10 th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

UMR

Peshawar Medical College

DEPARTMENT OF
UNDERGRADUATE MEDICAL RESEARCH

ABSTRACT BOOK

MESSAGE FROM DIRECTOR UMR

It is an honor to write this message for tenth PMC UMR Conference. Department of UMR is as old as PMC itself. We teach research throughout five years of medical education of our graduates. It goes without saying that research is not a part of education in our age; research IS the medium of education in all major educational disciplines. Research Based Curricula are not new anymore and institutions that are teaching without inculcating research in their curricula are actually deceiving themselves and their students into developing a seriously flawed view of the real life ahead. It is my sincere hope and intention to provide our students with a sound base in research methods as well as execution.

DR AFSHAN HUSSAIN KHATTAK
DIRECTOR UMR

MESSAGE FROM THE PRINCIPAL PESHAWAR MEDICAL COLLEGE

All Prases to Allah whoblessed us a day when Peshawar Medical College is holding its 10ᵗʰannualUMRconference since its inception in 2006.

Allaah created man and provided him with the tools for acquiring knowledge, namely hearing, sight and wisdom.

Allaah says (what means): "And Allaah has brought you out from the wombs of your mothers while you know nothing. And He gave you hearing, sight, and hearts that you might give thanks (to Allaah)" [Quran, 16:78]

The Prophet made seeking knowledge an obligation upon every Muslim.

On the one hand Islam places great emphasis on learning, on the other, all those factors which are necessary to make progress in learning have been provided by Allah. One of these special factors is the freedom of research.

To fulfill this religiousobligationOur institution is striving hard to provide conducive and friendly environment to medical students, to prepare themselves as future researchers. These research oriented young medical trainee will INSHALLAH definitely achieve excellence in patient care and other contemporary fields of their profession on completion of their training.

All students and faculty members speciallyDirector UMR Dr.AfshanZahidKhattak deserve heartiest congratulations for organizing this event. May ALLAH bless them with all kinds of successes.Aameen

REGARDS,
PROF. DR. SAJJAD AHMAD
PRINCIPAL PMC

MESSAGE FROM THE DEAN, PESHAWAR MEDICAL COLLEGE

Any research that helps in crystalizing your perception about your creator is Ibadah. The ability to communicate, draw prospective conclusions based on present situation/experiments and trace it for future use and evidence is the wisdom specific to human beings only. It is this quality of research and its capacity, which determines the rise and fall of nations.
The main purpose of any research is human development.
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 incorporate the research culture into student 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 all these points are taken into consideration while you prepare your project and execute them.
I congratulate all the UMR team including the concerned staff, which organized this conference even in spite of the current status of our country.
I hope you have a successful event and hope your project will provide you food for thought for many interested folks. And remember, it is not going to be easy, but it will all definitely be worth it in the end. May Allah bless us all.

REGARDS,
PROF. DR. NAJIB-UL-HAQ
DEAN PMC

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BASIC SCIENCES

ANTI-BACTERIAL ACTIVITY OF LISTERIA MONOCYTOGENES ISOLATED FROM RAW MILK & DIFFERENT DAIRY PRODUCTS IN PESHAWAR, PAKISTAN.

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Introduction

Consumption of unpasteurized milk containing different pathogenic micro-organisms including such as Listeria monocytogenes, E.coli, Staphylococcus aureus, & S.typhi. Infection caused by these microbes leads to severe infection & death may occur due to these complications. One of the important precarious bacterial disease caused in humans are Listerosis which is caused by Listeria spp. Which is mainly found in raw milk & dairy products.

Aims & Objectives

To determine the listeria monocytogenes prevalence in unpasteurized milk samples obtained from different food markets & dairy farms in Peshawar & to perform different antibiotic sensitivity tests on it.

Materials & Methods

Almost 100 samples of milk & dairy products from different sources were randomly selected & purchased from the main markets & food shops in Peshawar.The anti-bacterial activity on Listeria monocytogenes of different anti-biotics was determined by "Agar Well diffusion Method". The medium was autoclaved at 121°C keeping weight of 15 lbs/in^2 for 30 minutes. The medium was poured in sterile Petri plates and was permitted to be solidified. At that point these plates were incubated at 37°C for 24 hours to check their sterility.

Results

The results showed that, 11(11%) were positive for listeria monocytogenes. But the Single bacterium monocytogenes is not acceptable in 25ml of milk. Resistance was showed against penicillin & amoxicillin while sensitivity was shown against cephalosporin & tetracycline.

Conclusion

The death rate of Listerosis is very high & keeps on increasing so due to this reason, prevalence of L.monocytogenes cannot be ignored.

Assessment of Hospital Waste Management Protocols in Tertiary Care Hospitals of Lahore

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Fatima Memorial College of Medicine and Dentistry, Lahore, Pakistan

Introduction:

Health care waste management is an essential part of infection control in a health establishment and apposite measures are imperative to prevent nosocomial infections.

Objectives:

Aim of the study was to observe hospital waste management protocols and assess awareness of staff regarding these protocols.

Methods:

After IRB approval, six tertiary care hospitals of Lahore were visited, a tool adopted from WHO infection control assessment tool was used.

Results:

Waste was being segregated using color coding.Sharps were disposed of in cardboard boxes 66.6% compared to plastic boxes 33.4%. Transportation in uncovered trolleys from within the hospital in 50% setups. As observed 83% hospitals had designated storage space with impermeable flooring and ventilation.. Direct water supply and air conditioners were not ensured in 33.3%. Average 8-1 staff was working, showing positive trend of usage of personal protective devices. Workers of 66.6%, were vaccinated with initial dose of Hepatitis B and Tetanus Toxoid, with screening for Tuberculosis in 33.3% hospitals. Displaying of hand hygiene posters, running water facilities 50% availability of soap 33% was observed. Majority 83% were following injection safety protocols. Staff, 54 considered waste disposal important, were aware of categories of waste, 74% color coding system, 50% ultimate disposal of infectious and non-infectious waste, 90% importance of personal protective devices and 74% occurrence of diseases due to waste mishandling.

Conclusion:

It was concluded that majority hospitals were following appropriate protocols but standards of hospital waste management varied.

Keywords:

AWARENESS OF BIOMEDICAL WASTE IN DENTAL HOSPITALS OF PESHAWAR

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Khyber College of Dentistry, Peshawar

Introduction:

Biomedical waste is one of major hazard of health sector therefore awareness about its management techniques are important in order to avoid many serious transmissible diseases.

Objectives:

This study was conducted to determine the wakefulness regarding biomedical (BM) waste management policy & practices and awareness regarding needle-stick injury among dentists of four different dental hospitals in Peshawar.

Methodology:

A cross-sectional study was conducted in four Dental hospitals of Peshawar,using a questionnaire with closed-ended questions.It was distributed among dentists(having the clinical experience of more than two years).The questionnaire was used to assess their knowledge of biomedical waste disposal and needle stick injuries.Each questionnaire was scored and graded as excellent,good or poor level of knowledge for each participant.

Results:

Of the 150 questionnaires,130 were returned and answers were graded.Results showed that there was a good level of knowledge and awareness of biomedical waste generation hazards,legislation, management and needle stick injuries.Poor level of knowledge on BM waste management practice was found.No one had an excellent level of awareness about biomedical waste management practice.

Conclusions:

It can be concluded that there are poor to good levels of knowledge and awareness about BM waste management among dentists working in different hospitals of Peshawar.

Keywords:

Hazardous waste,Biomedical Waste Management

DENTAL SCIENCES & ALLIED

"APHTHOUS ULCER ASSOCIATED WITH STRESS AMONG UNDERGRADUATE MEDICAL AND DENTAL STUDENTS OF PESHAWAR"

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Peshawar Dental College

Introduction:
Aphthous ulcer also known as aphthous stomatitis is the most common ulcerative painful disesase of oral mucosa and it affects about 80%of general population .It may be major, minor or herpetiform. Begins in childhood or adolescence aged between 10-19 years. The prevalence of aphthous ulcer was reported , 40%in a sample of children of US.

Objective:
Find an association between aphthous ulcer and stress.
Find the frequency of aphthous ulcers among undergraduate male and female medical students

Method:
Across sectional study was conducted, which consist of both medical and dental students.
Questionnaire based composed Precieved Stress Scale (PSS) and related to aphthous ulcers.

Result:
Statistical analysis was done by Chi-square test with SPSS 19 version software.Study was carried out on 500 medical students, which 50% had and 50% had not experienced ulcers.
Frequency of ulcer among undergraduate female medical students is 299 (38.7%) and male medical students 201 (26%) but is non-significant with stress p=0.608.Out of 500, 300 females and 200 males .the gender didn't show any significance statistically (p=0.457) with stress. Causation of ulcer is due to other reasons i.e 18.3% students with ulcers associated vitamin deficiency.15.8% associated with fever, 10.5% with skin problems,8.5% with gastric problems,4.1% with trauma , commonly 17.5% with other conditions that may be hormonal change ,immune deficiency ,smoking type of food intake etc.

Conclusion:
Concluded that prevalenceof ulcer is non-significant with stress also with gender. the occurrence of ulcer in exams is indirectly related to stress i.e food intake.

Keywords:

DENTAL ANXIETY IN MALES AND FEMALES

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Introduction
Dental anxiety affects a large proportion of Pakistan's population. People are so anxious and fearful about visiting the dentist that they let their oral health suffer unless "pain" sets in. When a dentist observes them at this time they have oral problems.

Objectives
A questionnaire was designed to analyze if people were anxious while going to the dentist or not and who is more phobic.

Methodology
A study was conducted in Lahore Medical and Dental College and Punjab University. The participants were chosen at random. The sample size consisted of 100 students with an age-range of 16 -21 yrs.
The participants were divided into two basic male and female categories.
The survey was conducted using "Norman Corah's Dental Anxiety Scale".The questionnaire included 9 questions.

Results
Of the 100 participants in this study, 43% were girls and 57 % were boys. The scores were divided into 4 sets each representative of the severity of how anxious the participants were. Females were found to be more anxious with 40% being highly and 27.9% being severely anxious, whereas small proportion of males 21% and 4.6% were found to be highly and severely anxious respectively.

Conclusion
This study concluded 17% participants had no anxiety and 83% suffered with anxiety from being moderate to severe, whereas only 14% participants were highly anxious.

Keywords
anxiety,dental anxiety,students

EFFECTS OF MISSING ANTERIOR TEETH ON PERSONALITY AND SOCIAL LIFE

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Peshawar Dental College

Introduction
Teeth are important, not only for oral function, but also contributes substantially towards psychological well being of person .Tooth loss can adversely impact the self image of a person

Objectives:
Determine different problems faced by people with missing anterior teeth
Determine the negative psychological impact (if any) on personalities of people with missing anterior teeth

Methodology
Study Duration: 5th December 2016 to 15th February 2017
Research Tool: Well-structured and pre-approved questionnaire
Sampling Technique: Convenience sampling
Study design: Cross-sectional study
50 individuals visiting the out-patient department of Peshawar Dental College were recruited according to following Inclusion Criteria:
Consenting individual
Missing anterior teeth

Result:
84% of interviewed individuals said that they do not face any problem regarding social acceptance and distortion of self image. 16% people agreed that they face different problems related to social acceptance and distortion of self image

Conclusion:
A small proportion, 16%, of recruited individuals with missing anterior teeth faced problems related to social acceptance and distortion of self image. A possible explanation for this result can be fact that some of these individuals were already under treatment for their problem. Further population based studies are needed to investigate this issue.

Keywords:

SMOKING ASSOCIATED WITH DEPRESSION AND ITS EFFECTS ON PERIODONTIUM

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Introduction:

Periodontitis is a chronic multifactorial disease causing inflammation in the supporting structures of the teeth associated with increased pocket depths,loss of periodontal attachment, alveolar bone and high rate of tooth loss.Other non bacterial risk factors like depression,smoking,obesity can also modify its onset and progression.Depressed people who tend to smoke have shown high prevalence of periodontitis because it has found that periodontal pockets of smokers tend to harbour more anaerobic bacteria.

Depression is a medical condition with many emotional,physical,behavioural and cognitive symptoms like persistent sadness,irritability,fatigue,sleep disorders,tobacco smoking etc. Tobacco smoking has been found to be major environmental factor associated with generalized form of severe periodontitis.Tobacco contains over 4,000 chemicals which include nicotine,tar, carbonmonoxide,formaldehyde,ammonia,hydrogen,cyanide,arsenic and DDT.

Objectives:

To study the correlation between smoking, depression and its effects on the severity of disease.

Methodology:

A theoretical analytical study was carried out in which different sets of data was analysed using different articles, researches and books.

Results:

Nicotine is highly addictive and has adverse effects on gingival blood flow, cytokine production, neutrophil and other immune cell function. Connective tissue turnover which can be possible mechanism responsible for over all effects of the tobacco on periodontal tissue.

Conclusion:

Depression leads to tobacco smoking which is a significant risk factor for periodontal disease.

Keywords:

Depression,smoking,tobacco,risk factor,Periodontal disease.

TO STUDY THE FACTORS ASSOCIATED WITH STRESS AMONG DENTAL STUDENTS OF PESHAWAR

LAILA HAYAT KHATTAK, Elezebath Bano, Maimoona Muhammad, Tooba Shabir, Nauras Fatima, Rabia Murad, Shumaisa Marjan Khattak
Peshawar Dental College

Introduction:

Stress is known to have negative effect on humans.Dental education has long been recognized as a highly demanding training and students are expected to achieve high degree of diverse competencies, making them vulnerable to stress.

Objective:

To determine the most likely factors associated with stress among final year dentistry students.

Methods:

We conducted a cross sectional study among two dental schools of Peshawar (Peshawar Dental College and Sardar Begum Dental College). The data was collected between January-February 2017. Using a convenient sampling technique, a total of 100 participants were included.An adapted questionnaire, not previously validated was used based on a published research.

Results:

77% of the participants were females, 85% were single and 73% were day scholars. Access to teaching facilities (84%), quality of teaching (78%), course availability (82%), classroom facilities (57%) and physical appearance of the college campus (60%) were not identified as stress inducing by most respondents. The top five stress inducing factors were lack of extracurricular activities (61%), lack of recreational facilities (65%), lack of proper student government (6%), fine imposed as punishment (62%), and lack of vacations during the session (66%)

Conclusion:

Our findings suggest that lack of extracurricular activities, recreational facilities may help reduce stress level of dental students. Our findings also suggest that a student body which can look after student's day to day issues including hostilities may also be beneficial.

Keywords:

Stress, Extracurricular activity

MEDICAL EDUCATION

Assessment of different learning style preferred by medical student using VARK questionnaire.

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Introduction:

Students have preferences for the ways in which they receive information. The VARK questionnaire identifies student's preferences for particular modes of learning. Knowing that students have different preferred learning modes will help instructors to develop appropriate learning approaches.

Objectives:

• To find out different learning styles preferred by students of first, second year students.
• And to find out which sensory modalities is common among girls and boys.

Methods:

A cross sectional Study, 100 Questionnaires were distributed among students of 1st and 2nd Undergraduate Medical students.

Results:

A cross sectional study in which 100 VARK questionnaire was administered to first, second year students, and 89 out of 100 (89%) were attempted. Among 46 male students, mostly preferred multimodal learning style, in which max (28.1 %) preferred auditory (learning from speech)and (28.6%) printed words (read and write),while only (21%)preferred visual (learning from graphs, charts and diagrams. In contrast among 40 female students max (30.6%) preferred kinaesthetic (learning from all senses) while (24%) visual. By comparing both classes, the student of first year preferred kinaesthetic, while those of 2 year preferred read/write mode.

Conclusions:

Hence students of 1 and 2 year preferred different modes of learning and learning styles do differ between male and female students. Hence different educational strategies must be experienced.

Keywords:

VARK questionnaire, learning mode, medical students

CAREER PREFERENCES, ATTITUDE, & KNOWLEDGE OF FIRST YEAR & THIRD YEAR STUDENTS TOWARDS BIOTECHNOLOGY PROFESSION

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Introduction
The circle of biotechnology and its applications covers different and diverse techniques which involve organisms.

Objectives
To identify 1ᵗ & 3rd year biotechnology students' attitude towards biotechnology profession, their career preferences, and dynamics involved in this selection.

Methods
A validated questionnaire was sent online via Google docs through different social networks & was then directed to students of first year biotechnology & third year of biotechnology.The responses were automatically generated and analyzed by the system and saved in excel sheets. The data was further analyzed by SPSS 17.0.

Results
The total response rate was 81%. Out of 162 respondents, only 98 (67 %) students knew the scope biotechnology before admission to BS Biotechnology program. Majority of students 125 (80%) believed that biotechnology education & practice affect the health care system. About half of the students were interested in research while remaining students were either non-interested or unsure about their choice. Significant number of students were unaware of different post graduate prospects of biotechnology education. Limited number of students wanted to pursue non-biotechnological career areas upon graduation. Hospital biotechnology was selected as preferred area upon graduation by 51 (32%) students while 28% chosen Teaching by 44 students, 35 students chosen other fields of Biotechnology 22% students. Personal interest was the particular factor (74% involved in the selection area, followed by anticipated income (06%) & family influence was (20%).

Conclusion
The students believed that biotechnology education & practice affect the health care system. Personal interest was the most common factor in pursuing biotechnology education. Most of them were interested in biotechnology related research activities.

CHOICE OF MEDICAL STUDENTS REGARDING COMMUNITY MEDICINE AS A SPECIALTY

Bushra Sullahudin,Faiza Youns,Farah Shameem,Mariam Tahir,M. JUNAID ASLAM ,-
M.Khalid Ibrahim,M.Saad Masood,-M.Umar,Nabeela Yousaf-,Saba Rauf,Wasia
Mahum.,Zareen Bano
Wah Medical College, Wah Cantt

Introduction:
Community medicine is a branch of medicine dealing with health care issues affecting community as a whole

Objective:
The objective of this study was to assess the perception of medical students about Community Medicine.

Methods:
Descriptive student based setting of research in Wah Medical College. Duration of study: 3 to 6 months. Subjects: The students of 4th year, 5th year, and fresh graduates of the college. Sample size: 120 with 50% male and 50% female students. Random sampling. After taking informed consent questionnaires were filled by the students.

Results:
In our study 22% said that they want to choose CM as a specialty. 11% and 10.99% of the students strongly disagreed/disagreed respectively that their career will be non-satisfactory by adapting community medicine as specialty. 6% and 17.58% of students strongly disagreed/disagree that there is lack of information about subject. 5% and 13.19% of students strongly disagree/disagree respectively that their demand of subject is increasing. 11% and 34% of students strongly disagree/disagree respectively that they are not interested in the subject. 8% and 27.5% of students strongly disagree/disagree that there are less job opportunities for this field of specialization.

Key Words:

COMPARATIVE ANALYSIS OF TEACHING METHODOLOGIES

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Peshawar Medical College

Introduction:

Learning is an active process in which the students and teacher have to work mutually to make the knowledge sharing enjoyable and easier for comprehension. There are different methods of teaching such as lectures, small group discussion etc. Every method has its own merits and demerits.

Objectives:

To determine the scores of MCQs for SGD and lectures among undergraduate medical students.
To compare the scores of MCQ's for SGD and lectures among undergraduate medical students.

Method:

A cross sectional study was conducted in January, 2017 among undergraduate medical students of 2nd Year MBBS in PMC through convenient sampling. Among the total 104 students of 2nd Year MBBS, 68 were included in LGF with 38 females and 30 male students, whereas SGD 62 students with 29 females and 33 male students. A validated set of ten multiple choice questions were used for SGD and LGF. Ethical considerations were duly taken care of. Scores of the students were entered and analyzed in SPSS- Version 20.

Result:

A total of 68 students participated in long group format and 62 in short group discussion with non response rate of 40.38% and 34.61% respectively. The mean age of the participants of the study was 20.5 Years. The mean scores of SGD were 4.72 whereas LGF was 6.72.

Conclusion:

The study results showed large group format **as the** best method for teaching among undergraduate medical students.

Key Word:

EFFECTIVE LEARNING IN MEDICAL INSTITUTES

ZIA UR REHMAN , M.Haris , M.Saad Irfan , M.Raghees , M.Sami , Haseeb Ali, Hamza Wahab
Peshawar Medical College

Introduction:

Over past few decades medical students have been learning on a simple teaching methodology that either they have been taught on blackboard or multimedia, the simplicity of these teaching methods raises a question, which of these two is a better method of learning .

Objective:

To know the students opinion regarding learning methodology.
To highlight the way of teaching which have better impact on medical students and can help them understand the topic and memorize effectively.

Methods:

This study was conducted on 1st Year undergraduate MBBS students of PMC. Thirty students were randomly selected they were divided into group A and B. Group A's lecture was delivered on blackboard while group B's lecture was delivered using multimedia. Then after the lecture was over a MCQ based examination was conducted. A questionnaire comprised of 10 questions with YES or NO as possible answers was distributed among 175 students to take into account their individual opinions regarding blackboard or multimedia to be more effective form of learning.

Results:

The questionnaire filled out by both groups was analyzed and showed an overall student appeal towards blackboard learning . 68% students were having an idea that Blackboard is more effective way of learning.

Conclusion:

It was concluded from present study conducted that blackboard learning is far more effective and adequate form of learning for undergraduate medical students.

Key Words:

Effective learning, Blackboard, Multimedia

EVALUATION OF LEARNING STYLES OF AJK MEDICAL COLLEGE STUDENTS

KAMRAN HABIB

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Introduction:
Researchers have categorized the learning styles in many ways. Kolb proposed a classification of learning style as converger,diverger,assimilators and accommodators.Honey and mumford simplified learning style as activist,reflectors,theorists and pragmists.Neil Fleming's VARK model(visual,auditory,read and kinesthetic) is also popular.

Objectives:
This study was carried out to determine frequency of learning styles of AJK Medical college students according to HONEY &MUMFORD learning style.

Method:
A total of 150 students from all years of MBBS were included in study 75 were male and 75 female.HONEY AND MUMFORD learning style questIonairre was used to assess the learning style.study was completed in 1 month from 23 august to 23 september 2016.

Results:
Majority of students are reflector(52%) followed by pragmists (20%) and then came the theorists(17.3%) while activists(10.7%) are minority in number. The ratio of theorists increased in senior classes of MBBS.

Conclusion:
Further study should be done to know about the relation of learning style with preferred teaching methodologies and teacher should design their lectures according to the learning style of their students.

Key words:
learning styles

MODULAR VERSUS CONVENTIONAL SYSTEM IN MEDICAL COLLEGES(A DESCRIPTIVE STUDY ON EVALUATION OF TEACHING METHODOLOGIES IN MEDICAL COLLEGES)

HIRA JABBAR, Sumbal Khattak, Sidra Bahadar Afridi, Iqra Sardar, Neelofar, Hajra, Gullalai Shuja (3rd Year MBBS)

Peshawar Medical College

Introduction:
Several studies have compared the modular system with conventional system. The areas of comparison have included the process, program evaluation, achievement and practice characteristics. It is widely accepted that modular system has better study habits that conventional.

Objectives:
1. To compare groups of medical students in modular and conventional system for perception of knowledge.
2. To compare the same groups for actual possession of knowledge.
3. To compute differences within each group and within the two groups separately.

Methods:
A descriptive study was conducted upon 200 medical students of 3rd year MBBS from PMC, PIMC and KGMC. Currently PMC 3rd year MBBS students are undergoing Modular System while students of PIMC and KGMC are going through the conventional system. Data was collected through a pre designed self structured questionnaire comprising of two parts. First part dealt with student's perception of knowledge while second part comprised a MCQ test regarding topics covered under knowledge perception. Data was entered and analyzed in SPSS Version-17.

Results:
Mean knowledge Perception score for Group- A was 33.71% while their knowledge possession score was 33.26%. Mean knowledge Perception score for Group- B was 34.82% while their knowledge possession score was 29.48%.

Conclusion:
Medical students undergoing Modular system had more knowledge as compared to the conventional group.

Key words:
Modular System, Conventional System, Knowledge.

MEDICAL THERAPEUTICS

ANTIBACTERIAL ACTIVITY OF POLY (N-ISOPROPYLACRYLAMIDE) MICROGELS

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2Department of Chemistry, Islamia College University Peshawar, Pakistan

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Introduction

Temperature responsive polymer known as Poly (N-isopropylacrylamide) PNIPAm has different applications in the field of biomedical sciences such as in anti-microbial activity, drug delivery, bio sensing treatment of cancers & so on.

Objectives

To investigate the activity of Poly (N-isopropylacrylamide) microgels against different strains of bacteria.

Method

The anti-microbial sensitivity tests of the title polymer were tested against ten species of gram positive and gram negative bacteria including Klebsiella pneumoniae, Pseudomonas aeruginosa, Staphylococcus epidermidis, Enterobacter aerogenes, , Escherichia coli, Staphylococcus aureus and Streptococcus pneumonia.The anti-bacterial activity of nicotine and its complex was determined by Agar well diffusion method"

Results

The anti-microbial sensitivity tests of the titled compounds were done. The complex were used in two concentrations(.100μg/100μl ,200μg/100μl). The results indicate that N-isopropyl acryl amide was inactive at first dose level, but it was effective at second dose level against Escherichia coli and Pseudomonas aeroginosa and Enterobacter aerogenes with an inhibition zone of 24mm. Polymerized N-isopropylacrylamide inhibited only four bacterial species at first concentration, however at second dose level, it inhibited the growth of 8 test bacterial species under study. The zone of inhibition ranged 22-30mm at first dose level and 31-38 mm at second dose level.

CONCLUSION

In conclusion, compared to antibiotics used as control; the Polymerized N-isopropyl acrylamide gel is able to inhibit almost all the studied gram positive and gram negative organisms at the higher dose level. Therefore, this polymer is broad spectrum anti-microbial agent active against the variety of gram positive and gram negative bacteria.

ANTIBIOTIC RESISTANCE IN ACNE VULGARIS WITH COMMONLY PRESCRIBED DRUGS

MIRZA TASAWER BAIG, Ali Akbar Sial, Uzma Shahid, Nayel Syed, Syeda Faryal Hassan
Ziauddin University, Karachi

Introduction:
Acne vulgaris is one of the most common skin disorders and one of the depressing factors in puberty in youth.

Objectives:
This study was conducted to screen out antibiotic resistance of commonly prescribed drugs in acne vulgaris infections

Method:
67 samples of infected young fellows, age range 15-25 years old, were collected from peripheral areas of Badin, Village Faridabad and Ketti sial village (Larkana), Rayri Goth and Chisti Nagar (Karachi). These samples were then cultured individually on blood agar and Muller-Hinton media. Bacteria were identified after incubation under aerobic and anaerobic conditions and their resistance to common antibiotics was evaluated according to the standard procedures

Results:
In aerobic culture of skin lesions, Staphylococcus aureus was present in 43% of subjects, Staphylococcus epidermidis in 57% of subjects. In anaerobic bacterial culture skin lesions, Staphylococcus aureus was present in 51%, Propioni bacterium acne in 33% and Staphylococcus epidermidis in 16% of subjects. Using disc method, it was found that clindamycin and erythromycin were the least effective antibiotics for Propionibacterium acne while tetracycline was the least effective for Staphylococcus aureus. However Azithromycin was found to be the most effective antibiotic, having more sensitivity for acne vulgaris.

Conclusion:
The results showed that Azithromycin is more sensitive antibiotic for acne vulgaris. However better results can be attain using poly-pharmacy approach and combination of antibiotics.

Key Words:
Acne vulgaris, Antibiotic resistance, Prescribed drugs

ANTIDEPRESSANT EFFECTS OF *MATRICARIACHAMOMILLA* L. TEA ON UNDER-GRAD STUDENTS

MIDHAT TAWHEED, Naqiya Ali Asghar, Ghufran Ullah, Abdullah Jawaid,
Dr. Aisha Sana **(Supervisor)**
Faculty of Pharmacy, Hamdard University, Karachi, Pakistan

Introduction:
Almost 65-80 % of world population rely on plants for competing their basic needs for food and medicine but only 10-15 % of total plants have been scientifically investigated for their medicinal and therapeutic properties.The enduring popularity of herbal medicines may be explained by the tendency of herbs to work slowly, usually with minimal toxic side effects. One of the most common herbs used for medicinal purposes is chamomile whose standardized tea and herbal extracts are prepared from dried flowers of *Matricaria* species. Evidence-based information regarding the bioactivity of this herb is presented to treat depression.

Objective:
The aim behind the study is to encourage the use of chamomile tea as anti-depressant, to reduce the side effects encountered by the available anti-depressants.

Methodology:
total of 27 subjects were given chamomile tea, all of them having depression symptoms. The subjects were evaluated on basis of Patient Health Questionnaire (PHQ-9) depression scale pre and post chamomile therapy and the outcomes were evaluated.

Results:
Significant reduction was observed when the results of PHQ-9 questionnaire were evaluate .i.e. (=-3.523, p<0.000 at 95% CI) in comparison of pre and post responses of depressed subjects.

Conclusion:
chamomile tea showed clinically significant results in reducing depression. Further investigation required to establish its role as alternative treatment for depression

Key words:
Anti-depressant, *Matricaria chamomilla*, PHQ-9, Herbal tea.

ANTI-MICROBIAL RESISTANCE & ISOLATION OF ENTEROTOXIGENIC STAPHYLOCOCCUS AUREUS IN DIFFERENT DAIRY FARMS OF PESHAWAR, PAKISTAN.

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Centre of Biotechnology & Microbiology, University of Peshawar

Introduction

Food-borne sickness is usually caused by a group of bacterium known as Staphylococcus aureus, one of the characteristic of enterotoxigenic Staphylococcus aureus causes food poison which can cause vomiting, diarrhea, & gastroenteritis. Often different dairy products are contaminated with the enterotoxigenic strains of staphylococcus aureus, this due to improper handling during transfer & storage of dairy products, poor hygiene.

Objectives

To examine the antibiotic resistance of Enterotoxigenic staphylococcus aureus isolated from different dairy forms of Peshawar

Methods

Different isolates (n=147) of s. aureus along with the enterotoxigenic strains was randomly collected from milk (n=47), yogurt (n=31), home-made butter (n=24), cheese (n=35), & butter milk (n=11) & then was tested for anti-microbial resistance by Agar Disc Diffusion method. While various biochemical tests (coagulase, gram staining & catalase test) were performed in order to confirm the respective specie.

Results

The results showed that, the percentage of antibiotic resistance showed by s. aureus was amoxicillin (21.7%), Ceftriaxone (32.1%), penicillin (18.2%), tetracycline (24.4%), Ampicillin (14.12%), Chloramphenicol (37.4%), while all the isolates were sensitive to Fluoroquinolone.

Conclusion

This study shows that, resistant strains of enterotoxigenic staphylococcus aureus is widely spread in foods which calls for better control for the food contaminations & imperviable organisms.

Keywords

COMPARATIVE ANALYSIS OF WATER PURIFICATION POTENTIAL OF *MORINGA OLEIFERA*

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Introduction:

About 80% of the current world residents belong to underdeveloped nation of the world. About 1 billion natives face shortage of portable drinking water and more than 801,000 kids under the age of five die from waterborne diseases in developing countries every year. Pure and safe drinking water is vital for the welfare of humans. *Moringa oleifera* also known as "Miracle tree" is a plant known widely for its medicinal advantages as well as for its water purification properties.

Objectives:

To provide an eco-friendly, cost effective and efficient way for the provision of healthy and safe potable water.

Method:

Lake water was treated with fresh and dried seeds of *Moringa oleifera*. Physical, chemical properties and microbial contents (before and after treatment) were analyzed and compared with mineral and distilled water.

Result:

It was observed that no single microbial colony was observed after treating the lake water with fresh seeds of *Moringa oleifera*. Also dried seeds reduced 300 colonies of lake water to just 11 colonies in 2 hours. The seeds were also found to reduce the pH and conductivity of lake water after 2 hours of treatment.

Conclusion:

Moringa oleifera seeds can be considered as an effective replacement in areas where purification of water is an alarming concern.

Key Words:

Moringa oleifera, water purification, anti-bacterial, eco-friendly,

KNOWLEDGE, BELIEFS AND PRACTICES OF COMPLEMENTARY AND ALTERNATIVE MEDICINE AMONG STUDENTS AND DOCTORS OF A MEDICAL COLLEGE OF LAHORE

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Hassan Raja,
Fatima Memorial College of Medicine and Dentistry, Lahore

Introduction:

During last few decades, significant worldwide interest has been seen in Complementary and Alternative Medicine (CAM). CAM plays an important role in health promotion, prevention and cure.

Objective:

The aim of the study was to assess knowledge and beliefs of medical students and doctors toward CAM and identify the current practice of CAM among them.

Method:

A questionnaire based descriptive, cross sectional study was conducted at Fatima Memorial Hospital and College of Medicine and Dentistry. Sample size was 748 with 373 doctors and 375 students.

Results:

Awareness of CAM was seen among 61.7% doctors and 44% students with media as most comm source of information but 47.4% doctors and 64.2% students used it. Most common types used among both were homeopathy, home remedies and meditation/prayer. Main reasons of usage w no or less side effects, easy to use and easy availability. 48.6% doctors and 35.8% students used CAM for every problem, while others used it only for specific problems. CAM was recommended other patients/people by 70.6% doctors and 68.9% students. Though, 63% doctors and 73.6% students agreed that doctors should study and be expert in alternative medicine, only 54.4% doctors and 56.5% students thought that CAM should be an integral part of curriculum.

Conclusion:

Despite the awareness and usage, there is little evidence about beneficial effect of CAM and doct and students are not formally trained, so its' use cannot be justified as an alternative/additional treatment for patients. Thus, consideration is needed to integrate CAM in curriculum and trainin to achieve beneficial effects of treatment in future.

Key Words:

PERCEPTION OF DOCTORS REGARDING USE OF ORAL SUCROSE AS AN ANALGESIC IN CHILDREN FOR CIRCUMCISION

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Introduction:

Oral Sucrose solution is known to be an effective method of pain relief in children during minor painful procedures. However, physicians choose not to use analgesics during minor painful procedures due to their possible side effects in this age group.

Objective:

The aim of this research is to assess the perception of clinicians regarding the use of sucrose-induced analgesia in children undergoing circumcision.

Method:

This study was conducted over a time period of 6 months with a sample size of 200, targeting various specialists and general physicians in different hospitals and clinics of Lahore. A cross-sectional survey was conducted, using questionnaire with both close and open-ended questions.

Results:

It was observed in this study that 43% of the participants were aware of the use of oral sucrose as an analgesic, while only 11% of the total considered it to be effective as a prime analgesic for circumcision and only a handful actually practiced its use. Furthermore 37.5% of the study participants were somewhat aware regarding the use of oral sucrose and 5.5% were very much aware. While a majority of 57% were unaware of its use. Out of the total participants included in our study only 6% practiced the use of oral sucrose during circumcision and 4% preferred to use oral sucrose in combination with lidocaine. The major hindrance faced by 32% of the participants regarding use of oral sucrose was a lack of familiarity with this practice. While no less than 24% said they lacked sufficient knowledge about the procedure.

Conclusion:

The study concludes that this knowledge gap should be bridged and efforts should be taken to bring the level of knowledge of doctors close to latest techniques and new emerging practices.

PRACTICE OF PROBIOTICS IN ANTIBIOTIC ASSOCIATED DIARRHEA

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[1]Centre of Biotechnology & Microbiology, University of Peshawar, Pakistan.

Introduction:

Probiotics are microorganisms that are incapable of causing disease and when consumed, they impact the host positively. The appearance of diarrhea associated with antibiotics is more persistent in patients of more than 65 years of age subjected with broad spectrum antibiotics.

Objectives:

To assess the results of different probiotics used in antibiotic associated diarrhea and to determine its effect in this treatment.

Methods:

The study was conducted in Peshawar in Khyber teaching Hospital.. The method of administration by which micro-organisms that can be utilized as probiotics involves different strategies, such as probiotic supplements, yogurts and milk. The hospital staff distinguished between potential patients. A proper informed consent was acquired and initial information was gathered. Randomized study drinks were then prescribed to the selected patients. The drinks were allotted by hospital's pharmacy. These patients were then observed for changes in their symptoms.

Results

It was found out the administration of probiotics orally has been appeared to sustain gut defense system. Probiotic treatment has adequately progressed in the treatment of number of conditions.

Conclusion

Probiotics can affect the gut micro-flora utilizing different mechanisms. There is a wide range different probiotics in existence and every single one of them possesses its own effects. Efficiency of the probiotics might be because of lone strain, or a numerous strain or a blend of strains. As these probiotics can decrease the rate of antibiotic associated diarrhea, probiotics supplements can be used effectively for its treatment.

MEDICINE & ALLIED

ASSESSMENT OF RESPIRATORY PROBLEMS IN FLOUR MILL WORKERS IN KARACHI

MOHAMMAD QASIM, Jaffar khan , Jahanzaib Aqeel , Sabir Mengal , Shazia Maqsood , Zunaira Saleemi , Farzana Bharo , Marryam Anwar , Saima Jamali , Jina Shahid , Syeda Nida

Hamdard college of medicine and dentistry (HCMD) Karachi

Introduction

Wheat flour is a complex organic dust with a large diversity of antigenic or allergic components. The antigens involved can be wheat flour proteins, flour parasites, silica, fungi, insects or technical additives such as enzymes. Flour is an irritant and may give rise to short term respiratory, nasal and eye symptoms or it may provoke an asthmatic attack in individuals with pre-existing disease and also lead to chronic bronchitis and obstructive lung diseases .In occupational respiratory disease, spirometry is one of the most important diagnostic tools.

Objectives

This investigation looks into availability of different safety measures to the workers of flour mills in Karachi, and access the prevalence of respiratory and allergic diseases in them.

Methods

A total of 250 workers were physically examined, spirometry was done and the respondents were questioned as per standardized questionnaire

Results

It was found that most of mills had safety protocols and equipments but the workers were not using them due to miss concepts or incomplete trainings. The spirometry results were also not that satisfactory.

Conclusion

The researchers recommends that the working environment of the flour mills in Karachi can be improved so as the health conditions of the working force in these industrial units, which is being badly effected due to unhealthy work places and being compounded by poverty and non-availability of health insurances by the industry.

Key Words

AWARENESS AND PRACTICE OF SAFETY MEASURES RELATED TO TRANSMISSION OF HEPATITIS B & C AMONG BARBERS AND SALOON WORKERS OF LAHORE

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Fatima Memorial College of Medicine and Dentistry Lahore

Introduction:
Hepatitis B & C are emerging public health issues in Pakistan. One of the responsible factors for transmission of these diseases is use of razors by barbers and use of instruments on nails by salo workers. Studies have shown that barbers and saloon workers have inadequate knowledge abou sterilization techniques and personal protective equipment for prevention of these diseases.

Objectives:
The main aim of this survey was to assess the knowledge of barbers and saloon workers regardi the factors associated with the transmission of hepatitis B and C and safety measures practiced them for prevention of disease transmission.

Methodology:
A cross sectional survey was conducted in widespread geographical areas of Lahore depending upon zonal distribution from January to August 2016. 396 barbers and salon workers of Lahore were selected through non-probability purposive sampling technique. Data was collected by conducting interviews with the help of a structured questionnaire.

Results:
Major of the barbers and saloon workers included in our study ranged in the age bracket of 26-3 years (40.2%) followed by 18- 25 years (31.6%). Females constituted 232(58.6%) whereas mal were 164(41.4%). One hundred and thirty two (33.3%) were matriculate only. Formally traine participants were 220(55.6%). A vast majority of respondents had work experience of 5 – 10 ye and were catering more than 10 customers per day.

Conclusion:
A significant fraction of participants were unaware that their occupation is a source of infection the general population. Increase health education and awareness campaigns a

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AWARENESS OF THE WARNING SIGNS, RISK FACTORS AND TREATMENT OF TUBERCULOSIS IN LOW INCOME, SUBURBAN POPULATION OF RAWALPINDI

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Introduction:
Tuberculosis is a chronic bacterial infection caused by **Mycobacterium tuberculosis**,usually characterized pathologically by formation of granulomas. Most common site of infection is lung other organs may be involved.Disease is fairly common in low income/resource population.

Objective:
To determine awareness of warning signs,risk factors and treatment of tuberculosis among low ncome, suburban residents of Rawalpindi.

Method:
Study was carried in Government TB center,Rawalpindi Leprosy center and Railway Hospital, Rawalpindi during January-February,2017among 100people.After taking consent, a cross sectional 0-item questionnaire was administered by the team members and data was recorded and nalyzed using SPSS 21.

Results:
ean age of 100 subjects (42%males and 58%females) was 30 ± 5 years and mean income was und to be Rs. ≤10,000/-.76% subjects were aware of TB as a disease,while an average of 68.8% ere aware of at least one warning sign of TB. 76% subjects knew that smoking is a risk factor for B while 84% knew that TB can be transmitted from one person to another by coughing,sneezing d bad spitting etiquette.93% were aware of fact that TB is treatable while 90% knew that mpletion of treatment course is necessary for complete eradication of TB.

Conclusion:
emarkable percentage of targeted population was aware of warning signs,risk factors and eatment of TB.

Keywords:

BLEACHING AGENT – AN OCCUPATIONAL HEALTH RISK FOR TEXTILE WORKERS

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Introduction:
Bleaching agent makes things white or colorless. It is widely used in textile industries.

Objectives:
The objectives were to assess the health status of textile industry workers. It further explores find out safety measures taken and practices by the cotton industry workers.

Methods:
A cross-sectional descriptive type of study has been carried out. Population targeted was workers handling bleaching agent in a textile industry of Karachi. Non-probability convenience sampling was done and a sample size of 453 workers was included. The questionnaire include demographic data and questions related to health status according to ATS-36 questionnaire. Peak Expiratory Flow Rate was recorded. SPSS software is used for data analysis. All ethical considerations were taken into count.

Results:
Out of total participants, 33% were illiterate and 47% were working in this profession since years. The respiratory symptoms among individuals were 57% cough, 51% phlegm and 41% dyspnoea. Peak Expiratory Flow Rate was normal among 160 (35%) individuals while it was moderately affected among 293 (65%). Thirty percent were addicted to smoking or other smokeless tobacco (Naswar, Gutka). The majority (61%) of the workers are not using proper safety measures.

Conclusion:
A large proportion of workers of textile industry were affected due to bleaching agent exposure Lack of proper safety measures taken is evident for these illnesses. Proper supply of protecti measures, regular medical check-up and different health based educational programs help to improve the quality of life of workers of textile industry.

DETERMINING FREQUENCY OF DYSPEPSIA AMONG OLD AGE MALE (40-80)

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Peshawar Medical College

Introduction
Dyspepsia is commonly referred as painful,difficult or disturbed digestion accompanied by symptoms such as nausea,vomiting,heartburn,bloating and epigastric discomfort after a meal.It is a common problem and is frequently caused by gastroesophageal reflux disease or gastritis.It may be first symptom of peptic ulcer disease(ulcer of stomach and duodenum)and occasionally cancer

Objectives
To determine the frequency of dyspepsia among old age males(40-80) and its associated risk factor.

Methods
In this cross Sectional study 115 old age males were selected randomly and interviewed through well designed questionnaire in DHQ Charssada,Mercy and Kuwait teaching hospital.The data was analysed using Microsoft Excel.The study was approved by IRB of Peshawar Medical college.The data was collected between January 1st to February 15th 2017.

Results
Out of 115 subjects 75.65% were suffering from dyspepsia among them 36% fell in the age group(40-50),24% were in the age group (50-60),35% were in the age group(60-70),only 6%were in the age group(70-80),34% subjects claimed to be suffering from swallowing difficulty,51% were Habitual smokers,53% were using spices in their diet,63% were using long term medication for other diseases,66% claimed to be suffering from stress more than other people around them,63% were routine exercisers,64% were using beverages(tea,coffee,carbonated drinks),70% claimed to feel epigastric pain after a meal,83% subjects consume (2-3) meals in a day,10% consume (3-4) meals and only 7% consume more than 4 meals a day,79% subjects had sufficient earnings.

Conclusion
Dyspepsia was most common among age (40-50) and (60-70).Smokers,beverage consumers and subjects under stress showed a high frequency of dyspepsia.

Key words

Frequency of Obstructive Lung Diseases among admitted patients in a Tertiary Care Hospital, Peshawar from January-December 2016.

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Introduction:
In obstructive lung diseases, the airways are partly obstructed, making it difficult to get air in and out. The four disorders in this group are emphysema, chronic bronchitis, asthma, and bronchiectasis. COPD accounts for 5% of the deaths annually in Pakistan.

Aims & Objectives:
To determine the frequency and ratio of obstructive lung diseases in relation to age, sex and location with average length of stay at the hospital.

Methods and materials:
A cross sectional study was conducted in the pulmonology ward of KTH from Ja`n- Dec, 2016 via self-administered proforma. Data was entered and analyzed using SPSS version 20.0.

Results:
Among 1489 admitted patients 632 (45.5%) cases were of obstructive diseases. out of these 442 (69.9%) COPD, 91 (13.4%) asthma, 71 (11.2%) bronchiectasis and 28 (4.4%) were of emphysema. Admitted male patients were 255 (40.3%) with obstructive diseases while 376 (59.4%) were females. Age group 60 years and above recorded as 200 (31.6%). Mostly cases were from Peshawar as 354 (56%). Average length of stay in hospital was 5 days.

Conclusion:
The most common obstructive disease was COPD, 5 times more than Asthma. Admitted female cases were 1.5 times more than males. The most vulnerable age group recorded wa 60 years and above. Most of the admitted cases were from Peshawar 8.5 times more than those coming from Afghanistan.

FREQUENCY OF SKIN ALLERGIES BETWEEN MALE AND FEMALE STUDENTS OF DIFFERENT MEDICAL COLLEGES OF PESHAWAR.

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Introduction:
Skin is the largest immunologic organ often a target for allergic and immunologic responses. Allergies are hypersensitive immune responses to substances that come in contact with the body. A substance that causes an allergic reaction is called an "allergen"

Objectives:
1.To find the frequency of skin allergies among male and female undergraduate medical students
2. To determine the most common causes and seasonal patterns of allergies.
3. To identify the common body parts affected due to the allergies.

Method:
A descriptive study among 200 (100 Males & 100 Females) undergraduate medical students of three medical colleges of Peshawar, from November, 2016 to January, 2017. Data was collected through self structured questionnaires. The willing students were included and the rest excluded from the study. Ethical considerations were duly taken care for this study. Data was entered and analyzed in Micro Soft Excel- 2007 by computing frequencies and percentages.

Results:
MEAN age value was 20.29 while MEDIAN & MODE age value was 20 of 200 sample, Skin allergies were seen among n=119 (59.5%) in which (23.5%) male with (36%) female) students during last 3 months with 21.5% in winter season. The commonest cause of allergies among 15% female and 5.5% male students was cosmetic use whereas food related allergies were seen only among 4.5% female students. Pimples (9%), itching (7.5%) and dryness (6.5%) were the most common allergies reported whereas 5% males showed multiple symptoms. Face involved among 9% males and 14% female participants.

Conclusion:
Females experienced more skin allergies as compared to males.

Key Words:

NEONATAL MORTALITY RATE, SEX DISTRIBUTION AND CAUSES IN KHYBER, KUWAIT AND MERCY TEACHING HOSPITAL, PESHAWAR

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Peshawar Medical College

Introduction
NMR is the Probability that a child born in a specific year or period will die during the first 28 completed days of life, expressed per 1000 live births. Neonatal deaths account for 40% of deaths under the age of 5 years worldwide.

Objective
To evaluate the prevalence, sex distribution and causes of neonatal mortality in Khyber Teaching, Mercy Teaching and Kuwait Teaching hospitals of Peshawar.

Methodology
Cross sectional study was conducted using secondary data from registered records of 3 teaching hospitals for the years 2015 and 2016. Data was collected using self-administered Performa's and analyzed using MS Excel Software. NMR was calculated using the following formula: [Number of neonatal deaths x 1000/Total number of live birth],The research was carried out with permission from Ethical Approval Committee.

Result
The total number of admitted neonates in the 3 hospitals was 3820. Among these, 564 (15%) of them had expired within 28 days. 379(10%) of them were Males and 185 (5%) females. Additionally, 250 (44%) of expired neonates were pre-term. The major cause of death was RDS (4.5%), followed by HIE (3.6%), Sepsis (2.6), Pneumonia (0.8%) and NNJ (0.8%).

Conclusion
We concluded that 5% more males than females die as neonates and that the 2 leading causes of death are RDS and HIE. Also, 44% of expired neonates were premature which may have contributed to their death.

RISK FACTORS LEADING TO RENAL FAILURE IN HEMODIALYSIS PATIENTS

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Introduction:
Renal failure is morbid condition in which kidney function declines and there is an accumulation of waste products in the body which irritate different system of body and eventually lead to death if left untreated.

Objectives:
To identify risk factors that lead to renal failure in hemodialysis patients in private and public sector hospitals of Rawalpindi/Islamabad.

Method:
A case–control study was conducted among 168 individuals,56 were cases and 112 were control and matching was done by selecting controls i.e close relatives in private and public sector hospitals of Rawalpindi and Islamabad.The sample was selected through purposive sampling. Structured close-ended questionnaire was administered to collect data and data was analyzed by SPSS version 22.

Results:
Total sample of 168 (including 56 cases and 112 controls) was taken.It was revealed that renal failure is related to certain conditions like hypertension 76.78% (p –value: 0.000),congenital kidney disease 12.5% (p – value 0.000),diabetes 33.9% and recurrent UTI 41.07%.There are certain lifestyle practices like low water intake (p –value: 0.000),consumption of beverages other than water 80.35%(P –value: 0.000),usage of herbal medication 21.42% (p–value: 0.007)and usage of NSAIDs lead to renal failure.

Conclusion:
It was concluded that hypertension,diabetes,low water intake,recurrent UTIs,consumption of fizzy drinks,usage of herbal medication,NSAIDs use and congenital diseases lead to renal failure.

Key Words:
Risk factors,Renal failure,Hemodialysis

THE KNOWLEDGE ABOUT THE RISK FACTORS OF CARDIOVASCULAR DISEASES

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Peshawar Medical College

Introduction
Cardiovascular disease refers to conditions that lead to heart attack, angina or stroke. CVS and stroke account 80% of CVD deaths males and 75% CVD deaths females.

Objectives:
1. To find out the major risk factor of CVS diseases among patient admitted in KTH
2. To compare the prevalence of CVS diseases on gender basis
3. To find out impact of socioeconomic status on CVS diseases
4. To compare the disease prevalence with specific age

Method:
It was cross sectional study, random 145 questionnaire were filled by those patients who were diagnose with CVS diseases. Study was held in medical and surgical wards of KTH .Duration of study was from Jan 2017. Data collected by filling preformed questionnaire.Data was analyzed through SPSS

Results:
Our study sample contains 65(45%) males and 80(55%) females having 76% urban and 24 % rural areas. The average age of CVS disease diagnose (males51.7 years ,females54.6 years) . Patient with chronic disease 110/145 patients are hypertensive from average 1.67 years . Among 145 23(15%)females, 54(37%)males are diabetic In 65 male 30(46%) males are smoker. Only 30 peoples do their regular exercise of 30 minutes .65% of our sample are using ghee in cooking. 78% patients have family history of CVS disease.Among 145 patients Socioeconomic status of 37 was excellent 50 were good, 34 were satisfactory and 26 were below poverty line.

CONCLUSION:
From study we have concluded CVS diseases are seen more early age in male than in female bu family history hypertension diabetes

THE STATUS OF AWARENESS REGARDING THE CAUSE AND TREATMENT OF DIABETES IN RAWALPINDI.

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Islamic International Medical College Rawalpindi.

Introduction
Diabetes is a multi-factorial disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.

Objectives
This study was carried out to check the level of awareness in people of Rawalpindi regarding causes of diabetes, its treatment and control.

Methods
This study was headed under the Scientific Society of International Islamic Medical College A cross-sectional survey based upon a 14- item interviewer administered questionnaire was conducted amongst the general public of Rawalpindi making sure that all questions were well understood by the subjects. Sample size was 200 and response rate was 150.Data was analyzed and percentages calculated using SPSS.

Results
A great score of people showed good understanding regarding diabetes. 95.3% people said that exercises are important in controlling diabetes. 61.1% people knew that diabetes is of 2 kinds. 83.2%people admitted the fact that medications, exercising and proper diet can increase the life expectancy of a diabetic.63.8% people correctly suggested that honey can be utilized as a sugar substitute. However, 55.7% people had this misconception that bitter foods aid in keeping BGL controlled and are a remedy to the disease and 23.5% people said that diabetics can donate blood

Conclusion
Overall response was appreciably good with a majority being well aware about diabetes. However, a noticeable population had mythical approach towards the issue which can be overcome by rigorous campaigning about diabetes amongst the general public which should elucidate the facts and misconceptions about diabetes so that people can deal with their disease

TO ASSESS THE MENTAL HEALTH CONCERNS OF THE PATIENTS ADMITTED WITH A HISTORY OF LONGSTANDING CHRONIC DISEASES AT TERTIARY CARE HOSPITALS OF PAKISTAN

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Fatima Memorial College of Medicine and Dentistry, Lahore

Introduction:
Patients suffering from chronic diseases agonize from clinical and social implications and also have paramount psychological effects

Method:
It was a cross-section study carried out at four Tertiary Care Hospitals of Lahore from February 2016 to April 2016. A total of 419 patients attending the outpatient wards with more than 6 months duration of illness were selected. Data was collected in groups of students who were trained to conduct a quantitative cross sectional survey and the study tool was pilot tested before interview administered questionnaires were administered. The data collected was entered in SPSS version 17.0. Beck's Depression Inventory was applied to assess the anxiety and depression of the participants.

Result:
The most prevalent chronic diseases which were reported by 40.9% of the total participants were metabolic disorders and cardiovascular diseases out of which 19.8% had diabetes and 14.3% were hypertensive. A significant proportion of the patients (34.4%) who were part of the research conducted, strongly disagreed to the fact that medications affect the patient more than illness, while only 6% strongly agreed to this. Regarding support from friends and family 224 (53.4%) patients were getting emotional support while 221 (53.8%) were getting help and advice from them.

Conclusion:
As depicted by our results most study participants were suffering from psychological disorders due to long-lasting chronic disorders. Most commonly they were suffering from depression and anxiety. Most common disorders reported were the cardiovascular disorders. Many patients have disturbed sleep cycle, were irritated easily and had developed the suicidal tendencies

MOTHER CHILD HEALTH & OBSGYN

ANEMIA IN PREGNANT FEMALES
A CROSS SECTIONAL STUDY ON PREVALENCE OF ANEMIA AND ASSOCIATED FACTORS AMONG PREGNANT FEMALES VISITING TERTIARY CARE HOSPITAL OF PESHAWAR

KANZA JAVED FAROOQI, Faryal Kifayat, Maryum Jehangir, Maryum Sohail and Salma Rashid

Peshawar Medical College

Introduction:

Anemia is one of the most common nutritional deficiency diseases observed globally which affects more than a quarter of the world's population with 56 million pregnant women.

Objectives:

To determine the frequency of anemia and associated causes in pregnant females

Method:

A cross sectional study was conducted with 120 pregnant females through convenient sampling in Kuwait Teaching Hospital, Peshawar from 1 st January, 2017 to 15 February, 2017. Pregnant women of all trimesters visiting gynecology OPD were included. A validated questionnaire was used for data collection. Ethical considerations were duly taken care of. Data entered and analyzed in SPSS- Version-22.

Results:

Total 110 participants (91.6%) were included in the study with 8.3% (n= 10) non response rate. 49.1% of the participants were unable to read or write. Pregnant females in the age group 20- 25 years were 49.1% while age at marriage was 50.1% in > 19 years age group. Age at first pregnancy was 17- 20 years (49.1%). Mild anemia was recorded in 44.5%, moderate among 20.9% and severe found in only 3.6% pregnant females with 76.4% women having iron deficiency anemia. Age was found to be significant with hemoglobin levels (p value as .058) whereas association of other factors with anemia was found to be non significant.

Conclusion:

The study concluded that pregnant women are at high risk of anemia.

Key Words:

Assessment Of OBGYN Related Surgical Informed Consent Practices Among Five Tertiary Care Hospitals Of Peshawar District

Zainab Yousufi, Lyaba Atta, Fatima Batool, Hira Tariq, Fizza Ashfaq, Ayisha Jamil, Rahat Ghafoor, Sadiya Gul, Alliysha Sajjad, Alia Khan.
Peshawar Medical College

Introduction
Informed consent is a vital element of modern day surgical practice. Proper documentation and counseling of patients are important in any standardized informed consent procedure. Despite its significance, to the best of our knowledge, there has been no formal published research documenting informed consent practices in OBGYN related surgical procedures in Peshawar.

Objectives
To determine and compare informed consent practices among five tertiary care hospitals of Peshawar.

Methods
This is a descriptive cross-sectional study conducted in OBGYN departments of five tertiary care hospitals of Peshawar district. Data was collected from post-op patients using a pre-tested structured tablet-based questionnaire administered by trained data collectors (between October 2016-January 2017). All patients fulfilling inclusion criteria were included in study. Descriptive and inferential statistics were computed using SPSS computer program.

Results
Out of 176 surveyed patients, for 65.9% of patients the attendants signed the consent forms. About one fourth of patients neither signed consent forms themselves nor their attendants signed them. Median time taken by informed consent process was 5 min and 1 min in private and public hospitals respectively. About half (47%) of patients wanted more information in their informed consent procedures.

Conclusions
This study highlights multiple gaps in surgical informed consent process at OBGYN departments of major hospitals.

AWARENESS AMONG COLLEGE GIRLS REGARDING BREAST CANCER

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Introduction:
Breast cancer is the second most frequently occurring malignant tumor. It's a progressive disease hence gradually developing into more fatal form from very small lesion. BSE, CBE and mammography are the screening methods to detect the disease at early stages. Awareness about risk factors, symptoms and screening methods reduces the mortality and morbidity.

Objectives:
To assess the level of awareness, knowledge and screening practices among young college girls with regard to breast cancer.

Method:
A cross-sectional study with non-probability convenient sampling was carried out in 4 colleges of Lahore. Data was collected anonymously on self-administrated questionnaire regarding awareness, knowledge and screening practices about breast self-examination (BSE), clinical Breast examination(CBE) and mammography.

Result:
A total of 400 girls participated in our study.(34%) had heard of BSE, (30%) of CBE and (29.5%) of mammography. Only (21.8%) had ever performed BSE and 14% had ever received CBE. On enquiring the reasons for not performing BSE 29% did not know how to do and 14.3% indicated embarrassment as the cause of not performing CBE. Regarding the of source of information internet was identified as the most popular one (64.8%) followed by breast cancer campaigns (58.5%). There is much lack of information about mammography but participants were aware of the age (35-40) to start this screening procedure. Participants had inadequate knowledge about its presentations and risk factors.

Conclusion:
Our studies revealed lack of awareness and knowledge with regard to breast cancer and it screening methods. There is utmost need to enhance the awareness through different channels and encouraging the performance of BSE, CBE and mammography among females from very

AWARENESS OF BREAST CANCER AMONG COLLEGE GIRLS OF PESHAWAR.

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Peshawar Medical College

Introduction:
It is estimated that one in every nine Pakistani woman is likely to suffer from breast cancer which is the highest incidence rate in Asia.

Objective:
To find out the knowledge, attitude and practices of college girls of Peshawar regarding breast cancer.

Method:
The cross-sectional, questionnaire-based, descriptive study was conducted in the colleges of Peshawar. The answers of 700 college girls were then scored with regard to their knowledge. Frequencies and percentages were computed through SPSS 17.

Resutls:
Among 700 college girls 82.8% knew about breast cancer.18.2% thought early menarche to be a risk factor; 40% thought early menopause to be a risk factor. 33.7% think breastfeeding is a cause for breast cancer. 14.5% think nulliparity to be a cause. 28% think obesity to be a cause. 50.2% think Contraceptive pills to be a cause. 25.4% have a family history of breast cancer.91.8% think they have a higher chance of developing cancer. 76.5% know breast cancer is the leading cause of death in Pakistan. 65.4% know all lumps are not cancer. 23.1% did breast self-examination once. 24.2% know how to diagnose breast cancer. 21% think mastectomy is the best treatment. 42% think greatest fear is of dying. 74.5% have an access to medical facilities. 60.5% of the sample will inform their mother or sister if see a lump.

Conclusion:
There were significant deficiencies in knowledge, attitudes and practices on breast cancer. There is a need for awareness programs aimed for this target group.

Keywords:

EFFECT OF MATERNAL LITERACY ON BREAST FEEDING PRACTICES

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Wah Medical College, Wah Cantt

Introduction:
WHO recommends an exclusive breastfeeding of 6 months for appropriate development. It is beneficial for mother and infant both.

Objectives:
Frequency of breastfeeding among the mothers coming to POF hospital Wah Cantt.
The association of literacy status of mother ,occupation and number of children with breastfeeding.
Effect of maternal literacy on Prelacteal feed, Initiation of breast feeding, Duration of breastfeeding & Use of formula milk.

Methods:
A cross-sectional study based on convenient sampling with a sample size of 334 mothers was conducted at POF hospital Wahcantt from Jan 2016-june2016 . Data was collected through structured Questionnaire and was analyzed by SPSS version 19. Effect of literacy on breast feeding practices was analyzed by applying chi square tests taking the predetermined alpha value at 0.05.

Result:
Results Out of 334 mothers 88.3% breast fed their child.No statistical association of literacy status occupation and no of children with breast feeding was found. Difference between maternal literacy and use of formula milk was statistically significant which showed more use of formula milk by the literate mothers than the illiterate mothers , while difference for early initiation duration of continuation and use of Prelacteal feed was statistically insignificant.

Conclusion:
Frequency of breast feeding was good. No statistical association of breast feeding with maternal literacy, occupation and no of children was found but there was a statistical difference among

EXCLUSIVE BREASTFEEDING

ATIF MEHMOOD, Bushra Aslam, Kinza, Rija
Bhitai Dental And Medical College, Mirpurkhas

Inroduction

Breastfeeding is promoted internationally as preferred method of feeding for infants. Considerable advances have occurred in recent years in scientific knowledge of the benefits of breastfeeding, the mechanisms underlying these benefits, and in the clinical management of breastfeeding. The benefits of breastfeeding for the infant, the mother, and the community are summarized, and recommendations to guide and assisting mothers in the initiation and maintenance of breastfeeding for healthy term infants and high-risk infants are presented.

Objective

To determine the knowledge, practice and attitude of mother about exclusive breastfeeding and its effect on infant, mother and family.

Method

Using a concurrent mixed method approach, a series of cross sectional survey a structured questionnaire was administered to 142 breastfeeding mothers. In-depth interviews were also held with breastfeeding mothers.

Result

Breastfeeding was perceived as essential to baby's health. It strengthens the physical and spiritual bond between mothers and their children. Exclusive breastfeeding was considered essential but demanding. Only a small proportion of nursing mothers practiced exclusive breastfeeding. The survey showed the major constraints to exclusive breastfeeding to be: illiteracy; insufficient milk; maternal health problems; and the need to return to work.

Conclusion

Breastfeeding mothers face multiple challenges as they strive to practice exclusive breastfeeding. The majority of mothers knew about EBF and had a positive attitude towards EBF but did not know the recommended duration or that EBF is sufficient for six months.

Key Word

Exclusive breast feeding,Knowledge,Practice,Attitude

FREQUENCY OF PNEUMONIA AMONG BREASTFED AND NON BREAST FED CHILDREN

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Memoona Ali, Saadia Hassan, Ambreen Zaman.
Peshawar Medical College

Introduction:

It is alarming that Pakistan is among top five countries which accounts for 99% of childhood pneumonia cases. Pneumonia is more common in Pakistani children since there is lack of exclusive breastfeeding and frequent use of unhygienic bottles, formula milk and teats.

Objectives:

To compare the frequency of pneumonia by age and sex among:
a. Breast fed versus non breastfed, and
b. Vaccinated versus unvaccinated children

Method:

Retrospective study of admission records from Jan 2014 till Dec 2016 was undertaken at Kuwait Teaching Hospital for frequency of pneumonia among children under 5 years regarding their age, gender, feeding patterns and immunization status. Data was analysed using MS-Excel. Ethical guidelines were followed.

Results:

A total of 382 pneumonia cases were identified from 3812 admissions. Among which 69 cases from 1106 admissions (6.2%) in 2014, 112 from 1307 (8.6%) admissions in 2015 while 199 cases from 1399 admissions (14.22%) were recorded in 2016. (Figure-1)
Approximately 60% of the cases were in 0-12 month,31% in 12-36 months and 9% in 36-59 months. Total of 241 (63%) were males, 279 (73%)were breastfed while 305(80%) were immunized. (Figure-2)

Conclusion:

Pneumonia cases are on the rise. Children 0-12 months suffer the most from Pneumonia. While males are admitted more than female children.

Key words:

FREQUENCY OF ANEMIA IN PREGNANT WOMEN PRESENTING TO PAKISTAN RAILWAY HOSPITAL, RWP

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Islamic International Medical College, Rawalpindi

Introduction:

Anemia(decreased oxygen carrying capacity of blood) is a very common problem in pregnancy in Pakistan,which leads to both maternal and fetal complications. Hemoglobin <11 g/dL is considered for diagnosis of anemia in pregnancy.

Objective:

To study frequency of anemia and its related risk factors in pregnant women presenting to Pakistan Railway Hospital, RWP.

Methods:

Descriptive study was carried out in antenatal OPD ofPakistan Railway Hospital,RWP during Jan,2017 to Feb,2017.100% women attending antenatal OPD at RWP,irrespective of age, socioeconomic and educational status were included.After taking consent,a predesigned performa was filled in and hemoglobin levels were checked.Subjects were categorized into mild(10-10.9 g/dL),moderate(8-9.9 g/dL) and severe(<8 g/dL) anemia. All data was collected, compiled and analyzed.

Results:

100 % women were studied.Mean age of the pregnant women was 25 ± 5 years. Among these women, 38% were anemic and out of these 19% had mild, 17% had moderate and 2% had severe anemia.17% were in 1st,43% were in 2nd and 40% were in 3rd trimesters respectively.Anemia was observed in 11.7% in 1st, 32.5% in 2nd and 55% in third trimesters respectively.45% had a poor socioeconomic status and among these 42% had anemia.36% were not taking iron supplements and among these, 33% had anemia.

Conclusion:

The results showed low frequency of anemia in the targeted population.Anemia was related with poor socioeconomic status,dietary habits and iron supplements intake.

Keywords:

FREQUENCY OF RISK FACTORS IN PATIENTS SUFFERING FROM GESTATIONAL DIABETES

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AJ&K Medical College Muzaffarabad.

Introduction

Gestational Diabetes Mellitus (GDM) is defined as any degree of glucose intolerance with onset or 1st recognition during pregnancy.

Objectives:

To find out the frequency of possible risk factors in patients suffering from known gestational diabetes.

Methodology:

This descriptive study was conducted at dept of Obs & Gynae Lady Reading Hospital Peshawar from July 2013 to January 2014. A total of (80) pregnant patients, irrespective of their gestational age suffering from GDM were included in the study by convenient sampling.The descriptive was analyzed using microsoft excel and software SPSS.

Results:

According to prescribed performa, results were analyzed and revealed. First risk factor analyzed was patients's age with increased BMI (<25-40) as GDM was found among patients from age group b/w 25 yrs to 31 yrs is 29.03% and from 32 yrs to 38 yrs is 56.7% and among patients aging from 39 yrs-45 yrs is 75% .Previous known history of GDM was present in 38.70% of patients aging from 25 to 31 yrs, that of aging 32- 38 yrs had 56.75% and aging from 39-45 yrs was 83.33%. Previous known history of macrosomic babies was present in 38.70% patients with age ranging from 25 to 31 yrs.51.35% was present in patients having 32-38 yrs of age. Other risk factors were history of recurrent miscarriage and result was 45.16% in patients ranging from age of 25-31yrs, 54.05% in patients of 32-38 yrs of age and 58.33% in patients of 39-45 yrs Patients with history of still birth were 35.48%,32.43% and 41.66% in age groups of 25-31 yrs, 32-38 yrs and 39-45 yrs respectively. And at the end considering family history GDM was found in 48.38%, 51.35% and 75% of patients having age groups of 25-31 yrs, 32-38 yrs and 39-45yrs respectively

conclusion:

On the basis of my research and other information gathered via different methods we came to know that GDM is a serious issue to pay attention. GDM could be fetal for mother as well as her baby.

Keywords

KNOWLEDGE OF CERVICAL CANCER AMONG THE NURSES OF POF HOSPITAL WAH CANTT.

ZUNAIRA, Maria Younas, Swaiza Perwaiz, Kanza Mubbashar, Hina Mukhtar, Qurat ul Ain, Sadaf Saleem, Jalil Aftab, Syed Faraz Ahmed, Muhammed Danish,Usman Qazi,Faisal Saeed,Zia ur Rehman

Wah Medical College, Wah Cantt.

Introduction:
According to WHO Cervical cancer is the commonest genital tract malignancy in the females, it accounts, for 8.5% of deaths annually. Cervical cancer is caused by human papilloma virus (HPV) infection, genetic predisposition, certain food, multiple sexual partners and bacterial infections. HPV has more than 35 types out of which 20 cause cervical cancer

Objectives :
To determine the knowledge of cervical cancer among nurses of POF hospital

Methods:
Cross sectional interview based survey .PLACE AND DISTRIBUTIOIN: POF hospital Wah cantt , Duration is 6 months SAMPLE SIZE : 159 , all registered female nurses of POF hospital Convenient sampling .All the registered female nurses of POF Hospital were included , paramedics and male nurses and student nurses were excluded . Data was collected through questionnaire interviewed by students

Results :
Out of 159 sample, 77.99% have heard about cervical cancer and 22.01% never heard about it ,79.25% answered that cervical cancer can be diagnosed by Pap smear and 20.75% said that cervical cancer can be diagnosed by blood test 89.94% have not done their screening for cervical cancer and only 10.06% nurses have their screening done.

Conclusion:
The knowledge of cervical cancer among the registered female nurses of POF Hospital is good , but due to our small sample size we cannot generalize , but as our setup was very small , our nurses need to be educated more about cervical cancer.

Keywords:

PERCEPTION OF PEOPLE OF URBAN AND RURAL AREAS OF PESHAWAR REGARDING POLIO VACCINATION

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Introduction:
Poliomyelitis, often called polio or infantile paralysis, is an infectious disease caused by the poliovirus. Polio eradication program was started in 90"s, but sadly we have failed to eradicate the issue.

Objectives:
1- To check the perception of people of urban and rural areas of Peshawar regarding polio vaccination
2- To check the efficiency of government in providing education to people regarding the issue

Methods:
We did a CAP survey in different areas of Peshawar i.e. Hayatabad, areas of University town, Bara road area, some places in Tehkal, KHT and Fauji foundation. We interviewed 66 people who filled the questioner too.

Results:
From our survey, we concluded that amongst people of urban areas 17 people out of 33 gave vaccinations to their children regularly without any queries. Whereas 10 people gave the vaccinations but had ethical issues, 4 people said that polio vaccination doesn't have any effect instead it causes infertility, and two people didn't even know about polio vaccination. In rural areas there was no concept of polio vaccination barely 4 or 5 people knew about it and said that it causes infertility and other female diseases.

Conclusion:
From this we concluded that many people still don't have a concept of polio vaccination. Their perception goes totally against the facts. Proper education should be provided to bring awareness in the masses.

Key words:

PERINATAL CARE ASSESSMENT OF TWO TERTIARY CARE HOSPITALS OF PESHAWAR DISTRICT USING WHO PERINATAL ASSESMENT TOOL

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Peshawar Medical College

Introduction:
Perinatal is the period immediately before and after birth. The perinatal period is defined in diverse ways. Depending on the definition, it starts at the 20th to 28th week of gestation and ends 1 to 4 weeks after birth The World Health Organization (WHO) has developed several strategies and specific tools for helping countries to improve the quality of health care for mothers and newborn babies.

Objectives:
1. Comparison of Perinatal care assessment of two tertiary care Hospitals.
2. To develop recommendations in the light of those assessments and share with corresponding authorities.

Methodology:
That was a cross sectional survey that took place in two tertiary care Hospitals.
1. KTH (Kuwait Teaching Hospital)
2. MTH (Mercy Teaching Hospital)
Data is collected using WHO assessment tool check list.
Time frame of study was from October 2016 to February 2017.

Results:
1. Both of The Hospitals are able to deal with every type of Obstetric case and are providing good
2. The main weaknesses which were identified are:
• There is inadequacy of equipments and their proper sterilization in the Emergency Obstetric care department.
• There is lack of some of the Emergency drugs.
• There is no NICU (Neonatal intensive care unit)in one of the two Hospitals.
• The supportive care, counseling and follow up plans are also not according to the assessment tool.

Conclusions:
These tertiary care hospitals are good in providing facilities but these should be assessed according to this tool

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POSTPARTUM COMPLICATIONS IN A TERTIARY CARE HOSPITAL IN PESHAWAR

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Peshawar Medical College

Introduction
Postpartum is the period that begins immediately after the birth of a child and extending for about 42 days .In postpartum period the mother is exposed to many physical and emotional complications.

Objectives
1. Determine the different types of post partum complications.
2. Determine the most frequent post partum complications.
3. Determine the frequency of different post partum complications according to age of mother.

Method
Retrospective cross sectional study on secondary data collected from archive of Gynae unit at a tertiary care hospital in Peshawar. Data analysis was performed using MS Excel 2007.

Results
Total number of admitted women to Gynae unit was 12,358 through 2016. Total obstetric patients were 9,835 i.e. 79.58%.
545 women (5.54%) suffered from major complications. Rest of the 94.42% obstetrics patients weren't diagnosed with any major complication in immediate post natal period.
Postpartum Hemorrhage: 391 (3.97%). Renal failure: 5 (0.05%), Disseminated Intravascular Coagulation (DIC): 2 (0.02%), Jaundice: 4 (0.04%), Eclampsia fits: 142 (1.44%), Postpartum cardiomyopathy: 2 (0.02%), Septicemia: 2 (0.02%).
Frequency of postpartum complications according to age of women: <20 year=10%; 21-30 year=51%; 31-40 year=39%.

Conclusion
Most frequent postpartum complications among our study population were postpartum hemorrhage and Eclampsia fits.
In our study most affected women by postpartum complications were in the age range of 21-30 year due to large proportion of this group.
Larger, longitudinal studies are required to better elucidate these results.

Keywords

PUBLIC AWARENESS REGARDING IMMUNIZATION IN RAWALPINDI AND ISLAMABAD

TALHA KHAN, , Hassan Jalil, Hamza Arbaz, Hamza Sher,Maria Younas,Maryam Amin, Namra Tariq

Islamic International Medical College Rawalpindi.

Introduction

Immunization protects people from diseases by introducing a vaccine into the body that triggers an immune response.

Objectives

The study was conducted to check the awareness status about immunization and related misconceptions among public of twin cities

Methodology

A direct study was conducted under the leadership of Scientific Society of IIMC. The questionnaire consisted of 15 items and it was assured that each question was properly understood by the audience. General public of twin cities was mainly targeted. Fortunately, response rate was equal to the sample size of 200. The data was recorded, collected and analyzed.

Data Analysis Plan:

Data was analyzed for each item using SPSS software

Results

Outcomes were quite satisfactory as a considerable number of people were well aware about the immunization and its importance. 88.7% people even favored immunization for those diseases which have a low occurrence rate. 75.7% people declared vaccines as non-fatal however,21.7% believed that it can be life threatening as well. 68.4% people correctly stated that there is no vaccine for cancer and same percentage of people declared vaccination as safe for the fetal tissue. 81.1% said that immunizations do not cause infertility in any way. Nevertheless, small percentages of people had mythical approach towards the issue which showed lack of awareness in a minority.

Conclusion

The study revealed much positivity in society regarding immunization however a noticeable minority had some major misconceptions about the issue which need to get promptly addressed by the awareness campaigns and more educational programs should be carried out to eradicate all wrong ideas about immunization.

Keywords:

VACCINATION STATUS AND ITS DETERMINANTS

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Introduction:

Immunization and its determinants are an effective indicators to determine the results on health outcomes and services.

Objective:

To identify the different determinants affecting the vaccination status of children of female of child bearing age.

Methodology:

This was a cross sectional study. 400 female of child bearing age were interviewed from the OPD of FMH and Nishat colony in Lahore through a structured questionnaire between February and August 2016.All the recommended ethical clearances both at institutional as well as individual levels were dually taken.

Results:

25.5% of females from FMH Paediatric OPD had an education up to graduation. Majority of children were fully vaccinated at both settings. The education status of participant and the spouse, income of the family, place of birth ,type of family, distance of health facility from home, visit of mobile vaccination teams, role of immunization centers and media was found to be significantly associated vaccination status (p<0.05) at Nishat colony (p<0.05) at FMH OPD.

Conclusion:

Vaccination coverage of children is dependent mother and spouse education which has led to decreases in the gender biasness and choice of delivery at hospital. Family support, media and mobile teams are playing a major role in this regard.

Key Words:

Immunization, paeds

PUBLIC HEALTH

ADVERSE EFFECTS OF EXCESSIVE USE OF MOBILE PHONES ON YOUNG ADULTS AGE 18 TO 24

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Peshawar Medical College

Introduction:

Mobile is a telephone with access to a cellular radio system .Mobiles are an essential part of business and communication but their excessive use may lead to health and psychological problems.The potential health risks apply particularly to young people ,the most intensive mobile phone users. Mobiles also have affected hearing ,vision, memory ,sleep and also the social and personal character of the person.

Objectives:

1.To find out the adverse effects of the mobile phone in youth.
2.To find out the social and academical consequences of an individual by excessive use of mobile phones.

Method:

Cross-sectional study was designed to find out the the mobile phone exposure among the young adults between age group of 18-24 years.A self administered questionnaire was used including the demographics and adverse effects of mobile on health,social and academical life.

Results:

Out of 182 ,96.7% students use smart phones while 4.39% donot.30.21% suffers from headache,31.86% feel unsleepliness,21.97% feel tiredness and 17.03% feel pain in eyes. Mobiles have limited the family time of 62.08% while 37.9% are not. It has affected studies of 89.56% of youth and 10.43% have not. Its absence psychologically affects 82.41% while 17.58% are not .

Conclusion:

It is concluded that society and the health professionals should intensify the health education activities regarding the use of mobile phones. Mobile phones are excessively being used b/w age of 18-24 years. The impact of mobile phones on psychology and health should be discussed among the students and their parents to prevent the harmful effects of mobile phone use.

Keywords:

ASSESSMENT OF CONTAMINATION OF WATER IN PUBLIC AND PRIVATE SECTOR HOSPITALS OF KARACHI

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Introduction:

Water contamination is a situation in which hazardous materials pollute a source of water.

Objective:

To assess quality of portable water, identify the microbial organisms & determine the levels of heavy metals in water samples in the selected private and public hospitals of Karachi.

Methods:

A cross-sectional study was conducted in thirty two public & private hospitals of Karachi from May to August, 2016. Ninety six water samples were collected from three different hospitals setting i.e. out patients department (OPD), operation theatre and wards. This study was approved by ethical review committee of the Hamdard College of Medicine & Dentistry (HCMD), Hamdard University. Pre-tested proforma was used for the collection of data. Data was analyzed by statistical software SPSS version 22.

Results:

Parameters turbidity, TDS (total dissolved solids), Fluoride & Microbial identification for Klebsiella pneumonia, Pseudomonas aeruginosa & Faecal coliform were included in this study. Turbidity, TDS &Fluoride were high in water samples of public hospitals as compared to private hospitals. Generally heavy growth of Klebsiella pneumonia &, Pseudomonas aeruginosa were found water in samples of public hospitals as compared to private hospitals while growth of Faecal coliform was found equal in water samples of both hospitals. Significant level of Arsenic and Lead were found in any of the water samples.

Conclusions: The present study was indicate water pollution & there is a clear evidence of the presence of pathogenic organisms in the water samples of public and private sector hospitals of Karachi. Heavy metals (Arsenic and Lead) were not found in water samples.

Key words:

AWARENESS OF BASIC LIFE SUPPORT AMONG UNDERGRADUATE MEDICAL STUDENTS OF RAWALPINDI AND ISLAMABAD.

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Introduction:

Sudden cardiac and respiratory arrests are most common emergencies with grave consequences.It can be easily prevented by some simple maneuvers and resuscitation skills.Overtime these resuscitation skills have evolved into a proper life saving protocol,which involves;cardiopulmonary resuscitation (CPR) commonly known as Basic Life Support (BLS).However,BLS also includes different procedures other than CPR as well but these two are used alongside.

Objectives:

To determine knowledge and practices of Basic Life support in undergraduate medical students of Rawalpindi & Islamabad.

Methods:

A cross sectional study was conducted by using structured closed ended questionnaire. Total 548 medical students of different medical colleges were selected through simple random sampling technique.The data was analyzed using SPSS version 22.

Results:

Most of the students were having basic theoretical knowledge of Basic Life Support and its terminologies.Majority of students(68%) knew about the abbreviations,purpose and importance of maneuver.On contrary,32% of students responded correctly to the questions about skill performance.Majority of students(81%) had not attended BLS workshop(73.9%).Level of knowledge was almost same in both private and public sector students (p-value=0.003) and increased with the upgrading classes (p-value=0.000).

Conclusion:

Most of the medical students although had some knowledge about BLS but were unaware about the practical skills needed to perform BLS.Inclusion of Basic life support course in undergraduate curriculum will increase awareness and application of this valuable lifesaving maneuver.

Key Words:

AWARENESS OF BLS PROTOCOLS IN TRAFFIC POLICE OF TWIN CITIES OF PAKISTAN.

HAFIZ ZAYN ZAFAR, Adnan Amjad Malik, Muhammad Mubashar Iqbal, Moniba Zafar and Noureen

Islamic International Medical College, Rawalpindi

Introduction
Basic Life Support (BLS) is a level of medical care used for victims of life threatening injuries until proper care is provided at a hospital. It is important that every person in community should know about BLS especially those who see emergency situations almost every day like doctors and traffic police officers

Objectives
To find out the awareness of BLS and its application in traffic police of twin cities.

Method:
The study was headed by Scientific Society of IIMC in 2017. A cross-sectional 15 item questionnaire based survey was conducted in Rawalpindi and Islamabad targeting the traffic police. Sample size was 100. Making sure that each question is well understood when answered; all data was recorded, collected and analysis was done using SPSS 21.

Results
A great majority in traffic police 72% had neither heard of BLS nor been trained. Only 32% told correctly about checking scene safety first and only 33% chose to activate emergency response after confirming unresponsive victim. 14% of the employees who had been trained knew what CPR stands for; while nobody 0% knew about chest compressions recommended per minute.

Conclusion
The study revealed shocking results as majority of traffic police didn't know about BLS. We suggest that traffic police employees should be given BLS training and exams should be taken to assess knowledge of BLS in order to save lives and improve community health.

Key Words
BLS, injuries.

AWARENESS OF DIABETIC RETINOPATHY AMONG KNOWN DIABETICS

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Introduction
In Pakistan, diabetic retinopathy is growing with rise in diabetes mainly due to poor metabolic control. Due to lack of education and medical infrastructure, patients do not know about the harms of diabetes and are also not screened in hospitals thus more people are suffering from diabetes and diabetic retinopathies

Objectives
1. To determine the frequency of awareness regarding diabetic retinopathy among diabetics.
2. To determine the frequency of gender and age wise distribution of diabetes.
3. To determine the frequency of awareness in diabetics about diabetic complications.

Methods
Interviewed based cross-sectional study conducted in HMC, Peshawar.

Results
In a sample size of 100, 95 patients were interviewed whereas 5 patients refused to participate. 38 (40%) patients were males and 57 (60%) were females. 5 (5%) were below 30 years of age,24 (25%) were between 30-50 and 66 (70%) were above the age of 50 years. Among these patients 60 (63%) were aware of complications caused by diabetes and 35 (37%) were unaware of them, out of these 60 patients, 48 (80%) knew that diabetes can cause retinopathy. 37 (39%) of the patients were aware that eye check-up is mandatory in diabetes while 58 (61%) were unaware.

Conclusions
Majority of the patients knew that diabetes can lead to retinopathy and other complications. A few patients knew that eye check-up is important if a person is suffering from diabetes.

Keywords

AWARENESS REGARDING WORLD HEALTH ORGANIZATION'S (WHO) NINE PATIENT SAFETY SOLUTIONS

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Peshawar Medical College

Introduction:
Patient safety events have become one of the leading causes of mortality and morbidity worldwide. It is important to be aware of the nine World Health Organization's Patient Safety solutions (WHO-PSS) to avoid patient safety events.

Objectives:
To find out the level of awareness of practicing doctors regarding nine patient safety solutions recommended by WHO.

Methods:
This cross-sectional study was conducted in one public and two private sector hospitals. The participants of the study filled a semi-structured questionnaire for evaluating the level of awareness regarding nine WHO-PSS. Three strategies that are not among the WHO recommended solutions, were also enlisted to evaluate how correctly could the respondents identify the WHO-PSS.

Results:
A total of 41 consultants participated in the study including 33 males. Twenty-four (58.5%) were from private sector. Majority of the consultants (n=28 [68.3%]) had never heard of the WHO-PSS. Only 7 (17.1%) of these could name the PS solutions. When asked to rate their awareness level, majority of the consultants (n=31[75.6%]) perceived to be fully aware of only the "Performance of correct procedure at correct body site" and "Improved hand hygiene to prevent health care associated infections". Use of high tech devices for patient monitoring, proper waste disposal and use of computerized patient records were also marked by majority (n=40[97.56%]) of the consultants as WHO-PSS.

Conclusion:
Majority of the consultants were not aware of the nine WHO-PSS. Those who claimed to be aware of these strategies did not have a clear idea of these solutions.

Key Words:

COMPARISON OF GENERAL HEALTH INDICATORS AMONG CHILDREN AMONG 7-12 YEARS OF AGE FROM REMOTE RURAL AND URBAN AREAS OF KPK

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Peshawar Medical College

Introduction
Remote areas have always been neglected and need to be investigated.

Objective
A comparison between the health of children of Patrak and Peshawar reflects the effect of urbanization on health. It also reflects the effect of climate as the Patrak is on high altitude and has factors affecting the health of its inhabitants, moreover the remote area (Patrak) was also deprived of better healthcare facility, on the other hand such facilities were available in the urban part.

Method
A cross-sectional comparative study was performed on children's health in the remote and urban districts. Children were examined by a group of medical personnel in both Peshawar and Patrak. 100 children were examined(GPE)in each school for JACKLET. The ages, weights and hygiene were also measured,

Result
We found that 44% of kids in Peshawar were healthy (had none of the signs of JACKLET) and 54% of kids in Patrak were healthy overall. Surprisingly, no kids in Patrak were jaundiced but on the other hand 12% of the kids in Peshawar were jaundiced. 12% of the children in Patrak were anaemic in contrast to 26% in Peshawar. Overall hygiene of children in Peshawar was better than that of Patrak.

Conclusion
Our results document a clear difference in health of children. Surprisingly, the children in the remote area were healthier overall.

Keywords:
Jaundice, Anemia, Edema

FREQUENCY OF HASISH IN UNIVERSITY HOSTEL(UOP)

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University Of Peshawer

Introduction:
A preparation of resin scraped from the flowering tops of the female hemp(Cannabis Sativa),smoked or chewed for its intoxicating effects.
Major effects of hashish are:

- Distortion
- Impaired learning
- Fluctuating emotions
- Fatigue
- Reduced coordination

Approximately 4% of the world adult use hashish and 1/3 of this is used in Asia. In India about 2.3million people are addicted to hashish. In Pakistan 6%(6.7million) people use hashish in which 22% of them are women. In KPK 10% peoples are drug user in which hashish is the most common drug.

Objectives:

- To know the frequency of hashish in university hostel
- To know the main reason of hashish in university hostel

Method:
This cross sectional study was investigated in 2017. A questionnaire was distributed among the student of hostel 1 and 2(Boys Hostel) and Tatara and Benazir hostel (Girls Hostel) of Peshawar University. From each hostel students were selected 2nrandomly.

Results:
1) Drug users 25%
2) Hashish abusers 7%
The most common existing factor of hashish smoking is STRESS and enjoyment.

Conclusion:
The frequency of usage of hashish is lower than expected. it is lower in male student and much

HYGIENE STATUS OF FOOD HANDLERS IN HOSTELS OF WAH MEDICAL COLLEGE, WAH CANTT.

ANEEQA ASLAM, Andleeb Tariq,Ayesha Jamil,Hamna Nasar,Rabia Irfan,Sidra Rehab,Azhar Iqbal,Bilal Javed,Hafiz Naeem Ali,Hamza Noman,Hannan Sajid,Mohammad Danyal Kiyani,Muhammad Ahsan Farooq,Muhammad Faizan Butt,Khadija Akhtar

Wah Medical College Wah Cantt.

Introduction:
Personal hygiene is a major determinant of food-borne illnesses .Improved personal hygiene not only resists infections but also decrease the frequency of disease. Food preparation and its serving come in the category of food handling.

Objective:
To determine the hygienic status of food handlers of WMC hostels.

Methods:
Cross Sectional Study. Study Setting: Wah medical college girls and boys hostel. Study subject: Food handlers of WMC. Sample size: 21 food handlers. Sampling technique: Purposive. Data collection procedure: With the informed consent of participants, questionnaires were filled by the students themselves. Question are comprised of three parts first part comprised of demographic data and second part was knowledge and practice of hygiene and third part compromised of GPE of food handlers to assess the hygienic status. Data was analyzed by using SPSS version 19. Frequencies and percentages were calculated for categorical variable.

Results:
In the data of 21 food handlers, mean of age is 38.48. While 15 (71.4%) are male while 6 (28.6%) are females. And, 8 (38.1%) are educated till matriculate level, while 2 (9.5%) are not educated.7 (33.3%) have formal education of food handling and 14 (66.7%) don't have.16 (76.2%) washed hands after handling raw fruits and vegetables while 5(23.8%) did not.14 (66.7%) have poor hygiene, while7 (33.3%) have good hygiene status.

Conclusion:
Overall hygiene status of food handlers of WMC is good despite that there is no formal education of food handlers. There is no link between food handler's education and their health status.

Key words:

IDENTIFYING RISK FACTORS FOR INFANT MORTALITY IN PAKISTAN

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Introduction:
Causes and risk factors leading to deaths of children below the age of one year in developing countries vary greatly. Infant mortality rates of Pakistan need to be further reduced to achieve goal number 3 of SDGs for the year 2030

Objective:
To determine causes and risk factors leading to infant mortality in rural/urban areas of Pakistan.

Methodology:
Verbal autopsy was conducted using cross-sectional study design.Total 61 participants were selected by purposive sampling technique.Questionnaire was filled by parents of the deceased infants in selected rural and urban areas.Data was analyzed using SPSS software.

Results:
This study revealed that majority of parents (67%) were uneducated and belonged to low socioeconomic class(48%).Most of the infant deaths (47%) occurred in post neonatal period. Majority of infant deaths(61%) occurred in rural areas were not reported than in urban areas (p-value =0.01). Most of the parents of rural areas (33%) were unaware of cause of their infant death (p-value = 0.002). Major causes of death in rural areas were pneumonia,tetanus,premature birth, respiratory arrest, diarrhea and birth complications.The foremost causes of infant death in urban areas were pneumonia and diarrhea (p value = 0.013).

Conclusion:
The current study concluded that the modifiable causes of infant mortality are pneumonia and diarrhea due to lack of awareness regarding vaccination,inaccessibility to healthcare and untrained health personnel.These issues need to be addressed to reduce infant mortality rate in future.

Key Words:
Verbal autopsy,Infant mortality,Pakistan

KNOWLEDGE OF COMPUTER VISION SYNDROME AMONG COMPUTER USERS OF AJK UNIVERSITY, MUZAFFARABAD.

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Azad Jammu Kashmir Medical College, Muzaffarabad.

Introduction:
Now a days , we are using computers in every field. Computers have made our life easier but they are affecting our health by damaging our vision. We can save our vision by appropriate preventive measures.

Objectives:
The objective of this study was to analyze knowledge and frequency of symptoms of computer vision syndrome among computer sciences students of ajk university muzaffarabad.

Method:
This study was conducted in ajk university from 20 to 26 feburary 2016.study was cross sectional and self administered pre tested questionnaire was used. sample size was 198 out of which 155 male and 43 female. Data was analyzed on spss.

Results:
The study shows that 45% population were aware of computer vision syndrome and 30% of them have knowledge of the CVS.82 % of respondents experienced at least one symptom of cvs.68.2%population revealed eyestrain during computer use while 63.1% population experienced headache during computer use.50% of population said they feel watery eyes during computer use. The study reaveled that 49% of population is using computer more than 6 hours a day. Study also shows that 15.7% population take the correct preventive measure to get relieve from cvs symptoms.

Conclusion:
The study concluded that 30% of knowledge level is too low and we have to take measures to educate the computer users about computer vision syndrome.

NUTRITIONAL ASSESSMENT OF HOSTELITE AND NON-HOSTELITE STUDENTS OF WMC

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Wah Medical college, Wah Cantt

Introduction:
Provision of proper nutrition to all the members of a society is a foremost need. It is necessary for growth and well being of the individuals. Good eating habit is an essential part of a healthy lifestyle. Studies showed positive association between parameters of health and academic performance\outcomes.

Objectives:
The objectives of the study were to assess the nutritional status and dietary pattern of Medical undergraduates and comparison of the health status of Hostilities and Day-Scholar Medical undergraduate students

Method:
A cross sectional study was conducted on 193 (59 male and 134 female) students of WMC, out of which 119 were hostilities and 74 were non-hostilities.

Results:
The mean weight, height and BMI ofhostilities students was 59.59 + 12.53 Kg, 165+ 8.59 cm, and non-hostilities 21.66 + 3.39 Kg/m2 r. Out of 193 students 130 (67.5%), 33 (17%), 28 (14.5%) and 2 (1%) were normal, underweight, overweight and obese respectively. Sixty four percent of hostelites and 73 % of non-hostelites were having normal nutritional status. Similarly the proportions of underweight, overweight and obese hostelites and non-hostelites were 16.80% vs 17.56%, 18.48% vs 8.10% and 0.84% vs 1.35% respectively.

Conclusion:
Our study revealed that majority of the students had normal nutritional status. The unhealthy dietary pattern comprising of high consumption of junk food, high frequency of visiting hotels and low fiber diet is also more common in hostilities. The hostelites falling prey more to Respiratory infections

Key Words:

PATIENT SAFETY ATTITUDE IN 2 PRIVATE TERTIARY CARE TEACHINGS HOSPITALS OF PESHAWAR FROM 15TH AUGUST 2016 TO 20TH DECEMBER 2016

MUHAMMAD HAMMAD KHAN, Syed Mohsin Ali Shah, Owais Ali, Syed Husnain, Hafiz Uzair, Suleman Afridi, Hasnan Ibrahim, Adil Nisar, Ronaq Khan, Salman
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Introduction:
Patient safety culture has a salient role in determining safety and quality in healthcare, and is pivotal in creating a safe environment. To develop a patient safety environment, it is imperative to assess the existing safety culture. To the best of our knowledge, there is no published study in Pakistan regarding assessment of patient safety culture using Safety Attitude Questionnaire (SAQ).

Objective:
To compare patient safety attitude of healthcare professionals in two tertiary care hospitals of Peshawar.

Methods:
This hospital based cross sectional study was conducted in two tertiary care hospitals of Peshawar from 15th August 2016 to 15 December 2016. A pretested Urdu version of SAQ was self-administered among all healthcare professionals involved in direct healthcare after taking verbal consents. Patient safety attitude was analyzed using 43 items ascribed under 7 factors of teamwork climate, safety climate, job satisfaction, stress recognition, perception of unit management, perception of ward management and working conditions. Descriptive and inferential statistics were computed using SPSS version 21.

Results:
The overall response rate was 78%. Out of total 209 healthcare professionals, 64.6% were males while 35.4% were female healthcare professionals. ¬¬59.8% of respondents were physicians while 40.2% were non-physicians. For both hospitals, the lowest score was for stress recognition (45.16%) while the highest score was for job satisfaction (84.32%). There was statistically significant difference between physicians (52.2%) and non-physicians (35.72%) for the stress recognition factor (two sample independent t-test p-value<0.05).

Conclusions:
This study documents important differences among 7 patient safety factors between the two hospitals and types of healthcare professionals.

Keywords:

PATIENT SATISFACTION

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Introduction:
Patient satisfaction is a measure of the extent to which a patient is content with the health care which they received from health care provider.

Objectives:
Patient satisfaction is an essential part of quality medical healthcare. It is not a new idea and has been around for a while now. The measurement of patient satisfaction in Peshawar now is essential as it can be compared with that measured before, this can be a test for the new reforms of the hospitals. The topic is of interest currently.

Methodology:
A cross-sectional study was conducted in the hospitals of Peshawar. A standard patient satisfaction questionnaire was applied on 100 patients in government hospitals of Peshawar. The satisfaction score was calculated and analyzed. The analysis included calculation of mean, median, mode and standard deviation of all scores. And a standard deviation curve was plotted.

Result:
The mean patient satisfaction score calculated was 27.3± 19.9 out of 73. The modal class was 46 and median was 29.5. As the scores are scattered around the mean, we can safely assume that there are both satisfied and unsatisfied patients in Peshawar.

Conclusion:
The study provides essential information as it is different from the previous results obtained in other patient satisfaction researches conducted in Peshawar

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PERCEPTION AND PRACTICE OF TAKING CAFFIENATED BEVERAGES BY MEDICAL STUDENTS OF WAH CANTT

MUQADASA MEHMOOD, Ahmed Naeem, Finza Altaf, Filza Irfan, Hafsa Akmal, Hafsa Maryum, Hassan Rafique, Hira Rasool, Maryum Yousuf, Tallisa Tallae, Tooba Amin, Usama Khalid
Wah Medical College. Wah Cantt

Introduction:
Caffeinated beverages are a group of highly caffeinated, sometimes carbonated beverages containing added ingredients advertised as increasing alertness. They contain caffeine ranging from 70mg to 80mg per 8oz serving .These beverages also contain other ingredients such as sugars, amino acids and herbs

Objectives:
The objectives of the study were
1)To determine frequency of use of caffeinated drinks
2) age and gender difference with the usage of caffeinated drinks (no results)
3) perceived benefits and adverse effects of consumption of caffeinated drinks among students of Wah Medical College.

METHOD:
Cross sectional study design

RESULTS:
The frequency of consumption of caffeinated beverages among students of Wah Medical College was 79%.The most frequent perceived benefit from consumption of caffeinated beverages was that it helped the students to stay awake longer(81.6%) and the most common perceived adverse effect was heart beat changes(43%).

CONCLUSION:
It is concluded that there is significant consumption of caffeinated beverages. Most of the students had no particular reason for consumption. Male consumers are more than female. The most frequent perceived benefit from consumption of caffeinated beverages was that it helped the students to stay awake longer and the most common perceived adverse effect was heart beat changes.

KEY WORDS:
Caffeinated beverages, Medical students, Perceived benefits, academic stress, Performance

PERCEPTIONS AND CONTRIBUTING FACTORS OF ENERGY DRINKS USAGE AMONG STUDENTS OF FATIMA MEMORIAL SYSTEM

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Fatima Memorial College Of Medicine And Dentistry, Lahore

Introduction:
Energy-drink consumption gain popularity since the 1997 debut of Red Bull (1). Beverage companies are reaping the financial rewards of the 5.7 billion dollar from energy drink industry(1). Energy-drinks targeted to the 18 to 35 year old consumer (12), there has been little research regarding energy drink consumption patterns among young adults in Pakistan.

Objectives:
Of this study is to determine the patterns perceptions of Medical and Para-Medical Students about consumption of energy drinks and and their perceived effects.

Method:
Cross sectional Descriptive study. Place and Duration of study: Department of community medicine FMS, Lahore, March 2016 to August 2016. Methodology: Proportionate number of respondents was chosen randomly, interviewed about their knowledge and perceptions regarding energy-drinks.

Result:
Out of 375 respondents, 29.8% were females and 70.2% were males; mean age (20.6 ± 1.97). Majority of the fathers were businessmen and had a good income. Day scholars were 63.33% and 36.67% were hostelites. Out of 89.7% having knowledge about energy drinks 43.8% are using them.Significant proportion didn't checked the ingredients (p=0.002). Knowledge of adverse effects didn't affect its consumption (p=0.066).There is a positive relation with boosting up the energy. Regardless of their user status (62.8%) (p=0.030) were not in the favor to ban it.

Conclusion:
In our study most of the medical students were aware of the energy drink hazards but still they are consuming it on regular basis. However, energy drink may provide a quick fix to temporary difficulties faced but prolonged and regular use may affect the health

Key words:

PREVALENCE OF NICOTINE ADDICTION AMONG ADULTS IN KARACHI.

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Introduction:
Nicotine, one of the main constituent of cigarette, has the ability to regulate mood and improve cognitive functioning, but Several studies state that Nicotine consumption in young adults has increased up to 26% since last 20 years that have increased the death rate from 150,000 deaths per year to 480,000 deaths per year and may increase up to 800,000 deaths per year till 2030 whereas some studies claim that smokers die 10 years earlier than non-smokers.

Objective:
This study aims to reveal the factors behind increase use of nicotine consumption in young adults (age 18 to 28 years), specifically in students (college and university groups) in Karachi. Highlights of the study are the consequences occurring due to cigarette smoking on health status.

Method:
It is a questionnaire based survey in different colleges and universities to evaluate the prevalence of increased cigarette smoking trend in young adults.

Results:
There are a number of factors contributing to our study but majorly friend circle, stress and social pressure are the primary reasons behind cigarette smoking in our targeted age group.

Conclusions:
The contributing factors (that are friends circle, stress and social pressure) may help us to suggest a better alternative to the addiction without any withdrawal symptoms that includes usage of nicotine gums, lozenges, patches and other sources of nicotine that reduces the chances of adverse effects of smoking.

Keywords:

REASONS OF INDULGING INTO HASHISH AND CIGARETTE SMOKING IN MEDICAL STUDENTS AND NOT REFRAINING FROM IT AFTER ITS ADDICTION

OWAIS MUDASSIR, Kamal Ahmad, Zayed Naseer Khattak Fayaz Khan, Zaid Alam, Athar Minullah, Abdullah, Amir Zeb

Peshawar Medical College

Introduction:

The adverse affects of cigeratte and hashish smoking are known to every sane and sound person of our society. Many Awareness programmes, seminars and educational teaching have been conducted on harmful affects of smoking. But few or none has been done on the root cause of this addiction

Objectives:

To sought the basic reason of starting and not giving up the cigarette and hashish smoking despite having education of its gruesome outcome and aspiration for refraining or restraining from this addiction

Method:

A cross sectional study has been conducted among medical students including male and female. Questionnaires were distributed to collect the data.

Results:

Results showed that 95% smokers got addicted due to some source of influence .Among them 70% started because of company of smoker friends,15% due to stress and anxiety,7% because of some elder smoker in family and 8% just to check the taste, feeling of smoking and for fashion purpose.

Conclusion:

The study concluded that reason for start of smoking is that the person don't know its affect on his behaviour, attitude and other aspects of personality as well as not considering it as hindrance for his image and acceptance in society. The reason for not refraining from it is not intellectual, but internal heartily/bodily desire for it.

Key Words:

SOCIAL SCIENCES

A COMPARATIVE ANALYSIS OF BEHAVIOUR CHANGES IN RELATION TO SEASON AMONG UNDERGRADUATE MEDICAL STUDENTS

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Peshawar Medical College

Introduction
Seasonal affective disorder (SAD) is a seasonal pattern of recurrent major depressive episodes commonly occurring in winters.

Objectives:
To determine frequency of behavioral changes among undergraduates medical students.To access the relationship of seasons with appetite energy level, sleep patterns and studies.To compare mode changes in males and females students.

Results:
Among 100 male students, (33%) had moderate change in sleep, (31%) had marked change in appetite while (28%) had marked changes in energy level. In contrast among 100 female students,(31%) had marked changes in sleep and (33%) had moderate changes in appetite while (32%) had marked change in energy level. In 100 male students, (23%) slept 8 hours in winters, (20%) slept 7 hours in spring, (19%) slept 8 hours in summers and (15%) slept 7 hours during fall. In 100 females, (34%) students slept 10 hours in winters, (21%) slept 9 hours in spring, (31%) slept 8 hours in summer and (23%) slept 9 hours in autumn. In 100 male students, the studies of (58%) students were effected with seasonal changes in which (22%) students had severe effect on studies while (42%) students had no effect. In 100 female students (70%) had effect on studies in which (24%) students had severe effects on studies and (30%)hadnoeffect.

Conclusion:
Behavior changes (sleep, appetite and energy level) were more in winters with Females as the more vulnerable group.It have its effect upon studies.

KeyWords:

A Comparative Study On Dietary Habits, Perceptions And Body Mass Index of Undergraduate Medical Students

AIMEN NIAZI , Maryam Ali Khan , Momina , Salwa
Peshawar Medical College

Introduction
Dietary habits are habitual decisions an individual or culture makes when choosing what to eat. Medical students represent the most crucial opportunity for education in the field of healthy lifestyle and nutritional habits. Body weight and its perception is an important aspect of health and constitute a significant role in physical and mental well-being.

Objectives
1. To determine BMI of the students.
2. To identify perceptions of the students regarding their physique.
3. To find an association among perceptions and reality.

Methods
A cross sectional study was conducted at PMC from 1st Jan to 20th Feb, 2017 with 100 undergraduate medical students of 1st & 2nd year MBBS. Convenient sampling technique used with a self structured questionnaire for data collection which comprised of quantitative (Age, weight & height) as well as qualitative (dietary habits) variables. Ethical consideration was duly taken care of. BMI of the enrolled students was calculated according to WHO classification. Data entered and analyzed in Microsoft excel.

Results
Our results depicted 76% of the students with normal BMI, 19% students as underweight with 4% pre-obese and 1% student identified as obese. Among our study participants 61% perceived themselves as normal, 25% thought to be pre-obese with 9% underweight and 5% obese. Young Female undergraduates had lesser desire to be thinner (37%) and only 18% of the respondents wanted to put on weight.

Conclusion
Among the female undergraduates medical students the prevalence of being normal weight was high with significant misperceptions regarding their physique.

Key words
Adolescent, Body weight, Perception, BMI

A CROSS SECTIONAL STUDY ON PREVALENCE OF DEPRESSION AMONG TEENAGERS

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Peshawar Medical College

Introduction
Obesity and major depressive disorder (MDD) have been recognized as public health problems. Women are more depressed and obese than men. Psychological stress is common in medical school and is associated with depression.

Objectives
1. To determine depression, problems associated among obese undergraduate medical students.
2. To determine association between obesity and depression.

Method
A cross-sectional study was conducted on obese undergraduate medical students at Peshawar Medical College. The study included 18 to 20 years old obese youth. A self administrated questionnaire was given out to 100 students (obese teenagers).The questionnaire was analyzed using Microsoft Excel- 2010.

Results
Obese depressed teenagers were 20%, while rest were normal. Analysis was done among both males & females genders. It was observed females were more prone to depression as compared to males. The cause among obese teenagers was related to genetic family factor, junk food & improper diet.

Conclusion
Of the studies reviewed in theoretical, the evidence for the direct casual pathway from obesity to depression is not very obvious. Obesity might not directly cause depression among the obese teenagers, but other pathways & experiences may lead to depression & may lead to depression indirectly. Also stressful life events such as peer victimization & weight based teasing might lead to depression & may be a factor that is the cause of depression. Furthermore studies exploring these factors might be important to know when to intervene to prevent depression among obese teenagers.

Key Words
Depression, Obesity, Body Mass Index, Females, Adolescent

ASSESSMENT OF BMI OF MEDICAL STUDENTS OF PMC KPK FROM 2015 TO 2017

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Peshawar Medical College, Peshawar

Introduction:
Obesity is characterized by an excess of body fat (BF). 25 % in males and 35 % in females (young adults aged , 35 years. Obesity has become a major health problem due to its increasing prevalence and associated morbidity and mortality. Increasing BMI is associated with a higher risk of diabetes mellitus, hypertension, and other cardiovascular risk factors in both Caucasians and Asians, such as Hong Kong Chinese.

Objectives:
• Assess BMI of Medical Students of PMC
• Determine frequency of obese overweight underweight and normal students

Methodology:
A cross sectional study conducted among medical students of PMC in which questionairs were distributed among 100 students for data collection.

Results:
Our population size was 78 (Males: 36 females: 42). In the analysis of 2015; among females 28: normal, 11 : underweight, 1 : overweight and 2 : obese. Among males 16 : normal, 9 : underweight, 7 : overweight and 4 : obese. In our recent analysis of 2017; among females 31 : normal, 6 : underweight, 3 : overweight and 2 : obese. Among males 22 : normal, 5 : underweight, 5: overweight and 4 : obese.

Conclusion:
There is no significant change in BMI. As our population size is small therefore further study can be conducted for increasing rate of BMI.

Keywords:
BMI, Obesity, morbidity

CHOCOLATE AS A RELIEVING OR AGGRAVATING FACTOR IN STRESSFUL CONDITIONS.

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Peshawar Dental College.Peshawar

Introduction:
Stress is your mind telling your body that it is tired and this tiredness induced chocolate craving is justified now and the possibility that chocolate could casually contribute to stressful moods, can't be excluded anymore because of the fact that Chocolate reduces stress associated hormones and thus stabilizes the systemic conditions of the mind and body.

Objectives:
This study aimed at relationship of chocolate consumption in subjects which are not taking any sort of antidepressant drugs and are stressed out from their daily routine.

Methods:
This is a descriptive cross sectional study, conducted through questionnaires. Data was entered and analyzed in Ms Excel. It was a study of 100 female of age 20-30 years old, in Peshawar medical and dental college, held from 1st Dec 2016 to 10th Feb 2017.

Results:
The research held shows that out of 100% of participants, 68% of participants are in favor of chocolate as relieving factor and 21% of participants were agreeing that chocolate is aggravating factor for stress while 11% of participants were not affected by chocolate consumption in stress.

Conclusions:
It has not resolved debate about whether depression cause people to eat chocolate or if people take chocolate to relieve low mood ,but overall the study is more favorable that depression could stimulate chocolate craving is a "Self Treatment" as a relieving agent.

Keywords:
Chocolate, Depression, relieving factor

COMPARATIVE FREQUENCY OF STRESS HEADACHE AND MIGRAINE IN THE STUDENTS OF PMC

FATIMA SALMAN SABIR , Saba Humayun, Palwasha Ijaz, Mahnoor Attaullah, Anum Fasih, Peshawar Medical College

Introduction:
Stress Headache and Migraine are primary types of headaches. Epidemiological studies have documented their high prevalence and high socioeconomic and personal impacts.

Objectives:
1. To estimate comparative frequency of Stress headache and Migraine in students of Peshawar Medical College.
2. To estimate the frequency of various types of stress headache.
3. To plan awareness campaigns.

Study Design:
Cross sectional questionnaire study.
20th December 2016 – 1st February 2017

Results:
A total of 200 students were assessed over a period of 1 month 10 days among which Males were 64, Females 109 and 29 defaulters. The comparative frequency of stress headache and migraine were calculated among which the frequency of stress headache was 55% while the frequency of migraine was 45%. Types of stress headache were separately calculated in which frequency of infrequent headache was 61%, chronic headache 14%, and frequent headache was 11%.

Conclusion:
1. Among the students examined stress headache was more common as compared to migraine.
2. Infrequent stress headache was found to be more common.

Key Words:
Migraine, Stress headache, Comparative Frequency, Students

COMPARING DEPRESSION, ANXIETY AND STRESS LEVELS IN MEDICAL STUDENTS; DAY-SCHOLARS AND HOSTELITES AT IIMC

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Behavioral Sciences
Islamic International Medical College, Rawalpindi.

Introduction:
Depression, anxiety and stress are three important factors that affect individuals' working capacity. This study was carried out to compare the levels of depression, anxiety and stress in medical students; day-scholars and hostelites at IIMC and to compare the academic performance of day-scholars with that of hostelites.

Objectives
To compare depression,anxiety and stress levels in medical student and hostelites.

Methodology:
Setting: IIMC Rawalpindi. Duration: February to April 2016. **DASS 21** was used for collection of data. Sample size was 110 and response rate was 109 out of which 66 were day-scholars and 43 were hostelites. It was taken in account that each question is well understood when it is answered. Data was analyzed by SPSS 21.

Results:
9.1% day-scholars while 13.9% hostelites had extremely severe depression. 30.3% day-scholars whereas 23.2% hostelites had extremely severe anxiety. 9.1% day-scholars 6.9% hostelites had extremely severe stress. 33.33% day-scholars had scored 66-70% marks in their professional exam while 34.88% hostelites had scored 66-70% in their professional exam. 6.1% day-scholars had scored 76-80% while 4.65% hostelites had scored 76-80% in their professional exam. 3% day-scholars had scored below 50% while 13.9% hostelites had scored below 50% in their professional exam.

Conclusion:
The overall results of the study revealed that hostelites have comparatively higher levels of depression, anxiety and stress.

Key words

EFFECT OF SOCIAL SUPPORT ON BURNOUT IN MEDICAL STUDENTS OF PESHAWAR

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Introduction:
The experience of burnout in medical students can be a predictor of psychological impairments such as depression and low self-esteem. Research shows that students who perceive higher levels of social support are more likely to recover from burnout.

Objectives:
To estimate the frequency of burnout in medical students of Peshawar and correlate the impact of social support on it.

Method:
This cross-sectional study included students of Peshawar Medical College (PMC) and Khyber Girls Medical College (KGMC). They were invited to complete Oldenburg Burnout Inventory (OLBI) and Social Support Rating Scale (SSRS). The OLBI consist of 16 items with Disengagement and Exhaustion subscales. SSRS comprises of 10 questions with Subjective Support, Objective Support and Utilization of Social Support Subscales.

Results:
The mean age of the sample (n=373) was 20.7+1.3 years. There were 120 (32.2%) males and 253 (67.8%) females. Most of them were from PMC (n=244, 65.4%) and from second year (n=115, 30.8%).According to the responses of OLBI, there were 61 (16.4%) students that have Burnout.Out of these, 40 were from PMC and 21 from KGMC(p=0.977). The responses on SSRC show that 48 (12.9%) students do not have appropriate social support. Out of these, 32 were from PMC and 16 from KGMC (p=0.845). The spearman correlation between both scales showed a non-significant value of .068 (p=.189).

Conclusion:
Every sixth medical student is having issues of Burnout and every eighth medical student lacks appropriate support. However, no significant correlation was observed in both the scales.

Key Words:

FACTORS AFFECTING COGNITIVE FUNCTIONS DUE TO BREAKFAST OMISSION IN STUDENTS OF HAMDARD UNIVERSITY KARACHI, PAKISTAN

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Introduction:
cognitive functions cans be defines as cerebral activities that lead to knowledge including all means and mechanisms of acquiring information.

Objectives:
To determine the effects of breakfast omission on the cognitive functions in Hamdard University students.

Methods:
It was a cross-sectional study done during 2016 at Hamdard University, Karachi. Consent was taken from the administration of all faculties of the main campus of Hamdard University. A questionnaire was designed based on detailed literature search and was given to the University students during recess break in their classes.

Result:
Out of 550 participants 49% were male and 51% female respondents. Forty one percent took breakfast everyday while 59% sometimes or never took the breakfast. For those having breakfast, 50% were at home 34% from roadside restaurant and 16% while travelling. The study reported that breakfast omission affects the cognitive functions these students especially their energy levels, attention in class, class performance, and appetite and make them feel hypoglycemic, hypotensive, grumpy, dull and tired. Nevertheless breakfast omission did not affect their academics.

Conclusion:
Overall our study suggested that breakfast omission does affects the cognitive functions of the students of the university.

Key words:

FREQUENCY OF BODY-FOCUSED REPETITIVE BEHAVIOURS (BFRBs) IN MEDICAL STUDENTS OF PESHAWAR

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Introduction:
Body-Focused Repetitive Behaviours (BFRBs) are a group of compulsive behaviours, which may cause damage to one's appearance causing physical injury and/or significant distress. People with this problem engage in Body-Focused activities like Nail Biting, Hair Pulling, Skin Picking, Cheek Biting and Inner Lip Biting.

Objectives:
To find the frequency of BFRBs in medical students of Peshawar and find out the associated feelings with these behaviours.

Method:
This cross-sectional study included students of Peshawar Medical College (PMC), Khyber Medical College (KMC), Rahman Medical College (RMC) and Kabir Medical College (KaMC). Students were invited to complete the pre-tested 'Habit Questionnaire' which consists of 11 questions with a simple 'Yes' or 'No' as possible responses and the noting of feelings before, during and after committing the behaviour.

Results:
The mean age of the sample (n=550) was 20.7+1.5 years with 286 (52%) males and most from PMC (n=266, 48.4%). The most common habit in medical students was chewing on lips (n=364, 66.2%), followed by biting nails (n=264, 48.0%) and punching wall (n=248, 45.1%).The most common feeling associated before and during committing these habits was Irritability [(n=84, 15.3%) and (n=100, 18.2%)] while after committing the habits was Calmness (n=121, 22.0%). The gender wise comparison showed that statistically significant habits in male was punching a wall (p=0.000) and in females, it was chewing lips (p=0.026).

Conclusion:
There is a high frequency of BFRBs in medical students. The most common habit in females was chewing lips while in males, it was punching the wall.

Key Words:

FREQUENCY OF DEPRESSION AND ITS IMPACTS ON DAILY ROUTINE OF MEDICAL STUDENTS OF MEDICAL COLLEGES OF PESHAWAR(PMC, KMC, JMC)

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Introduction:
According to WHO, depression is a mental disorder. Academically less successful students reported somewhat higher levels of depressive idealization and symptomatology 3.According to WHO by 2020 depression would be the second most prevalent condition worldwide.

Objectives:
1. To access frequency of depression .
2.To access impacts of depression on medical students of Peshawar

Method:
Location:Peshawar
Study design: cross-sectional
Study duration:this study started on 2 February 2017 and ended on 20 February.
Data collection tool: Questionnaire containing ZUNG self rating criteria with some additional questions to find impacts of depression on daily routine

Results:
Out of 170 questionnaires distributed among the students ,150 were returned response rate was (88.2%). 31(20.66%) students had score equal to or greater than 50 indicating depression. Among these depressed students 29.03% were unable to complete their proper sleep hours while 70.96% were able to complete their sleep hours. 12.9% of depressed students can complete their study on time while 87.09 % fails to complete their study on time.38.70% depressed students have good relations with their friends and family, while 61.29% do not have good relations with their friends and family and 74.19% of students having depression were unable to complete their daily activities and only 25.80% were able to complete their daily activities on time.

Conclusion:
In our medical colleges students do not take depression as a serious condition,it has alot of negative impacts on the students.serious measures should be taken to save our students.

Keywords:

FREQUENCY OF DEPRESSION IN ADOLESCENTS IN O-LEVEL TEACHING SECONDARY SCHOOLS OF PESHAWAR

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Introduction:
Depression can affect people of all ages including children and adolescents. Adolescentshavingbetter mental health come from families where parental attitudes are favourable, supervision is available and a wholesome relationship exists. It is a fact that behaviouris influenced by the supervision of the parents especially mothers and the absence of supervision may cause disturbed behaviour, leading to depression.

Objectives:
To find out the frequency of depression in adolescents studying in O-level teaching secondary schools and to compare depression in adolescents of working and non-working (homemakers) mothers.

Method:
This cross-sectional study included O-level students from O-level teaching schools of Peshawar. They were invited to complete a questionnaire that included demographic information and Center for Epidemiological Studies: Depression Scale for Children (CES-DC). It consists of 20 self-report items rated on a 4-point scale of symptom frequency, with a cut off score of 15. The study was conducted in adherence with ethical policies and data was analyzed using SPSS v.20.

Results:
The mean age of the sample (n=262) was 15.0+1.1 years with majority of male students (n=150, 57.3%). The Cronbach's Alpha Reliability of CES-DC in our study was 0.863. The depression was reported in 136 (51.9%) students, significantly more in girls (p=0.000). The mothers' of 40 of these 136 students were working-women and depression was not significantly reported in children of working women (p=0.382).

Conclusion:
More than half of the O-level students reported depression. There was no association between depression and whether the mother **was** working or was a homemaker.

Key Words:

FREQUENCY OF STRESS AMONG MEDICAL STUDENTS OF PUBLIC AND PRIVATE SECTOR MEDICAL COLLEGES OF PESHAWAR

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Introduction:
Everyoneneeds a certain amount of pressure to perform with best utilization of abilities and achieve their goals. However, whenpressure exceeds, the result is a pathological stress. Due to stressful nature of medical education, medical students are prone to develop stress.

Objectives:
To find out the frequency of stress among medical students of Peshawar and compare the frequency between public and private sector students.

Method:
This cross-sectional study included students of Peshawar Medical College (PMC), Peshawar Dental College (PDC), Rahman Medical College (RMC), Kabir Medical College (KaMC), Khyber Girls Medical College (KGMC) and Khyber Medical College (KMC). They were invited to complete self-administered Kessler10 Psychological Distress instrument (K10) questionnaire. The K10 consists of 10 questions and is scored from 1 to 5 respectively. A score of less than 20 was considered not to represent stress, while a score of 20-24 for mild, 25-29 for moderate and 30-50 was considered to represent severe stress.

Results:
The mean age of the sample (n=1284) was 20.7+1.6 years. The Cronbach's Alpha Reliability of K10 in our study was 0.839 and 281 (21.9%), 341 (26.6%) and 319 (24.8%) had mild, moderate and severe stress, respectively. Females were significantly had more stress (p=0.000). There was no significance in the level of stress in the students of private and public sector medical colleges (p=0.320).

Conclusion:
It is alarming that three out of four medical students are having stress. However, the presence of stress was independent of studying in public or private sector medical college.

Key Words:
Stress: Medical students: College

NOISE RELATED HEALTH ISSUES AMONG RESIDENTS OF HIGH TRAFFIC FLOW AREAS OF RAWALPINDI AND ISLAMABAD

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Introduction:
Noise exposure has been known to induce auditory and non-auditory effects. An insight into noise pollution is a daunting combination of many factors. In Pakistan there has been a lapse of effort to glean sufficient information of the hazards of noise pollution.

Objective:
To determine noise related health issues prevailing in the residents of high traffic flow areas of Rawalpindi and Islamabad.

Method:
A cross-sectional study was carried out from May-Oct,2015 in 352 respondents in age group 25-65 years from high traffic flow residential areas of Rawalpindi and Islamabad,they were selected through non-probability convenience sampling technique.Structured close ended questionnaire was administered and the collected data was analyzed through SPSS version 22.

RESULTS:
Among various findings of our study,difficulty in sleeping was a significant problem (87%), irrespective of age of respondents.The annoyance (69%),stress (63.4%),easy fatigability (61.4%) and poor digestion (60.5%) were also significant predicaments owing to excessive noise exposure.Residents complained that noise was interfering with their speech (58.2%) and reducing their productivity leading to difficulty in concentrating on task (55.1%) and reduced task performance (52.3%).

Conclusion:
The study revealed that there are certain health issues attributed to noise posing major threat to health of community and gradually worsening the burden of non-communicable diseases.

Key Words:

PERCEPTION OF THE MALE AND FEMALE PROFILE TYPES BY THE STUDENTS OF PMC AND PDC

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Introduction:
The lower and upper jaw has main role in the orofacial esthetics regarding their relationship with each other as well as other facial structures.

Objectives:
To analyze the facial profile preferences to provide the basis for the orthodontic treatments.

Method:
Computerized amendments were done to the images of a male and a female to obtain plane, concave and convex facial profile types for each gender. Questionnaire was designed to get the perception of the respondents, SPSS software used for analysis.

Results:
Out of 165 participants (average age 20 yrs)70 were males and 95 females. There was an optimistic correlation between the plane male facial profile and gender (r = 0.185, n = 128, p = 0.036) as well as there was a positive correlation between the plane female facial profile and gender (r = 0.280, n = 128, p = 0.001). There are no correlations between other facial profile types and the gender's perception. Convex and concave profile types among males and female were not that much accepted. The beta values i.e 0.73 and 0.257 shows a high response in genders to a unit change in MPP and FPP.

Conclusions:
The plane facial profile type was considered to be the most attractive profile in male and female by both the groups.

Keywords:
Facial profile, Perception, attractiveness, esthetics.

PREVALENCE OF DEPRESSION AMONG UNDERGRADUATES

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INTRODUCTION:
Mental health among university students represents an important and growing public health concern for which epidemiological data are needed.

OBJECTIVE:
The findings of this study will be helpful to highlight the need to address mental health among young adult populations, and among those of lower socioeconomic status

METHODOLOGY:
A modified version of Zung Self-rating Depression Scale of WHO, after validation, was administered among university students. The survey was conducted among urban youth population of Sindh, province of Pakistan. During this cross-sectional study, 4 public and 4 private sector universities were selected by convenientsampling. The students were sampled into 12 clusters i.e. 05 from medical studies, 03 from non-medical science students and 04 from non-science subjects.

CONCLUSION:
The medical subject's graduates showed highest burden of studies but least depression level as compared with non-science students. It was also found that respondents falling in age range 18-20 and 24-26 were showing more depressive behaviour .

RESULTS:
The estimated prevalence of any depressive or anxiety disorder was 25.6% for non-science subject's undergraduates and 13.0% for medical subject undergraduates. Overall 46.23% of the respondents were at different stages of depression.

KEY WORDS:

PREVELENCE OF DEPRESSION IN MEDICAL AND NON-MEDICAL UNDERGRADUATE STUDENTS OF RAWALPINDI/ISLAMABAD

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Introduction:
Prevelence of depression and anxiety has been reported to be significant in medical students from some of the cities in Pakistan. Incidence of depression in undergraduate students (medical and non-medical) from Rawalpindi/Islamabad has not been reported before.

Objective:
To determine the prevalence of depression in undergraduate students from Rawalpindi/Islamabad area and explore its relationship with possible determinants.

Method:
A cross-sectional self-administered survey was distributed to 150 undergraduate students of six universities in Islamabad/ Rawalpindi region. The survey consisted of two sections: Patient health questionnaire (PHQ) 9, a validated depression scale based on 9 DSM-IV depression criteria, for screening of depression and a questionnaire to explore possible determinants of depression. Survey results were entered in SPSS version 20 for analysis.

Results:
One hundred and sixteen students returned the completed survey (response rate=77%). In our cohort, 56% were medical students and 44% were non-medical students. 60% of respondents were women. Utilizing threshold of 10, 31% had symptoms suggestive of moderate (Medical 26% /Non-Med 37%), 13% had moderately severe (Medical 17%/Non-Med 7.8%) and 5% (Medical 4%/Non-Med 7.8%) had symptoms suggestive of severe depression. In both medical and non-medical students PHQ 9 scores correlated with low self-esteem (p<0.05) and inability of sharing personal issues with family (p<0.05). In non-medical students, PHQ9 scores correlated with several other possible factors explored.

Conclusion:
Depression was found to be high in our cohort. The findings suggest that students showing symptoms of depression suffer from various social, personal and health related factors.

Keywords :

PSYCHOSOCIAL FACTORS AND DIETARY HABITS INFLUENCING BMI OF MEDICAL STUDENTS

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Introduction:
Poor dietary habits are worldwide health concern among young adults who experience transition into university life especially medical college due to stress and lack of time

Objectives:
To assess eating habits and associated social and psychological factors affecting BMI among medical students.

Method:
A cross sectional study was conducted among 250 medical students from 2 medical colleges. Pre tested self administered questionnaire was used which included questions on socio demography,anthropometry,dietary habits and psychosocial factors.Data was entered in MS Excel and SPSS version 24 was used for the analysis.

Results:
Out of total participants,63.2% were female and 36.8% were male students.Mean age was 20 ±1.5 years.About 57.9% skipped breakfasts more than 2 times per week.Majority (54.6%) consumed vegetables and fruits less than 3 times per week,50.7% had fried food more than 3 times per week and 74.6% drank water less than 2 litres daily.44.5% reported that they never do exercise and 65.6% perceived their lifestyle as Sedentary.According to BMI,57.9% were normal weight while 31.5 % were overweight.Two psychological factors out of four were significantly associated with BMI.

Conclusion:
Poor dietary habits were highly prevalent.Social and psychological factors were important determinants of BMI.Hence nutritional education among students must be encouraged to promote healthier eating habits and lifestyles.

Key Words:
Eating habits,Psychosocial factors,BMI

QUALITY OF LIFE OF MEDICAL STUDENTS OF PESHAWAR

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Introduction:
Medical students face consistent pressure starting from their undergraduate years due to tough examinations, hectic schedule and long classes. This can have negative long-term effect on their behaviour, learning ability and academics and this ultimately would result in disturbed quality of life (QOL).

Objectives:
To find out the QOL of medical students of Peshawar and compare the QOL of medical students of public and private sector medical colleges.

Method:
This cross-sectional study included students of all the public and private sector medical colleges of Peshawar. They were invited to complete self-administered World Health Organization Quality of Life (WHOQOL-BREF) questionnaire. The WHOQOL-BREF instrument comprises of 26 items, which measures physical health, psychological health, social relationships, and environment. Each item is scored on the scale of 1-5. The study was conducted in adherence with ethical policies and data was analyzed using SPSS v.20.

Results:
The mean age of the sample (n=899) was 20.7+1.7 years with majority of female students (n=638, 71%). The Cronbach's Alpha Reliability of WHOQOL-BREF in our study was 0.910. Females significantly had more impairment in the domain of psychological health (p=0.035). Two of the domains, i.e., Physical health and environment, of the scale were significantly impaired in students of public sector medical colleges (p=.013 and .021, respectively). There was no significant difference in the gender or public/ private sector, in terms of overall QOL.

Conclusion:
This scale can be effectively used in our population. The domain of Psychological health was significantly impaired in female medical students of Peshawar.

Key Words:

Stress As A Cause Of Weight Gain

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Introduction:
Stress can be defined as an unpleasant,nonspecific arousal state.Stress related eating and drinking occur when people feel better by eating or drinking in stressful situations and they may thus be concerned connected to the development of obesity.Psychological pathways potentionally linking loneliness to health consequences involves the stress responsive hypothalamic pituitary adrenocortical and sympathetic adrenomedullary endocrine systems and sympathetic and parasympathetic nervous system.

Objectives:
1. to find out the association of weight gain in youth
2. to find out increased sympathetic activities in stress

Methods:
Cross sectional study was conducted in Peshawar medical college, Khyber medical college , Peshawar university involving 160 students between the age group 18 to 24 years . The questionnaire include demographic data such as gender ,age and BMI and to find out the causes of weight gain such as stress and food habits.

Results:
Out of 160 students,48% mostly undergo stress,28% sometimes undergo stress,49% undergo stress due to study 16% have family issues,54% get increased appetite during stress ,61% want to be alone during stress,55% feel increase anxiety,sweating,increase heart rate and 44% get relieve from stress by talking to friends and family and 16% take medications.

Conclusion:
We conclude that our youth undergoes stress due to study and family issues and majority of them gain weight during stress and feel loneliness,anxiety and increase heart rate and their stress get relieved while talking to their friends and family and taking medications.

Keywords
Stress,weight gain,sympathetic activity

STRESS, FACTORS ASSOCIATED WITH STRESS AND ITS COPING STRATEGIES AMONG MEDICAL STUDENTS

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Introduction:
Stress is body's non specific response to demands made upon it or to disturbing events in environment. It occurs when pressure exceeds one's ability to cope with daily demands. Overwhelming burden of education leads to stress in medical students

Objective:
To determine the frequency of stress, factors related to stress and coping strategies of stress among medical students.

Methods:
Study Setting Wah Medical College. Study Subject Students of 1st, 2nd and 3rd year M.B.B.S. Sample Size 320 students. Sampling Technique Convenient sampling.Data Collection Procedure. With informed consent of participants, questionnaires were filled by students themselves. Questions were comprised of three parts. First part comprised of demographic data, second part of factors associated with stress and third part.comprised of coping strategies. Data Analysis Data was analyzed by using SPSS version 19, frequencies and percentages were calculated for categorical variables and chi square test was applied to see the difference in stress with different factors.

Results:
In the data of 320 students, stress was found to be 65.8%.The academic stress was 70.5%, accommodation stress was 53.8% and social stress was 69.8%. There was significant difference in accommodation stress between hostellites and day scholars; significant difference in stress was also found between students who joined the medical profession by will and parents wish. During stress, 76.9% of students adopted religious practices, 71.1% used social media and 70.2% tried to escape from stress.

Conclusion:
Stress was quite high among students. There was more stress among students who joined medical profession by will and accommodation stress was found more among hostellites.

Keywords:

SUBJECTIVE HAPPINESS AND ACADEMIC PROCRASTINATION IN MEDICAL STUDENTS

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Introduction:
Medical students experiencing feelings of unhappiness due to academic stress may tend to indulge in procrastination and time wastage on non-productive activities.

Objective:
To explore the frequency of subjective happiness and academic procrastination in Pakistani medical students.

Methodololgy:
In this cross-sectional study, medical students (n=191) were administered two psychological instruments namely subjective health assessment scale and procrastination scale. Students were grouped into happy/unhappy and procrastinating/non-procrastinating using mean scores. Frequencies of unhappiness and procrastination were determined as percentages. Gender-wise and correlational analyses were carried out using independent sample T-test and Pearson's correlation.

Results:
High frequencies of unhappiness (46.59%) and procrastination (47.12%) were observed. No correlation was seen between happiness and procrastination (Pearson's R= -0.040, p= 0.586). Gender-based analysis did not show any difference (mean subjective happiness score; males 4.48 vs. females 4.41, p = 0.698) (mean procrastination score; males 59.63 vs. females 59.13, p = 0.563).

Conclusion:
Unhappy and procrastinating medical students constitute a high number. Psychosocial help should be made available to affected students.

Keywords:
Medical Student, Procrastination, Happiness

SURGERY & ALLIED

APPENDECTOMY PATIENTS STAY AT TWO TEACHING HOSPITALS OF PESHAWAR;KHYBER TEACHING HOSPITAL AND KUWAIT TEACHING HOSPITAL

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INTRODUCTION:

Appendectomy is the surgical removal of the appendix when an infection has made it inflamed and swollen.This infection, called appendicitis, is considered an emergency because it can be life-threatening if not treated.

OBJECTIVES:

To compare the length of stay of patients underwent appendectomy, between two teaching hospitals; Kuwait and Khyber Teaching hospitals.
To compare the length of stay between the two genders.
Determining the age at which most cases of appendectomy happen.
To find out minimum, maximum and average age of cases at each hospital admitted for appendectomy.

METHOD:

A cross sectional study was carried out at two teaching hospitals of Peshawar, KuTH and KTH. Secondary data was collected using self-administered proforma, from January 2016 to December 2016. Ethical approval was taken prior to study. Results were analyzed using SPSS version.20.

RESULTS:

Out of 191 patients, 137 cases were operated in KTH and 54 in KuTH. Out of 54 cases in KTH the data 10 cases were missing, so a total data of 44 cases was recorded. Out of 181 cases 108(59.6%) males, 73(40.3%) females. 60(55.5%) males ,43(58.9%)females stayed for 3 or less days, 35(32.4%) males,21(28.7%) females stayed for 4 to 6 days ,13(12%) males, 9(12.3%) females stayed for 7 or more days at hospital.The average length of stay of appendectomy patients in KuTH was 3 days, minimum was 2 days and maximum was 16 days, while the average length of stay in KTH was 3 days. The average age of cases operated in KuTH was 20 operated in KTH was 20 years, minimum 5 years and maximum 55 years. 28(63.6%) cases in KuTH while 75(54.7%) cases in KTH stayed for 3 or less days at hospital, 11(25%) in KuTH while 45(32.8%) in KTH stayed for 4 to 6 days at hospital, 5(11.4%) cases in KuTH while 17(12.4%) in KTH stayed for 7 or more days at hospital.

CONCLUSION:

This concludes that there was no significant difference in various aspects between the cases operated in both these hospitals

BLINDNESS AND VISUAL IMPAIRMENTS IN PATIENTS PRESENTING TO TERTIARY EYE CARE CENTERS OF PESHAWAR

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Introduction:
There are at least 38 million blind people in the World and 110 million people with low vision. Globally cataract is the major cause of blindness followed by Glaucoma. 80% of the conditions that cause blindness and visual impairment can be either treated or prevented

Objectives:
Determine frequency of blindness and visual impairment in patients presenting to eye OPD
Identify causes of Blindness and visual Impairments in these patients
to determine any association with age or gender

Method:
Cross sectional study of patients in eye OPD at LRH, and KTH from February 2017. Visual acuity < 3/60 was labeled "Blind". Visual acuity < 6/18 was labeled "visual impairment". Age, gender and causes were also noted.

Results:
100 cases were included. Male:Female was 55:45. Average age of participants was 42.78 ± 20.75 yrs. The overall frequency of blindness was 10 %(13.33 % Female , 7.2 %Male). The overall frequency of visual impairment was 39%(40% Female ,38.1% Male). Most frequent cause of blindness & visual impairment was cataract, 37% followed by uncorrected refractive errors, 28%, other causes (16%), corneal opacity (17%), Childhood Blindness (6%), Age –related macular degeneration (4%) and glaucoma and ocular trauma 2%.

Conclusion:
Blinding cataract is the major cause of blindness in patients presenting to tertiary eye care hospitals. Large scale studies are required to estimate the burden of blindness and visual impairment.

Key Words:
Blindness ,Visual Impairment, Cataract, Glaucoma

CAUSES OF SPINAL CORD INJURY IN KPK FROM 2010 TO 2016.

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Introduction:
Spinal cord injury (SCI) is not as common as many other injuries, yet its physical and psychosocial consequences are devastating. Very few people experience complete neurologic recovery after SCI.
Studies conducted in America indicate that, as of 2002, road traffic accidents were the main cause of spinal cord injuries.
Primary prevention of SCI is currently a global effort. For example, the International Spinal Cord Society (ISCoS) recently launched a global mapping project that provides a structure for an on-going data repository to inform stakeholders of the development and coordination of prevention strategies.
Among the leading causes of death in these studies were pneumonia, septicemia, heart disease and suicide, although the frequency of each varied considerably in tetraplegia and paraplegia. Another leading cause of death early after injury was pulmonary embolism.

Objectives:
To determine common causative factors of SCI
To determine the Levels of spinal cord injuries, Age and Gender distribution, Mean age of patients, admitted in the paraplegic center Peshawar.

Methodology:
This study is primarily a document study of the hospital record from 2010 to 2016 of patients of the PPC Hayatabad. The study was done in Feb 2017. Simple size was 1843.

Results:
Our simple size was 1846 among them males:1488 females:355. Mean age of patients was 26 years. Tetraplegia was 223. Paraplegic was 1620. Falls was major cause (854) followed by road traffic accidents (477).

Conclusion:
Falls was the most common cause. Paraplegic is more then tetraplegia. Males are more

COMMON EYE PROBLEMS PRESENTATING TO DHQ HOSPITAL NOWSHERA, KP PAKISTAN

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Introduction:
Eye problem constitute one of the common health problems presenting to general practical clinics. Eye problems are important cause of permanent loss of vision. The pattern of ocular problems varies from country to country and even from regions to regions.

Aims and objectives:
- To estimate frequency of common eye problems presenting at OPD Department of DHQ Hospital, Nowshera.
- To compare frequency of eye problems among male and female patients.
- To determine the frequency of most common eye problems among these patients.

Methodology:
Data base review: Data was collected from previous records in eye OPD,DHQ Hospital, Nowshera. Data was analyzed using Microsoft Excel.
Venue: DHQ Nowshera.
Study Durations: Feb to March, 2016.

Results:
A total of 2267 patients were examined over a period of 1 month, among which adults were 1762 and children were 505.Among the adult group males were 775(43.98%),females were 987(56.01%).Among children male child were 265(52.47%) and female child were 240(47.52%). Frequency of various eye problems were calculated among which the frequency of conjunctivitis was 42 %, Refractive error was 21 %, Cataract was 7 %, injuries were 4 %, Glaucoma was 3 %, NLD problems was 5 %, Diabetic retinopathy was 3 %, Corneal opacity was 2 %, Squint was 3 % and other was 10 %.

Conclusion:
- Among the population examined, conjunctivitis was the most common eye problems.
- Female were more prone to eye problems than males.

Key words:
Conjunctivitis, refractive error, Glaucoma

Gender Based Comparison And Frequency Of Single And Multiple Calculi In Cholelithiasis Patients Of Mercy Teaching Hospital

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INTRODUCTION:
Cholelithiasis is the presence of stones in gallbladder .Gallstones may be asymptomatic but the characteristic symptoms may experience colicky pain in the upper-right side of the abdomen, nausea, vomiting and fever.

Objectives:
Gender based comparison of cholelithiasis among patients of MTH.
To correlate the clinical and ultrasonic findings of the patients
To correlate the ultrasonic findings with operative findings of the patients
To know the frequency of single and multiple calculi on the basis of ultrasonic and operative findings.

Method:
A retrospective cross sectional study was conducted in MTH from January 2015 to December 2016 using registered records. Keeping the ethical consideration in mind, the confidentiality of the subjects was maintained. The data was collected using self-administered questionnaires and analyzed by SPSS-19.

Results:
Total 246 patients of cholelithiasis were admitted to surgery ward of MTH .Among them [49(19.9%) male 197(80.1%) female]. The mean age was 41.1 years. 165.3 patients had positive clinical findings (183 patients had murphy's sign, 155 patients had high fever and 158 had high pulse) with major ultrasonic findings of multiple and single calculi. They also showed that 38 patients had single calculi and 178 had multiple calculi while operative findings showed 48 patients had single calculi and 149 patients had multiple calculi.

Conclusion:
Our study reveals that cholelithiasis is more common in females of fertile age as compare to males.. It also shows that frequency of multiple calculi is high as compare to single calculi.

Keywords:
Cholelithiasis Gall stone

ESTIMATION AND COMPARISON OF PERIOPERATIVE MAJOR ADVERSE EVENTS IN PLANNED SURGERIES AT GENERAL SURGERY UNITS IN 3 TERTIARY CARE HOSPITALS OF PESHAWAR, PAKISTAN.

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INTRODUCTION:
Death, Stroke, Myocardial infarction or Coma are considered most common major adverse events (MAE) related to planned surgeries. MAE rates of local teaching hospitals have not been published.

OBJECTIVES:
PRIMARY:
1: To record the perioperative MAE rate of surgical units of KuTH, Mercy and KTH
2: To compare the major adverse event rate of surgical units of participating Hospitals.
SECONDARY:
1. To compare demographics.
2. To identify the most common procedures
3. To compare the post-operative LOS

METHOD:
Prospective cohort study of planned surgical procedures performed in the general surgery units of KuTH, Mercy and KTH from 11/2016-01/2017. IRB approval obtained. Adult patients undergoing planned surgeries were included. Postoperatively, patients were followed till discharge for any MAE.

RESULT:
Total of 405 (88 in KuTH, 120 in Mercy and 197 in KTH) cases were recorded. Most common MAE recorded was MI (average 1.88%) No stroke/death were found. No difference in MAE rates among the 3 hospitals was seen. The average LOS was 3.66 days postoperatively. The most common procedures performed were cholecystectomy and laparoscopic cholecystectomy.

CONCLUSION:
This is the largest study on the MAE rates of planned surgical procedures in Peshawar. Data shows females undergo more planned surgeries. We also concluded that LOS is increased by two folds with any MAE occurrence.

FREQUENCY OF OCULAR MORBIDITIES AMONG CHILDREN AND ADOLESCENCE IN SCHOOLS OF KARACHI, PAKISTAN

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Introduction:
Ocular morbidity is defined as the spectrum of eye diseases which includes both visual impairing and non visual impairing conditions.

Objective:
To determine the prevalence of refractive errors and factors leading to ocular morbidity among children of schools and madrassas

Methodology:
A cross-sectional study was conducted during 2016 in school and madrasa children (aged 3 to 15 years) of Karachi. Ocular disorders were explored through interview and physical examinations.Snellen's visual acuity measurement chart was used to identify the visual acuity. SPSS version 20 was used for data analysis. The frequency of various eye problems was also determined along with 95% confidence interval. Chi square test was used to observe the association of the refractive error with respect to age, sex and the institution of students. P-value <0.05 was considered significant.

Results:
A total of 1500 children were included, 665 from school and 835 were from madrasa. The prevalence of refractive errors in the school was 15.8% and 30.4% in madrasa children. The night blindness was found in 3.6% schools and 9.3% in madrasa children. The squint was positive in 0.2% school and 1.4 % in madrasa children. Color blindness was present in 5.9% school and 0.4 % in madrasa children.

Conclusion:
The high prevalence of refractive errors was found in madrassa as compared to school children. No significant difference was observed between family history, gender and ocular morbidity among school and madrassa children. The screening of school going children is important as early recognition and prompt treatment would reduce the ocular morbidity.

Keywords:
Ocular morbidity, Children.

FREQUENCY OF SELF-REPORTED PATIENT SAFETY EVENTS IN SURGERY AND ALLIED DEPARTMENTS OF TWO TERTIARY CARE HOSPITALS OF PESHAWAR DISTRICT

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Introduction

Patient Safety Events (PSEs) can have disastrous effects on a patient, the involved healthcare workers, and the organization. In clinical practice, preventable PSEs harm about 10% of the admitted patients on average. In addition, the PSEs are often underreported due to the culture of name, blame, and shame in healthcare organizations. There is limited research from Pakistan assessing the frequency of self-reported PSEs occurring in hospitals. This study aims to determine the frequency of self-reported PSEs in surgery and allied departments of two tertiary care hospitals of Peshawar District (Pakistan).

Methodology

This observational cross-sectional study was conducted at two tertiary care teaching hospitals of Peshawar District. Data from February 2016 to December 2016 was collected from surgeons working in surgery and allied departments, using a pretested self-administered tablet-based questionnaire. Descriptive statistics were computed using SPSS statistical program.

Results

Out of 65 surgeons participating in the study, 54% reported that they observed at least one PSE in last month with an average of 4.7 PSEs per reporting surgeon. Overall, the most common typ of PSE were those related to surgical technique (21.5%), followed by those due to poor coordination (16.9%).

Conclusion

PSEs commonly occur in hospitals and necessitate a system-wide improvement ranging from instituting a patient safety culture to better training, developing support systems for safer care (like reliance on IT, and checklists), and encouraging greater patient involvement in care.

Keywords

Patient safety, adverse events, frequency, surgery.

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