospective patient- based time- dependent cohort study was conducted in Armed Forces Institute Of Pathology, Rawalpindi, Pakistan from 1st July 2015 to 13th August 2015. 700 patients who reported for the investigation of diabetic complication and urine protein was negative on dip strip were included in the study. Informed consent was obtained from the patients and the ethical review committee of the institution. 10ml of random urine sample approved study was collected in a clean container. Urinary albumin and creatinine were estimated by Turbid metric Inhibition Immunoassay and Jaffe Kinetic Reaction respectively, ACR was collected as mg/mmol of creatinine. The statistical analysis was performed using the Statistical Package for the Social Sciences (SPSS) software, version 23.

Results:

Total 700 diabetic patients were included in the study. Females were 38% while males were 62%. Minimum age was 3 yrs and maximum was 72 yrs with a mean age of 47 ± 2.4 yrs. 6 percentage patients were under the age of 16 yrs., 20% were between 16 to 40 yrs of age while 74% were more than 40 yrs of age. ACR was <3 mg/mmol in 42% patients indicating normal renal status, between 3-30mg/mmol in 58% patients indicating micro albumin urea i.e. early diabetic nephropathy.

Conclusions:

In conclusion, the results of this study suggest that ACR is a very useful and convenient test for early detection of diabetic nephropathy in a significant proportion of patients who would have been missed otherwise.

Comparative Study Of Homeopathic, Allopathic & Personalized Anti-Diabetic Medicines

MAHAM ARIF Hira Ajaz, Zakir Ahmed, Fahad Hassan & Syed Khalilullah

Centre of Biotechnology and Microbiology, University Of Peshawar, KPK, Pakistan

Introduction:

According to World Health Organization, diabetes is the seventh ^{leading} cause of deaths in 2015, globally.

Objective:

In order to curb the predicament, multifarious homeopathic (Bebeerine, Fenugreek, Bitter Melon, Jamba fruit, Aloe-vera, Cinnamon, Ginger, Ginseng) and allopathic (Diamentil, Sulfonylureas, Alphasglucosidase Inhibitor, Biguanides, Humulin) antidiabetic drugs were investigated that are commonly prescribed by practitioners for disease management in Pakistan.

Methods:

Upon survey, it was observed that these anti-diabetics triggers have many side effects in victims such as hypertension, cardio-vascular complications, cerebro-spinal, optic and renal maladies, thus worsening overall patient health.

Results:

Therefore, in comparison to homeopathic and allopathic medicines, personalized medicine is considered one of the dynamic cures of the century due to disease co-relation with genetics of an organism. Emerging concept of personalized genetic therapy allows appropriate cures than symptomatic treatments beyond the limitations of age, gender, duration of disease and body mass index.

Conclusion:

Specific anti-diabetic medications can be tailored with least side effects and 100% efficacy. Finally, by implementing personalized medicine, diabetic pedigree can be controlled in generations.

Key words:

Diabetes, Homeopathic, Allopathic, Personalized Medicine

GENDER BASED COMPARISON OF LEUKEMIAS (A retrospective study in Kuwait Teaching Hospital from 2013- 2015)

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Peshawar Medical College

Introduction:

Acute and chronic adult leukemias are a heterogeneous group of disorders. They are also an uncommon form of malignancy affecting approximately 5 persons per 100,000 in the United States annually. The causes remain largely unknown and hypothetical. Epidemiological studies concentrate on small variabilities in the incidence seen in different countries and within countries. Etiological factors in development of leukemias are hereditary disorders with susceptibility to chromosomal breakage exposure to radiation and chemicals like benzene. This article focuses on basic gender and age wise prevalence of leukemias in a tertiary care hospital (Kuwait Teaching Hospital). It highlights distribution of subtypes of leukemias.

Methodology:

From January 2013 to December 2015, a total of 27 patients of Leukemia were presented to the Department of Hematology, Kuwait Teaching Hospital. The diagnosis was confined on bone marrow aspiration and trephine biopsy. Of these, 11 patients (40.7%) were below 30 years of age, 13 patients (48.14%) were 30 to 59 years of age and 3 patients (11.1%) were 60 and above 60 years of age. It was a retrospective review of data of 3 years (2013-2015). The factors included age, sex, subtypes of disease and ethnic group. The data was analyzed using percentages in Microsoft Excel.

Results:

Out of 27 cases, 8(30%) were of Chronic Myeloid Leukemia (CML), 7 (26%) Acute Myeloid, 6(22%) Acute Lymphoblastic Leukemia (ALL) and only 2(07%) were of Chronic Lymphoblastic Leukemia (CLL). There were only 2(7%) cases of Megaloblastic anemia and 1(3%) case of Thrombocytopenia. Among male patients, 18% were of CML, 15% were ALL, 11% were having AML and only 3% were of CLL while among female patients, 15% were of AML, 11% were having CML, 7% were of ALL and only 35 were of CLL.

Conclusion:

Among the study population, males were more vulnerable towards malignant blood disorders as compared to females

C - reactive protein In Patients With Type 2 Diabetes Mellitus

ATHAR HUSSAIN

Shaheed Muhtarma Benazir Bhutto Medical University Larkana.

Introduction:

The liver produces C - reactive protein. The level of CRP rises when there is inflammation throughout the body. It is one of a group of proteins called "acute phase reactants" that increase in response to inflammation

Objective:

To determine the frequency of raised C-reactive protein (CRP) in patients with type 2 diabetes mellitus

Method:

This descriptive cross-sectional study was conducted at Liaquat University Hospital Hyderabad from March 2013 to August 2013. All diabetic patients' ≥ 35 years of age, regardless of gender who visited the OPD during this time were evaluated for C-reactive protein and their glycaemic status by haemoglobinA1C. The data was analysed in SPSS and the frequency and percentage was calculated. The significance was set at $p=0.05$.

Results:

During six-month study period, total 100 diabetic patients were evaluated for C-reactive protein. Majority of patients were from urban areas 75/100 (75%). The mean \pm SD for age of patients with diabetes mellitus was 51.63 ± 7.82 . The mean age \pm SD of patient with raised CRP was 53 ± 7.21 . The mean \pm SD for HbA1c in patients with raised CRP is 9.55 ± 1.73 . The mean random blood sugar level in patients with raised CRP was 247.42 ± 6.62 . The majority of subjects from 50-69 years of age group with female predominance ($p = 0.01$) while the CRP was raised in 70(70%) patients in relation to age ($p=0.02$) and gender ($p=0.01$) respectively. Both HbA1c and CRP was raised in 64.9% ($p = 0.04$) in patients with type 2 diabetes mellitus. The mean \pm SD of CRP was 5.8 ± 1.21 while for male and female individuals with raised CRP was 3.52 ± 1.22 and 5.7 ± 1.63 respectively

Conclusion:

Raised CRP was observed in patients with type 2 diabetes mellitus.

Key words:

Diabetes Mellitus, C-reactive protein, Haemoglobin A1c

**COMPARING STRESS LEVELS AMONG DIABETICS:
INSULIN USERS VS NON-INSULIN USERS, AT
HYDERABAD**

ABID ALI, AATIR H. RAJPUT, Tahir Hanif, Anam Shaikh
Liaquat University of Medical & Health Sciences, Jamshoro.

Introduction:

Diabetes mellitus (DM), commonly referred to as diabetes, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period.

Objective:

1. To compare depression levels among diabetic patients using different treatments (Insulin users' V/s Non-Insulin) at Hyderabad.
2. To evaluate the depressive symptoms and their association with education, medication adherence, demographic variables and health complaints among diabetics based on type of therapy used.

Methodology:

A descriptive (cross-sectional) study of 264 patients visiting Liaquat University Hospital, Hyderabad and different diabetic clinics at Hyderabad in the months of February and March 2014 were included in the study via simple random sampling. 106 patients (40.16%) of the total sample are females and 158 (59.84%) are males. Patients were interviewed to attain information about age, sex, onset and type of diabetes, type of medication used (Insulin or oral hypoglycemic), glycemic control, medication adherence and diabetes associated health complaints.

Results:

36.36% of the people in the sample were insulin users while 63.64% were not. Out of 96 insulin users, 30.2% of the sample has DM-type 1 and 69.8% have DM-type 2. Mean depression level of male insulin users is 21.93% while that of females is 22.81%. Demographic factors, low education, additional health complaints and low medication adherence also significantly contributed to depression levels.

Conclusion:

Mental health assessment of diabetics should be made a part of routine clinical assessment at primary healthcare clinics to decrease adversarial consequences among diabetic patients.

**Determine Three Months Clinical Outcomes Among
Patients Presenting With Acute De-Compensated Heart
Failure.**

SAEEDULLAH, Muhammad Abdur Rauf, Noman Khan,
Muhammad Asif Iqbal, Mohammad Hafizullah
Khyber Medical University

Introduction:

Acute decompensated heart failure (ADHF) is a sudden worsening of the signs and symptoms of heart failure, which typically includes difficulty breathing (dyspnea), leg or feet swelling, and fatigue.

Objective:

To determine three months clinical outcome among patients presenting with acute de-compensated heart failure (ADHF).

Methodology:

A cross sectional descriptive study was carried out at the Cardiology Department woman Reading Hospital Peshawar, from 4 October 2011 to 3 July 2012. Patients with acute de-compensated heart failure (ADHF) were included and followed for a period of three months for the outcome in the form of mortality, worsening functional class and re-admission. Exercise testing was performed on a treadmill according to the modified Bruce protocol, with continuous on-line respiratory gas. Two determined the slope of the relationship between ventilation (VE) and CO production (VCO) 2 computerized graphical analysis (VE/VCOslope).

Results:

Out of 139 patients, 52.5% were males. Age of patients ranged from 13-90 years with mean age 53.59 18.98 years. Patients were divided into four age groups. Overall 64% patients showed adverse clinical outcome in three months follow up. Adverse clinical outcome was 67% in male patients and 60.6% in female patients. Total re-admission rate was 18.7% higher in less than 30 years of patients with a rate of 35.7%. Worsening functional class was present in 30.21% less common in patients less than 30 years ago 21.4%. Mortality rate was present in 15.1% patients as a whole and 33.3% in patients having age 71-90 years at three months follow up.

Conclusion:

Patients in acute de-compensated heart failure re admission was much higher in younger age, while worsening of functional class and mortality was more in older age after three months of follow up.

Frequency And Risk Factors Associated With Positive Cases Of Hepatitis B And C In 100 Dialysis Dependent Patients

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Gandhara University Peshawar, Pakistan.

Introduction:

Mankind like other disease viruses has also been a host of the two very hazardous viruses HBV and HCV which has been responsible for taking lives of millions since its first attack. To play our part in the betterment of this land this study was conducted with the main objective to determine the frequency of HBV and HCV in hemodialysis dependent patients who are positive for either type of hepatitis infection.

Objectives:

To find out the frequency and risk factors associated with positive cases of HBV and HCV in 100 dialysis dependent patients.

Methodology:

A semi-structured questionnaire was used. It was a cross sectional study and non-probability convenient sampling technique was adopted for the data collection. Hundred patients who were positive for hepatitis were taken as sample size. Patient's record was also thoroughly checked as an adding tool for data collection. Some inquiry was also done from the concerned staff working on dialysis machines.

Results:

Results of this study show that the prevalence of hepatitis infection is more in dialysis dependent patients as compared to the general population, and that among the positive cases the frequency of HCV was more than HBV. Out of 100 cases, 88 were infected with hepatitis C while 12 patients were infected with hepatitis B.

The common risk factors were found to be duration of dialysis, frequent blood transfusion, and lack of proper screening of the blood, lack of proper sterilization, close proximity of the patients with positive cases of hepatitis positive patients, previous surgical procedures, and family history of infection.

Conclusion:

Keeping in view the results of the study it is recommended that strict screening program should be implemented in all blood banks before any blood transfusion. Dialysis machines and its surrounding environment should be kept sterilized and infection free.

Frequency of Congenital Anomalies at Pediatric Wards In Two Tertiary Care Hospitals (Lady Reading Hospital And Hayatabad Medical Complex), Peshawar For The Year 2015.

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

Peshawar Medical College

Introduction

Congenital anomalies can be defined as structural or functional anomalies that occur during intrauterine life and can be identified prenatally, at birth or later in life. An estimated 276 000 babies die within 4 weeks of birth every year, worldwide, from congenital anomalies. The most common severe congenital anomalies are heart defects, neural tube defects and Down syndrome

Objectives

The objectives of this research were to find out the frequency of congenital anomalies in the two tertiary care hospitals in 2015, compare the ratio of anomalies between the two genders and to find the most common category of anomaly, the most common anomaly and the area most affected.

Methodology

Cross sectional study, using registered records of respective hospitals from Jan-Dec2015 inclusive was carried out. The secondary data using self-administered Performa was collected. Data was analyzed using SPSS-version 20. Ethical approval was taken prior to study.

Results

Out of the 12870 patients registered at the pediatric wards of the hospitals, 455 (3.53%) had congenital anomalies; 259(56.9%) were males and 196(43.1%) were females. 231(1.79%) had anomalies in Cardiovascular system, 121(0.94%) had neural defects, Only 6 (0.04%) patients had respiratory disorders. 34(0.26%) patients had ventricular septal defect. 189(1.46%) patients were from Peshawar

Conclusions

We conclude that the percentage of birth defects was 3.53%. Males were more affected than females. Most of the patients were from Peshawar. The most common anomaly was ventricular septal defect. The most common category was cardiovascular disorders almost twice as much as neural disorders, the second most common category.

Key Words

Congenital anomalies, pediatric wards.

**MEDICATION NON-ADHERENCE AMONG DIABETES
TYPE I PATIENTS OF HYDERABAD**

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Shaikh

Liaquat University of Medical & Health Sciences

Introduction:

Diabetes mellitus (DM), commonly referred to as *diabetes*, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period.

Objective:

This study was aimed to assess prevalence and factors associated with patients' non-adherence to prescribed medicines with type I diabetes in Hyderabad (Pakistan).

Methodology:

An observational study was done upon 180 diabetic patients to find out prevalence of non-adherence in Hyderabad. Patients were selected via purposive sampling from Liaquat University Hospital, Hyderabad & Jamshoro and from various diabetes clinics of Hyderabad. Patients who were diagnosed of diabetes type I with age less than 25 years and taking insulin as main regimen of treatment were included while those who were recently diagnosed of diabetes i.e. less than 2 months ago, were excluded. An interview-based questionnaire was used to make queries in local languages about duration of diabetes, attributable difficulties towards treatment, skipping therapy and presence of depressive symptoms. Duration of study was from March 2015, to November 2015.

Results:

The Prevalence of non-adherence was 77.7%. Potential factors associated with non-adherence were depressive symptoms such as anxiety (61.1%) and irritability (76.4%). Injecting insulin was found to be most important factor for medication non-adherence and around 92% of the sample wanted to get rid of daily injections.

Conclusion:

Non-adherence to treatment of diabetes type I in younger population is highly prevalent and depression is considered a potential factor leading to non-adherence and in accelerating the commencement of complications. Further study should be carried out on controlling patient's depressive symptoms and improving interventions that may lead to better adherence to medication among diabetes type I patients.

Key Words:

Diabetes type I, non-adherence and depression, Insulin Users

**RETROSPECTIVE DATA OF DIABETES AND
FREQUENCY OF
DIABETIC COMPLICATIONS IN KUWAIT TEACHING
HOSPITAL FOR THE YEAR 2015**

ISHRAT FATIMA, Haya Sultan
Peshawar Medical College

Introduction:

Diabetes mellitus is a group of metabolic diseases in which there is high glucose level over a prolonged period. Symptoms of high glucose include polyuria, polydipsia and polyphagia. Acute complications of diabetes are ketoacidosis and non-ketotic hyperosmolar coma. Uncontrolled diabetes leads to chronic complications which include cardiovascular diseases, stroke, chronic kidney failure, foot ulcers and damage to eyes

Objectives:

1. To find out the frequency of diabetic patients visiting Kuwait Teaching Hospital from Jan-Dec2015
2. To find to the ratio of type 1 and type 2 diabetes in these patients
3. To find the complications associated with diabetes.

Methodology:

We carried out a cross sectional study using registered records from Kuwait Teaching Hospital from JanDec2015. We collected the secondary data using self-administered questionnaires. We analyzed the data using MS Excel 2013. Ethical approval was obtained from the IRB Committee of Peshawar Medical College. Consent was taken from the Director of the hospital as well.

Results:

Of the 2412 patients who visited the medical ward of the hospital, 288(11.9%) were diabetic. Out of these diabetics, 167(58%) were females, 121(42%) were males. 94 (32.6%) of the patients had Type 1 diabetes and 194(67.4%) had Type 2 diabetes. Out of the 288 diabetic patients; 54 had hypertension, 29 had urinary tract infection, 18 had diabetic nephropathy, 11 had diabetic foot, 4 had peripheral neuropathy, and 9 patients had congestive cardiac failure and 10 patients had ischemic heart disease, respectively.

Conclusions:

This study helped us conclude that diabetes is more common in females than males. Type 2 diabetes is twice as common as Type 1 diabetes. Most of the patients had associated complications, with hypertension being the most common.

Key Words:

Diabetes Mellitus, diabetic complications, Hypertension, Kuwait Teaching Hospital.

To Determine/Assess The Co-Morbidities Among The Patients Of Medical Ward Of Kuwait Teaching Hospital (KTH) In The Last Quarter Of 2015.

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Peshawar Medical College

Introduction:

Co-morbidity is the presence of one or more additional disorders(or disease) co-occurring with a primary disorder. The distribution of co-morbidity is increasing day by day. The affected need a special comprehensive care. Our study is important because so far, there is no such study done in the private Medical Sector of KPK.

Objectives:

1. To assess the distribution of co-morbidities among the male and female patients who visited KTH in the last quarter of 2015.
2. To find the distribution of co-morbidities among different age group.
3. To determine the most occurring diseases present in the comorbid patients.

Methodology:

The study design used for the research purpose was cross-sectional, conducted at the medical ward of Kuwait Teaching Hospital, Peshawar. 458 patients were admitted from 1 October 2015 to 31 December 2015. All the patients above the age of 25 years were included in the study, which accounted for 369 patients. The data was collected from the record room of KTH. From the data, the patient's medical history was collected to assess the co-morbidities. The data was recorded and analyzed on IBM SPSS 21.

Results:

Out of 369 individuals, 198 (53.65%) were males and 171 (46.35%) were females and 126 (34.14%) patients were found comorbid, in which 52 (41%) were males and 74 (59%) were females. The distribution of comorbidity in age 25-34 years, 35-44 years, 45-54 years, 55-64 years, 64-75 years, and 75+ years was 12 (9.5%), 6 (4.7%), 24 (19%), 43 (34.1%), 28 (22.2%), and 13 (10.3%) respectively.

The most occurring diseases included diabetes mellitus, hypertension, Hepatitis-C, Chronic liver disease, Asthma, and Tuberculosis

Conclusion:

It is concluded that the distribution of co-morbidities is higher in females as compared to males. The distribution is more at the age of 50-70 years. This shows that the co-morbidity increases with age. The most occurring diseases are of endocrine, cardiac, hepato-biliary and respiratory origin.

Characterization Of Most Common Bacterial Culture Isolates From Infected Diabetic Foot Tissue Specimens And Their Sensitivity To Antimicrobial Agents

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Khyber Medical College

Introduction:

A Diabetic foot is a non-healing ulcer due to the presence of Diabetes in a patient. A "Diabetic foot syndrome" is when several diabetic foot pathologies are present.

The organism responsible for a Diabetic foot is clostridium species in the west, hence, we need to know the most common organism involved in DF in our setup. Our research project sheds light on the prevalence of most common organism responsible for Diabetic infection and to find out their sensitivity to antimicrobial agents to prevent amputation and sepsis by the administration of empirical treatment.

Objective:

To find out the most common organisms responsible for Diabetic Foot Infection and their sensitivity to antimicrobial agents for the prevention of sepsis/amputation by the administration of empirical treatment.

Methodology:

Study was carried out to analyze the bacterial isolates of all patients admitted to the:

Surgical (A, B, C, D, E), Medical (A, B, C, D, E) and Orthopedic ward of KHYBER TEACHING HOSPITAL presented with diabetic foot infection.

We started by formulating a questionnaire that was circulated among the designated groups of people, to check for organism responsible. Convenient sampling technique is used. A 5 months long prospective study (considering the midyear population) was carried out. 100 patients having DFI (diabetic foot infection) were selected; their C/S (culture and sensitivity) reports were performed and analyzed using

S P S S

2 0

Results:

According to our findings, a large number of people presenting with Diabetic Foot showed the following results: 100 {62 aerobes (62%) and 38 others (fungal or anaerobes) (38%)} were isolated. This research work would hopefully give us deeper insights into further understanding, prevention and treatment of this disorder.

Conclusion:

Our study design was prospective, Staph. Aureus and E.coli are the most common Gram positive and Gram-negative organisms, respectively, in KPK. E.coli being the subset that mainly represents the bacterial population, isolated, upon culture, with high prevalence of antimicrobial drug resistance particularly to Augmentin, cephradine, ciprofloxacin, cefuroxime and cefpodoxime and sensitive to Cefoperazone/Sulbactam (94.4%), Vancomycin (92.3%), Imipenem (89.4%) and Piperacilline/Tazobectam (89.4%).

Surgery & Allied

Awareness Regarding Diabetic Foot Complication Among Diabetic Patients In Peshawar.

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Peshawar Medical College

Introduction:

Diabetic foot is a complication of diabetes mellitus. Research estimates that the lifetime incidence of foot ulcers within the diabetic community is around 15%-25%.

Objectives:

1. Find out the awareness of diabetic foot ulcer among diabetic patients
2. Find out common causes diabetic foot

Methodology:

This was a Cross Sectional study. Questionnaires regarding diabetic foot complication were distributed among 272 patients in four teaching hospitals of Peshawar. Two different questionnaires were prepared, one for patients without foot complications and the other for those having foot complications to find out common risk factors.

Results:

In those without foot complication, 26.85% were aware of diabetic foot ulcers and were educated about foot care while the rest 73.74% were not aware of foot complications.

Among those patient who had diabetic ulcer 17.2% patients were aware before their ulcer developed. 58.6% became aware after they developed ulcer. 13.7% were still not aware after they developed ulcer
38.46 % of the patients believed that lack of glycemc control is risk factor of foot ulcer. Other risk factors were No routine checkup(30.76%)Smoking(19.32%)Infection(19.23%)No appropriate shoes (11.53%) Obesity (07.69%) Peripheral neuropathy(7.69%)Trauma(03.8%)Hyperlipidemia(3.8%)

Conclusion:

Most of the patients without diabetic foot ulcers were uneducated and had little knowledge about the issue. Concurrently, those who had the foot ulcers mostly became aware after they were diagnosed with the ailment. Majority of the patients believed that lack of glycemc control was the most major risk factor of diabetic foot ulcers.

A Cross Sectional Study on Post-Operative Infections in two Private Hospitals of Peshawar from 20 Sep to 20 Nov 2014, in KPK

SAIMA KHAN , PARKHA WALI, Syeda Amina Gillani , Anila Naeem, Dur e Shehwar, Gulmakay , Hafsa Ambreen, Lala Naeem Butt, Naila Bibi, Sadia Ahmad, Samreena Wazir, Sumera Nawaz
Peshawar Medical College

Introduction:

Surgical site infections accounts for 20% of all healthcare associated infections. Surgical site infections are most common complication in surgical patients. Approximately 5% of patients undergoing surgery develop surgical site infections. Therefore, it is very important to take all infection control measures and prevent the incidence of surgical site infections.

Objectives:

1. To determine the frequency of post-operative infections in Mercy and Kuwait Teaching Hospital.
2. To compare the gender wise frequency of post-operative infections.
3. To determine the frequency of infections in individual surgical cases in general surgical ward of Kuwait and Mercy Teaching Hospital from 20th Sep-2014 to 20th Nov-2014.

Method:

A descriptive study was conducted through a self-structured performa. Data was collected retrospectively from OT registers of both the hospitals from 20th Sep-2014 to 20th Nov-2014. Post-operative infected patients who underwent general surgeries were included in the study. Gynecological, obstetrical, orthopedic and ENT cases were excluded.

Results:

Out of 851 patients who underwent general surgeries, from 20th Sep-2014 to 20th Nov-2014 in Mercy and Kuwait Teaching Hospital 70.5% were from Kuwait Teaching Hospital and 29.5% were from Mercy Teaching Hospital among which 4.66% and 6.37% were infected respectively.

The frequency of surgical site infection in females was higher in Mercy Teaching Hospital as compared to males (43.80%) while in Kuwait Teaching Hospital males were effected more (64.29%). The frequency of post-operative infections were highest in laparotomy and hernectomy in Mercy Teaching Hospital than that in Kuwait Teaching Hospital.

Conclusion:

The study showed that the frequency of surgical site infections is greater in Mercy Teaching Hospital as compared to Kuwait Teaching Hospital indicating the importance of adapting antiseptic and preventive measures and proper sterilization of instruments.

Keywords:

Post-operative infections, surgical site infections, Hernectomy, Laparotomy

A Comparative Study Between Spinal And General Anesthesia For Open Cholecystectomy

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Hamdard college of Medicine and Dentistry

Introduction:

For patients undergoing open cholecystectomy, spinal anesthesia is not only safe but also more effective than general anesthesia in reducing post-operative nausea and vomiting and gives a better pain management as compared to general anesthesia.

Objectives:

To assess incidence of PONV in both the groups and the pain felt by the patients at different hours by means of visual pain scoring scale and compare it between both the groups.

Methods:

All consented patients of ASA grade I and II of either sex scheduled for elective open cholecystectomy were randomly divided into two groups. Group S received Spinal anesthesia and Group G received General anesthesia. The target populations are patients with chronic cholecystitis and cholelithiasis which are advised for cholecystectomy. The patients were randomly chosen. Sample size was 42 patients. Intraoperative parameters, postoperative pain, post-operative nausea and vomiting, complications, recovery, patient satisfaction, and cost were compared between both groups. Study tool was questionnaire.

Results:

42 patients were admitted with symptomatic cholelithiasis and chronic cholecystitis from September 2014 to July 2015, 21 patients in SA group and 21 in GA group. Pain was significantly less at 4 hours ($P < .000$), 8 hours ($P < .000$), 12 hours ($P < .000$), and 24 hours ($P = .342$) after the procedure for the spinal anesthesia group compared with those who received general anesthesia. The incidence of nausea and vomiting was relatively high in group G (who received general anesthesia). Spinal anesthesia is also cost effective as compared to general anesthesia.

Conclusion:

Open cholecystectomy done under spinal anesthesia, as a routine anesthesia of choice is feasible and safe due to reduced post-operative events.

The Comparative Study On Peripheral Macro Vascular Complications In Patients Of Types Of Diabetes

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Mashal Irshad

Peshawar Medical College, And Khyber Medical College

Introduction:

Diabetes is a chronic, genetically determined, metabolic debilitating disease that affects every organ system. This is equal to 8.3% of the adults' population, with equal rates in both women and men. It is the eighth leading cause of death. Type 1 DM, It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas, called "Beta cells" This form of diabetes, which accounts for only 5–10% of those with diabetes. Type 2 DM, which makes up about 90% of the cases, begins with insulin resistance, a condition in which cells fail to respond to insulin properly. As the disease progresses a lack of insulin may also develop.

Objective:

1. To determine gender distribution of diabetes among study population.
2. To find out which type of diabetes has higher risk of developing peripheral macro vascular complications

Methodology:

Primary data was collected from 112 individuals by using stratified sampling technique. All the individuals were non- smoker diabetic, with no visible foot deformity, and had no history of angioplasty. Data was collected from the wards of Hayatabad medical complex, Kuwait teaching hospital, and Khyber medical college.

Results:

The data was collected from 40 male individuals, 16 (40%) of whom had lower limb amputations, and out of 72 females 24(33%) had amputations due to diabetic complication. Out of 44 individuals with type 1 diabetes 32 had ulcers (i.e. 72%) and 20 underwent amputation of lower limb (i.e. 11.3%). 68 individuals had type 2 dm, 32 amongst them had foot ulcers (i.e. 47%) and 20 individuals had lower leg amputations (i.e. 7%)

Conclusion

According to our study, female patients had more admissions with diabetic foot then male, but male patients with DM were more prone to developing an ulcer. In addition, patients with type 2 DM were the main bulk of individuals, and had more peripheral macrovascular complications then patients, then patients with type 2 DM.

Gynae & Obs

Breast Feeding Awareness, Practices & Benefits (A study on mothers admitted in Gynecology and Pediatrics Wards of Kuwait Teaching Hospital & Mercy Teaching Hospital, Peshawar)

ROMISA REHMAN, Aisha Raza, Ayesha Ahmad, Mashal Irshad,
Zarlish Rehman

Peshawar Medical College and Khyber Medical College

Introduction:

Breast-feeding is one of the most important factors in preventing malnutrition in infants. Breast milk contains the right balance of nutrients to help their infant grow into a healthy toddler. Some of the nutrients in breast milk also help protect infant against some common childhood illnesses and infections. It also helps in maternal health.

Objectives:

To determine knowledge of breast feeding among mothers admitted in four teaching hospitals

1. To determine the practice of breast feeding among mothers admitted in four teaching Hospitals.
2. To know the benefits of breast feeding among mothers admitted in four Teaching Hospitals.

Methodology:

Primary data was collected from 264 women admitted in gynecology and pediatric wards of Khyber Teaching Hospital, Hayatabad Medical College, Kuwait Teaching Hospital & Mercy Teaching Hospital from January 2016 to March 2016. Convenient sampling technique was used for the study. Verbal informed consent was taken from all the women prior to questioning.

Results:

According to our study, 108 women were educated, 86 had religious education and 70 were not educated. 224 amongst these breast-feed their child. Only 92 women know the proper duration of exclusive breast-feeding. 124 women knew that breast-feeding has a protective role against post-menopausal breast cancer, while 140 women were aware that in long term breast feeding prevents osteoporosis. 140 women knew the importance of colostrum, while 100 women were did not, and they disregard the colostrum. 174 women knew that pacifier is not good for the health of their child and did not use it, while 90 women used pacifier.

Conclusion

Most of the women breast feed their child, and knew the duration of breastfeeding as well as the protective role against breast cancer and osteoporosis. Women were deficient in knowledge regarding colostrums.

Frequency of Pregnancy Induced Hypertension Among Pregnant Women Attending Kuwait Teaching Hospital

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Peshawar Medical College

Introduction:

Hypertension is the most common medical problem encountered in pregnancy and remains an important cause of maternal and fetal morbidity and mortality

Objective:

To determine frequency and distribution of Pregnancy Induced Hypertension in women related to parity, age of the mother and gestational age of the baby.

Methods:

This was a descriptive cross-sectional study was conducted at Kuwait Teaching hospital Peshawar from 1st January 2015 to 1st December 2015. A total of 200 women with pregnancy having gestational age from 20 weeks onwards were included in this study. These patients were selected from the OPD. Gestational age was diagnosed on earlier dating ultrasound and from last menstrual period (LMP). Data was recorded on predesigned Performa including age, parity, gravida, gestational age and frequency of women with high blood pressure in pregnancy. Chi square was performed for PIH with parity and PIH with age of the mother.

Results:

Frequency of pregnancy induced hypertension in women was observed in 4.4% (88 out of 2000) in our study population. The age group(s) of patients affected mostly with pregnancy-induced hypertension was 26 to 35 years of age, and their mean age was 30±1 years while mean gestational age of the patients was 3rd trimester. Looking in to parity of patients, 26/557 (4.6%) women were primigravida with PIH, 15/450(3.3%) were primipara (having already given birth to one baby) and 20/720(2.7%) had Parity of 2 to 4 children, 15/182(8.2%) had 5 to 6 and 12/91(13%) more than 6.

Conclusion:

The results were significant for PIH with age and PIH with parity. Old age and multipara pregnancy is associated with higher risk of pregnancy induced hypertension. Older mothers generally encounter more problems during pregnancy and childbirth than younger women.

**Frequency of Gestational Diabetes Mellitus in Pregnant Patients
from 2013-2015 in Kuwait Teaching Hospital Gynecology/Obs
Unit**

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Introduction:

Gestational diabetes mellitus is the most common metabolic complication of pregnancy. According to WHO it complicates 3-4/1000 pregnancies. The maternal glucose control declines during pregnancy and any kind of derangements in the carbohydrate metabolism make the pregnancy high risk from both maternal and fetal point of view.

Objective:

To determine frequency of gestational diabetes mellitus in pregnant women admitted in Gynecology & Obstetrics department of Kuwait Teaching Hospital Peshawar from 2013-2015 and to find relationship of early screening and diagnosis with reduction of fetal and maternal risks.

Methodology:

A retrospective cross-sectional study was conducted from 2013-2015. The data of patients was collected from concerned patient files. Keeping the ethical consideration in mind, the confidentiality of the subjects was maintained. The data was analyzed in SPSS version.19.

Results:

A total of 6296 patients were admitted, out of which 50 (0.8%) patients were diagnosed with Gestational diabetes. Majority of the patients were presented in 2nd trimester (n=22, 44%) followed by 3rd trimester (n=17, 34%) and 1st trimester (n=11, 22%). The frequency of C-section was more in those patients who presented in 3rd trimester (29.4%) as compared to those who presented in 1st trimester and 2nd trimester (18.1% each). Total 75% of miscarriages were reported in those patients who presented in 1st trimester while 25% of miscarriages were reported in those patients who presented in 2nd trimester. Miscarriages were more common in those who presented in 1st trimester. Neonatal deaths were comparatively more in those who presented in 3rd trimester.

Conclusion

Less than 1% of patients were diagnosed with Gestational diabetes. Early presentation and prompt treatment resulted, less risk of fetal and maternal complications

A Cross Sectional Study On Gestational Diabetes And Its Outcomes On Delivery

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Introduction:

Pregnant women who have never had diabetes before but who have high blood glucose (sugar) levels during pregnancy are said to have gestational diabetes. 3-8% of all pregnant women develop gestational diabetes. There is an increased risk of miscarriage or the baby dying late in the pregnancy (stillborn). Neonates tend to be higher birth weight and this may make giving birth much harder.

Objectives:

1. To determine prevalence of gestational diabetes
2. To know the impact of gestational diabetes on mother and fetus
3. To identify mode of delivery

Methodology:

This was a cross sectional study conducted between January to December, 2015 at Zakia *Minhas* Maternity Home, University Road, Peshawar. A total of 100 patients were included in the study and were diagnosed through glucose tolerance test. A retrospective review of records was used to gather the data. Data was analyzed in Microsoft Excel.

Results:

2,858 women underwent surgery for delivery from January-December of 2015. Out of these patients, 100 cases of Diabetes Mellitus during pregnancy were diagnosed. 88% patients were above 25 years of age. 76% of gestational diabetes patients were multiparous ladies. Other than that, insulin was required for treatment in 64% of the patients. In the 100 cases, two were spontaneous miscarriages, 14 were preterm deliveries, and 2 were intrauterine deaths. 84 reached full term; Caesarean section was carried out in 58 patients while there were 4 neonatal deaths. Total number of babies delivered alive were 92.

Conclusion:

It was concluded that early detection, constant supervision, strict glycaemic control, delivery with intensive intrapartum monitoring and facilities of expert neonatologist can result in good maternal and fetal outcome.

Prevalence & Awareness Of Gestational Diabetes In Pakistan

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Wafa Sumbal, Sawera Shahzad, Rabia Bibi.

Centre of Biotechnology and Microbiology, University of Peshawar

Introduction:

Gestational Diabetes Mellitus is a metabolic disorder defined as glucose intolerance with onset or first recognition during pregnancy. Similar to other members of Asian race, Pakistani women are also considered to be at a high risk for developing gestational diabetes. GDM affects between 2% and 5% of pregnant.

Objective:

Prevalence & Awareness of Gestational Diabetes in Pakistan.

Methodology:

Data of 70 total patients collected from various hospitals i.e HMC, KTH, RMI, NWH, LRH. Its prevalence was estimated in Peshawar region. Risk factor was documented.

Results:

Out of 70 only 20% show high risk of GDM. It includes strong family history of diabetes and obesity. Screening protocol for GDM is controversial, some recommend a universal approach, whereas others exempt low risk patients.

Conclusion:

From the survey we concluded that GDM is a rare disease. But increasing risk factor such as obesity, genetics & certain environmental factors increases its prevalence so there must be proper channels of awareness to prevent onset of GDM.

To Measure The Adverse Birth Outcomes In Patients Of Private Teaching Hospital (Kuwait Teaching Hospital) Of Peshawar District From January 2015 To June 2015

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Peshawar Medical College

Introduction:

Pregnancy is a natural phenomenon which is always expected with fruitful result but if the outcome is adversely affecting family, medical professional team and community it can be termed as adverse birth outcome. Still birth, preterm birth, low birth weight, miscarriage, maternal mortality and congenital abnormalities are adverse birth outcomes.

Objectives:

To measure the adverse birth outcomes, rate of C-sections, rate of NVDs (Normal Vaginal Delivery) and to compare adverse birth outcomes with maternal age, medical histories of mothers and obstetric histories from January 2015 to June 2015 in a private teaching hospital (Kuwait Teaching Hospital) of district Peshawar.

Methodology:

A cross sectional study was conducted and secondary data was taken from a private hospital Kuwait Teaching Hospital of Peshawar district involving 850 patients of child bearing age. Data was recorded and was entered in SPSS statistics 2015 version. Analysis was carried out to determine adverse birth outcomes

Result:

Out of 850 patients, 67.6% babies were delivered through NVDs and among NVDs 64.2% were simple NVDs and 3.5% were vacuum assisted NVDs, 24.4% were C-section among which 15.2% were emergency C-section and 9.3% were elective C-section and 8% were with different other procedures among which 1.5% were DNC, 5.5% were ENC, 6% were TAH and 0.2% were LAP. Out of 850 babies 637 were healthy, 1.5% were stillbirths, 6.8% were miscarriages.

Conclusion:

Adverse birth outcomes were more related to multiparous women within the age group of 15-35. Miscarriage is the highest ranking adverse birth outcome in our study.

Dental Sciences

Oral Health and Diabetes

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Peshawar Medical And Dental College

Introduction

According to WHO, at least 2.8% of the population worldwide suffer from diabetes. Its incidence is increasing rapidly, up to year 2030, it is expected that this number will get doubled. The trend of urbanization and lifestyle changes in developing countries cause the increase incidence of diabetes. Diabetes can lead to changes in oral cavity such as gum related problems like gingival hyperplasia and periodontitis. Some individuals may notice acetone breath and other report xerostomia.

Objectives:

To find out the oral mucosal problems related to diabetic patients.

Methods

The selected study design was descriptive, i.e cross sectional. The inclusion criteria were known diabetic patients if any age group and the exclusion criteria were medically compromised patients and those not willing to give consent. Questioner was filled after examining the patient by using WHO Performa.

Results:

The common age group 51 years was 41.7% and 49 years was 25%. among the all examined patients male were 66.7% and female were 33.3 % all patients belong to urban areas. On assessing the oral mucosa condition 8.3% had ulceration, 8.3% had lichen planus, 8.3% had leukoplakia, 8.3% had candidiasis, 16.7% had abscesses and 50% had no abnormal condition. In the Community Peridontal Index 16.7% were healthy, 41.7% had bleeding, 25% had calculus, Pocket formation (4-5mm) was 8.3 %, Pocket formation (6mm)8.3%. The location of examination in oral mucosa was Lips 16.7percentage, Sulci = 8.3%, Buccal mucosa = 8.3 % and in 66.7% it was Not recorded.

Conclusion

Diabetic patients have abscess formation, bleeding gums, and there was pocket formation.

Comparison Of Severity Of Periodontal Pocket Depth In Diabetic And Non- Diabetic Patients.

MUZNA ANWAR, Hiba Sajjad, Huma Sher, Nisma Khan.
Peshawar Medical and Dental College

Introduction

The gingival and periodontal pocket is extensions of the gingival sulcus, which exists in health. In a gingival pocket, no destruction of the connective tissue fibers (gingival fibers) or alveolar bone occurs. This early sign of disease in the mouth is completely reversible when the etiology of the edematous reaction is eliminated and frequently occurs without dental surgical therapy.

Objective

To assess periodontal pocket depth of Diabetic and Non- Diabetic patients by using CPI, index.

Method:

William probe technique was used for checking the pocket depth among the Diabetic and Non- Diabetic patients. The tooth mobility was also checked.

Results

Total 400 patients in a time scale of month were examined. In which 200 were Diabetic and 200 were Non-Diabetic. The pocket depths among the Diabetic patients recorded are as follows: 5.6 mm in 45 patients, 6.7 mm in 125 patients 7 mm and abscess in 50 patients. In Non- Diabetic the pocket depth among all the patients was 2.5-3mm. Grade of mobility for 5.7 mm pocket depth was Grade 1 and for 7mm and abscess, it was recorded as Grade 2 and Grade 3.

Conclusion

Severity of pocket depth in Diabetic patient was more compared to Non-Diabetic patients. The grade of mobility and associated information was recorded more in Diabetic patients as compared to Non- Diabetic patients.

Adrenaline Containing Local Anaesthetics For Medically Compromised Patients Practice Among Dentists

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Introduction:

The addition of adrenaline to local anaesthetic solutions offers an indisputable advantage regarding the duration of anaesthesia, local blood loss during surgery & systemic toxicity of anaesthetics.

Objective:

To determine the frequency of administration of adrenaline with local anaesthetics in medically compromised patients among dentists of Peshawar Dental Hospital.

Methodology:

In this cross section study 40 questionnaires were distributed among dentists of Peshawar Dental Hospital & their responses were recorded data was analyzed using Microsoft Excel.

Results:

The data obtained was analyzed according to which, in hypertension 52.5% dentists used adrenaline in the treatment of extraction while 47.5% did not. 55% used adrenaline in Pulpectomy while 45% did not. 45% use it in periodontal treatment while 55% did not. 50% dentists used adrenaline in other oral surgical procedures while 50% did not. In diabetes 62.5% dentist's used adrenaline in extraction while 37.5% did not. 48.5% used adrenaline in Scaling /Root Surface Debridement 51.5% did not, 56% dentists used it in periodontal treatment & 49% did not. In thyrotoxicosis, 67.5% dentists used adrenaline in extractomy, while 32.5% did not. 68% uses in Pulpectomy while 32% did not, 53% in scaling/ Root Surface Debridement 47% did not. 99% dentists answered negatively in other surgical procedures. In ischemic heart diseases 80% answered negatively for use of adrenaline in extraction, while 20% answered positively for Pulpectomy, Scaling / Root Surface Debridement & others oral surgical procedures.

Conclusion:

Our study revealed that most of the dentists uses adrenaline in medically compromised patients its ratio is high in extraction except in ischemic heart diseases where it is low.

Anterior Bolton Discrepancy In Patients Reporting To Department Of Orthodontics At Peshawar Dental College

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Introduction:

Every orthodontist's goal is to successfully treat patients of malocclusion ensuring that treatment plan and orthodontic techniques are properly carried out. Orthodontic diagnosis and treatment planning requires the patients thorough history, extra and intra oral examination, analysis of diagnostic records comprising of orthodontic photographs, necessary radiographs and properly trimmed study cast. Tooth size means the mesio-distal widths of maxillary and mandibular teeth. Specific dimension relationships must exist between the maxillary and mandibular teeth to ensure proper interdigitation, overjet, and overbite. Discrepancy in tooth size should be known early during the initial diagnosis and treatment stages if perfect results in orthodontics finishing are to be obtained.

Objectives:

The objective of the study is to calculate the Bolton ratio of patients reporting to Peshawar Dental College.

Methodology:

A retrospective descriptive study was carried out at PDC. Descriptive data was gathered from the study casts of patients undergoing orthodontic treatment at PDC. The inclusion criteria for cast selection: 1) Permanent dentition. 2) Presence of all anterior permanent teeth from canine to canine in both arches. 3) No caries or extensive restorations on any of the teeth. The exclusion criteria for cast selection: 1) Presence of any deciduous tooth/teeth. 2) Presence of any morphologic dental anomaly viz mesiodens, taurodontism, peg laterals etc. 3) History of orthodontics treatment. A thorough examination of all the study casts was done for anterior Bolton analysis.

Results:

Out of a total of 150 casts studied, 100 were filtered based on the above mention criteria. Of these, 33 were of class I patients, 58 were of class II patients and 9 were of class III. A mean anterior Bolton ratio of 2.4550 was found for the complete sample.

Conclusion:

It is concluded that class II malocclusion was most common in our results.

Keywords:

Malocclusion, Over jet, Overbite.

Awareness About Eye Protection Among The Dentists Of Peshawar Dental College, Peshawar

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Introduction:

The practice of dentistry demands good eyesight. The eyes of the dentist should be tested every two years from the age of 40 onwards. Eye protection should be routinely adopted by all dentists when using rotary cutting instruments or scaling. Those dentists, whose vision is corrected by glasses, do not use sufficient protection from flying debris.

Aim & Objectives:

- 1.To find out the number of dentists aware of eyesight importance in dentistry.
- 2.To determine how many of them use eye protection aids during clinical procedures.

Methodology:

It was descriptive cross sectional questionnaire based study conducted in Peshawar Dental College in February 2016.

Results:30 Dentists completed a questionnaire; of these 9 were males and 21 female. The majority worked in general dental practice and their ages ranged from 25 to 66 years. 80% of them knew about the importance of eyesight in Dentistry, 20% were unaware of it. Those (40%) with known eyesight deficiencies routinely examine their eye sight. 24% of respondents didn't examine their eye sight for two years whereas 36% never examined their eyesight. The most common methods of eyesight correction among the dentists were Eyeglasses (75%), Laser surgery (15%) & Contact lenses (10%). Eye protection compliance was as high as 50% when using laboratory cutting equipment,70% for triple syringe,90% for scalers & 60% for hand pieces. The use of magnification was not adopted among the dentists working in Peshawar Dental College. Half of the dentists (50%) thought that blue light emitting from dental curing unit drives oxidative retinal damage While the rest (50%) of them thought that it reduces activity and contrast sensitivity

Conclusion:

It has been observed that most of the dentists are aware of the importance of eyesight but the adoption of protective eyewear was rare and exposed dentists to unnecessary risk.

**Comparison of Decayed, Missing and Filled Teeth (DMFT)
among Diabetic and Healthy Individuals**

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Fatima Ali, Shayan Mujtaba
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Introduction:

Due to decreased salivary flow, increased levels of salivary glucose and decreased immunity against bacteria, diabetic patients are considered at higher risk of developing dental caries compared to healthy individuals. Since caries is one of the main causes of tooth loss, diabetic patients are also prone to lose their teeth earlier.

Aim:

The aim of this study was to compare the decayed missing filled teeth of diabetic patients with healthy individuals.

Methodology:

Oral cavity of 30 diabetic patients from Peshawar Dental College and Hayatabad Medical Complex were examined and their decayed missing filled-index scores were recorded. Decayed missing filled teeth scores of age and gender matched 30 healthy non-diabetics were also recorded. Data from diabetics and healthy controls was compared using student T-test. Data analysis was performed using Microsoft excel version 2007.

Result:

The results of this study showed that diabetic patients have significantly more decayed (p value = 0.04) and missing (p value = 0.0002) teeth compared to non-diabetics. However, there was no significant difference (p value = 0.4) between filled teeth of diabetics and non-diabetics.

Conclusion:

The result supported our hypothesis that diabetics are more prone to tooth loss and dental caries. It is necessary for diabetics to maintain their oral hygiene to prevent dental caries and tooth loss"

**Comparison Of Radiographic Errors Between Hospital
Based And Private Digital Radiographs Of Orthodontic
Patients**

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Introduction:

Professionals performing radiographic examinations are responsible for maintaining optimal image quality for accurate diagnosis. Quality of any radiograph depends on correct patient preparation and positioning followed by selecting suitable exposure parameters. Improper performance by the professionals or patients may result in a radiographic image of unsatisfactory quality that can also lead to a misdiagnosis and the development of an inadequate treatment plan.

Objectives:

1. To assess panoramic radiographs for common patient positioning errors.
2. To rate quality of each panoramic radiograph and cephalogram image using three point quality scale proposed by National Radiological Protection Board.

Methodology:

All pretreatment digital panoramic radiographs and cephalograms of patients presenting to Orthodontic Department of Peshawar Dental hospital and Private digital X-ray from November 2015– February 2016 were assessed. Data tabulation and analysis was done using SPSS 20 software.

Results:

Using recommended criteria by National Radiological Protection Board of UK, out of 100 radiographs collected from Peshawar Dental Hospital and private X-rays examined, divided into 50 orthopantograms (OPGs) and 50 cephalograms (Cephs). The most common error observed in both setups was slumped position error in OPG (94%) and in Ceph (58%).

Conclusion:

In dental panoramic radiograph and cephalogram minor positioning error can result in image distortion. The higher frequencies of position suspect a large problem, which questions the operator training in the dental radiology. These errors need to be addressed to reduce unnecessary X-ray exposure of the patient. In this way we might be able to decrease amount of radiation and financial burden of the patient in the future.

**Comparisons Of Bacterial Count In Dental Unit Waterlines
With Compressor And Tap Water In Peshawar Dental
College**

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Peshawar Medical College

Introduction:

Dental unit water lines are the narrow tubing systems that supply water for various dental procedures. Microorganisms including bacteria, fungi and protozoans colonize and reproduce on the inner surface of the water lines. It has been shown that the level of microorganisms in untreated dental unit water lines is greater than 500 CFU/ml, which exceeds the drinking water standard colonization of microorganisms within the waterlines.

Objectives:

To evaluate the microbial count in dental unit water lines in comparison with compressor and tap water.

Methodology:

Water samples in triplicate were collected in sterile bottles from tap, compressor and dental unit both in the morning and at the end of the day. These samples were sent to the microbiology laboratory of Khyber Medical College Peshawar and were processed on the same day. Water samples were cultured in MacConkey's broth and kept in incubator at 37 degrees Celsius for 24 hours. At the end of incubation bacterial colonies were counted.

Results:

Results showing that water samples taken in morning time from dental unit water lines contains 500 CFU/ml, compressor water 50000 CFU/ml and tap water having 700 CFU/ml microorganisms. Same water samples taken in end of day from dental unit water lines contains 250000CFU/ml, compressor water 130000 CFU/ml and tap water having about 9000 CFU/ml microorganisms.

Conclusions:

We conclude that water used in dental units of Peshawar dental college is not according WHO recommended microbial standard. So for improvement of water quality commercially available options should be applied. Dental practitioners should always consult with the manufacturer of their dental units before initiating any water lines treatment protocol.

Effect Of Mouthwashes On Color Stability Of Teeth

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Introduction:

Mouthwash is a non-sterile aqueous solution used mostly for its refreshing or therapeutic effect by relieving infection or preventing dental caries. It is a safe & effective chemical mean for reducing or eliminating plaque. Mouthwashes are manufactured in two forms (wash and spray).

Objective:

The aim of study was to evaluate the effect of commercially available mouth rinses on color stability of human extracted teeth

Methodology:

Informed consent was taken from patient whose extracted teeth were used .The extracted teeth were incubated in distilled water at 37 degree centigrade for 24 hours. The baseline color value (L^* , a^* , b^*) of each extracted tooth was measured with naked eye using Shade guide vita. After color measurement four extracted teeth were placed in different mouthwashes (Prodent, Benzirin, Listerine, Colgate) & one in distilled water as a control. Teeth were then stored in 20 ml of each mouth rinse for 12 hours and after each 3 hours a reading was taken. Measurement was repeated three times in each sample and mean values were calculated. After immersion the color value of all samples were measured and color change value E^*ab was calculated. Data were analyzed using a 2-way analysis of variance at a significance level of .05

Result:

All teeth display color changed after immersion and there was statistically significant difference among discoloration of teeth by different mouth rinse ($P < .05$) however change was not visually perceptible ($E^*ab < 3.3$). The interaction between effect of mouthrinses and extracted teeth was not statistically significant ($P > .05$).

Conclusion:

It may be concluded that visually non-perceptible, all extracted teeth showed a color difference after immersion in different mouth rinses. Within limitations of current study, it may be concluded that different solutions exert detrimental effects on teeth color.

Frequency Of Burning Mouth Syndrome In Known Diabetic Patients In Different Hospitals Of Peshawar

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Peshawar Dental College

Introduction:

Burning Mouth syndrome (BMS) is the medical term for ongoing (chronic) or recurrent burning in the mouth, characterized by discomfort or pain of tongue, roof of the mouth, gums followed by lips, palate and cheeks. However, BMS has been attributed secondarily to Diabetes mellitus, poor glycemic control and diabetic neuropathy. The prevalence and predictor factors of BMS were compared in controlled and uncontrolled Diabetic patients.

Objectives:

To find out the frequency of burning mouth syndrome in control and uncontrolled diabetic patients.

Methodology:

An assessment of 21 uncontrolled subjects and 29 control subjects with Type 2 diabetes mellitus participating in a cross sectional epidemiological study of oral health complications of diabetes is performed, Prevalence of BMS was determined in response to following question; "Do you have any persistent uncomfortable sensation in your mouth or tongue?" If Yes, Then the feelings can be described as tingling, burning, sore, numbness or dry mouth.

Results:

Burning Mouth Syndrome is reported in Diabetic patients with uncontrolled diabetes. Amongst 100 % Diabetes mellitus patients that were accessed, 58% subjects were with control diabetes and 42% subjects were with uncontrolled diabetes, which were reported to be with BMS. And 75% amongst these uncontrolled diabetic patients were of female gender.

Conclusion:

In this particular population, BMS or related discomfort occurred slightly more frequent in uncontrolled group. Symptomatic subjects were more likely to be female above age 45.

Periodontal Status Of Controlled And Uncontrolled Diabetics

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Palwasha Zahid
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Introduction:

Diabetes is a very common health problem with high levels of blood glucose. Diabetics are at special risk for developing periodontal diseases because they are generally more susceptible to bacterial infections and have a decreased ability to fight bacteria that invade gums. Periodontitis is a chronic inflammatory disease characterized by destruction of supporting structures, pocket formation and ultimately tooth loss. If blood glucose levels are poorly controlled, they are more likely to develop serious periodontal diseases as compared to non Diabetics.

Objectives:

To find out the difference between the periodontal status of controlled and uncontrolled diabetics

Methodology:

32 diabetic patients were interviewed using a structured questionnaire. Upon their oral examination community periodontal index of treatment needs (CPITN) scores were recorded. Their blood levels of HbA1c were noted from their previous medical records. Student T-test was used to compare their community periodontal index of treatment needs CPITN scores of controlled and uncontrolled diabetics. Microsoft Excel 2013 was used for data analysis.

Results:

The data obtained was analyzed, according to which 69% were uncontrolled diabetics and 31% were controlled diabetics. Females 63% and males 38%.(age range: 45-60). Uncontrolled diabetic patients had significantly higher community periodontal index of treatment needs (CPITN) scores (Pvalue <0.001) compared to controlled diabetics.

Conclusion:

The pocket depths, bleeding gums and Periodontitis was severe among uncontrolled diabetic patients as compared to controlled diabetic patients. If a person's blood glucose level is under good control, their Periodontal status is not compromised and treatment is more likely to be successful.

Referral Patterns Of Diabetic Patients With Periodontal Diseases Among Dentists Of Peshawar Dental College

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Nauras Fatima, Fatima Saadat
Peshawar Dental College

Introduction:

Diabetic patients are at increased risk for periodontal disease. Referral of diabetic patients by the dentists to general practitioners can help improve the diabetic control as well as periodontal health of patients.

Objectives:

The aim of this study was to evaluate the referral patterns of diabetic patients with periodontal disease to general practitioners among dentists of Peshawar dental hospital.

Methods:

A validated questionnaire was distributed among active dental practitioners of Peshawar dental hospital.

Results:

The response rate from dentists was 80%. In the age range of 30 to 40 (average age = 35). 69% of the respondents had postgraduate training and the average number of years of practice was 15. 85% of the respondents had their clinics in urban areas while 15% had their practice in rural areas. Patient's age (61%), patient's diabetic control as evidenced by blood glucose level (61%) and HbA1c (74%), patient's periodontal health as evidenced by probing pocket depth (43%) and bone loss (57%) were the most significant factors. Patient's IQ (61%), ability to pay (52%), general health (82%), desire to see a specialist (43%) and periodontal health as evidenced by gingival bleeding were the least significant factors (61%). 61% said that their dental education didn't prepare them well to provide treatment in diabetics. However, 65% disagreed that they would like to attend some continuing education courses. Location of the physician 43%, return of the patient after treatment (57%), previous experiences with referrals 70% were the most significant factors.

Conclusion:

Most of the dentists though having knowledge about the relationship of diabetes and periodontal diseases do not refer their patients to general physicians or check their blood glucose levels in their own clinics.

Public Health

**A Descriptive Study Of Content Analysis Of Health
Education In Schools Text Books From Class 1 To Class 10
Of Peshawar Board Khyber Pakhtunkhwa**

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Introduction:

Health education in schools is one of the most effective ways of promoting health in a society. Schools provide access to about one billion students and their families worldwide. It is of utmost importance for the growth and development of a nation.

Objectives:

To find out the prevalence of health content in text books from class 1 to 10.

Methodology:

A descriptive cross-sectional study was carried out in which text books of class 1 till 10 of Peshawar text book board were reviewed including the subjects of English, Urdu, Islamiyat, social studies, science, biology, chemistry, physics and computer sciences using convenient sampling method. The study was conducted from Nov 6th 2015 till Feb 20th 2016 during and after college hours at PMC. Consent was not required.

Results:

The percentages of health education knowledge of the classes were as follow. Class 1 had 4.1% in English and 6.2% in Urdu. Class 2 had 0% in English and 5.8% in Urdu. Class 3 had 0% in the subject of English and Islamiyat, 4% in Urdu, 4% in Science, and 50% in Social studies. Class 4 had 7.6% in English, 3.8% in Urdu, 0% in Islamiyat, 40% in Science and 16.6% in Social Studies. Class 5 had 0 % material in English, Urdu and Islamiyat, 25% in Science and 12.5% in S.Studies. Class 6 had English 20%, Urdu 8.3%, Islamiyat 6.25%, Science 58.3% and S.Studies 7.6%. There was a total of 31.6% English, 12% in Urdu, 9% Islamiyat, 42.8% in Science and 12.5% in S.Studies regarding class 7. Class 8 had 8.3% in English, 4%in Urdu, 0% in Islamiyat, 38.4% Science and 13.3% S.Studies.

Class 9 had English 13.3%, Urdu 18.1%, Islamiyat 9%, Science 72.7%, S.Studies 0%, Computer 0%, Physics 11.1%, Chemistry 0% and Biology 88.8% health education material. The percentages in class 10 were English 15%, Urdu 0%, Islamiyat 0%, Science 73%, S.Studies 0%, Computer 0%, Biology 44.4%, Chemistry 25% and Physics 33.3%.

Conclusion:

Class 1 had a total of 5.15% and class 2 had 2.9% regarding health education materials. Class 3, 4, 5, 6, 7 and 8 had 11.6%, 13.6%, 7.5%, 20.09%, 21.58% and 12.8% respectively regarding health education knowledge. Class 9 had a total of 26.62% and 10 had 23.83% of health related substantial.

Keywords:

Health education

**To Study The Level Of Awareness About Hepatitis Among
Students Of 9th And 10th From Peshawar Government And
Private Schools In Peshawar From January-March 2015**

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Introduction:

Hepatitis is an inflammatory disease of the liver caused by the hepatitis B virus (HBV), which has a partially double-stranded circular DNA and is a major public health concern worldwide. Approximately 30% of the world's population has been infected with HBV and more than 350 million suffering from chronic infection of HBV and carrying high risk for cirrhosis and liver cancer. One million people die annually from HBV related chronic liver disease.

Aims & Objectives:

1. To determine the level of awareness regarding Hep B infection among the students of class 9th and 10th.
2. To compare the knowledge regarding Hep B infection among the students of government and private schools.

Methods:

A cross sectional study was conducted in Peshawar Model School for Girls, Peshawar Model School for boys, Government Girls High school Irrigation Colony, Islamia collegiate high school involving 274 students of class 9th and 10th, via sampling technique, who were interviewed through a well-structured questionnaire regarding class, gender, school and parents' education status. Data was recorded and was entered in SPSS statistics 2015 version. Analysis was carried out to determine the awareness about Hep B infection.

Results:

Our study results showed that out of the total sample size of 274 students, 138 (50.4%) were from 9th grade and the remaining 130 (47.4%) students from 10th grade. 254 (92.7%) students had heard about hepatitis B infection while 20 (7.3%) were totally unaware. More than half of the respondents (54.4%) were female students while the remaining 45.6% of the respondents were male. In total, 45.2% students from the govt. schools and 54.01% students from the private schools participated in the study. 3.3% students believed that mode of spread of the disease is around the time of birth; whereas 7.7% thought that it spread through intravenous drug abuse. 15.7 % considered mode of spread to be via blood transfusion, 16.4 % by sharing razors, toothbrushes, only 32.8% students believed all of these to be the modes of transmission while 24.1% didn't know about how the disease spread.

Only 45.3% students had gotten vaccinated and 48.2% students knew about the symptoms of Hep B while 51.8% had no idea.

Conclusion:

On the basis of the study we have concluded that most of the students (92.7%) were aware of Hep B infection, but their vaccination ratio is low.

Prevalence Of Blood Lead Levels (BLL's) In Children Visiting Tertiary Care Hospitals Of Peshawar From February To April 2015: A Pilot Study

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Introduction:

During these past few years only one research in Peshawar on the BLL's of children from 2002 was conducted until now, which is unfortunate despite being an important public health issue. We undertook this study to have baseline and recent data regarding BLL's in children of Peshawar to highlight the importance of this subject.

Objectives:

To determine blood Lead levels (BLL's) in children between 1-10 years visiting Tertiary Care Hospitals of Peshawar and to compare BLL's with the age, gender and residential areas of participants.

Methodology:

A cross-sectional study was conducted from February to April 2015, in the Pediatrics wards & Emergency OPD of Khyber Teaching Hospital, Kuwait Teaching Hospital & Sifat Ghayoor Memorial Children's Hospital, Peshawar. The sample size was 100 children (n=100) between the ages of 1-10 years. This study used a purposive sampling technique (non-probability). Data was analyzed in SPSS 17 and charts were made in Excel-2007. Statistical significance was set at $p < 0.05$

Results:

The results show that out of the 100 children that participated in the study, (n=79) 79% children had Lead (Pb) present in their blood while (n=29) 29% children had no traces whatsoever. The results also showed that there was significance between BLL's and the residential areas of participants when they were compared with each other.

Conclusion:

The study concluded that Lead (Pb) was found in the blood of children aged 1-10 years and significantly related to the place of residence. Age and gender had no relation with blood lead levels.

Assessment Of Emotional Quotient Among Undergraduate Medical Students Of Khyber Pakhtoonkhwa

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nayab, faiza shabbir, mashal irshad, naba rehman, nida wazir.
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Introduction:

EI is an intangible ability individuals possess to varying degrees to perceive, assess, interpret and manage emotions both within themselves and within others. According to Goleman (1995), having a high degree of EI is beneficial in interpersonal relations within all realms of life, including business. In Medical education and clinical practice, EI has been positively associated with higher academic success, patient's satisfaction levels by improved response towards patients, better adaptation to stress, and better social interaction

Objectives:

To evaluate response of medical students of KPK in stressful situation, to compare Emotional quotient level between basic and clinical students, to assess if there is any difference in emotional quotient level between male and female medical students.

Methodology:

This was cross-sectional study conducted among 300 medical students of KPK including 158 Male and 142 Female medical students of Peshawar Medical College, Khyber Medical College, Kohat Medical College and Pak international Medical College. Data was collected using a questionnaire that was a modified version of a quiz arranged by institute of health and human potential.

Results:

Results of the study showed that 68.3% of all students were having GOOD EQ out of which 56% were Male and 43.4% were Female. It was average for 27.6% out of which 38% were Male and 61.4% were Female. Four% of medical students were having POOR EQ, 81% were Male and 16.65 were Female.

When their response in stressful condition was assessed 1% got HIGH SCORE all over Male, 21% got HIGH MEDIUM SCORE out of which 66.6% were Male and 33.35 were Female, 78% got LOW MEDIUM SCORE out of which 48.2% were Male and 51.7% were Female.

Conclusions:

Most of medical students have average EQ; male gender had better EQ than female. The anxiety level is more in clinical students than in basics.

**FREQUENCY OF HEPATITIS B AND C
INFECTIONS IN
VOLUNTEER BLOOD DONORS IN
ABBOTTABAD.**

NEELUM SANA

Peshawar Medical College

Introduction:

Hepatitis B and C causes significant morbidity and mortality worldwide. Transfusion of contaminated blood is an important cause of spread of hepatitis B & C. Ayub teaching hospital is tertiary care hospital where on average 55-60 blood donors bleed every day. The current study focuses on frequency B and C among the voluntary blood donors, and the socio demographic risk factors associated with it.

Objectives:

1. To find the frequency of Hepatitis B and Hepatitis C among the volunteer blood donors of blood bank of ATH, Abbottabad.
2. To determine the socio-demographic factors of HBV and HCV infections.

Methodology:

This cross sectional study was conducted at Blood Bank of Ayub Teaching Hospital, Abbottabad, from March 2015 to July 2015. A total of 241 volunteer blood donors were inducted into the study. Convenient non probability sampling technique was used. Data was collected on structured questionnaires. Blood was screened for HBV and HCV through serum surface antigen test and data was analyzed on SPSS software (ver.16)

Results:

Out of 241 participants of the study, 230(95.45%) were males 11(4.6%) were females. Mean age of the blood donors was 28. Overall frequency of HBV in males was 4.1% and in females 0.4%. Frequency of HCV was 0.4% for males and 0.4% for females. There was statistically significant association of dental procedure, surgical procedure and family history with HBV and HCV infections.

Conclusion:

This study provides preliminary information about HBV and HCV infections in the Abbottabad region. Males are more affected and prevalence of HBV infection is much higher. This data can be helpful for formulating strategies for control and prevention of HBV and HCV infections and risk factors associated with them.

Keywords:

Hepatitis B, Hepatitis C, Blood donors, Seroprevalence

**Prevalence Of Migraine among the students of Peshawar
Medical College**

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Anas Shah, Awais Jan, Uzair Gul
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Introduction :

Migraine is classically defined as a benign and recurring syndrome of headache nausea vomiting and other symptoms of neurological dysfunctions in varying admixtures .It is a complex condition with many pathophysiological mechanisms such as hypothalamic dysfunctions in a possible hyper dopaminergic state .Migraine not just affect the once life but the person is also a burden on the community .In 2001 World Health Organization (WHO) listed the migraine in top 20 illness which causes disability. The life of a medical student is full of stress is related to heavy work load ' studies examination and emotional reactions to interpersonal relationship and socioeconomic conditions. In Peshawar medical students a very high frequency of migraine has been found in female students (52.38%) and less frequency has been found in Males medical students of Peshawar (28.57%).

Objectives:

1. To determine the prevalence of migraine among medical students.
2. To find out the common causative agents affecting migraine.

Methodology:

This cross sectional study was investigated during academic year 2016 .a questionnaire was distributed among 150 medical students of Peshawar medical college. From each professional year students were selected randomly .out of 150 students response rate was 65 %(n=98, male=56, female =42). The questionnaire includes demographic data such as gender, age and family history and questions to find out the causes of migraine such as food habits and sleeping duration. Most of the students were taking medicines to control migraine.

Results:

Existence of migraine in medical students was 38.77%, (males=28.57%, females 52.38%).the most common extreme factor was stress (50% in males and female 68%) 1, lack of sleep (37% males and female 13.63%) and other factors 25% in males and female 36.36% while genetically history patients exhibited 75% male and 77.27% females.25% male and 22.73% females having migraine but their ancestors did not having any migraine.

Conclusion:

The frequency of migraine among medical students is very high. Modifications and sleeping pattern, stress and diet pattern can reduce the severity of migraine.

A Study of Assessment Health Status And Occupational Safety Measures Among Coal Mine Workers In Shahrug, Baluchistan.

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Introduction:

Coal is an abundantly occurring and cheap mineral in Pakistan. Coal dust comprise of Carbon, Hydrogen, Nitrogen and traces of Lead and Copper. These particles are not degradable and deposit in lungs of the mine worker resulting in chronic bronchitis and asthma, fibrosis of lung and finally end up as pneumoconiosis. No significant work is done at major levels regarding studying the health hazards of coal miners.

Objectives:

The objectives of our study were to assess the health status of coal mine workers. It further helps us to find out safety measures taken by them during coal mine extraction.

Methods:

A cross-sectional study was carried out during February-August 2015 on 172 male coal miners of Shahrugh Coal field, Baluchistan. A questionnaire was used to gather sociodemographic, occupation and health related variables. *Spirometry and X-ray Chest were also done on the subjects.* SPSS software is used for data analysis. All ethical considerations were taken into account.

Results:

Out of total participants, 42% are illiterate. A large number 67(39%) of the workers think that they risk their health in this job. Although 35% of the workers have respiratory symptoms like cough, phlegm, and trouble in breathing, only (09) have X-Ray chest abnormalities and .65% has normal lung function while spirometry reflected abnormalities in a few subjects. Nearly 60(35%) of the workers have backache and 46(27%) have pain in their hands. All workers were tobacco addicted and 62% were addicted to smokeless tobacco (Naswar).The majority of workers (>90%) were not using proper safety measures.

Conclusion:

The present study confirms the link between occupational hazard and its effects on health of the coal mine workers. In addition, these workers are prone to injuries as there is lack of awareness as well as minimum use of safety measures. A strong legislation and its implementation are needed in order to prevent future health hazards of coal miners.

RISK FACTORS FOR TYPE-2 DIABETES

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Introduction:

Diabetes Mellitus is one of the most common diseases in Pakistan. Type-2 diabetes mellitus is a chronic metabolic disorder with increasing prevalence all over the world. Pakistan ranks 7th according to World Health Organization. Type -2 diabetes is characterized by impaired insulin secretion. Studies confirm that a decrease in Beta-cell mass contributes to this. Type-2 diabetes results from interaction between genetic, environmental and behavioral risk factors.

Objective:

1. To find the risk of type-2 diabetes among general public of 40 years and above
2. To compare body mass index with age groups of the participants

Methodology:

A cross sectional study conducted in Peshawar, from January, 2016 to February, 2016. Standardized questionnaire by American Diabetic Association was used. Data collected through convenient sampling among 100 people in Peshawar with 41 females and 59 males. Inclusion criteria was non-diabetics and with age groups from 40 years and above living in Peshawar. Data was analyzed by SPSS- Version 20.

Result:

47% people were at risk for type-2 diabetes (13% females & 34% males). 10% among 40 to 49 years, 18% from 50 to 59 years, while 19% were from 60 years and above age groups. Body mass index revealed 11% in 40- 49 years, 19% in 50- 59 years and 11% in the 60 years and above age groups as overweight.

Conclusion:

Risk of type-2 diabetes was more among male population. Overweight and obese were at greater risk of diabetes in relation to body mass index.

Key Words:

Type-2 diabetes, risk, prevalence, counsel

**Assessment of HRQOL (health related quality of life)
among diabetic and non-diabetic patients in tertiary care
hospital, using SF-12 questionnaire**

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Naz

Peshawar Medical College

Introduction:

Diabetes is a highly prevalent chronic disease and associated complications are increasing worldwide. Complication has major effects on individual health and the quality of life. WHO defines Quality of Life (QOL) as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns"

Objectives:

1. To access the QOL among diabetic and non-diabetic groups.
2. The influence of Diabetes on different domains of QOL among diabetic group.

Methodology:

A cross sectional study carried out at Khyber teaching hospital Peshawar. Questionnaires were filled by interviewing 30 diabetic and 30 non-diabetic patients, above 30 years. Standardized SF-12 questionnaire was used as a study tool for assessing QOL. The questionnaire had seven domains as listed below in the result.

Results:

53% males and 40% Females diabetics stated their general health as fair whereas 66% Males and 26% Female non-diabetics stated it as excellent. 36.6% Male and 59.9% Female diabetics stated their physical functioning is limited a lot while 23.3% Male, 46% Female non-diabetics stated it as limited a little. 71.2% Male 68.3% Female diabetic state their physical and emotional health is affected more than non-diabetics. 53% Male and Female diabetic stated that they have extreme body pain whereas 60% Males, 46% Females non-diabetic have no pain. 28% Males, 37.7% Females diabetic felt calm and peaceful some of the time while 31% Males, 39.6% Females non-diabetic felt calm all the time. 20% Males, 33% Females diabetic stated their social health is affected most of the time whereas 40% Males, 53% Females non-diabetic stated it to be not affected.

Conclusion:

The 7 domains of QOL scored higher in non-diabetic than diabetic patients. Diabetes has greater influence on physical functioning domain of patients. Thou diabetic males scored better in social and physical function while females were better in emotional role and vitality.

Awareness Of Diabetes Among Non Medical Students

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Introduction:

According to WHO, Diabetes Mellitus (DM) is a chronic metabolic disease with elevated levels of blood glucose, which leads to serious damage to heart, eyes and kidney. The most common is Type-2 DM, which is usually in adults. Insulin-dependent DM (Type1) occur in children. WHO ranks Pakistan 7th on DM prevalence list. In Pakistan 6.9 million people are affected by DM, with IDF estimating that this number will grow to 11.5 million by 2025 unless measures are taken to control it.

Objectives:

1. To assess awareness of DM among non-medical students of Peshawar and Agriculture Universities in Peshawar District.
2. To compare knowledge of DM among male and female non-medical students.
3. To compare awareness of DM between Peshawar and Agriculture Universities in Peshawar District.

Methodology:

It was a cross sectional study conducted among 130 students; 77 students of Peshawar University and 53 of Agriculture University (55 Male/75 Female). Self-administered closed-ended questionnaire was used to measure knowledge of DM among non-medical students of the aforementioned institutes. Data was analyzed in Microsoft Excel. Study was approved by IRB of Peshawar Medical College.

Results:

Among 130 students only 48% knew the types (64% Male/37% Female). 81% had knowledge about causes (77% Male/ 84% Female). Only 27% (31% Male/25% Female) were aware that Type1 occurred in children. 41% knew risk factors of DM (43% Male/39% Female).48% (33%Male/ 60%Female) knew the symptoms.

64% Males and 65% Females (total64%) were aware about complications.59% knew how to manage DM (62%Male/57%Female).Treatment was known to hardly 48% Males and 37% Females. Students of Agriculture University were more aware about types, occurrence, symptoms and treatment of DM as compared to Peshawar University. Other factors were almost same in both universities.

Conclusion:

Less than 50%students were aware about types, occurrence, risk factors, symptoms and treatment. It is one of the most prevalent diseases. So it's important to make the youth aware about DM by giving short lectures, through media and pressing. pamphlets.

Keywords:

Diabetes Mellitus, Awareness

**Comparative Study Of Anxiety And Depression Among
Medical Students Of Public & Private Sector Medical
Colleges Of Peshawar**

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Zainab, Ramin Tahir, Hajira Riaz, Gullalai Ihsan, Maimoona Zakir,
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Introduction:

Medical colleges are recognized as a stress full environment that often subject medical students to anxiety & depression because medical students are overloaded with a tremendous amount of information with a limited amount of time.

Objectives:

- 1.To determine the frequency of anxiety & depression among medical students of private and public sector medical colleges.
- 2.To find causes of anxiety & depression among these medical students.
- 3.To compare the frequency of anxiety & depression among day scholars and boarders.

Methodology:

A cross-sectional study was conducted on the medical students of a public sector (KMC) and private sector (PMC) of Peshawar from January to April 2015. The study included 1st 2nd &3rd year MBBS students. A self-administered questionnaire was given out to 105 students from each college who were randomly selected. The instrument used to asses anxiety & depression level was AKU ADS.

Results:

Total number of students KMC was 105 of those having anxiety and depression are 62 and those with none are 43. Among the 62 students, 25 are boarders and 37 are day scholars. The causes among these students were related to system of education (21), ragging(17) and residence(12). Also total number of students from PMC were 105, number of students with anxiety & depression are 63 and those having none were 42. In these 63 students, 22 are boarders and 41 are day scholars. The causes in these students were related to educational environment (24), system of education (22) and residence (16)

Conclusion:

The study concluded that as compared to the public sector medical colleges (55%) the private sector medical colleges (57%) had high frequency of anxiety & depression. In both the sectors main reasons and causes of anxiety & depression were the system of education (34%), environment (28%), ragging (18%) and residence (16%). Also the percentage of anxiety & depression was a little higher in day scholars (54%) than boarders(48%).

Effects Of Mothers Education On Childhood Vaccination

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Introduction:

Mother is the principal provider of the primary care that her child needs during the first six years of life. The type of care she provides depends to a large extent on the literacy and awareness of the mother. Formal education of mother results in increased childhood vaccination because of the knowledge about protective function of the major childhood immunization.

Objectives:

To assess the impact of maternal education on childhood vaccination and the level of knowledge about childhood vaccination in illiterate mothers.

Methodology:

A descriptive cross sectional study was conducted in different parts of KPK including Peshawar, Dir, and Nowshera and Mohmand agency. This research took place in January 2016. Data were collected from 100 mothers then analyzed via Microsoft Excel 2007.

Results:

Among 100 mothers 36% are illiterate and 64% are literate. Children of educated mothers are all immunized in which 72% are completely immunized and 28% are partially immunized. Of uneducated mothers 83% children are immunized, in which 90% are completely immunized and 10% are partially immunized, and 17% are unimmunized. According to 62% of mothers immunization prevents disease, 6% of mothers think that immunization cures disease, 17% mothers thinks that immunization cures and prevents disease and 15% don't know the importance of immunization. The overall immunization of children is 94%. The main source of information about immunization in mothers is health institute 64%, television 30%, print media 3% and radio 2%

Conclusion:

The result shows that educated mothers are more concerned about the immunization of their children. Education is also associated with greater awareness of proper immunization schedules. Irrespective of mother's formal education level, specific immunization knowledge is associated with an increased likelihood of using immunization. In the uneducated, the mothers' risk of being unimmunized children is 17%. Improved maternal literacy standards can reduce the risk of childhood morbidity and mortality.

Prevalance Of Workplace Violence In Health Workers And The Awareness About Reporting These Incidents

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Introduction:

As there is insufficient data on this particular topic in Pakistan so this study might prove an initiative on this topic. Therefore, this study tries to determine the prevalence of various types of violence, either from the staff or patients, towards health care staff at Khyber Teaching Hospital.

Objectives :

1. The prevalence of the violence and the types of violence experienced by physicians and nurses in various department.
2. Identify the source of violence.
3. Assess the knowledge of the participant about the route to report violence.

Methodology:

A questionnaire based cross sectional study was conducted among nurses and physicians concerning violence in their work setting (Khyber Teaching Hospital). A total of 170 health care staff –doctors and nurses took part in the study. Questionnaires were analyzed using M.S excel. Data was collected between 13th January 2016 and 15th February 2016.

Results:

Questionnaires were distributed to 200 health care staff, 170 of which responded. Out of them 91(54%) respondents were males and 79(46%) respondents were females. 137(80.5%) were physicians and 33(19.4%) were nurses. Among physicians, 91(64.4%) respondents were males and 46(33.5%) respondents were female physicians. The participants were asked whether they knew the procedure for reporting violence in their workplace. 95(56%) answered YES and 75 (44%) answered NO. Questionnaires from each ward were separately analyzed and results showed that the prevalence was high in Gynae, Pediatrics & Medicine wards. From the response of the participants, 47/134 staff members (38 doctors and 9 nurses) were victims of harassment and violence at least one time in the last 12 months.

Verbal abuse was found to be the main violence type in 100% of the harassed doctors and nurses encountered followed by physical harassment [4 respondents (8.5% of the harassed subjects)]. The source of harassment was from the senior staff in [15(31.9% of the harassed subjects) & the patients/attendants in [32(68% of the harassed subjects)]. Of the 47 harassed respondents, 20(%) reported the incident to their superiors whereas the 27(%) respondents did not report the incident.

Conclusion:

The health workers in public hospitals of Peshawar are quiet vulnerable to verbal abuse form patients/attendants and from the senior staff as well. Though the overall prevalence is less, there is no training of doctors on this particular subject.

Frequency Of Irritable Bowl Syndrome And Its Relation To Anxiety In Peshawar Medical College Students

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Introduction:

Irritable Bowel Syndrome (IBS) is chronic, episodic functional gastrointestinal disorder characterized by recurrent abdominal pain/discomfort and altered bowel habit (constipation, diarrhea or alternating periods of both). Generalized anxiety disorder has been called the basic anxiety disorder, typically a chronic relapsing illness. It is characterized by core symptoms of pathological worry and other anxiety symptoms including restlessness, easy fatigue, sleep disturbance, muscle tension, difficulty concentrating and irritability.

Objectives:

Information on the prevalence of IBS in Pakistan especially in KPK is scanty. The aims of the study are to find out frequency of IBS in the medical students of PMC and PDC, and to find its correlation with anxiety.

Method:

A Descriptive Cross sectional study was conducted in Peshawar Medical and Dental College. For diagnosis of IBS ROME 3 criteria and 7 items Generalized Anxiety Disorder scale questionnaire was used to assess the level of anxiety among the medical and dental students. Population on which study was carried out includes all the medical and dental students of Peshawar Medical College. Sample size was 750 questionnaires and response was 604 (80.53%).

Result:

In total 128 of the 604 students in study met the selected criteria for IBS which included 46(35.9%) male students and 82 (64.1%) female students. Among these students 51 (57.1%) were day scholars and 77 (41.29%) were hostilities .Out of 604 students 309 have GAD. The GAD was encountered more frequently in participants with IBS. Anxiety measures ($p=0.264$) $p < 0.01$ correlated highly significant with IBS.

Conclusion:

Our study shows that IBS is 21.19% prevalent among medical students of PMC and PDC. A significantly higher prevalence of GAD was found in the individuals with IBS"

Risk Factors Associated With Acute Respiratory Infections In Children Under 2 Years Of Age

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Introduction:

RTI is defined as any infectious disease of the upper or lower respiratory tract. ARIs constitute the major causes of mortality and morbidity among under-five children of the developing world. The risk factors of ARTI include age, sex, nutritional status, breastfeeding, socio-economic status, overcrowding, etc.

Objectives:

1. To find out various risk factors associated with Acute Respiratory Tract Infection and assess the most susceptible age group in children under 2 years of age.
2. To compare the frequency of Acute Respiratory Tract Infection between both genders.

Methodology:

A cross – sectional study was carried out in LRH, using a semi-structured questionnaire to collect data from mothers of 50 Children under 2 years of age having Acute Respiratory Tract infections and Verbal consent was taken. Data was analyzed using MS Excel 2010. Research was carried out with permission from ethical approval committee.

Results:

Out of 50 patients 35(70%) were male and 15 (30%) were female. Of these, 37 (74%) were of lower socioeconomic class, 10 (20%) middle and 3(6%) satisfactory. Based on age they were divided into 4 groups, Group A (0-6 months) 17(34%) cases Group B (7-12 months) 18(36%) cases, Group C (13-18 months) 4(8%) cases and Group D (19-24 months) 11(22%) cases. 33(66%) lived in rural areas and 17(34%) in urban areas. 22(44%) used gas heaters, 14(28%) burnt wood, 10 (20%) used nothing and 4(8%) used electric heating. 31(62%) were breastfed adequately and 19(38%) were not. 42 (84%) lived in overcrowded atmosphere.

Health Hazards Among Spray Painters Working In Automobile Garages In Karachi

SAMEERA AKRAM, SAMINA
HAMDARD MEDICAL COLLAGE

Introduction:

Automobile spray exposes the painters to spray mist. This may result in development of occupational diseases.

Objectives:

To find out frequency of disease symptoms associated with spray painting occupation.

Methodology:

This cross section study was conducted in Karachi from June to August. A sample was collected by convenient sampling technique. A total of 301 spray painters working in different auto garages situated along road side in 20 different places in Karachi was interviewed. Administered questionnaire collected data on occupational health symptoms. Ethical review board of Hamdard University approved study. Data were analyzed by SPSS version 13.0 and presented as mean plus minus SD OR n (percent) where applicable data were presented as table and graphs.

Results:

All painters were male. 43% were between 21 -30 yrs of age. Most of the spray painters were illiterate and 33% were Pashto speaking. All were living in Karachi. 79.7% worked for 1 – 10 hours per day. 26.24% of spray painters had dry cough where as 16.9% had productive coughs.

Health Issues Among Women In Karachi Prison

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, Esha-tur-razia
Hamdard College Of Medicine And Dentistry

Introduction:

Globally, female prisoners represent about 5% of the total prison population in the year 2006 (UNODC 2009). Women in prisons need special treatment due to their separation from their communities, homes and families. They mostly live in miserable conditions and even their basic needs are not fulfilled inside prisons. High incidence of blood born viral infections (HIV) and contagious infection (Tuberculosis). HIV, Syphilis, Hepatitis B and C have been well documented in the sub population of jail globally.

Objective:

1. Identify the prevalence and risk factors of the aforementioned infections.
2. Assess the health status and prevailing disease and its correlates among female prisoners in Pakistan.

Methodology:

A cross sectional descriptive study based on questionnaire analysis was used as the design for our study. Non probability convenient sampling technique was used to collect the data from 100 women prisoners from Central Jail, Karachi. SPSS version 20 was used for analysis of data.

Results:

Inmates were found to have high rates of STD's, CVS problems and GIT disorders. Hygienic conditions were not very good. Allergic reaction were also very common. A lot of inmates face gynecological problems. Addiction rate were also very high regardless of age. HIV patients were also found in jail.

Conclusion:

Our study shows that, female prisoners face many health problems during their imprisonment. There were no proper hygienic conditions in jail and no proper arrangements of hygienic food and water. There is no proper maternal care provided by jail staff to the prisoners. There were many cases of CVD's, GIT problems. They also had many psychotic issues during their imprisonment. There is no proper arrangements of any type of vaccination and the number of allergic reactions were also Considerably High.

Hospital Waste Management

AHMAD AL IBAD, Asif Shah, Abdul Aziz, Hidayat Ullah, Rashid Usman, Aftab Subhani, Mashal Habib, Afaq Adil, Tahir Khan, Izhar ul Mulk.

Peshawar Medical College

Introduction:

Biomedical waste produced if poorly managed, poses serious threat to our community. The Ministry of Environment issued HWM Rules in 2005 based on environmental protection act 1997, which include duties of hospital staff, color coding and handling of specific waste types. Currently, there is limited national hospital data, and no published data regarding HWM practices among tertiary care teaching hospitals of Peshawar District.

Objectives:

To determine the adherence to HMW rules 2005 by tertiary-care teaching hospitals of Peshawar district including personnel, policy and practices.

Methods:

Pre-tested structured questionnaires on policy, personnel and observation checklist for sampled units and temporary/permanent waste storage areas were administered. Senior management officials, nursing and house-keeping in-charge of all tertiary care teaching hospitals from January to March 2015 were included. Data was collected on infrastructure and HMW processes for one medical, surgical, pediatric and obstetrics/gynecology unit in each hospital. Unit was randomly selected where multiples units of a specialty were present.

Results:

All (n=10) tertiary care teaching hospitals of Peshawar district (3 public, 7 private) were surveyed. There were more beds in government sector than in private, same was true for OPD patients and major operations. However, there was more staff in average per 100 bed in public sector that is 4 persons per 100 bed in public sector hospitals and 2 persons per 100 bed in private hospitals. HWM Job Description was no known to any of the government sector workers. Training to new HWM staff and plan for HWM both were present in 33% of public sector hospitals while it was present in private sector hospitals with percentage of 71 and 29.

HWM written procedures and waste record was present in none of the public sector hospitals. Segregation and color coding of waste material was not done at all in any hospital. All the government hospitals had incinerators amongst which 66% were unfunctional, while 57% of private sector had them.

Conclusion:

Our study highlights the lack of adherence and an urgent need for implementation to HWM rules 2005 by the 10 public and private tertiary teaching hospitals in Peshawar. HWM 2005 rules including training, management, awareness and practices are required to be implemented and enforced by the authorities through routine monitoring, without which the urban environment of our communities is in great danger of disease outbreaks.

Knowledge Regarding The Risk Factors Of Hypertension Between Hypertensive And Non-Hypertensive Patients

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Introduction:

Hypertension is a chronic medical condition in which the blood pressure in the arteries is persistently elevated. Normal blood pressure at rest is within the range of 100–140 (mmHg) systolic and 60–90 mmHg diastolic. Hypertension is present if the resting blood pressure is persistently at or above 140/90 mmHg for most adults. About 90–95% of cases are categorized as primary hypertension, defined as high blood pressure with no obvious underlying cause. The Risk factors for hypertension are advance age, family history, obesity, high sodium intake, physically inactivity, smoking, high cholesterol diet, and chronic diseases (kidney diseases, Diabetes etc.). According to World Hypertension League (WHL), more than 50% of hypertensive population worldwide is unaware of their condition.

Objectives:

To assess the knowledge regarding the risk factors of hypertension between hypertensive and non-hypertensive patients.

Methodology:

A comparative cross-sectional study, conducted from (JAN-FEB 2016), at medical and cardiac units of Kuwait Teaching Hospital and Khyber Teaching Hospital. The study included 200 patients of mean age 51.4years(with SD 11.6yrs), with equal number of males and females .A total number of 200 patients were divided into two groups , Hypertensive group (Group 1) and Non-Hypertensive group (Group 2).The data was then recorded and analyzed through IBM SPSS 21 version.

Results:

Out of 200 patients, 160 patients (80%) in both groups are aware of smoking as a risk factor for hypertension, 78 patients (78%) of group 1 and 60 patients (60%) of group 2 were aware of high Sodium intake as a risk factor, 20 patients (20%) of group 1 and 24 patients (24%) of group 2 were aware of diabetes as a risk factor.

In group 1 the family history of HTN is remarkable about 88 % and this group is co morbid for other heart diseases and kidney diseases.

Conclusion:

Our study has demonstrated that hypertensive patients have more knowledge about risk factors than non-hypertensive patients. Two third patients in our study population were unaware about Diabetes Mellitus as a risk factor for hypertension.

Knowledge, attitude and practices regarding blood donation among Karachi people

RAMSHA NIGAT

Hamdard University Karachi

Introduction:

Blood donation saves lives and improves health, but many patients requiring transfusion do not have timely access to save blood. Providing safe and adequate blood should be an integral part of every country's national health care policy and infrastructure. Over 90% of total blood transfused in Pakistan is donated by the friends and relatives of patients. The concept of voluntarily non-remunerated donors is mainly absent due to lack of a blood donor recruitment and retention strategy. Karachi people particularly healthy and active individuals can be a good source of quality blood if they are motivated and are willing to be voluntary blood donors. Therefore the objective of this study is to determine the knowledge, attitude and practices about blood donations among people of Karachi.

Methods:

A cross sectional study was conducted among people of Karachi from April to September 2015. A total of 300 people were interviewed with the help of structured questionnaire. Data analysis was performed in SPSS version 20.

Results:

Mean age of our study population was between 20-30 years of age, it means that 81.3% of Karachi population has increased incidence of blood donation. In total 300 participants, the number of male gender is high (235) as compared to female (65). In total, 273 of the participants have knowledge about blood donation whereas 27 of the participants were unaware. In total, 230 participants never donated blood. Regarding attitudes of participants, study showed that 31% participants think that they are weak, 23.7% told that it's harmful, 23% told that they are diseased, and 23.3% told that they have a fear of getting sick.

Conclusion:

Attitude and performance regarding blood donation was less than satisfactory among Karachi population as compared to knowledge and awareness, it may be due to misconceptions, misbelieves and restriction. An intensive campaign should be implemented to encourage public about blood donation to alleviate their fears and change perceptions.

Most Have This Pain! Low Back Pain

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Hafiz Zayn Zafar

Islamic International Medical College

Introduction:

Low back pain is defined as pain and discomfort, localized below the costal margin and above the inferior gluteal folds, with or without referred leg pain while chronic low back pain is defined as low back pain persisting for at least 12 weeks.

Objectives:

To find out about the awareness, incidence and general trend in masses regarding its affects in their life and of different treatment methods.

Methodology:

The study was headed by Scientific Society of IIMC in 2014. A cross sectional 14 item questionnaire based survey was conducted in different parts of Rawalpindi and Islamabad targeting the general population. Sample size was 125 and response rate was 100 .It was taken in account that each question is well understood when it is answered. Data was analyzed and percentages were calculated for each group using SPSS 17.

Results:

84% people had the complaint of low back pain. 27% among these had the pain due to some disease and 47% believed that it was idiopathic. 55% people had difficulties in walking due to low back pain and 62% people had difficulties in their routine work due to low back pain. 44% people did not consult any doctor for the pain. 12% of the rest had no effect of the different treatment methods.

Conclusion:

The study revealed that many people suffer from low back pain and their social and professional lives are affected by it. Still many don't go to the doctor for this because they believe that rest is the only way and few believe that treatment is not effective. We suggest that masses should be educated about this very common disease so that people would come to know that low back pain is treatable and curable so that the lives of many blossom and prosper.

Musculoskeletal Disorders Among Medical Students Of Hamdard University Karachi.

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Introduction:

On the undergraduate level medicine is considered one of the most difficult studies throughout the world. The burden of studies added with long travelling schedule worsens the condition of the students. This was the main focus of our research. We looked into the early onset of musculoskeletal disorders of medical and dental students of Hamdard University who travel a lot both day scholars and hostel students.

Objectives:

1. To sort out the factors leading to the Musculoskeletal Disorders (MSDs) in medical students.
2. To evaluate the association between demographic variables and MSDs.
3. To measure the intensity of pain among the MSD medical students and compare between department of BDS and MBBS.

Methodology:

It was a cross-sectional study, which was conducted in the Hamdard College of Medicine and Dentistry, Taj Medical Complex, and Hamdard University Dental Hospital Karachi and students of these institutes participated in this study. Convenient sampling method was used. The data was collected in the months of May and June 2015. 300 Questionnaires were distributed and 230 filled questionnaires were successfully returned.

Results:

Our study focuses on four major problems neck, wrist, knee and lower back pain. Lower back pain, most prevalent 35.7% students suffered from it likewise neck, wrist and knee pain was found in 30.4%, 16.1% and 24.8% students respectively. Also 28.6% students complained about having pain in upper back.

Conclusion:

Overall our study suggest that students of Hamdard College of Medicine and dentistry are at an increasing risk of MSD although the students of dentistry especially 3rd and 4th year are more at risk than their MBBS counterparts.

Relationship between Trait Emotional Intelligence & Glycaemic control among patients of Diabetes Mellitus visiting Fauji Foundation Hospital Rawalpindi

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Introduction:

Emotional intelligence (EI) is the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately and to use emotional information to guide thinking & behaviour. Trait EI (TEI) refers to an individual's self-perceptions of their emotional abilities. Glycaemic control of a patient can be checked by its HbA1c levels, which indicate the patient's glycaemic control for the past 8-12 weeks. Some previous studies have indicated a positive relationship between Emotional Intelligence & Glycaemic control but no such study is done in Pakistan. Trait Emotional Intelligence Questionnaire Short Form (TEIQue-SF) Urdu Version comprising of 30 short statements will be used for calculating TEI score.

Objectives:

To determine the relationship between traits emotional intelligence & glycaemic control among patients of diabetes mellitus.

Method:

After ethical approval from the Ethical Review Committee of FUI, this study was carried out during the month of February 2016. 500 diabetes patients visiting the OPD during the month of February & who are diagnosed of diabetes mellitus for at least one year were included in the study. TEI scores was compared with patients HbA1c results which was taken from their last medical reports, HbA1c values 6-7% indicate good control, 7.1-8.2% indicate fair control, >8.2 % indicate poor control.

Results:

Out of 500 patients 440 patients completed the questionnaires. HbA1c values & Trait Emotional Intelligence scores were entered in SPSS (Version 21.0). Descriptive statistics were calculated. Chi square tests was used to compare HbA1c values & Trait EI scores which was statistically significant (0.031). There was a positive correlation ($r=0.212$) between HbA1c values & Trait EI score.

Conclusion:

Study showed a positive relationship between HbA1c values & Trait Emotional Intelligence scores. Conclusive results could be obtained if the study is done at a larger scale in multiple setups & over different times.

Risk Assessment Of Diabetes Among Students Of Peshawar Medical And Dental College.

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Peshawar Medical College

Introduction:

Either diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin, it produces. In 2014, the global prevalence of diabetes was estimated to be 9% among adults aged 18+ years. Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type-2 diabetes. It is estimated that prevalence of diabetes will rise to 5.5% in 2025 as compared to 4% in year 1995.

Objectives

1. To assess the risk of type 2 diabetes in students of PMC and PDC.
2. To compare the risk in the two genders.
3. To correlate the risk of developing diabetes with risk factors.

Methodology:

We carried out a cross sectional study with sample size as 353(185 females and 168 males) through convenient sampling technique. Primary data was collected through standard risk assessment form of American diabetes association. Data was analyzed using SPSS-version 20. Ethical approval was taken prior to the study. The consent of students was also taken.

Results:

Total 31(8.78%) students were found at risk out of which 26 (83%) were males and five (16%) were females. 29(93%) of them were physically inactive, 24(77.4%) had family history of hypertension, 23(74.2%) had family history of diabetes and 20(64%) of the student were obese.

Conclusions

We concluded that about 9% of the students are at risk of developing diabetes. Males are at higher risk of developing diabetes than females. Almost all of the students at risk are physically inactive and about half of them are obese.

**AWARENESS AMONG DIABETIC PATIENTS ABOUT
DIABETES IN LADY READING HOSPITAL
PESHAWAR.**

Tariq Shah, Khizer Zaman, Muhammad Nabeel Hayat,
Muhammad Usman, Salman Khan and Shahid Mukarram.
Peshawar Medical College

Introduction

Diabetes mellitus is a syndrome of impaired carbohydrate, fat and protein metabolism caused by either lack of insulin secretion or decreased sensitivity of tissues to insulin. In 2012 diabetes was the direct cause of 1.5 million deaths. More than 80% of diabetes deaths occur in low- and middle-income countries. In 2014, 9% of adults 18 years and older had diabetes. There is an increasing amount of evidence that the patient education is the most effective way to lessen the complications of diabetes and its management.

Objectives

Assess the extent of awareness in diabetic patients in Lady Reading Hospital OPD. Assess which aspect of knowledge the diabetic patients particularly lack. Compare knowledge in the two genders and in rural and urban populations. Relate knowledge with diabetes duration.

Methodology

Cross-sectional study on a sample size of 101. Primary data was collected using self-administered questionnaire based on NICE guidelines for diabetes. Ethical approval was taken prior to study. Consent was taken from the patients. Results were analyzed using SPSS-version.20.

Results

Approximately 61.4% of the patient had general knowledge of diabetes, 58% were aware of management, 48% of diet and 70.2% of personal care. 49% females and 55.8% males were aware. 57% of rural population was aware. About 53.8% of recently diagnosed, 51% of 1-5 years old, 54.8% of 5-10 years old, 59.4% of 10-20 years old and about 56.9% of diabetics older than 20 years were aware of diabetes.

Conclusions

More than half of the patients were aware of diabetes. Most were aware of personal care but only about half of them were aware of the diabetic diet. Male patients had more awareness about diabetes than female patients. Patients of rural areas were more aware about diabetes than those of urban areas. Patients who were diabetic for 1-5 years had least awareness about diabetes.

Others

Factors Affecting Interest In The Subject Of Biochemistry of Peshawar Medical College Students.

KHADIJA NOOR, Rabia Rahim
Peshawar Medical College

Introduction:

Biochemistry is a branch of science concerned with study of chemical substances and vital processes occurring in living organisms. It is used in clinical diagnosis and treatment of various diseases.

Unfortunately many medical students find it uninteresting and we wanted to look into this matter.

Objectives:

1. To determine most favourite subject of students.
2. To determine the percentage of students interested in studying biochemistry.
3. To determine the factors leading to negative interest of students.
4. To develop the recommendation to improve their interest.

Methodology:

A cross-sectional study was carried out in which data was collected by distributing 150 self structured questionnaires among the 1st Professional MBBS students of PMC. Results were analyzed using MS Excel 2013.

Results:

Out of 150 students 91 (61%) said that their favourite subject is Anatomy while 52 (34%) preferred Physiology and only 7 (5%) selected Biochemistry as their 1st choice. Students interested in studying Biochemistry were 53 (35%). Among the 97 uninterested students; 29% wanted the teaching method to be changed. 25% want teachers to use blackboard and chalk, 25% want to be provided with a standard book and 21% said it would be better if biochemistry carried more marks in the exam.

Conclusion:

After analyzing the result it is concluded that majority of the students are not interested in studying Biochemistry because most of them do not like the teaching method and want it to be improved.

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