

MESSAGE OF THE DEAN

MESSAGE OF THE DIRECTOR UMR

Wish all the young researchers, organizers and participants all the best in their research endeavors. May Allah be with all of us!

It has been less than a year that I joined the UMR family at Peshawar medical College and I feel that I have always been a member of this family. Our family shares the never ending quest for the “truth”, belief in and respect for research ethics, professional competence, open mindedness, honesty, humility, team work, and respect for seniors and care for juniors, forgiveness and sincerity. We are welcoming to any researcher from any part of the world to join us in our journey for the quest of truth that is so important to us. We believe that the data around us in any form is a sign from the creator and it is our duty to take these signs seriously. Our annual conference is a symbol of the family values and therefore we put a lot of effort to make sure that it displays what we believe in. Each member of our family works very hard for this family event in his/ her way and capacity. Every year we have a few shining stars of the event but this year, Alhamdulillah we have a galaxy of shining stars. I am sure Insha’Allah, more stars will keep on adding to this beautiful galaxy. I am so proud to say” Alhamdulillah, this is my family”

Wish all the young researchers, organizers and participants all the best in their research endeavors. May Allah be with all of us!

Dr. Khadija N. Abdullah
Director, UMR

MESSAGE OF THE PRESIDENT UMR

In the name of Allah, the most beneficent, the most merciful.

Let me extend my warmest felicitations to the organizers & participants on the occasion of 12th Undergraduate Medical Research Conference. Time & again, the conference has always served as a perfect venue of reflection for the achievements of young researchers & the contribution of every team member towards organizing the event with great merriment & amiable spirit. The aim of conference at undergraduate level is to endorse a culture of research, instill critical thinking and develop leadership skills in medical students, for it's an event by the students for the students.

Our generation is on the path to success already but there still are some potential gaps in the field of medicine which need to be filled in. Undergraduates can fetch these gaps & clinical needs into research and take research into clinical practice, ensuing in evidence-based medical practice.

Not only the academics but many other aspects of life too, are imparted while working for the conference. Starting off with people one barely is acquainted with or can have trust in to the point where goals are accomplished, is something truly hard but it does actually compels one to strive and helps to develop work ethics with self-confidence. Besides, UMR also provides a platform where one can exercise co-curricular activities, yet serving curricular purposes.

To contemplate a phenomenon that makes us wonder is a human instinct, why not research and quench the thirst!

In the name of Allah, the most beneficent, the most merciful.

Muhammad Nabeel Hayat,

President,

12th Undergraduate Medical Research

Society.

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Zobash Nawab

BASIC AND CLINICAL SCIENCES

PREVALENCE OF SELF-MEDICATION AMONG MEDICAL AND NON-MEDICAL STUDENTS OF PAKISTAN.

Tooba Ilyas, Nayel Syed, Ali Akbar Sial, Mirza Tasawer Baig,
Tooba Mushtaq, Nashra Abdul Rahim.

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INTRODUCTION: Self-medication has turned into a worldwide pattern that has been globally detailed as being on rise and can have positive just as negative effects. Therefore, young grown-ups are exceedingly affected by the media and the web, where self-prescription conduct is advanced.

OBJECTIVE: To determine the reasons, extent and correlates of self-medication practices among medical and non- medical university students.

METHODOLOGY: A self-administered questionnaire eliciting self-medication practices was distributed to medical and non- medical university students of Karachi, Pakistan in a cross-sectional study design with a sample size of 452 students. Variables such as sex, type of study and medication knowledge were investigated for possible correlation with self-medication practices. IBM statistics SPSS 25 was used to evaluate the results.

RESULT: The estimated prevalence of self-medication was 66.79% for medical subject's undergraduates and 33.20% for non-medical subject undergraduates. Overall 76.1% of the respondents preferred self- medication over consultation with a Medical specialist.

CONCLUSION: The medical subject's graduates showed highest rate of self-medication as compared with non-medical students.

KEY WORDS: Self-medication, Undergraduate, University, Student.

A STUDY OF PREVALENCE OF ALLERGIC RHINITIS AND ITS RELATIONSHIP WITH HEALTH-RELATED QUALITY OF LIFE (HRQOL) AMONG ADULTS IN PAKISTAN.

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INTRODUCTION: Allergic rhinitis (AR) is among the most common medical condition caused by allergic, non-allergic, infectious, hormonal, occupational, and other factors, the symptoms often ignored by patients and physicians. Severe allergic rhinitis has been associated with diminished quality of life, disordered sleep, obstructive sleep apnea, and impairment in work performance, aggravate comorbid conditions.

OBJECTIVES: To find out the prevalence of allergic rhinitis among all provinces of Pakistan and to assess the relationship of allergic rhinitis and health-related Quality of Life (HRQOL) among general adult population of Pakistan.

METHODS: This cross-sectional study was done in all provinces of Pakistan during December 2017 to August 2018. Adults of both sexes aged 15 to 60 years were included. A pre-tested SFAR questionnaire was used for prevalence of allergic rhinitis. The quality of life among respondents was assessed by Short Form-12 Quality of Life questionnaire. Data was analyzed in SPSS. All ethical consideration were taken into consideration.

RESULTS: The overall prevalence of AR was found to be 64.4% with highest prevalence in Punjab (29.5%) and least in Gilgit (8.4%). The majority were males 2764 (60%) with mean age of 27.28 ± 10.11 . Quality of life was significantly affected of participants with AR for physical, mental, emotional and social activities ($P < 0.001$).

CONCLUSION: High overall prevalence of AR was reported in Pakistan with Punjab bearing the most AR mostly due to its atmosphere laden with pollens from vast agricultural practices, smoke and overcrowding. Health education and lifestyle modifications especially during monsoon season are recommended.

KEY WORDS: Allergic rhinitis, Pakistan, quality of life, HRQOL

PERCEPTIONS AND PRACTICES REGARDING THE PROCESS OF INFORMED CONSENT IN A TERTIARY CARE HOSPITAL IN A DEVELOPING COUNTRY

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INTRODUCTION: Informed consent before surgical procedures is an imperative aspect of surgery. Proper informed consent is essential for patients to have sound knowledge about the indication, risks and benefits of the procedure.

OBJECTIVE: Aim of the study was to assess perceptions of post-operative patients about the process of informed consent and to identify various factors that influence the process of informed consent in a tertiary care hospital.

METHODS: Cross-sectional study was carried out at a tertiary care hospital of Lahore. After taking consent from patients and IRB, interviews were conducted by principal investigators using a validated questionnaire from 101 patients who had undergone elective surgery.

RESULTS: Informed consent did not influence the decision of 85(84.2%) patients to proceed with surgery. Majority 92 (91.1%) patients considered it to be important. Satisfaction regarding provision of information was observed in 91(90.1%) as their inquiries were replied by doctors 98(97.0%) with 92(91.1%) having opportunity to ask questions from doctors. Mostly 98(97.0) patients were told about indications of surgery, only 54(53.5%) were told about possible complications. Patients 75 (74.3%) were informed about alternatives other than surgery. Significance was observed between education and factors due to which patients were not signing consent form themselves, language ($p=0.03$), better educational status ($p=0.002$) and patient not being informed by relatives before signing forms ($p=0.02$).

CONCLUSION: Study concludes that patients had adequate knowledge about the process of informed consent. Factors identified as barriers in signing of consent form by patients themselves included language, better educational status and not being asked by relatives. Clinicians need to inspire patients to sign the consent form themselves.

KEY WORDS: Informed Consent, Bioethics, Professionalism

SELF-MEDICATION AMONG MEDICAL AND NON-MEDICAL STUDENTS- A COMPARATIVE STUDY

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INTRODUCTION: Self-medication is common especially in developing countries like Pakistan. Medical students often have an easy access to drugs and have more knowledge, but non-medical students are equally prone. There is a paucity of literature on this topic. Our study is designed to compare the pattern of self-medication among medical and non-medical students.

OBJECTIVE: To determine the frequency of self-medication among medical and non-medical students and to compare the drugs used and reasons for taking self-medication among the two groups.

METHODS: A cross sectional descriptive study was conducted in Riphah International University from July – September 2018. Sample size was calculated to be 260 using Raosoft. Sampling technique used was convenience sampling. A self-administered questionnaire was used after taking consent. Data analysis was done using SPSS version 21 and results were expressed in frequency tables and pie charts.

RESULTS: The overall frequency of self-medication was 78% (88.5% in medical and 68.5% in non-medical). Results indicate that Analgesics (medical 81% and non-medical 45.4%) are the commonest drugs being used for self-medication in both populations. The reason for taking self-medication was no need to visit doctor for minor illness while lack of knowledge was the most common reason among non-medical students for not taking self-medication.

CONCLUSIONS: This study shows that frequency of self-medication is more among Medical students. Enhancing awareness regarding risk of such practices is essential.

KEY WORDS: Self-medication, Knowledge, Awareness

CROSS-SECTIONAL STUDY; SURVEY OF PHYSICAL AND MENTAL HEALTH PROBLEMS IN BETA THALASSEMIA PATIENTS OF, PESHAWAR

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INTRODUCTION: B-Thalassemia major is a disorder characterized by defective production of haemoglobin and excessive destruction of red blood cells. Research study published in the Journal of the college of physicians and surgeon Pakistan in 2014 about the quality of life in beta thalassemia patients in developing countries in which total of 101 patients (60 males and 41 females) Regarding psychological functioning, 29 (28.7%) of the patients reported that they often felt despair because of their illness, 27 (26.7%) often felt it as a burden on them, while 21 (20.8%) always remained irritated because of their disease. Forty-five subjects (44.6%) of the patients had the feeling of loneliness secondary to their disease. With regard to physical functioning, 25 (24.8%) of the patients stated that they sometimes feel weaker because of their disease. Around one quarter of the patients often could not participate in sports, while parents of 36 (35.6%) of the children at times did not allow their children to play because of their disease [3]

OBJECTIVES: To assess the general, physical and mental health statistics of beta thalassemia patients of different blood donation centers of Peshawar.

METHODS: A cross-sectional, descriptive, study was conducted on 100 Beta Thalassemia children in different blood donation centers (Fatimid foundation, Hamza Foundation, Frontier foundation, and Hayatabad Medical complex; 25 from each) Peshawar, from the period of February 2018 to May 2018 to Evaluate the general, physical and mental health statistics of beta thalassemia patients of Peshawar. Data was collected through convenient sampling technique via a self-administered questionnaire, from the 4 major blood donation centers of Peshawar were involved in the study; a sample of 25 beta thalassemia patients were taken from each blood donation center by convenient sampling technique.

RESULTS: Out of a total of 100 Beta Thalassemia Children of Peshawar (25 from each blood donation center), of which 44(44%) were males, 56(56%) were females, Of the total sample size 27% were A positive, 6% were A negative, 24% were B positive , 6% were B negative, 6% were AB positive, 4% were AB negative, 21% were O positive, 6% were O negative, 54(52.8%) undergoing regular blood transfusions, while 46(44.5%) did not., 23(22.5%) said their health condition was much better, 18(17.6%) said it was somewhat better, 9(8.6%) said it was the same whereas 4(3.9%) said it was worse than a year ago. 28 out of 100 said they never felt depressed, 30 out 100 never felt nervous, 34 out of 100 never had trouble in sleeping, while 26 out of 100 never felt their gloomy state of mind.

CONCLUSIONS: According to the results, we found out that regular blood transfusions had a positive impact on the betterment of the general health conditions; the disease had a significant effect on the limitations of activities and caused gloomy state of mind in most of the participants.

KEY WORDS: Beta Thalassemia; Blood transfusion; Health

ASSESSMENT OF STEREOPSIS AND CONTRAST SENSITIVITY IN MYOPIC AND HYPEROPIC ANISOMETROPIA.

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INTRODUCTION: Anisometropia is a condition in which both eyes of an individual have different refractive power. Term refers to as differences in two eyes which may be by means of amount of dioptric power or type of dioptric power. Contrast sensitivity is an important component of visual function specifically in different light conditions. It has been observed that one may have good visual acuity at the same time they may have certain ocular conditions that may reduce ones contrast sensitivity. Contrast sensitivity testing is the ability to differentiate between different light and dark bands with finer increment of contrast. Stereopsis is third grade of binocular single vision. The literary mean of term stereopsis is “perception of depth”. It refers to the three dimensional structural visual information is obtained by two eyes which have normally developed normal binocular single vision. Reduce visual acuity due to anisometropia may have significant impact on contrast sensitivity and stereo acuity.

OBJECTIVES: To assess the impact of anisometropia on contrast sensitivity and stereoacuity, Comparison of stereopsis in anisometropic hyperopia and myopia and the comparison of contrast sensitivity in anisometropic hyperopia and myopia

METHODS: Cross sectional study was conducted in Madina Teaching Hospital from Jan 2019 to March 2019. Non- probability convenient sampling technique was used to collect 30 samples. Contrast sensitivity of anisometropic patient was recorded by Pellirobson contrast sensitivity and stereopsis was measured with TNO stereopsis test. Data was analyzed by using Independent sampling T-test in SPSS-20 software. Results:

The effect of myopic and hyperopic anisometropia on stereopsis and contrast sensitivity was assessed and was found out that hyperopic has more negative affect on stereopsis and contrast sensitivity than myopic anisometropia. Myopic anisometropia and hyperopic anisometropia in relation to contrast sensitivity and stereopsis was also compared

CONCLUSION: Hyperopic anisometropia has more adverse effects on stereopsis and contrast sensitivity of an individual as compared to the myopic anisometropia. As the degree of anisometropia increases; contrast sensitivity and stereopsis of both hyperopic and myopic anisometropia decreases.

KEY WORDS: Anisometropia, Contrast sensitivity, Stereopsis and Fundoscopy.

COMPARISON BETWEEN PRE AND POST CYCLOPLEGIC MEASUREMENTS OF ANTERIOR CHAMBER DEPTH AND LENS THICKNESS IN MYOPES AND HYPEROPES.

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INTRODUCTION: Cycloplegia is the paralysis of ciliary muscles of the eye which results in loss of accommodation. The aim of the study is to assess the changes in crystalline lens thickness and anterior chamber depth before and after instillation of cycloplegic drops in myopes and hyperopes.

OBJECTIVES: To analyze difference between cycloplegics and non-cycloplegic measurements of lens thickness and anterior chamber depth in myopes and hyperopes and to compare change in lens thickness and anterior chamber depth under effect of active accommodation and cycloplegia.

METHODS: A cross sectional study design was done from November 2018 to March 2019 at Madina Teaching Hospital Faisalabad. 15 subjects with hyperopia and 15 subjects with myopia aged 10 to 35 years; both male and female will be included in this study. Non probability convenient sampling technique was used to collect sample data. Standardized eye examination was done on all patients. Lens thickness and anterior chamber depth were measured before and after cycloplegia with instillation of anesthetic drops in myopes and hyperopes using Alcon Amplitude scan. Paired sample T was employed to analyze the data using SPSS 20 version as tool for data analysis.

RESULTS: Result of study will give knowledge about either cycloplegic drops affected the values of lens thickness and anterior chamber depth in myopes and hyperopes. In this study we will compare pre and post cycloplegic measurements of lens thickness and anterior chamber depth which will be helpful for literature in future.

CONCLUSION: Cyclopentolate hydrochloride 1% causes significant increase in anterior chamber depth and decrease in lens thickness compared with precycloplegia measurements.

KEYWORDS: Cycloplegia, Accommodaion, Lens thickness, anterior chamber depth, Myopia, Hyperopia

PHARMACOVIGILANCE SURVEY AMONG PATIENTS OF HYPERTENSION IN KARACHI, PAKISTAN.

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INTRODUCTION: The study of adverse drug reactions (ADRs) is called Pharmacovigilance. ADR monitoring is obligatory as newer drugs are being discovered and launched in the market. Hypertension is defined as a persistent increase in blood pressure (BP) $\geq 140/90$ mm Hg.

OBJECTIVE: To evaluate patients' interest in reporting side effects of hypertensive medications

METHODS: A self-generated questionnaire was administered among 127 patients of hypertension through convenient sampling in January 2019 in Karachi, Pakistan. IBM SPSS statistics 25 was used to calculate the results of this cross sectional study.

RESULT: 62.1% of hypertensive patients do not report the side effects to any of the health care provider while 57.9% patients think that reporting of such effects is essential.

CONCLUSION: The practice of observing and reporting the side effects of hypertensive medications among patients was not common.

KEY WORDS: Pharmacovigilance, Hypertension, Antihypertensive.

PATTERN OF MULTI-DRUG RESISTANCE IN COMMON SYSTEMIC AND LOCAL INFECTIONS.

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INTRODUCTION: Multi-Drug Resistance (MDR) is rising to dangerously high levels in all parts of the world. New resistance mechanisms are emerging and spreading globally, threatening our ability to treat common infectious diseases. This increasing resistance is prolonging the duration of the disease, increasing the risk of complications and raising the mortality rate. The cost of health care for patients with resistant infections is higher than care for patients with non-resistant infections due to longer duration of illness, additional tests and use of more expensive drugs.

OBJECTIVE: The main objective of this study was; to determine the prevailing pattern of MDR in common infections in terms of the causative microbes and the antibiotics to which they show resistance.

METHODS: After approval from the ERC, a descriptive study was conducted at the microbiology laboratory of a tertiary care public sector hospital of Peshawar. The culture and sensitivity reports of the samples from patients suffering from systemic and local infections from February 2018 to February 2019 were included in the study. The isolated microorganism and the drugs to which it showed resistance was noted. Cases with incomplete information were excluded. The data was entered and analyzed in SPSS Version19.

RESULTS: A total of 1171 culture and sensitivity sample reports were analyzed of which 632(54%) were from female patients. The mean age was 35.08(\pm 22.175) with the most frequent age group of 1-10 years. Nine hundred and twenty samples were of urine in which Escherichia Coli was the most commonly isolated organism (n= 478; 51.9%) and was most resistant to Ciprofloxacin (n=347, 72.6%) and Co- trimoxazole (n=324;67.7%). Ninety- eight samples were of sputum in which Enterobacter species and Pseudomonas Species were equally prevalent (n=17; 17.35%) and they were most resistant to Cefuroxime and Fosfomycin (n=17; 100%). Ninety-seven samples were of blood in which Staphylococcus Aureus was commonly isolated (n=31; 31.95%) and was found most resistant to Co-trimoxazole (n=23; 74.19%) and Penicillin (n=25; 80.64%).

CONCLUSION: MDR is common at an alarming level in urinary, respiratory and other systemic and local infections in our setting. Children are the most frequent victims of this MDR. The most frequent microorganisms responsible for these infections are resistant to most of the prescribed first line of antibiotics.

KEY WORDS: Multi-drug resistance, antibiotics, antibiotic resistance, urinary tract infection, blood, sputum

LEVEL OF ANXIETY AMONG MYOCARDIAL INFRACTION (MI) PATIENTS UNDERGOING CORONARY ANGIOGRAPHY

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INTRODUCTION: Anxiety and fear are the most common tense and emotional feelings experiences before coronary angiography, about 82% of the patients admitted to CCU are having anxiety prior to Coronary Angiography globally, study evaluate the awareness of caregiver(nurses) about factors that are responsible for causing stress and anxiety among CCU patients in tertiary care hospital Peshawar.

OBJECTIVE: To assess the frequency of anxiety in Myocardial Infarction patients' undergoing coronary angiography. And to determine the factors responsible for anxiety in Myocardial Infarction patient's undergoing coronary angiography.

METHODS: Cross-sectional research study design was used in this study. Study was conducted in the coronary care unit of two tertiary care hospitals Peshawar (RMI and Kuwait Teaching Hospital). Subjects: Non probability convenient samples of 100 adult conscious patients of both gender, who were admitted to the cardiac catheterization unit. Tools were utilized in this study: modified questionnaire with slight modification and Hamilton Rating scale (HAM-A). From Kuwait teaching hospital data taken from 51 patients and 49 were from Rehman medical hospital. 56 male and 45 female patients took part in this study.

RESULTS: Mean age 51.40 mostly affected from the stress and anxiety for angiography. About 9 people suffered from mild anxiety, 29 from moderate anxiety and 62 from severe anxiety before angiography. Anxiety was directly proportional to the frequency of age, gender and pain. Mostly females experienced more anxiety than males.

CONCLUSION: It can be concluded that early preparation and giving patients awareness about the procedure before coronary angiography improves patient's knowledge and reduces patient's anxiety. Nurses should have to be properly aware of the patients' anxiety level and give full information about the procedure before the CAG and multiple relaxation therapies for patient's anxiety reduction.

KEY WORDS: Coronary angiography, Adult, Anxiety, Patients

CHARACTERISTICS AND TREATMENT PREFERENCES OF MENSTRUAL MIGRAINE WITHOUT AURA IN YOUNG FEMALE MEDICAL STUDENTS.

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INTRODUCTION: Menstruation triggers migraine attacks that occur without aura, are more painful and longer than non-menstrual migraine attacks and frequently accompanied by severe nausea. More than 50% of women with migraine report association of their migraine with menstruation.

OBJECTIVES: To explore characteristics of menstrual migraine in young female medical students and to identify the most preferred treatment option for menstrual Migraine.

METHODS: This descriptive cross sectional study was conducted on 312 young female medical students of Lahore by using convenient sampling technique. A questionnaire was used for data collecting and distributed by sharing link of Google forms. Frequencies and percentages were determined.

RESULTS: Out of females experiencing menstrual migraine 38% had pure menstrual Migraine and 62% had Menstrual related Migraine. Duration of headache was 3-6 hours in majority of the females (56%). Participants experienced Photophobia (28%), phonophobia (40%) and both photo and phonophobia (13%). Acetylsalicylic acid & NSAIDs are the most commonly used medicines.

CONCLUSION: Frequency of menstrual related migraine is quite high in young female medical students. Phonophobia and photophobia are frequently experienced associated symptoms. Acetylsalicylic acid is the preferred treatment for relieving migraine.

KEY WORDS: Menstrual Migraine, Photophobia, Phonophobia.

FREQUENCY OF THE OPHTHALMOLOGICAL DISORDERS ASSOCIATED WITH HEADACHE.

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INTRODUCTION: Headache is one of the most common presenting complaints of patients. Ophthalmologists are the first physicians to treat headache related to visual disturbances.

OBJECTIVE: To determine the frequency of ophthalmological disorders associated with headache.

METHODS: This cross-sectional, descriptive study was conducted in outpatient department of Fatima Memorial Hospital from January 2018 to July 2018. The sample population was selected through non-probability, convenience sampling technique. A questionnaire was filled that included questions about the characteristics of headache and the ocular findings on examination. Complete eye examination was done by a consultant ophthalmologist. Statistical analysis was done using SPSS version 23.

RESULTS: Out of the 180 patients, 127(70.6%) were females and 53(29.4%) were males. The mean age was 25.02 +/- 12.89 years ranging from 5 to 80 years. The disorders related with headache were divided into Ocular, Non-ocular, combined ocular and combined ocular with non-ocular causes. In the ocular causes, the most common were asthenopias present in 83(46.11%) patients. They included 29 patients of convergence (16.1%), 18 patients (10%) with hypermetropia, myopia 15 patients (8.3%), 7 patients (3.9%) with presbyopia and 4 patients (2.2%) with increased mobile and computer usage. The patients who suffered from other ocular causes such as keratoconus, hypertensive retinopathy were 2 each (1.1%) and the number of patients presenting with acute uveitis, blepharitis, retinal detachment and squint were 1 each (0.6%). In patients with non-ocular causes 61(33.9%) presented with migraine.

CONCLUSION: Most of the patients with ocular causes had refractive errors and majority of the patients with non-ocular causes had migraine.

KEYWORDS: Headache, Asthenopia, Refractive errors, Migraine Disorders.

FREQUENCY OF ANEMIA IN CHILDREN SUFFERING FROM RESPIRATORY DISEASES.

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INTRODUCTION: Anemia is a condition that develops when blood lacks enough healthy red blood cells or hemoglobin. Pneumonia represents any inflammatory condition involving the lungs, or vascular structures. Bronchiolitis is caused by an infection that affects bronchioles, that lead to the lungs. Asthma is inflammation of the air passages that results in a temporary narrowing of the airways that carry oxygen to the lungs.

OBJECTIVES: The aim of the study was to determine the frequency of anemia in children suffering respiratory disease; Pneumonia, Bronchiolitis, Bronchopneumonia, and Asthma.

METHODS: The retrospective study included 100 patients aged 0 months to 13 years, from Kuwait Teaching Hospital, Peshawar, from July 2018 to December 2018. Hb levels and TLC of patients were noted down from previous records. Convenient sampling technique was used. Questionnaires have been used as the main study tool. Analysis for this result have been carried out through SPSS19 in the form of pie charts, calculating out percentages and finding out the P-values

RESULTS: Out of 100 in and out patients during last 6 months, 38% suffered Pneumonia, 35% Bronchiolitis, 16% bronchopneumonia, 9% Asthma and remaining 2% suffered other URTIs. Out of 38% of patients suffering pneumonia; 80% were anemic. Among asthmatic patients, 33% were anemic. All 100% of bronchiolitis patients were found to be anemic. 87.50% of Bronchopneumonia patients were anemic and 100% of patients suffering URTI were anemic. We carried out chi square test in which p value calculated was less than 0.005 showing our results to be significant.

CONCLUSION: Anemia is common health problem among the children of Peshawar. Children suffering from Pneumonia, bronchiolitis and Asthma are more susceptible to become anemic. Prevention, accurate diagnosis, and prompt treatment of anemia are necessary.

KEY WORDS: Anemia, bronchiolitis, asthma, pneumonia, bronchopneumonia.

PREVALENCE OF COMPLICATIONS OF DIABETES IN RURAL AND URBAN POPULATION

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INTRODUCTION: Diabetes Mellitus is a metabolic disorder characterized by hyperglycemia either due to decreased insulin secretion or insulin resistance. A descriptive cross-sectional study was conducted to evaluate the complications among urban and rural diabetics.

OBJECTIVE: The objective is to assess the prevalence of diabetes and its most common complications in rural and urban population.

METHODS: A descriptive cross-sectional study was conducted in rural and urban areas of Faisalabad. The study duration was from January 2018 to June 2018. 100 samples were collected based on simple random sampling technique. The sample included all the willing patients above the age group of 30 with type 2 diabetes and excluded unwilling patients, and those with gestational diabetes and type 1 diabetes. Data was presented through Microsoft Excel.

RESULTS: Out of the 100 patients interviewed, the prevalence of Diabetes Mellitus and its associated complications was higher in the diabetic individuals of urban (72%) than rural (50%). Persons having diabetes for more than ten years were comparatively less in number in rural (16%) than urban (32%). In all micro and macro vascular complications, progression of retinopathy is more than other complications. Urban have more family history of diabetes than rural.

CONCLUSION: According to data analyzed, the results were conclusive that those diabetics who were urban had greater predisposition to different complications, most of them being suffering from diabetic retinopathy and had considerable awareness about the complications. Comparatively, the rural had fewer incidences of complications, and less awareness about it due to illiteracy and lower socioeconomic class.

KEY WORDS: Complications of diabetes, Prevalence .

SATISFACTION OF PATIENTS ATTENDING OUTPATIENT DEPARTMENT OF TEACHING HOSPITALS OF PESHAWAR.

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INTRODUCTION: Patient satisfaction with services has become an important parameter for evaluating treatment outcomes. Health care services are moving toward client-service provider model and patients' ratings of their experiences and satisfaction with mental health services have been a frequently used indicator of service quality.

OBJECTIVES: To find out the satisfaction of patients attending outpatient department of teaching hospitals of Peshawar.

METHODS: A cross sectional study of assessment of patient satisfaction was conducted in the outpatient departments of teaching hospitals of Peshawar where patients aged 18 and above were included. Patients having hearing impairment, mental retardation & psychotic disorder were excluded from the study. Patients were interviewed on Patient satisfaction Questionnaire-18 (PSQ-18), which measures seven dimensions of the patients' satisfaction with medical care i.e., General satisfaction, Technical quality, Interpersonal manner, Communication, Financial aspects, Time spent with doctor, and Accessibility & convenience. All the data compiled will be analyzed using SPSS v.25.

RESULTS: The mean age of the sample (n=165) was 37.58±15.60 years with age range of 18-85 years. Majority of the patients were females (n= 122, 73.9%), were from private sector hospitals (n=100, 60.6%). The Cronbach alpha reliability for the Patient Satisfaction Questionnaire was .737. Almost half of the sample (n=82, 49.7%) reported higher than mean score on PSQ. The results using t test showed that there was no significant difference between satisfaction of male and female participants (p=.943) or patients attending private and public sector hospitals (p=.116).

CONCLUSION: More than half of the patients showed dissatisfaction with the healthcare services and patients attending public private sector hospitals had similar satisfaction to services.

KEY WORDS: Satisfaction of patients, Outpatient department, Teaching hospitals.

PREVALENCE OF DEPRESSION IN ELDERLY PEOPLE OF HAYATABAD, PESHAWAR

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INTRODUCTION: Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks whereas geriatric depression is the appearance of the same symptoms in older adults. In developing countries depression is a disease of immense public health importance. Older adults are more likely to suffer from sub syndromal depression. Moreover, it is undiagnosed in 50% of cases. This study was done to diagnose the cases of depression and help in further referring the patients to proper medical care.

OBJECTIVE: Depression is often the cause of physical pain in elderly people that is not explained by other medical conditions. There has been no documented study regarding prevalence of depression in the elderly in Hayatabad. This study was done to diagnose the cases of depression and help in further referring the patients to proper medical care.

METHODS: This descriptive study was designed in CHS department of Rehman Medical College, Peshawar and conducted in Hayatabad, Peshawar from April 2018 to May 2015. Only those subjects who were 65 years of age or above were included. A total of 253 subjects from both sexes were included in the work undertaken. A data was collected using geriatric depression scale (GSD) short form, which comprises of 15 structured questions.

RESULTS: The mean age of 196 subjects was 70 ± 5.73 years. Out of 253 people included in this study, 144 (56.92%) were male and 109 (43.08%) were female. Out of 253 people, 112 (44.27%) were normal. Out of remaining 141 people (55.73%), 102 (40.32%) were having mild depression whereas 39 (15.41%) subjects were in severe depression category according to Geriatric depression scale short form.

CONCLUSION: The study concluded that there is high prevalence of depression in our society and steps need to be taken to address this serious issue.

KEY WORDS: GDS, Depression

INTESTINAL PARASITES IN DIARRHEAL STOOLS OF CHILDREN UNDER-5 YEARS AT REHMAN MEDICAL INSTITUTE (RMI), PESHAWAR

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INTRODUCTION: It is estimated that some 3.5 billion children are affected worldwide by intestinal parasites, and that 450 million are ill as a result of these infections. These parasites can lead to diarrhea in children which is the 3rd leading cause of mortality among children below 5 years of life killing about 1.6 million children annually. This study was conducted to determine the spectrum of intestinal parasites in diarrheal stools by evaluating the stool sample lab reports of children less than 5 years of age admitted to Pediatrics ward Rehman Medical Institute (RMI), Peshawar, Khyber Pakhtunkhwa, Pakistan in year 2016.

METHODS: This was a descriptive case series conducted in May, 2017 on children less than 5 years of age admitted in Pediatrics ward, Rehman Medical Institute (RMI) during year 2016 with diarrhea. Lab reports of stool samples from these patients were taken from IT department of RMI, Performa sheets were made on the basis of variables that included characteristics of stool and types of parasites. Data were analyzed through Statistical Package for Social Sciences (SPSS) version 15 for descriptive statistics.

RESULTS: Out of 1278 children under 5 years with diarrhea, 655 (52.0%) children were \leq two years of age. Intestinal parasites were found in 399(31.2%) stool samples; out of these 238 (59.6%) had vegetative forms of which the most common was Entamoebahistolytica (108, 45.3%) followed by Giardia lamblia (107, 44.9%). The remaining 161 (40.4%) samples had ova and cysts of Entamoebahistolytica 60 (4.69%) followed by Giardia Lamblia 59 (4.61%).

CONCLUSION: Intestinal Parasite infestation contributed to morbidity of approximately one third of children aged below 5 years admitted to Pediatrics ward RMI.

KEYWORDS: Diarrhea, Morbidity, Parasites, Intestinal, Stools, Entamoebahistolytica, Giardia lamblia, Children under 5.

FREQUENCY OF ORAL CANDIDIASIS IN TYPE 2 DIABETIC PATIENTS WITH POOR GLYCEMIC CONTROL AT PUBLIC SECTOR TERTIARY CARE HOSPITAL OF PESHAWAR, KP.

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INTRODUCTION: Diabetes mellitus is an endocrine disorder involving the multiple systems of the body and is associated with the poor immune status which allows the infections to get a chance to invade human physiology. High HbA1c levels lead to many complications including eye, kidney and nerves damage.

OBJECTIVE: This study is aimed to find the frequency of oral infections in diabetic patients.

METHODS: It was a cross-sectional survey based on self-administered questionnaire. A total number of 100 diabetic patients suffering from type-II diabetes with oral candidiasis participated in the study. SPSS version 15 was used for data analysis.

RESULTS: 55% males and 45% females participated in this study. 68% patients in age group 42-63 years were having poor glycemic control. 74% of the patients were having fungal infections. 73.4% patients with type-II diabetes who has poor glycaemic control and more prone to oral candidiasis.

CONCLUSION: A significant number of patients had oral candidiasis with high HbA1c levels. Other factors like oral health, dentures usage and health modifications are also contributing to this increasing occurrence of infections in this group.

KEYWORDS: Type-II Diabetic patients, HbA1c levels, Oral candidiasis.

ASSESSMENT OF VISUAL ACUITY BY USING BLUE AND YELLOW LIGHT FILTERS IN AMBLYOPIC EYES

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INTRODUCTION: Amblyopia is a condition of diminished visual form sense in which eye and brain not working well together. There are different types of amblyopic therapies used but with the advancement of technologies we select a new therapy and new procedure to manage amblyopia so we will use blue and yellow light filters for this purpose.

OBJECTIVES: To determine the effect of blue and yellow filters on visual acuity in amblyopic eyes and to compare the effect of blue and yellow light filters on different types of amblyopia.

METHODS: This descriptive cross sectional study was carried out in 5months from November 2018 to March 2019 at ophthalmology department in Madina Teaching Hospital. Total 30 amblyopic eyes were included to determine the effect of blue and yellow light filters in diagnosed amblyopic patient. Informed consent of the patient was taken prior to their inclusion in the study. This study included 30 patients of both genders, ranges from 7 to 28 years. All types of amblyopic patients were included and patients with other ocular pathologies were excluded. The visual acuity of amblyopic patients was assessed by using blue and yellow light filters. Data will be recorded in SPSS version 2.0 and analyzed using T statistics.

RESULTS: We had applied Paired sample T test and noticed that blue filters gives more significant results as compared to yellow filters at the level of 5% confidence interval. Blue filters have strong association with amblyopic therapy as compared to yellow filters.

CONCLUSION: This study will be helpful to community because it shows good results in betterment of visual acuity when blue filters are prescribed to amblyopic patients with patching therapy.

KEY WORDS: Amblyopia, Blue filters, Visual acuity, Yellow filters.

ANTIMICROBIAL SUSCEPTIBILITY PROFILE OF MULTI DRUG RESISTANT ACINETOBACTER AND PSEUDOMONAS AGAINST POLYMYXIN E AND TIGECYCLINE

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INTRODUCTION: Antimicrobial Resistance of Multidrug Resistant (MDR) Acinetobacter and Pseudomonas against Polymyxin E and Tigecycline is increasing exponentially. However, a wide range of variation of these pathogens against Polymyxin E and Tigecycline among various ends of the world has been noted.

METHODS: This cross sectional study was conducted in Medical Intensive Care Units (MICU) of Holy Family Hospital for a duration of 1 year after ethical approval from Institutional Research Forum (IRF) of Rawalpindi Medical University. Hospital records of patients admitted in MICU were included using consecutive sampling technique. Organisms that were not MDR Acinetobacter or MDR Pseudomonas were excluded. Antimicrobial resistance of included isolates was noted against Polymyxin E & Tigecycline. Variables like gender, age, organism, site of isolation and antimicrobial resistance against Polymyxin E & Tigecycline were noted. Data were entered and analyzed SPSS v20

RESULTS: Mean age of isolation of MDR Acinetobacter was 35.79 ± 15.55 while mean age of isolation of MDR Pseudomonas was 26.54 ± 7.83 . The difference was very highly statistically significant. MDR Acinetobacter & MDR Pseudomonas both were more commonly isolated from male as compared to female patients. MDR Acinetobacter & MDR Pseudomonas were more commonly isolated from catheter tips, followed by blood. However, MDR Pseudomonas was not isolated from urine. Antimicrobial Resistance against Polymyxin E & Tigecycline was surprisingly high.

CONCLUSION: The high antimicrobial resistance of MDR Acinetobacter or MDR Pseudomonas was alarmingly high. Therefore, proper strategies should be formulated regarding use of antimicrobial agents.

KEY WORDS: Antimicrobial Resistance; Acinetobacter; Pseudomonas; MDR; Polymyxin E; Tigecycline

STRESS IN PARENTS OF CHILDREN WITH SENSORY-MOTOR, CHRONIC PHYSICAL AND METABOLIC DISORDERS.

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INTRODUCTION: Parents of children with intellectual and/or developmental disabilities are presented with a unique set of challenges associated with providing care for their children that affects their own mental and physical health.

OBJECTIVES: The objective of this study is to compare mean stress score using parental stress scale in parents having children with sensory-motor mental, chronic physical and metabolic disorders.

METHODS: This descriptive cross sectional study was conducted on 76 subjects in department of paediatrics of Holy Family Hospital for a period of 3 months from November 2018 to January 2019 after ethical approval of institutional research forum of RMU. Chronic disorders were included. While patients having any confounding factors like financial crisis and unemployment were excluded. Parents were divided into different age groups: 20-30 years, 30-40 years, 40-50 years and 50-60 years while chronic illnesses of children were divided into three categories i.e, sensory-motor mental, chronic physical and metabolic disorders. Variables like parental age, parental gender, child age, gender of child, parental education, total number of children were noted however parental stress was determined using parental stress square questionnaire by one on one interview with cronbach's alpha value > 0.7. Data was entered using SPSS v 20.Descriptive statistics were applied

RESULTS: A total of 76 parents of 40 (52.6%) male while 36 (47.4%) female children with chronic illness were interviewed. 23(30.3%) of the parents were uneducated, 11(14.5%) had obtained primary level education, 27(35.5%) secondary level education, 10(13.2%) matriculation level while only 5(6.6%) were educated up to Intermediate Level. Mean parental age was 31.63 ± 6.25 and mean age of children was 6.10 ± 4.28 . Mean stress score was 65.39 ± 6.38 . The difference of mean stress score was statistically insignificant according to parental gender, gender of children, age group of parent and type of chronic illness in children. ($p > 0.05$).

CONCLUSION: Stress Score in parents of children with chronic disorders is very high.

KEYWORDS: Stress; Chronic Disability.

PATIENT SATISFACTION WITH MUSCULOSKELETAL PHYSICAL THERAPY CARE

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INTRODUCTION: Musculoskeletal disorder or MSD'S is a major health problem worldwide as well as in Pakistan. MSD'S are the disorders that affect the human body's movement or musculoskeletal system (i.e. muscles, tendons, ligaments, nerves, discs, blood vessels, etc.) Patient's satisfaction is increasing due to advancement in scientific study and awareness of Physical Therapy among public. This study was therefore carried out to determine the satisfaction of patients with MSDs in specific in hospitals of Peshawar.

OBJECTIVE: To determine the satisfaction status of patients with Musculoskeletal Disorders regarding their physiotherapy treatment.

METHOD: A descriptive cross-sectional study was conducted at Khyber Teaching Hospital (KTH), Maqsood Medical Complex and general hospital (MMC), Hayatabad Medical Complex (HMC), Peshawar, Pakistan. Total 129 patients (72 males and 57 females) were interviewed through structurally designed questionnaires. Sampling technique was convenience sampling. Study duration was approx. 5 months. Ethical consideration of the subjects was taken into account. Data analysis was carried out using SPSS 22.

RESULTS: Total 129 patients including 72 males (55.81%) and 57 females (44.18 %) were included in the study. Mean age of patients was 37.04 with standard deviation of 17.448 (range 20-60). Eighty seven (67.4%) patients including 49(68.1%) males and 38 (66.7%) females were satisfied whereas, 42 (32.56%) patients including 23 (31.9%) males 19 (33.3%) females were not satisfied.

CONCLUSION: Majority (67.4%) of MSD's patients were found out to be satisfied with their Physical therapy treatment key reasons being the positive attitude of the therapists and their process of care. The question of whether a research component should be an essential part of medical curriculum has been debated in the past and is still controversial. Health research training is an important part of medical education. Medical research at undergraduate level has been given poor importance in developing countries. 2 The current undergraduate academic programs in Pakistan are not producing enough personnel for research purposes and the curriculum does not motivate students' interests in research.

KEYWORDS: Musculoskeletal, Patient satisfaction, Physical Therapy.

BACTERIOLOGICAL ASSESSMENT OF BLOOD INFECTED SAMPLE COLLECTED FROM KHYBER TEACHING HOSPITAL, PESHAWAR

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INTRODUCTION: A microorganism is defined as a living thing that is so small it must be viewed with a microscope. Microbes are found all around us and even inside our bodies. The well-known microbes are fungi and bacteria, among the bacteria some gram positive and mostly gram negative are human pathogenic which causes serious illnesses. Blood stream infections cause significant morbidity and mortality worldwide and among the most common health care associated infections.

OBJECTIVES: The aim of this study was to isolate and identify the clinical specimens of patients suffering from blood infections.

METHODS: The samples were collected by obtaining the medical history from patients. The labeled samples were transferred to Microbiology Research Laboratory of Abasyn University for further processing. Collected samples were streaked on Blood Agar and Nutrient Agar media plates. After that plates were incubated at 37°C for 24 hours. Cultures obtained on each plate were sub-cultured and processed for further identification by Gram Staining and Biochemical tests. The biochemical tests performed were Catalase, Coagulase, Oxidase, Citrate, Indole, Urease and Triple Sugar Iron tests.

RESULTS: A total of fifty samples were collected using standard microbiological techniques to isolate and identify the bacterial isolates. From a total of fifty samples thirty were positive while twenty were negative. Among thirty positive samples, the identified isolates were *Providencia* (30%), *Klebsiella pneumoniae* (20%), *Budvicia aquatica* (13.33%), *Yersinia* spp. (10%), *Enterobacteriaceae*, *Serratia ficaria*, *Morganella morganii* accounted for (6.66%), *Proteus mirabilis* (3.33%), *Citrobacter freundii* (3.33%).

CONCLUSION: From the present study it is concluded that the most prevalent bacteria present in blood infection were *Providencia*, *Klebsiella pneumoniae*, *Budvicia aquatica*, *Yersinia* spp. However *Enterobacteriaceae*, *Serratia ficaria*, *Morganella morganii*, *Proteus mirabilis* and *Citrobacter freundii* were also noticed.

KEYWORDS: Bacteriological assessment, Biochemical tests, Gram staining, Blood infection

DISTRIBUTION AND SEASONAL VARIATION OF VARIOUS PYOGENIC MICROORGANISMS

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INTRODUCTION: Variation in the incidence and pathogenicity of various common infectious diseases, with the calendar, as well as the seasons is a characteristic observation. The incidence of certain pyogenic micro-organisms varies in relation with changing seasons throughout the year.

OBJECTIVES: To determine the frequency of various pyogenic microorganisms and to assess their seasonal variations throughout a year in a tertiary care hospital.

METHODS: This descriptive cross-sectional study was conducted in various departments of Benazir Bhutto Hospital during a period of 1 year after ethical approval from Institutional Research Forum of Rawalpindi Medical University. 1421 cultures which were positive for pyogenic pathogens were included in this study. Recipients of corticosteroids or antimicrobial therapy within past 15 days of sampling were excluded.

Various pathogens were cultured and isolated from samples of pus. Variables such as Gender, Mode of Admission, and Microbe isolated, Month of Isolation and Meteorological parameters comprising average humidity, precipitation and temperature were noted. Data was entered using SPSS v23.0 and descriptive statistics were applied. Independent Samples Kruskal-Wallis Tests were applied to assess distribution of various pathogens in relation to average monthly humidity, precipitation and temperature.

RESULTS: Staphylococcus aureus was found to be the most common microorganism to be recorded (Maximum incidence during summer season in May 2017; Minimum incidence in September 2017), followed by E. Coli (Maximum incidence in late winters February 2017; Minimum incidence in November 2017). Seasonal pattern of incidences of other organisms, Pseudomonas, Proteus, Gonococcus, Acinetobacter, Klebsiella, Streptococcus pyogenes were also recorded. It was observed that incidences of these pyogenic pathogens were affected by average temperature and precipitation, but not by humidity throughout the year.

CONCLUSION: Seasonal variation in incidence of infectious diseases caused by pyogenic organisms throughout the year was found to be statistically significant.

KEY WORDS: Pyogenic, Temperature, Humidity, Precipitation, Seasonal Variation

PHYTOCHEMICAL ANALYSIS AND ANTIBACTERIAL ACTIVITY OF FERNANDOAADENOPHYLLA SYRUP AGAINST MULTI DRUG RESISTANT BACTERIA

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INTRODUCTION: Drug resistance is a common problem nowadays due to overuse of antibiotics. So, there is a need for adopting alternative methods nowadays. These methods should have less adverse effects, effective and economical. Keeping these circumstances in consideration, herbal medicines could be choice of drugs as they contain many bioactive compounds that are directly or indirectly used in the formulation of different medicines. Fernandoadenophylla is a medicinal woody plant belonging to the family Bignoniaceae.

OBJECTIVES: The present study was conducted for the evaluation of the antibacterial activity of the formulated syrup of Fernandoadenophylla leaves.

METHODS: Phytochemical analysis of hydro methanolic extract of Fernandoadenophylla was done using standard protocol. A total of 10 bacterial MDR strains were collected from clinical samples. The bacteria were isolated from urine samples. Culture sensitivity pattern of the isolated bacteria was checked and those showing multi drug resistance were included in the present study. The syrup was formulated as per the United States Pharmacopeia. Hydro alcoholic extract (50 g) of F. adenophylla was boiled in 400 ml of distilled water until its volume became 100 ml (decoction). The solution was cooled, filtered and the filtrate was used for the preparation of final syrup. Deionized water (100 ml) was heated to dissolve 666.6 g of sucrose for the preparation of simple syrup. One part of decoction was mixed with five parts of simple syrup (1:5) for the formulation of final syrup.

RESULTS: The phytochemical investigation revealed the presence of saponin, alkaloids and tannins. Most potent activity was shown against Salmonellaparatyphi showing a zone of inhibition of 36 mm followed by Staphylococcus aureus(32 mm), Escherichia coli(30 mm), Klebsiella(28 mm), Pseudomonas(28 mm), Vibrio cholera(28 mm), Serratia(26 mm) and Proteus(20 mm). No activity was noticed against Salmonella typhi and Morganella. Conclusion: Being herbal medicine the formulated syrup will have less adverse effects. The syrup showed potent activity against Multi drug resistant bacteria, so it can be used in the treatment of urinary tract infection.

KEYWORDS: Drug Resistance, Clinical samples, Plant extract

FACTORS ASSOCIATED WITH RENAL DYSFUNCTION IN HEPATITIS C-RELATED CIRRHOSIS AND ITS CORRELATION WITH CHILD PUGH SCORE

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INTRODUCTION: Liver cirrhosis is associated with significant morbidity and mortality. Prevalence of HCV in Pakistan is 6.8%. Renal dysfunction is a common complication in patients with decompensated liver cirrhosis. Acute kidney injury occurs approximately in 19% of hospitalized patients with cirrhosis. Chronic kidney disease occurs in 1% of all patients with cirrhosis.

OBJECTIVES: To assess factors associated with Renal dysfunction in HCV cirrhosis, correlate renal parameters with Child Pugh score and find a cut off value of Child Pugh score to determine renal dysfunction.

METHODS: It was a cross sectional study. 70 cases of liver cirrhosis secondary to HCV from Jan '18-June '18 at CMH Multan. Diagnosis of HCV was confirmed by serological assay and liver cirrhosis by ultrasonography. Child Pugh score was determined and lab reports were taken on the same day. Patients were divided into two groups as not having renal dysfunction (serum creatinine \leq 1.5 mg/dL) and having renal dysfunction (serum creatinine \geq 1.5 mg/dL). eGFR was calculated by CKD-EPI Collaboration formula. Data was analyzed using SPSS v23.0. Chi square, Kruskal Wallis test and Pearson coefficient of correlation was applied. Level of significance was set at $P < 0.05$.

RESULTS: Out of 70, 30(42.8%) developed and 40(57.2%) did not develop renal dysfunction. Patients with ascites and encephalopathy are prone to develop renal dysfunction as well ($P=0.000$, OR 32.6; $P= 0.012$, OR=3.5 respectively). Patients with Child Pugh grade B or C develop renal dysfunction as compared to patients with Child Pugh grade A ($P=0.000$). Mean age, urea, creatinine, eGFR varies significantly among patients who develop renal dysfunction and patients who do not ($P=0.02$ $P=0.000$, $P=0.000$, $P=0.000$). eGFR negatively correlates with CP score ($r=-0.359$, $P=0.002$). Creatinine, urea and ALBI score positively correlates with CP score ($r =+0.417$, $P= 0.000$; $r = +0.757$, $P=0.000$; $r =+0.362$, $P= 0.002$). Cut off value of 8.5 shows 80% sensitivity, and 60% specificity.

CONCLUSION: Ascites and Encephalopathy are associated with renal dysfunction in HCV cirrhosis. Patients with Child Pugh B and C have renal dysfunction as compared to Child Pugh A. Greater the CP score greater is the extent of renal injury. A cut off value of CP score 8.5 is highly sensitive to detect renal dysfunction.

KEY WORDS: Renal dysfunction, Liver cirrhosis, Child Pugh score

ANTIMICROBIAL SUSCEPTIBILITY PATTERN OF KLEBSIELLA AGAINST COMMONLY USED ANTIMICOBIALS

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INTRODUCTION: The emerging resistance in Klebsiella spp. against commonly used antimicrobial agents has been reported worldwide.

OBJECTIVE: To determine frequency of isolation of Klebsiella spp. in various clinical isolates obtained in a tertiary care hospital and its antimicrobial susceptibility against commonly used antimicrobial agents i.e, Imipenem, Amikacin, Ceftriaxone, Cefipime, Ceftazidime, Ciprofloxacin, Piperacillin+Tazobactam, Ampicillin+Clavulanic Acid and Cefoparazone+Sulbactam

METHODS: This cross sectional study was conducted in Holy Family Hospital for the period of 8 months from August 2017 to April 2018 after ethical approval from Institutional Research Forum of Rawalpindi Medical University. A total of 134 clinical isolates from hospital records were included in this study by consecutive sampling technique from different samples of patients being treated in various departments of Holy Family Hospital Age, Gender, Site of Isolation and Culture sensitivity against Imipenem, Amikacin, Ceftriaxone, Cefipime, Ceftazidime, Ciprofloxacin, Piperacillin+Tazobactam, Ampicillin+Clavulanic Acid and Cefoparazone+Sulbactam was noted. Data were entered and analyzed using SPSS v 20. Descriptive Statistics were applied and Frequencies were determined.

RESULTS: Of a total of 134 clinical isolates, 77(57.5%) were obtained from male while 57(42.5%) were obtained from female patients. Maximum number of isolates; 32(23.9%) were obtained from wounds, 30(22.4%) from pus, 17(12.7%) from urine and 11(8.2%) from ETT tips while rest of the isolates were obtained from other sites. It was observed that 27.8% of clinical isolates of Klebsiella spp. were resistant to Imipenem, 43.8% to Amikacin, 95.7% to Ceftriaxone, 89.3% to Cefepime, 94.2% to Ceftazidime, 74.2% to Ciprofloxacin, 60% to Piperacillin+Tazobactam, 97.4% to Ampicillin+Clavulanic Acid while 44.0% were resistant to Cefoparazone+Sulbactam.

CONCLUSION: Antimicrobial resistance of Klebsiella spp. against Cephalosporins and Penicillins is very high.

KEY WORDS: Antimicrobial Resistance; Klebsiella spp

A COMPARISON OF ANTIMICROBIAL RESISTANCE OF XDR AND MDR CLINICAL ISOLATES OF E. COLI, KLEBSIELLA SPP. & PSEUDOMONAS SPP AGAINST AMIKACIN & IMIPENEM

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INTRODUCTION: Antimicrobial resistance in underdeveloped countries is a huge concern. It is associated with increased morbidity and mortality.

OBJECTIVES: The objectives of this study were to determine and compare antimicrobial resistance of extensively drug resistant and multidrug resistant clinical isolates of E. coli, Klebsiella spp. and Pseudomonas spp. against Amikacin and Imipenem in a tertiary care hospital.

METHODS: This cross sectional study was conducted in Department of Pathology, Holy Family Hospital, Rawalpindi. Hospital records were analysed for a period of 1 year from July 2017 to July 2018. A total of 673 clinical isolates of E. coli, Pseudomonas spp. & Klebsiella spp. were included in this study by consecutive sampling technique. Clinical Isolates of samples obtained from various were included in this study. Antimicrobial susceptibility was determined using hospital guidelines. Data were entered in SPSS v22.0 and descriptive statistics were applied. Chi's square test was applied to determine difference in effectiveness of Amikacin and Imipenem against XDR and MDR strains of included micro-organisms.

RESULTS: A total of 673 clinical isolates were included in this study of which, 280 (41.6%) were obtained from Department of Surgery, 197 (29.3%) from Department of Medicine, 104 (15.5%) from ICU, 73 (10.8%) from Department of Burns, 11 (1.6%) from Department of Gynaecology and 8 (1.2%) from Department of Paediatrics. Difference in resistance of XDR and MDR isolates against Amikacin and Imipenem was statistically significant ($p < 0.05$)

CONCLUSIONS: Imipenem and Amikacin are more effective against MDR gram negative organisms

KEY WORDS: Antimicrobial Resistance; Gram Negative Microorganisms; XDR; MDR; Amikacin; Imipenem

IN VITRO ANTIBACTERIAL ACTIVITY OF CRATAEGUS OXYACANTHA AGAINST MDR BACTERIAL PATHOGEN CAUSING UTI.

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INTRODUCTION: Due to the misuse of antibiotics, drug resistance is increasing so herbal medicines are exchanging synthetic drugs nowadays. The hilly areas of Pakistan are very rich in medicinal plants. Among them, Crataegusoxycantha are native plants of Northern areas of Pakistan.

OBJECTIVE: The present study was conducted to evaluate the in-vitro action of ethanolic extract of Crataegusoxycantha against Multi Drug resistant bacteria isolated from urinary tract infection.

METHODS: A total of 9 bacterial isolates were identified from urinary tract infected samples i.e Kleibseilla, Providencia, Morgenella, Proteus, Yersinia, E. coli, Vibrio cholera, Salmonella and Serrerratia. The antibacterial activity was evaluated using well diffusion method whereas the MDR bacterial strains were identified using disc diffusion method.

RESULTS: A total of 10 antibiotics were used to identify the Multi Drug Resistant pattern of the bacterial species. Ethanolic extract at 100 µl concentration was used for the evaluation of antibacterial activity. The most potent activity was shown against Providenica and Morgenella (21mm), Proteus, Yersinia and Serratia (20 mm), Klebsiella (18 mm), Salmonella (17 mm). However a zone of inhibition of 16 mm and 15 mm were noticed against E. coli and Vibrio cholera.

CONCLUSION: It is thus concluded that the extract showed potent activity against Multi drug resistant bacteria, so it can be used in the treatment of urinary tract infection.

KEY WORDS: Multidrug resistant bacteria, Crataegusoxycantha.

ISOLATION AND IDENTIFICATION OF PATHOGENIC BACTERIAL STRAINS FROM THE WOUNDS OF DIABETIC PATIENTS ADMITTED IN HAYATABAD MEDICAL COMPLEX (HMC), PESHAWAR, KP

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INTRODUCTION: Diabetes mellitus is a group of metabolic disorders characterized by increased of blood glucose level resulting from defects in insulin secretion, insulin action, or both. It is classified in to two basic forms. Type-I diabetes mellitus is caused by immunological deficiency in pancreas leading to insufficient insulin production. Type-II diabetes mellitus occurs when the body becomes insulin resistant or it does not respond to the insulin produced. Diabetic patients are at greater risk for bacterial and fungal infections and also have an increased susceptibility to developing skin and soft tissue infections.

OBJECTIVES: To isolate and identify the pathogenic bacterial strains from the wounds of diabetic patients admitted in HMC, Peshawar.

METHODS: In the present study, a total of 50 samples were obtained from the wounds of diabetic patients admitted in HMC, Peshawar by using sterile cotton swabs. These samples were kept directly in small screw capped bottles and then labeled containing patients name, age, sex and date. The collected samples were inoculated on nutrient agar media by pure culturing technique. After inoculation and incubation, different culture characteristics were observed. Furthermore, a microscopy was performed of these culture isolates and five isolates were identified, among them four were Gram negative and one was Gram positive bacteria. Biochemical characterization of these isolates differentiated them into different species i.e. *E. coli*, *Proteus*, *Klebsiella*, *Staphylococcus* and *Bordetella spp.*

RESULTS: Common bacterial pathogens isolated from the diabetic wounds included Gram positive cocci like *Staphylococcus spp*25%, & Gram-negative rodlike *E. coli* 45%, *Staphylococcus* 25%,*Proteus* 15%, *Klebsiella* 10%, &Coccobacilli like*Bordetella*spp5%..

CONCLUSION: All the isolates of the present study are highly pathogenic in nature. Proper care and preventive measures should be there for diabetic patient with bacterial infections.

KEY WORDS: Diabetic Patients, Bacterial Infections, Conventional Culturing Technique, Pathogenic Bacterial Strains.

KEEP AN EYE ON THE SILENT KILLER

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INTRODUCTION: In 2010 Global Burden of Disease study was conducted in which chronic kidney disease was ranked 27th in the list of causes of total number of deaths worldwide in 1990, but rose to 18th in 2010.

OBJECTIVE: So there is a great need to develop a new diagnostic tool so that we can detect this silent killer at early stages which is currently impossible using the modern diagnostic tools.

METHODS: Compilation of an extensive literature review and the knowledge regarding history, practice and evidences of Uroscopy is requirement of diagnosis based on science and medical philosophy.

RESULTS: After two years of research work I concluded that with early diagnosis it is possible to slow or stop the progression of chronic kidney disease. This preventive medicine approach can effortlessly be attained by using the world's first Avicenna MUST KIT. One of the main approaches used by Avicenna in the diagnosis of kidney diseases is based on a detailed examination of the urine. Ibn-Sina's idea on the methods for collecting and examinations of the characteristics of urine in healthy and sick individuals are similar to the methods described in the Campbell Walsh's Text book of Urology which is also known as "Bible of Urology".

CONCLUSION: "Keep an Eye on the Silent Killer" is the solitary hope for prevention from CKD which is known as a silent killer. By using this KIT a person can make a habit to self-examine urine & stool, so that a little change can be detected at early stages of disease development.

KEY WORDS: Avicenna MUST Kit, CKD a silent Killer, Urine color chart, Cannon of Medicine

SHORT TERM CARDIOVASCULAR AND PULMONARY RESPONSES TO EXERCISE IN YOUNG HEALTHY ADULTS

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INTRODUCTION: Exploration of the relation between physical activity and cardiovascular and respiratory functions can help in understanding the mechanisms of how physical activity improves a person's quality of life

OBJECTIVES: To investigate the post exercise cardiorespiratory response of normal young adults to exercise and to explore the variations in post exercise cardiorespiratory response with respect to gender in young adults.

METHODS: A cross-sectional study was conducted on 50 students of both gender from 1st and 2nd year MBBS at Physiology Department, Shalamar Medical and Dental College. Measurement of Pulmonary functions and recording of ECG was done by using Power LAB before and after exercise. Statistical analysis was done on SPSS version 21, student t test was applied.

RESULTS: The respiratory rate, respiratory minute volume and tidal volume increase while oxygen saturation decreases significantly after exercise. The pre exercise Systolic and diastolic blood pressure increase significantly after exercise. There was a significant post exercise increment in diastolic pressure in males than in females. QT was significantly decreased in post-exercise period only in Female subjects.

CONCLUSION: The respiratory parameters changed significantly after exercise. Heart rate and blood pressure increased significantly both in male and female subjects. QT interval decreased significantly only in females.

KEY WORDS: Post- Exercise, Cardiovascular changes, Respiratory changes, Healthy adults

GENETIC AND MOLECULAR STUDIES OF RECESSIVE INTELLECTUAL DISABILITY FROM THE POPULATION OF KPK SHOWED LINKAGE TO LOCUS MRT2A

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INTRODUCTION: Mental retardation is the retarded conditions of mind associated with lack of adaptive behavior such as communication and routine living skills having intelligence quotient (IQ) below 70. It is a heterogeneous group of disorder caused by organic brain dysfunction appears at the age of not later than 18–22 years.

OBJECTIVE: The objective of the current research was to study linkage analysis of enrolled families to locus MRT2A.

METHODS: This study was conducted from January 2018 to December 2018, in which 10 families were enrolled having two or more affected individuals. Clinical symptoms were recorded and Pedigrees of the enrolled families were drawn using software Cyrillic 2.1. Pedigree structures indicated that all the marriages were between cousins and carry recessive ways of inheritance. Samples of blood were taken from all patients, their unaffected siblings, father and mother in EDTA tubes. DNA was isolated from all the collected samples using inorganic method of extraction. The affected families were screened for linkage to known MR loci using STR markers. The haplotypes were made to establish the linkage of families to known MR loci.

RESULTS: Linkage analysis of enrolled families was performed to locus MRT2A. Out of 10 families, single family was linked to mental retardation locus MRT2A. While other families remained unlinked to the locus MRT2A.

CONCLUSION: In this study, we concluded the first report of MRT2A phenotype linkage in a family from District Mardan. In the future, further efforts are needed for linkage in unlinked families of local population.

KEYWORDS: Mental Retardation, Linkage Analysis, STR Markers, MRT2A, Mardan

RELATIONSHIP BETWEEN INTRA OCULAR PRESSURE AND BODY MASS INDEX

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INTRODUCTION: Glaucoma is the 2nd leading cause of blindness in the world. Family history and Obesity have been investigated as risk factors in this regard. In the past several studies have been conducted to evaluate a relationship between BMI and IOP. The purpose of this study is to find a co relation between BMI and IOP in adult patients.

OBJECTIVES: To evaluate the relationship between body mass index and intraocular pressure.

METHODS : A total of 100 adult patients between the age of 18 and 70 were examined in the Outpatient department (ophthalmology) of Kuwait teaching hospital, Peshawar. Study duration was between 1st Feb and 10th march 2019.It was a cross-sectional study and data was collected from attached forms. Consent was taken from all the patients. The data was analyzed on SPSS.

RESULTS: A total of 100 individuals were screened. There were 52 males (52%) and 48 females (48%).The mean age of participants was 29.93 ± 13.2 (range 18-70) years. The mean IOP (mm Hg) of the RIGHT EYE was 16.21 ± 3.89 , and the mean IOP (mm Hg) of the LEFT EYE was 16.30 ± 3.99 .The mean BMI was (22.62 ± 6.30) kg/m². Body mass index was not significantly correlated with IOP with $P > 0.05$.

CONCLUSION: Increase in BMI is not strongly co related with Increase in IOP.

KEY WORDS: Body mass index, Intra ocular pressure and obesity.

RESEARCH PRODUCTIVITY OF MEDICAL FACULTY

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INTRODUCTION: Research and development by a country is highly related to the publication output of its academic fraternity, therefore it is necessary to invest in faculty members by using different means and resources to optimize their academic contribution, knowledge and productivity .Enhanced research productivity at the highest level of faculty can contribute greatly to institutional, professional and national development.

OBJECTIVES: To explore research productivity of faculty after their promotion to professorship and to identify the motivating factors that motivate professionals who pursue research even after achieving the professor rank.

METHODS:A qualitative study informed by the phenomenology approach. In depth interviews were conducted with 12 professors of clinical and basic sciences, department of a medical college with undergraduate and postgraduate medical education. The interviews were analysed thematically to identify the themes.

RESULTS: 12 professors, 7 males and 5 females, 6 of basic sciences and 6 of clinical sciences. Average publications were 9 (min 4-max-20). The main themes that emerged were importance of research, research productivity, and inspiration for doing research, effect of ranks on research productivity, limitations, support and facilities for doing research.

CONCLUSION: This is one of the first qualitative studies that explored the research productivity perspective of faculty of both the basic sciences and clinical sciences. Most of the participants were of the idea that research is very important in professional life. However rank does not affect research productivity and increased professional responsibilities and time constraints are the major hurdles.

KEY WORDS: Research, Productivity, Basic sciences, Clinical sciences, Limitations

ANTIBIOTIC RESISTANCE AND HERBAL CHEMOTHERAPEUTIC SPECTRA

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INTRODUCTION: The antibiotic era started in 1940s and changed the profile of infectious diseases (Amraz-e-mutaddiya).Resistance can appear spontaneously because of random medication. However, western antibiotics are being left behind with its outmoded paradigm because drugs are becoming ineffective. Unani medicine can fill this void. The development and spread of Antibiotic resistance (ABR) is a serious and growing phenomenon in contemporary medicine and has emerged as one of the pre-eminent public health concern in 21st century. Since ancient time and even today plants are the humanity's primary medicine and posses healing power that pharmaceuticals never can. The chemistry of plant medicines is too complex for resistance to occur. Plants often contain hundreds to thousands of compounds, and have developed sophisticated responses to bacterial (*ajsam-e-khabisa*) invasion over millions of years.

OBJECTIVE: The purpose of this research is to study and classify the Unani herbal drugs with respect to their Temperament (*mizaj*), mechanism of action, adverse effects, drug resistance, contraindication and anti-microbial spectrum. No such evidence based Unani medicine classification has been done before so such approach will benefit the medical community for easy understanding of the herbal antibiotics (*zid-e-hayatya*) and how they work.

METHODS: We studied 150 research journals articles, books PDR, pharma guide, materia medica, Qarabadin (Hamdard), Khazain ul adwiya, Kitab-ul-mufridat, LANGE book of microbiology and 20 monographs.

RESULTS: By reviewing all these data we found that 48 plants effectively working against 38 bacterias of different species.We also gathered the data that how these herbs acts on these 38 bacteria.

CONCLUSION: Outcome of this research work is a reference guide for physicians useful in their routine clinical practices for treating and preventing the infectious diseases. Research has provide an overview on the benefits of unani medicine used as antibiotics, historical record and modern ethanobotanical studies highlighting their importance in the unani treatment of infectious disease in the field of Tibb.

KEYWORDS: Antibiotic, Pharmacological classification, antibiotic resistance (ABR)

THE OPINION OF DENTISTS ON THE EFFECTS OF TEMPORARY FILLING MATERIALS ON COMPOSITE RESIN.

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INTRODUCTION: Temporary filling materials are certain dental materials which are placed in the tooth until permanent restoration is carried out. Dental composite resins are types of synthetic resins which are used in dentistry as restorative materials or adhesives. Endodontic access cavities can sometimes be prepared through a permanent composite restoration. Between the appointments, temporary cements are used to seal access cavities and may have negative effect on bonding of further composite restoration.

OBJECTIVE: To find out dentists opinion about the effects of temporary filling materials on composite resin.

METHODS: It was a qualitative study. Twenty-two dentists were interviewed regarding the effects of temporary filling materials on composite and their answers were recorded in an audio recorder. The dentists include both (gender) male and female. They had 3-18 years of experience in the field of dentistry. Sample consists of dentists from all the dental colleges of Peshawar.

RESULTS: Out of the twenty-two respondents, fifteen of them were in favour of Glass Ionomer cement to be used under the composite resin. According to them, GIC has better anti cariogenic and fluoride releasing property. It protects the pulp when the cavity is deep and has no adverse effect as far as they observed .Six of them said that no temporary filling materials should be used under the composite. Sixteen of them had the opinion that Zinc oxide eugenol should not be used under the composite because it hinders the polymerization reaction and causes dislodgement of the composite. It reduces the bonding strength and effect the color and setting reaction of composite. One respondent said that some people use dichol lining that has negative effects by not bonding to composite after itching. Three respondents had observed good effects of zinc oxide eugenol in open and close sandwich technique.

CONCLUSION: Glass ionomer cement is best temporary filling material to be used under the composite resin while zinc oxide eugenol shouldn't under the composite due to its effects.

KEYWORDS: Dentists, Temporary filling materials, Composite.

PUBLIC HEALTH AND SOCIAL SCIENCES

STUDY OF DYSFUNCTIONAL BELIEFS AND ATTITUDE ABOUT SLEEP IN UNDERGRADUATE MEDICAL AND DENTAL STUDENTS

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INTRODUCTION: Sleep is an essential physiological process. Poor sleep quality can be an important symptom of many sleep and medical disorders. Poor sleep quality has been proven to have negative influence on the academic results of a medical student. Beliefs by individuals about the unpredictability of sleep can cause fear of losing sleep. Dysfunctional cognition about sleep is associated with temporary sleep disturbance, and the improvement in cognitive activity about sleep helps to relieve poor sleep.

OBJECTIVE: This study was to evaluate whether dysfunctional beliefs and attitudes about sleep were associated with sleep quality in undergraduate medical students.

METHODS: This was a cross sectional questionnaire based study which included medical and dental students from different colleges of Peshawar, conducted from December 2018 to March 2019. Participants were selected by convenience sampling, and were asked to fill out Dysfunctional beliefs about sleep scale (DBAS-16) and Pittsburgh Sleep Quality Index (PSQI) to determine the quality of sleep and type of individual beliefs and attitudes about sleep.

RESULTS: The mean age of the sample (n=1199) was 20.90 ± 1.98 years. Majority of the students were females (n= 742, 61.9%) and were from private sector colleges (n=707, 59%). Unrealistic expectations about sleep were reported by 1060 (88.4%) students on DBAS and 708 (59%) reported worse sleep quality on PSQI. Insignificant correlation was observed in terms of gender and institutes using chi-square test with DBAS (p=.850 and .363 respectively). However female students and students of private sector showed significantly poor sleep quality (p=.072 and .002 respectively). The Pearson correlation showed a significant positive correlation between PSQI and DBAS (P=.000).

CONCLUSION: A large number of medical and dental students have dysfunctional beliefs about sleep, which is a very alarming situation.

KEY WORDS: Medical and Dental Students, Sleep, Beliefs and Attitude.

PREVALENCE OF HYPERTENSION IN ADOLESCENTS OF PRIVATE SCHOOLS, HAYATABAD PESHAWAR

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INTRODUCTION: Hypertension, a leading cause of many systemic disorders is detectable in early ages because of its hereditary component. It is highly prevalent in US, Europe and Asian countries including Pakistan. In Peshawar, hypertension has been reported as the commonest cardiovascular problem in a hospital population.

OBJECTIVES: To determine the prevalence of hypertension among adolescents aged 13-18 years and association of Body Mass Index (BMI) with hypertension.

METHODS: A cross sectional study was conducted in two private schools in Hayatabad Peshawar from April 2017 to May 2018 including adolescents aged 13-18 years. Interviewer filled questionnaire included weight, height, blood pressure, family history, physical activity amongst other questions. Convenience sampling technique was used. Height was measured with measuring tape, weight with a portable weighing machine and blood pressure was measured by the auscultatory method. Descriptive statistics were calculated as the mean and standard deviation for continuous variables and proportions for categorical variables. Chi square tests were performed to determine the factors independently associated with hypertension. Statistical significance was accepted at $P < 0.05$ and all analyses were carried out using SPSS version 20.0.

RESULTS: The study included 372 children, having 53.8% males. Majority of the students were normotensive (BP < 90th percentile). Pre-hypertension was seen in 4.57% and hypertension in 36.83% of children. Total prevalence of hypertension was 41.4%, overweight 10.43% and obesity was observed in 3.48%.

CONCLUSION: Results confirms that there is significant high prevalence of hypertension in adolescent population in Peshawar. Total prevalence among the study subjects was 41.4%. We identified various factors including family history, life style, socioeconomic and nutritional status but they turned out to be insignificant however the BMI proved to be quite significant.

KEY WORDS: Hypertension, Prehypertension, Adolescence, Body mass index, Physical activity

KNOWLEDGE AND ATTITUDE OF NURSES REGARDING HEPATITIS B IN KUWAIT AND MERCY TEACHING HOSPITALS, PESHAWAR, KPK PAKISTAN.

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INTRODUCTION: Hepatitis B, an acute inflammatory disease of the liver caused by hepatitis B virus (HBV) .It is a major health concern globally. Hepatitis B is an important occupational hazard for nurses. They all are at risk of needle stick/sharps injuries as compared to other health professions, the nursing staff is the group of Individuals that are most frequently victimized by accidents with cutting and piercing objects.

OBJECTIVES: To assess the knowledge and attitude among nurses regarding Hepatitis B

METHODS: A cross sectional study was conducted in Kuwait and Mercy teaching hospitals from September 2017 to December 2017.A modified questionnaire was used to collect data. Sixty-two nursing staff was selected randomly from both hospitals working in different unit of both hospitals. Sample size was calculated through Rao soft online calculator and data were analyzed on SPSS Version 25.

RESULTS: Approximately 71 % (N=44) nurses responded that Hepatitis B can be effectively prevent through vaccination and 29% (N=18) nurses responded that it cannot be effectively prevent through vaccination .80.6% respondent reported that they feel at risk of Hepatitis B by virtue of their work and 19.4% respondent reported that they did not feel at risk of Hepatitis B by virtue of their work. It indicates that most nurses fell at risk of Hepatitis B by virtue of their work.

CONCLUSION: It was evident from the study, that majority of the respondents had adequate knowledge regarding hepatitis B. Moreover, all of the respondents were not fully vaccinated against Hepatitis B, which made them more vulnerable towards Hepatitis B in their professional life.

KEY WORDS: Nurses, Hepatitis B, Hepatitis B vaccine, Attitude

PREVALENCE OF MUSCULOSKELETAL DISORDERS AMONG PROFESSIONAL TRUCK DRIVERS OF PAKISTAN

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INTRODUCTION: Musculoskeletal Disorders (MSDs) are common problems in countries around the world. It has been reported that MSD is responsible for more number of injuries and illnesses in drivers while driving trucks as compared to the other people's disorders. People working in transportation, heavy and light driving of vehicles are facing high-risk factors of developing work-related MSDs.

OBJECTIVE: The aim of our study was to find out frequency, major symptoms and causes of job related musculoskeletal disorders among professional truck drivers of Pakistan.

METHODS: 547 truck drivers were interviewed in different truck terminals in major cities of Pakistan i.e. Karachi, Quetta, Lahore and Peshawar by simple random sampling technique through a Standardized Nordic Musculoskeletal Questionnaire translated in Urdu. Inch tape and portable weighing scale were used to measure drivers' BMI. Data was analyzed using IBM SPSS. It was Cross sectional observation which was completed in eight months from January 2018 till August 2018.

RESULTS: In the study, results show that most truck drivers are aged between 45 to 55 years, educated enough. 83% of truck drivers feel pain in different body regions. The prevalence of low back pain is 55%, upper back is 39%, while neck is 35%. Results demonstrate that vibrations associated with discomfort between neck and shoulders is significant ($p < 0.005$) whereas it was not significant between neck and lower back ($p = 0.277$)

CONCLUSION: Study concludes that MSDs are common in professional truck drivers of Pakistan. The main causes are exposure to whole body vibrations, seat structure and material, age, height and weight, working hours and working conditions of the drivers.

KEY WORDS: Truck drivers, musculoskeletal disorders, low back pain.

EVALUATION OF PREPAREDNESS LEVEL OF EARTHQUAKES IN SCHOOLS OF ISLAMABAD

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INTRODUCTION: Pakistan is located where there is highest vulnerability to earthquakes in the Himalaya region. The Islamabad-Rawalpindi area lies in a tectonically active zone, where earthquakes have been frequent in the recent geological past. Earthquake preparedness in schools is relatively under studied area in Pakistan. The purpose of the study is to identify current level of preparedness for earthquakes in schools.

OBJECTIVES: To determine level of preparedness of schools for earthquakes and to compare preparedness of urban and rural, government and private schools

METHODS: It was a cross sectional survey. The study population was schools of Islamabad Capital Territory. Total sample size was 74 and sampling technique was non probability purposive. Data was collected through a structured questionnaire and respondents were administrative staff of schools. Data was analyzed using SPSS version 21. Data of the categorical variables was presented in the form of frequencies (percentages). Statistical significance of association between school profile and level of preparedness was determined by using bivariate tabular association analysis (Chi square).

RESULTS: Out of 40 schools, 35 were private and 5 were Government. 24 schools were located in urban areas and 16 in rural areas of the Islamabad Capital Territory (ICT). Out of the total schools, 67.5% had a preparedness plan for earthquake. 65% of the schools had a safety committee to lead disaster response planning. Map showing exit routes were displayed in 52.5% of the schools. Maximum schools (75%) had minimum of two exits in high occupancy rooms. There was significant association between location of school and having preparedness plan for earthquake. ($p=0.009$). There was no significant association between type of school and having two evacuation drills annually ($p=0.4$) and evaluation of drills. ($p=0.9$).

CONCLUSION: Maximum schools located in Islamabad have preparedness plan and safety committee for disaster response planning. Urban schools are better prepared whereas schools in rural areas need to be upskilled.

KEY WORDS: Earthquake, Preparedness, Schools

PREVALENCE OF OBESITY/OVERWEIGHT, AND THE FACTORS ASSOCIATED WITH IT AMONG SCHOOL CHILDREN OF LAHORE

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INTRODUCTION: Obesity is a serious health concern worldwide not only in adults but also in children. It is associated with adverse health consequences; obesity in early years of life increases the risk of obesity in later life.

OBJECTIVES: To determine the prevalence of overweight and obesity among school children of Lahore and to determine the factors associated with excess weight.

METHODS: It was a cross-sectional study conducted on 443 children (10-18 years of age) from private and public schools. Study was carried out at Shalamar Medical and Dental College Lahore, from October 2018 to December 2018. Parental consent was taken, and assent forms were completed from the participants. Data was recorded on a structured self-administered questionnaire. Height and weight were measured, children were classified as obese, non-obese and overweight according to BMI for age growth charts (CDC, 2000). "t" test and Chi square test applied using SPSS.

RESULTS: Mean age was 13 ± 0.11 years, 33%(males) and 67%(females). Among participants 20% had excess weight (9% obese and 11% overweight). Children from 12-18 years were significantly obese (63%) as compared to 6-11 years (37%). There was significant ($p < 0.05$) relationship of obesity and overweight with junk food intake, mother's occupation, screen time and family history of obesity (FHO). Sleeping hours, life style, parent's education and education in private or public schools had no ($p > 0.05$) relationship with obesity.

CONCLUSION: 20% of school children were overweight/obese. Preventive interventions should focus on children (12- 18 years age) with FHO and of working mothers.

KEY WORDS: Prevalence, Obesity, Overweight, Children

CHALLENGES; KARACHI POPULATION FACES IN COMMUNITY PHARMACY PRACTICE

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INTRODUCTION: Health care system is a multidisciplinary field in which community pharmacy can't be neglected; the study was designed to give a full preview of pharmacy status with reference to patient compliance in Karachi.

OBJECTIVES: This study was planned to determine the extent to which the role of a pharmacist is established in community pharmacies in Pakistan and to determine the need of qualified and experienced pharmacists in provision of healthcare at these medical stores or so-called community pharmacies.

METHODS: A structured questionnaire was distributed to a random sample of 175 attendants at various medical stores located in different areas of Karachi with a response rate of 90.28%. Questionnaire consisted of 24 closed ended questions whose consistency and reliability were determined by Cronbach's alpha. Statistical analysis was done using SPSS (v.16.0)

RESULTS: The result shows that the average age of pharmacy attendant lies between 21 and 30 years. Only 9.49% of attendants have professional pharmacy education. It was noted that only 22.6% check prescriber signature before dispensing prescription, which is quite a low as compared with standard practice. Interestingly 57.6% attendants think that presence of qualified pharmacy at medical stores does not make any difference in the efficacy and the business of medical stores. By evaluating the factors of licensing and availability of pharmacist, two tailed paired sample t-test revealed that the number of licensed healthcare setups are (m=232) out of (m=420) in which (m=99) are unlicensed while (m=89) also commit to have license but refuse to show, $p \leq 0.5$ shows insignificant correlation

CONCLUSION: This study concludes that the current status of community pharmacy practice is below par. There is a need to involve more pharmacists at community level and develop awareness programs to counter patients' routine drug issues and reducing the burden of disease from society.

KEY WORDS: Healthcare system, Community pharmacy, Pharmacist

RELATIONSHIP BETWEEN INTELLIGENCE QUOTIENT, BREAST FEEDING AND ACADEMIC PERFORMANCE IN 6-11-YEAR-OLD CHILDREN OF PESHAWAR

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INTRODUCTION: The average IQ of the people of Pakistan has been reported to be 84 in 2018, which is less than the global average of 100. Studies have shown that increase in intelligence at childhood and adolescence has been associated with breastfeeding. The probability of participants obtaining higher qualifications was reported more in participants who had been breastfed for more than 7 months.

OBJECTIVES: To find out the relationship between breastfeeding and the IQ of children between 6-11 years of age.

METHODS: A Cross sectional study was conducted at private and public primary schools of Peshawar between December 2018 to March 2019. Data was collected using a demographic questionnaire including questions about breast feeding status in childhood and academic performance. This was followed by assessment of IQ using Raven's Colored Progressive Matrices (CPM), consisting of 3 sets with 12 problems each, which is designed for use in assessment of the degree or level of the intellectual functions of a child. All the data compiled will be analyzed using SPSS v.25.

RESULTS: The mean age of the sample (n=200) was 9.11 ± 1.16 years with age range of 6-11 years. Majority of the students were males (n=117, 58.5%), were from public schools (n=111, 55.5%), and were studying in class 3 (n=62, 31%). Majority were A+ students (n=109, 54.5%), were breastfed in the first two years of their lives (n=150, 75%). On CPM, the score of majority of the students was between 25 and 75 percentiles (Intellectually Average, n=69, 34.5%), followed by the students with the score of 5 or below 5 percentile (n=65, 32.5%). There was no significant relationship between feeding status with CPM and academic performance (p=.965 & .135, respectively).

CONCLUSION: Despite very high academic performance, majority of the students were intellectually average on IQ assessment.

KEY WORDS: IQ, breastfeeding, academic performance, intellectual functions

COMPARISON OF COMPUTER VISION SYNDROME BETWEEN PRIMARY SCHOOL AND UNIVERSITY STUDENTS IN PESHAWAR

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INTRODUCTION: Nowadays, there is increasing use of computers and other devices that have screens, amongst students. Very little research exists that investigates the results of the use of such devices among students in Peshawar which is why we embarked on this study.

OBJECTIVES: The objectives of this study were to investigate the frequency of screen usage amongst primary school and university students in Peshawar, Pakistan, and to assess the impact of the hours of screen usage on the symptomatology of CVS.

METHODS: A cross-sectional study was carried out among students (n=1000) in Peshawar, Pakistan from January to April 2017 after approval from IRB, Khyber Medical University. We used a questionnaire modified from a highly valid and reliable questionnaire developed by Iqbal et al (2017) (1). Two age groups were targeted; primary school children (5 to 12 years age group), and university students (17 to 24 years age group).

RESULTS: The three most common symptoms of CVS were tired eyes (63.5%), neck/back pain (61.2%) and headache (42.3%). Amongst these symptoms, neck/back pain and tired eyes were more prevalent in university students (71.8% & 74% respectively) as compared to primary students (53% & 50% respectively), while headache was more prevalent amongst primary school students as compared to university students (44.5% & 40.5%). Chi-square test was used to find statistically significant associations between primary and university students and symptoms of CVS and using computers for long hours ($p < 0.05$).

CONCLUSION: In conclusion, the symptoms of CVS are commonly caused by screen usage,. However, further studies are required to find out all the factors that can lead to CVS-like symptoms.

KEY WORDS: Computer Vision Syndrome, university students, primary

FACTORS ASSOCIATED WITH THE ONSET OF CIGARETTE SMOKING IN UNDERGRADUATE MEDICAL STUDENTS

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INTRODUCTION: Smoking is on rise in the developing countries and is associated with serious comorbidities like respiratory disorders including bronchitis, COPD and lung cancer, cardiovascular disorders and an increased risk of oral cancer.

OBJECTIVES: 1-To determine the frequency of cigarette smoking in MBBS students 2-To explore the factors triggering the onset of cigarette smoking.

METHODS: It was a cross-sectional study carried out at Shalamar Medical and Dental College after approval from the Institutional Review Board. Convenient sampling technique was used to collect data from male MBBS students between the age group of 17 to 25 years old. The study instrument was a questionnaire.

RESULTS: Out of 300 MBBS students included in the research 94 (31.3 %) were smokers. Out of these smokers 56.38 % have daily pocket money starting from rupees 300 and above, 46 smokers (48.94 %) have smoker family members. Most common cause of onset of smoking was smoker friends (25.5 %) followed by smoking for fun (23.4%), smoking due to emotional distress (16%) and exam stress (11.7%).

CONCLUSION: The frequency of cigarette smoking was 31%, smoker friends, smoking for fun, smoking due to emotional distress and examination stress were the most common factors associated with the onset of smoking.

KEY WORDS: Cigarette Smoking, Medical undergraduates, Associated Factors.

HEALTH STATUS OF CHILDREN LIVING IN ORPHANAGES OF PESHAWAR, PAKISTAN.

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INTRODUCTION: Pakistan is home to some 4.2 million orphaned children. Orphans are more likely to be underdeveloped in their growth and less likely to be enrolled in school than children living with both parents. In developing and underdeveloped countries, malnutrition, physical or mental abuse, food insecurity as well as lack of parental care and protection are predominantly common scenarios among the children living in orphanages. This study aims to assess health status of children in orphanages of Peshawar.

OBJECTIVES: To assess the nutritional status of children living in orphanages by anthropometry, to clinically assess their general physical health status, to assess their visual acuity and to assess their oral and dental hygiene.

METHODS: A cross-sectional descriptive study was conducted at 3 of the orphanages of Peshawar from 19th November, 2018 to 31st January, 2019. Non-probability sampling was used to include 266 children aged 5 to 15 years. Data was collected using modified WHO healthcare proforma. Data was entered and analyzed using SPSS ver.19.

RESULTS: Mean age of sample (n=266) was 12, the prevalence of malnutrition was 58.6%. 30.5% participants showed signs of anemia/pallor and only 0.4% had jaundice. 21.4% participants had decreased Visual acuity, of which 17.3 % had refractive errors as the cause. 28.6% had excessive ear wax and 11.3% had history of ear discharge. 23.4% had different skin conditions. 37.6% had dental gross deposits, 3.1% had bad breath, and 7.1% suffered from bleeding gums and 29.3% from dental carries. Lastly, 54.5% participants did not have BCG vaccination mark.

CONCLUSION: Majority of the children residing in orphanages are malnourished and suffer from different disorders related to eyes, skin and teeth. Public and private sectors need to address this situation in coordination.

KEY WORDS: Healthcare, Orphanages, Peshawar, Malnutrition, vaccination

EXPOSURE TO POLLUTED AIR AND SYMPTOMS OF RESPIRATORY DISORDERS

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INTRODUCTION: Air pollution in urban area is a problem of great concern and has major implications on respiratory health. WHO reported (2015) ranked Peshawar the 2nd most polluted city across the world.

OBJECTIVE: To determine and compare risk factors and pulmonary function among men in exposed and unexposed group.

METHODS: A comparative cross-sectional study was conducted between men having same age and socio- economic status, in urban and rural areas of Peshawar. Both areas were selected to reflect groups of exposed and unexposed to air pollution. A sample size of 142 was inducted from each group excluding smokers, respiratory disorders. The data was collected through questionnaire and pulmonary function was tested through Peak Flow Meter (PFM) during Jan 1st- 30th, 2019. Data was analyzed using SPSS 20.

RESULTS: In rural area, the symptoms of bronchitis, asthma and both (bronchitis and asthma) were found in (8.45%), (7.04%) and (7.04%) respondents respectively with PFM values as severe in (2.67%), moderate in (19.01%) and normal in (68.30%) for pulmonary function. While the same symptoms in urban area were found in (26.05%), (3.52%) and (35.91%) respondents respectively. PFM measurement, symptoms of respiratory disorders and risk factors were found significant ($p < 0.05$) from rural area.

CONCLUSION: Results revealed that men exposed to urban air are more prone to respiratory disorders. Exposure/day, year and more than one year as occupational nature/stay at the shops, puts them at greater risk due to their continuous exposure to air pollution.

KEY WORDS: Air pollution, Respiratory disorders, Bronchitis, Asthma

THE MAJOR RISK FACTORS AND EFFECTIVENESS OF VACCINATION IN CHILDREN DIAGNOSED WITH MEASLES PRESENTING TO TERTIARY CARE HOSPITALS OF PESHAWAR CITY- A MATCHED CASE CONTROL STUDY

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INTRODUCTION: Measles infection is highly contagious viral disease. It is a leading cause of death among children in Pakistan where annually 2.1 million children develop Measles infection and more than 19,000 suffer with disease fatality.

OBJECTIVES: To determine the vaccine effectiveness and major risk factors associated with the development of measles among children less than 10 years of age presenting to the tertiary care hospitals of Peshawar city.

METHODS: It was a matched case control study matched for age and gender. A total of 270 sample was collected by Non-probability consecutive sampling technique via a structured questionnaire. The data was analyzed using SPSS version 20.0. Ethical approval was taken prior to the study. Diagnosed measles patients less than 10 years were included as cases while controls were patients of same age other than measles.

RESULTS: The total sample size was 270 with 135 cases and 135 controls. The mean age of cases was 19.44 months. Measles cases were more likely to have never received vaccination [OR: 1.2, 95% CI: 0.96-1.56]. Children with measles were also more likely to be not given breast milk in the initial two years of life. [OR: 1.1, 95% CI, 0.75-1.55]. 38.5% of the cases & 62% of the controls were malnourished. [OR: 0.45, 95% CI 0.27-0.75]. The children of uneducated mothers were more likely to be unvaccinated. Measles Vaccine effectiveness for single dose was found to be 56% while for two doses it was approximately 60%.

CONCLUSION: Measles disease was more common in males, in unvaccinated children & least common in those who received complete vaccination. For measles reduction, awareness regarding full doses of vaccination and breastfeeding is required.

KEY WORDS: Measles, Vaccine, risk factors

KNOWLEDGE AND ATTITUDE OF PARENTS REGARDING CHILD DENTAL CARE VISITING KHYBER COLLEGE OF DENTISTRY

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INTRODUCTION: Primary teeth are important for healthier permanent dentition. Early loss of primary teeth causes lot of problems including ectopic eruption of permanent teeth, space loss of successors, bad aesthetics and speech skill, low self-esteem and poor social interaction.

OBJECTIVES: The aim of this study was to assess the knowledge and attitude of parents about dental care in children under 5 years of age visiting paedodontics department of Khyber College of Dentistry, Peshawar.

METHODS: This was a descriptive cross sectional study including 270 parents of children coming to paedodontics department of Khyber college of Dentistry, Peshawar. Sampling technique was convenience. A questionnaire was filled by parents or guardians regarding level of education, purpose of visit to hospital, willing or not willing to undergo restorative treatment of child, reason for willingness or unwillingness and age of starting brushing. Duration of study is 2 months (2018, October-November). This is a KAP (knowledge attitude practices) stln analytical method including frequencies and percentages.

RESULTS: Among total 270 parents 54 (20%) were uneducated and 216 (80%) were educated, 175 (65%) were mothers and 95 (35%) were fathers. 202 (75%) visited hospital for pain, 55 (20%) visited hospital for pain and swelling, 13 (<10%) visited hospital for pain swelling and fever, percentage of parents who visited hospital for routine dental checkup of their children was zero. 90% respondents were not willing for restorative treatment of their children . 229 (85%) parents responded that it was unnecessary to do restorative treatment of primary teeth of their children as these are milk teeth and will shed off sooner or later, 28 (10%) parents responded that they can't afford and 5 (<10%) gave reason that they don't have time to do restorative treatment in deciduous teeth of their children. 67 (25%) children started tooth brushing at the age of 3, 67 (25%) at age 4 and 136 (50%) of children didn't start tooth brushing till age 5.

CONCLUSION: The knowledge and attitude of parents towards restorative treatment of their children is unfavorable and dental awareness and knowledge is poor.

KEY WORDS: Knowledge and attitude of parents, deciduous teeth, child dental care.

EMOTIONAL INTELLIGENCE AND SELF-PERCEPTION AMONG MEDICAL AND DENTAL STUDENTS OF PESHAWAR, PAKISTAN

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INTRODUCTION: Emotional Intelligence is increasingly being recognized as a measure of overall performance and has been proven to be associated with the academic and clinical performance of students. Students with low emotional intelligence have a higher risk of indulging in health-damaging behavior in response to stress which may be attributed to issues in their self-perception

OBJECTIVES: To find out the relationship between emotional intelligence and self-perception among medical and dental students of Peshawar.

METHODS: A Cross sectional study was conducted in the medical and dental institutions of Peshawar from December 2018 to February 2019. All the students from 1st to final year, consenting to participate were included in the study. Schutte Emotional Intelligence Scale (SEiS), a 33-item Likert type scale, and Self- Perception Profile (SPP), a 54-item two tier scale, were used for this study Data was analyzed using SPSS v.25.

RESULTS: The mean age of the sample (n=521) was 20.79 ± 1.35 years with age range of 18-26 years. Majority of the students were females (n=368, 70.6%), from private sector colleges (n=327, 62.8%) and studying in 2nd year (n=176, 33.8%). The Cronbach alpha reliability was 0.878 for the SEiS and 0.825 for the SPP. Higher than mean score was reported in 297 (57.0%) students on SEiS and in 254 (48.8%) students on self-perception questionnaire. Using person correlation analysis, both the scales showed strong correlation. There was no significant difference between male and female students on SEiS ($p=.058$), whereas female students showed significantly higher score on SPP ($p=.004$). Medical students showed higher scores on SEiS than dental students ($p=.000$), whereas there was no significant difference showed on SPP between medical and dental students ($p=.929$).

CONCLUSION: Female students are more positive in their self-perception while medical students have higher level of Emotional intelligence than dental students.

KEY WORDS: Emotional intelligence, medical and dental students.

DOES SOCIAL MEDIA INFLUENCE THE BODY IMAGE OF AN INDIVIDUAL? A SURVEY ON MEDICAL AND DENTAL STUDENTS OF PESHAWAR

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INTRODUCTION: Disturbed eating attitudes and eating disorders are often associated with deranged body image.

OBJECTIVES: to find out the influence of media on Body image and eating attitude of medical and dental students of Peshawar and to determine the relationship between students' body image and eating attitude.

METHODS: A cross-sectional survey was conducted at medical and dental college of Peshawar, Pakistan from January to March 2019. All students from 1st year to final year were invited to fill the questionnaire. They were invited to complete Body Image States Scale (BISS), Eating Attitude Test (EAT 26) and Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ-3). BISS is a six-item measure of individuals' evaluation and affect about their physical appearance at a particular moment in time. EAT is composed of 26 items with three subscales and measures the eating attitude. SATAQ-3, consists of 30 items with four subscales, was used to measure media influence on medical students. The data was analyzed using SPSS-20.

RESULTS: The mean age of the sample (n=471) was 20.9+1.6 years. There were 191 (40.6%) males and most of the sample was collected from PMC (n=227, 48.2%) and from Second year (n=110, 23.4%). The Cronbach's Alpha Reliability of BISS, EAT-26 and SATAQ-3 in our study was 0.634, 0.834 and 0.457 respectively. According to the responses, there were 225 (47.8%) students having body image issue, 200(42.5%) having eating attitude problems and the responses on SATAQ 3 showed that 244(52.8%) students were more influenced by media. The Pearson correlation showed that body image, media influence and eating attitude are all highly correlated (p=0.000).

CONCLUSION: There is huge influence of media on body image and eating attitude are motivated by the body image of a person.

KEY WORDS: Social media, Body Image, Eating Attitude

KNOWLEDGE, ATTITUDES AND BEHAVIOUR OF DOCTORS REGARDING CHILD PHYSICAL ABUSE IN PAKISTAN

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INTRODUCTION: Physical abuse of a child is recognized as a globally prevalent phenomenon with a serious impact on the child's physical and mental health, its well-being and development.

OBJECTIVES: To assess the attitudes behaviours and knowledge of doctors in the identification and reporting of child's physical abuse

METHODS: A cross sectional study was done during January till June 2018 on medical and dental doctors across Pakistan. A pre-tested and structured questionnaire, Child Abuse & Neglect questionnaire was used. Random sampling technique was administered. The knowledge and attitude towards child physical abuse, and the actions taken by the doctors when they suspect a case of child abuse was determined. Descriptive analysis was done; Chi-square test was used to determine the association of knowledge about the child physical abuse between male and female doctors.

RESULTS: Out of total 575 doctors, (60.3%) were male. Majority of doctors (77.6%) work in private hospitals, (66.8%) having <10 years of experience and only (17.2%) doctors had received formal training of child abuse. Regarding knowledge, only (25.9%) of doctors agreed that children who have been physically abused will usually tell someone soon after the abuse. It was statistically significant between sex ($P < 0.05$). Doctor's (78.3%) were strongly agreed to the importance of detecting and reporting child physical abuse while majority of doctors (97.9%) did not took any action when suspecting a case of child abuse (P -value < 0.05).

CONCLUSION: The study revealed sufficient knowledge about the child physical abuse among doctors. Although the attitudes of doctors were positive regarding child physical abuse, a large proportion remains silent on suspicion of child physical abuse.

KEY WORDS: Child Physical abuse, Physicians, Dentists, Pakistan.

MAGNITUDE OF NURSES' TURNOVER IN PRIVATE SECTOR TERTIARY CARE HOSPITALS OF PESHAWAR.

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INTRODUCTION: Nurses' turnover is a challenging and burning issue for the healthcare industries worldwide. Nurses' shortage is one of the biggest obstacles in achieving the Millennium Developmental Goals (MDG's) for health and wellbeing. Multifactor affects the nurses' turnover in a system.

OBJECTIVES: The main purpose of this study was to explore the frequency and factors of nurses' turnover in private hospitals of Peshawar. It also aimed to examine the relationship between job satisfaction and nurses' intention to leave their job.

METHODS: A cross – sectional descriptive study was conducted on sample (n= 198) nurses using a validated structured adopted questionnaire with slight modification in context of the study in three major private tertiary care hospitals of Peshawar, KP.

RESULTS: The turnover in nurses was noted 63% in the study. Multi-Factors affect the level of satisfaction of nurses due to which the nurses quit their job. The proportion of contributing factors were 79.8% in not supporting from senior staff, 65.2% were not satisfied from the leadership style of the leaders, 56.6% were not satisfied due to not availability of refresher courses or training, 87% were not satisfied from the salary package they receive, 66.2% were leaving their job workload, 61.6% were not happy due to the limited professional development.

CONCLUSION: Nurse's turnover is a global challenge for healthcare system. Nurse's retention can be ensured by providing a feasible working environment where nurses can grow professionally. A collaborative leadership style, attractive salary packages and refresher courses for updating the evidence based practice needs to be ensured.

KEY WORDS: Turnover, Job Satisfaction, Workload, Leadership styles, Private sector hospitals.

ASSESSMENT OF NUTRITIONAL STATUS OF SCHOOL-GOING CHILDREN IN BHARA KAHAU/ ISLAMABAD

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INTRODUCTION: School age is an active phase of physical development as well as of mental growth of the child. It is a period of great opportunity but also great vulnerability. Physical health problems as well as problems due to poor nutritional status in school-age children are among the most common causes of low school enrolment, high absenteeism and inadequate classroom performance. Malnutrition disorders make the children more susceptible to infection and thus not only contribute to increases mortality but also leads to retardation of physical and mental health which in turn, again contribute to increased morbidity.

OBJECTIVES: To assess the health status of school children and to assess the nutritional status of school children.

METHODS: Study was a descriptive cross-sectional survey by physical examination of 100 students at the age 5-17 year in private and public school of Bhara Kahau. A structured health Performa will be used for data collection. Weight scales, height scales. Examination will be conducted by medical student of 4th year students.

RESULTS: 100 students of age group between 5 to17 years were surveyed. Majority of the study subjects were girls 75.5% and the rest were boys 25.5% BMI was found to be 63% was normal,12 % was under weight, 25% was overweight.

CONCLUSION: School going children are the building bricks of any society. Hence it may be concluded that the consumption of foods was inadequate and nutrients were found to be limiting in the diets of school children. So, there is an urgent need to educate parents. Malnutrition and related health disorders are commonly prevailing childhood diseases can effectively be addressed by appropriate public health program.

KEY WORDS: Health, Nutritional, assessment, school going children.

SELFIE-ISTS AND THEIR NARCISSISTIC TRAIT'S AMONG YOUTH OF KARACHI, PAKISTAN.

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INTRODUCTION: The trend of taking selfie increases day by day. First selfie was taken in around 1840 by Robert Cornelius, an American amateur photographer. However, selfie become popular in 2013. In this modern society, we are getting detached from the real world and becoming dependent in perfect imaginary world that is affecting one's physical, psychological, social and vocational wellbeing. In order to find how selfie affects our daily life and narcissist traits associated with it, research has been conducted in Pakistan. Results show that selfie posting is direct associated with narcissism and people who take more selfies have more narcissistic behavior.

OBJECTIVES: To find out narcissistic traits associated with selfie posting on social media and how selfie affects physical and mental health of human being.

METHODS : A study was conducted in which 500 young students aged between 16-27 were examined through detailed questionnaire. IBM SPSS 24 was used for data analysis.

RESULTS: Results demonstrate that 43% of students use take selfie rarely 1 or 2 times in a day. 18% often take selfie 1-5 times in a day, 18% take 5 or more selfies in a day and 20% never take selfie. To find narcissistic behavior among participant different questions are asked through questionnaire. Selfie posting behavior and narcissism shows significance ($p < 0.05$) association between them.

CONCLUSION: Results show that selfie posting is directly associated with narcissism and people who take more selfies have more narcissistic behavior.

KEY WORDS: Narcissism, Selfie, Youth, Social media

PATIENT SAFETY AND ITS SENSITIVITY AMONG MEDICAL STUDENTS OF RAWALPINDI/ISLAMABAD

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INTRODUCTION: Patient safety is a discipline that emphasizes safety in healthcare through prevention, reduction, reporting and analysis of medical errors that lead to adverse effects. It is responsible for over 1 million deaths globally. Despite rapidly growing attention towards it worldwide, Pakistan still lags behind in addressing the issue, especially at undergraduate level.

OBJECTIVES: To determine medical students' awareness of patient safety. (Risk analysis, error detecting and reporting) and to determine medical students' ability to influence patient safety.

METHODS: WHO World Alliance for Patient Safety's questionnaire; "What is patient safety? Before" was modified and filled by the students of clinical medicine from different medical colleges of Rawalpindi/Islamabad. Sample size was 270. The study was conducted from June to November 2018. The data was recorded and analyzed using SPSS-17. The project was approved by ERC.

RESULTS: The term 'Patient Safety' is familiar to 80% students but on further evaluation it was found that 79% students are unaware about the factors influencing patient safety. 78.8% are unaware about different types of medical errors. Only 45% agreed that medical errors are in fact common but 85% don't know how to report an error. Assessing the ability to influence patient safety, only 31% agreed that they can be vocal about their errors while rest opted to blame someone else. Still 71% say, they are always able to ensure that patient safety is not compromised. 70.2% agree that healthcare professionals should be given patient safety training.

CONCLUSION: The contradiction in the results show that students lack clear perception of patient safety. We recommend that patient safety education be spread via talks, seminars etc. and in the long run be incorporated in medical curriculum to improve healthcare delivery system.

KEY WORDS: Patient Safety, Clinical Medicine, Medical errors.

REHABILITATION AFTER BRAIN INJURY IN KARACHI, PAKISTAN.

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INTRODUCTION: This section gives an overview of the processes and timescale for recovery, explains how families can assist during treatment, and details where people can receive help and support. Convalescence aims to help brain learn alternative ways of working in order to minimize long-term impact of BI. Improvement also helps the survivor.

OBJECTIVE: To provide researchers with information and recommendations for effective rehabilitation measures for persons who have experienced a brain injury.

METHODS: According to our survey data we took 90 patients from which 56 were males and 34 were females that clearly show that in males' brain injury is common about by 62%. To precise our study we discussed some comparisons which should be help full in rehabilitating brain Injury. Age, seriousness of Injury, and medical complications after Brain injury none of these factors in isolation is able to sufficiently predict rehabilitation after brain injury.

RESULTS: In total, we took 90 patients from which 56 were male and 34 were female and according to our study male are more suffering from brain injury as compare to female. Age distribution of patients revealed two peaks, young adults between 18 and 40 years, and older adults aged 60 years and above, where males constituted majority. The patients of 50 above age are greatly suffering from it and main cause of injury is trauma.

CONCLUSION: Patients with brain injury are at great risk for mature depressive symptoms. At Brain Injury reawakening we are particularly interested in the cognitive, emotional and functional repercussion of brain injury and how these might affect outcomes. Social situations can become difficult to deal with after brain injury and this can results in individual responding in manner that is not socially appropriate.

KEYWORDS: Rehabilitation, Brain injury, Trauma, Psychiatrist

SYSTEMATIC REVIEW ON TEXT NECK SYNDROME USING SMART PHONE IN YOUNG ADULTS

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INTRODUCTION: Text neck syndrome 'Text neck' refers to pain symptoms on the neck and neighboring regions during or after prolonged looking down posture that smart phone or tablet PC users typically make when they are text messaging.

OBJECTIVES: The aim of this review is to highlight text neck syndrome in young adults using smart phones and the resulting musculoskeletal disorders.

METHODS: A systematic review was conducted for cross sectional retrospective descriptive studies. Data was collected from articles using Medline, pub med and Google scholar.

RESULTS: A total no of 6 studies were selected to conduct the review. Studies shows normal head flexion angle for text messaging ranges 30 degree which shows lowest fatigue while 50 degree shows highest fatigue range. While sitting head tilt angle ought to be more while that in standing. 33 degree to 45 degree is the average range to use a smart phone measured from vertical. Severe addiction of smart phone use leads to largest errors including impaired proprioception.

CONCLUSION: The systematic review declares that chronic use of smart phone leads to forward head posture, affecting upper cervical muscles (mainly Upper Trapezius), surrounding skeletal structures as well as ligaments and causes spinal deformities. These rising problems could be resolved through social recognition, intervention, physical therapeutic education and education about correct posture.

KEY WORDS: Smartphone, Text neck.

STIGMA TOWARDS MENTAL ILLNESS AMONG MEDICAL AND DENTAL STUDENTS OF PESHAWAR.

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INTRODUCTION: Mental health disorders affect over 450 million people worldwide and stigma is one of the most significant reasons to avoid seeking treatment in people with mental illness.

OBJECTIVES: To find out the attitudes of medical and dental students towards mental illness and explore the extent to which stigma of mental illness persists among them.

METHODS: This cross-sectional study was conducted from December 2018 to March 2019. Medical and dental students from various colleges of Peshawar were asked to respond to Community Attitudes towards Mental Illnesses scale consisting of 40 questions, with four subscales, to be answered on a 5-point Likert scale. Overall stigma against people with mental illness was calculated by summing up the subscales. Two additional questions associated with seeking mental health care service were also asked. The results were analyzed using SPSS v.25.

RESULTS: The mean age of the sample (n=764) was 20.54±1.68 years with the age range of 18-26 years. Majority of the respondents were females (n=465, 60.9%). More than half of the students (n=409, 53.5%) reported higher scores on Community Attitudes towards Mental Illnesses, indicating more stigma. Female students had significantly higher scores on overall CAMI scale, Benevolence and Community mental health ideology subscales (p=.000), whereas male students had significantly higher score on Authoritarianism and Social restrictiveness subscales (p=.000). Lack of awareness (n=260, 34.0%) and stigma attached to mental illness (n=176, 23.0%) are the main factor for not seeking mental health services and 42% (n=321) students thought that a person with mental health issues should first talk to the parents.

CONCLUSION: Antagonistic attitudes were reported by medical and dental students of Peshawar towards people with mental illness and significantly more by female students. The main barriers in seeking healthcare are lack of awareness and stigma attached to mental illness.

KEY WORDS: Stigma, Mental illness, Medical and Dental students.

ASSESSING CURRENT LEVEL OF KNOWLEDGE AND ATTITUDE OF PMC STUDENTS TOWARDS VITAMIN D DEFICIENCY INSUFFICIENCY AND SUPPLEMENTATION.

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INTRODUCTION: Vitamin D belongs to a fat soluble family and is manufactured by two ways in the body, on sun unveiling and from food origin. Throughout the world one million people are suffering from vitamin D deficiency. Hypovitaminosis D is concerned with Hypertension, Diabetes mellitus type 2 and Ischemic heart disease, Ricket, Osteomalacia and Osteoporosis. No one is safe from vitamin D inadequacy whether teens or adults. Sunlight is the best source of vitamin D, as its presence in food is limited.

OBJECTIVES: To explore vitamin D and sun exposure attitude and knowledge in medical student groups and their interest in potential benefits of vitamin D supplementation in order to conclude possible contributing factors regarding this issue.

METHODS: It is a cross-sectional, observational questionnaire based study provided to 50 students (25 girls, 25 boys) from each class & the data was analyzed by SPSS version 19.0.

RESULTS: Our sample was 250 (125 girls, 125 boys). Among these, 91.2% were unaware of daily requirement of vitamin D, 51.2% considered it sufficient to spend time in sunlight for 5-30 minutes, 79.2% were aware of vitamin D deficiency diseases, 78% knew that the cause of vitamin D deficiency is lack of awareness and insufficient dietary intake, 78% knew the symptoms of vitamin D deficiency and 46% were taking vitamin D supplementation.

CONCLUSION: We concluded that the majority of student's knowledge and attitude towards vitamin D was insufficient. A concentrated collaboration is needed to maintain a high level of knowledge and to promote the practice of a healthy life style.

KEY WORDS: Vitamin D, Students, Knowledge, attitude, Supplementation.

MUSCULOSKELETAL DISORDES IN TRUCK DRIVERS OF PESHAWAR.

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INTRODUCTION: Disorders are more common in long road truck drivers because they drive for long hours. Drivers beside confining to a small space sit with static lower and upper extremities posture with absorbing alot of vibrations, they also feel mental stress while focused continuously during driving. The Aim of this study is to find the prevalence of MSD among the truck drivers of Peshawar because no study has been done so far

OBJECTIVE: To find out Prevalence of musculoskeletal disorders among professional truck drivers of Peshawar and determination of socio-demographic and ergonomics associated factors for the development of musculoskeletal disorders in truck drivers.

METHODS: A cross-sectional study was conducted in which 125 long road truck drivers were interviewed through NMQ and data was stored and analyzed using IBM-SPSS version 20.

RESULTS: Results showed that Age mean is 35.1 with a Std. Deviation 11.6 and Driving experience mean is 13.49 with std. Deviation of 9.41. Prevalence of education was 59.2%, 39.2% were overweight and 84.8% were from Khyber Pakhtunkhwa. Results demonstrated that 81.6% drivers were complaining about pain. Prevalence of pain in lower back was 40.8%, knees 23.2%, shoulders 20%, neck 15.2%, Upper back 8.8%, feet 4%, gluteus 2.4%and arms 0.8%. Association between pain and BMI is significant ($p<0.05$) which means null hypothesis is truebut association of pain with driving experience, driving time and quality of seat were not significant ($p>0.05$) which means null hypothesis is not true.

CONCLUSION: MSDs are common in truck drivers of Peshawar with most affected regions are Lower back & Knees and least affected regions are Gluteus and Arms

KEY WORDS: Truck drivers, Musculoskeletal disorders, Lower back pain.

EFFECT OF SMOKING ON INTRAOCULAR PRESSURE

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INTRODUCTION: Smoking is well known risk factor for several diseases including cardiovascular and pulmonary disease and oral cancer. Smoking is modifiable risk factor for several ocular diseases e.g glaucoma, cataract, macular degeneration and loss of vision. Smoking also causes conjunctival redness, lacrimation and discomfort. There is reduction in choroidal blood flow by a single inhalation of cigarette smoke. Reduction in blood flow in the peripheral ocular circulation might elevate IOP which may occur due to an increase in the outflow resistance of the aqueous humor. Normal intraocular pressure ranges from 11-21mmHg.

OBJECTIVES: To assess the effect of smoking on intraocular pressure and to compare the effect of smoking on intraocular pressure in smokers and non-smokers.

METHODS: The cross sectional study design was carried out in five months from November to March 2019 at Madina Teaching Hospital, Faisalabad. A total study sample of 80 Male participants were included in this study in which 40 participants were control (non- smokers) and 40 participants were case (smokers). History was taken to evaluate the true smokers with consumption of 10-20 cigarettes per day which were included in this study. Self-design proforma was used for collection of data. After taking informed consent from the subject visual acuity was measured with Snellen chart and intraocular pressure with Air puff tonometer. Data analysis was done by latest SPSS version 20.

RESULTS: Results of this study provide better understanding of effect of smoking on intraocular pressure. Study was helpful to highlight the importance of measuring intraocular pressure in individual with history of smoking. This study was helpful to aware the individuals about the ill effects of smoking on vision.

CONCLUSION: The result of this study concluded that intraocular pressure raise due to smoking which leads to glaucoma which causes irreversible loss of vision and leads to blindness.

KEY WORDS: Smoking, Intraocular Pressure & Air Puff Tonometer

FREQUENCY OF FAILURE OF MEASLES VACCINATION IN INFANTS AT 9 MONTHS OF AGE

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INTRODUCTION: Measles is an acute highly infectious disease of childhood caused by specific virus. Clinical presentation is fever, catarrhal symptoms of upper respiratory tract followed by rash. Only live attenuated vaccine is recommended at 9 and 15 months of age. The importance of this study was to reduce the incidences of measles in infants by overcoming different causative factors of failure of measles vaccine.

OBJECTIVES: To study the frequency of failure of measles vaccine in infants at 9 months of age and to study the causes of failure of measles vaccine in infants at 9 months of age.

METHODS: Our study design was Descriptive cross-sectional study that was done in 3 cities of Punjab namely; Faisalabad, Multan and Sahiwal within the duration of 6 months from January - June 2018 with sample size of 300 that included children of 1-5 years of age and excluded above 5 years. The data was collected by simple random sampling technique through the procedure of well-structured close ended questionnaire and was presented through Microsoft excel version 14.

RESULTS: Percentage of children suffered from measles was 27%. Failure rate of measles vaccine was 9% e.g., due to lack of awareness was 13%, due to carelessness was 12%, due to fear of reactions was 7%, and due to lack of transport was 6%.

CONCLUSION: Measles is a vaccine preventable disease. In developing countries, measles is causing life threatening problems to children due to vaccine failure superimposed by malnutrition, poor immunization and poor socio-economic status. Common complications of vaccine are pneumonia, encephalitis and diarrhea.

KEYWORDS: Measles, Vaccination, Failure

RELATIONSHIP BETWEEN SOCIAL MEDIA USE AND BMI AMONG MEDICAL STUDENTS OF PESHAWAR.

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INTRODUCTION: Nowadays this is the era of social media. The people are addicted with internet. Due to excessive social media use, they have adopted sedentary lifestyle; as a result their BMI varies greatly from normal range.

OBJECTIVES: The objectives were to determine the relationship between social media use and BMI and to prevent medical students from facing difficulty in social interaction.

METHODS: It's a cross sectional study with sample size of 250, 162 students filled complete form, data was analyzed by SPSS version 19.0.

RESULTS: Out of the total 162 respondents (49%) were males and (51%) were females. Among males, (5%) were underweight, (34%) were overweight and (13%) were obese. Among females, (15%) were underweight, (19%) were overweight and (4%) were obese, in males BMI deviation from normal was more than that of females. Also out of 54 students, who replied of social media use for 3 hours (12%) were underweight ,(19%) were overweight and (9%) were obese while out of 55 students who were doing social media use after every other day, (9%) were underweight, (33%) overweight and (6%) were obese. Among 61 students who were eating food 3 times while using social media, (7%) were underweight, (30%) were overweight and (8%) were obese., while among those 10 students who were eating food five times while using social media (20%) were underweight, (30%) were overweight and (10%) were obese.

CONCLUSION: Use of social media for more time and the number of times of food intake while using social media cause variability in BMI from normal range.

KEY WORDS: Social Media, BMI, Medical Students

A STUDY OF NOISE-INDUCED HEARING LOSS IN TRAFFIC POLICE PERSONNEL IN PESHAWAR.

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INTRODUCTION: Noise is defined as a blend of sounds having adverse bearing on human health. Prolonged exposure to noise may alter the structure of hair cells in the inner ear, resulting in adversities like hearing loss and tinnitus. Besides physiological hazards, noise is also known to have psychological implications. It is estimated that around 250 million people worldwide suffer from noise induced hearing loss (NIHL)

OBJECTIVE: To determine frequency of hearing loss among traffic police personnel of Peshawar City.

METHODS: The study had a descriptive study design with cross-sectional time prospect. The participants were selected from Shaheed Khursheed Khan Traffic Police Lane, Faqir Abad. The study duration was 3 months. Seventy in-service traffic police personnel of District Peshawar were included in the study with at least 6 months of professional experience. Simple convenient sampling technique was used. An informed consent was obtained in writing from each participant.

RESULTS: Seventy male traffic police personnel, of different ranks, were enrolled in this study. The mean age of study participants was 38.9 ± 10.0 years. These belonged from different geographical regions and ethnicities of KP province. The average professional experience of study participants was 13.14 ± 9.6 years.

CONCLUSION: It was concluded that a majority of the traffic police personnel suffers from hearing impairment. The hearing impairment is mostly sensorineural. Hearing impairment is associated with exposure to noise among traffic police personnel.

KEYWORDS: Noise-induced, Hearing loss, Traffic personnel, Peshawar

AVAILABILITY OF HAND SANITIZER DISPENSERS IN HOSPITALS OF PESHAWAR AND AWARENESS AMONG CLINICIANS.

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INTRODUCTION: Hand hygiene is among the most highly recommended strategies for prevention of hospital-acquired infections. One way of maintaining hand hygiene is to use alcohol based hand rubs (hand sanitizers). Hand sanitizers were invented by Lupe Hernandez, a registered nurse in Bakersfield, California, in 1966. Because of its broad effectiveness, proven improved disinfection capabilities over plain soap, and ease of use, the World Health Organization (WHO) now recommends alcohol-based hand sanitizer as the preferred hand cleaning method for most clinical situations in healthcare facilities around the world.

OBJECTIVES: To check the availability of hand sanitizer dispensers in public and private hospitals of Peshawar and to assess the level of awareness regarding use of hand sanitizers among clinicians and To estimate the frequency of using hand sanitizers among clinicians.

METHODS: A cross-sectional study was conducted in two private and two government hospitals of Peshawar. 150 self-administered questionnaires were distributed among doctors. Surgery, Medicine, Pediatrics and Gynecology wards and OPDs were checked for hand sanitizer dispensers.

RESULTS: There were 6 dispensers in the Wards in the private sector collectively but none in the surgical & medical OPDs. All of them were in working condition. There were a total of 147 dispensers in the Government Hospitals' Wards out of which 139 dispensers had sanitizing liquid in them (95.8%). There were 19 dispensers in the OPDs of the Government Sector and 16 had sanitizing liquid in them (84.2%). 46.1% of respondents had satisfactory knowledge of alcohol-based hand-rubs while 53.9% of them were unaware. 71% of participants reported that their hospitals do not organize hand hygiene workshops.

CONCLUSION: The private sector hospitals have few dispensers as compared to the public sector in general and none in surgical & medical OPDs. Awareness and training needs also need to be focused as these are not sufficiently addressed at the moment.

KEYWORDS: Hand sanitizer dispensers, Availability, Awareness, Clinicians

AWARENESS, ATTITUDE AND FACTORS ASSOCIATED WITH VOLUNTARY BLOOD DONATIONS

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INTRODUCTION: In Pakistan, the blood donation and transfusion practices are based on primitive practice of replacement donors. The survey regarding misconceptions and motivation may help the blood donation centers to develop their future policies to inspire people for donating blood on a regular basis and to inspire non-donors to start donating blood.

OBJECTIVES: To assess the knowledge, attitude and practice towards blood donation and to identify factors behind motivation for voluntary blood donation and to determine misconceptions associated with blood donations.

METHODS: This was a descriptive cross-sectional survey conducted in Islamabad. The data was collected from 204 respondents residing in urban, rural and slum areas through a questionnaire and processed in SPSS software version 20.

RESULTS: In our study 78 respondents were residing in urban areas, 51 in rural and 75 in slum areas. Out of 204 sample, only 77 were blood donors and amongst them only 29% had donated blood to unknown persons. Among 111 respondents who required blood, only 7% received it from voluntary donors. The most important motivational factor for donating or intend to donate blood was helping family or friends in need (76.5%) followed by spiritual satisfaction (71.2%). Among non-donors, 52.7% had never donated blood because no one ever asked while families of 48.8% didn't allow donation. 48% feared that it may lead to permanent weakness or anemia while 44.8 % were concerned about the sterility of equipment.

CONCLUSION: The practice of voluntary blood donation is almost nonexistent in our population. To overcome the prevailing misconceptions and reported fears, it is important to provide adequate information about donation to potential donors. Appropriate motivational campaigns should be launched among the population to make it a regular practice in order to increase voluntary blood donation.

KEY WORDS: Voluntary, Donation, Motivation, Misconception

MEDICAL EDUCATION

A STUDY OF FREQUENCY OF FUNCTIONAL CONSTIPATION AND ITS IMPACT ON QUALITY OF LIFE (QOL) AMONG ADULT POPULATION OF KARACHI, PAKISTAN

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INTRODUCTION: Functional constipation is the inability to defecate completely and spontaneously thrice or more in a week, without any secondary cause. Data is sparse in Pakistan as studies worldwide have shown its prevalence higher in females than males, non-whites than whites and in low socio-economic population.

OBJECTIVES: To determine the frequency and risk factors of functional constipation in adult population of Karachi and to assess QOL using Patient Assessment of Constipation Quality of Life (PAC-QOL) questionnaire in population of Karachi.

METHODS: A cross-sectional study done on 600 participants aged 18-45 years of both sexes from during 2017-18 using non-probability convenience sampling. After taking all ethics into consideration, a questionnaire was used covering demographics, occurrence of constipation using Rome-IV criteria and QOL by PAC-QOL. Data was analysed by SPSS. Descriptive analysis and Student's t-test was used for statistical significance.

RESULTS: Out of 600 participants with mean age of 23.9 ± 6.45 , 237 (39.4%) were suffering from constipation; 153(64.4%) in males and 84(34.4%) among females. They do not use any laxatives or medications. Only 15.5% do exercise regularly, 80% used less fibre in diet while 25% were addicted to tobacco. The quality of life was compromised among participants with constipation in all 4 domains i.e.; physical discomfort, psychosocial discomfort, worries and discomfort, Satisfaction ($P < 0.01$).

CONCLUSION: The study reveals presence of functional constipation with compromised QOL mainly due to sedentary life style and less fibrous diet intake among Karachi population. Proper Interventions and high fibrous diet with healthy active life style can decrease constipation.

KEY WORDS: Constipation, fibrous diet, Quality of life

TRANSITION FROM MEDICAL STUDENTS TO JUNIOR DOCTORS

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INTRODUCTION: The transition from medical students to junior doctors is considered very stressful by international standards. This may be a result of inadequate clinical exposure during student life so they are not ready enough to treat patients independently.

OBJECTIVES: The changes in the life of medical students when they become junior doctors. We are doing this study to check out whether the clinical exposure during student life is adequate enough for them to treat the patients independently or not. How this transition affects their personal and social lives.

METHODS: It's a descriptive cross-sectional study. Data was collected on a pre-structured questionnaire form. Form was filled by 81 newly qualified doctors. Consent form was signed by all the participants. Data was then analyzed on SPSS.

RESULTS: The mean age of the sample (n=81) was 23.86 ± 1.30 years with age range of 22 to 28 years. Majority of the students were females (n= 62, 76.5%). More than half of the sample (n=42, 51.9%) reported higher than mean score on overall scale. The results using chi-square test on demographic information of doctors with overall scale, showed that there was no significant difference found on transition from student to a doctor between male and female doctors ($p=.260$) on overall scale, while doctors on personal and clinical subtypes showed that female doctors become significantly more confident than male doctors ($p=.015$ and $p= .045$ respectively), whereas Social subtype showed a non-significant difference between male and female doctors ($p=.693$).

CONCLUSION: It was concluded in the end of the study that there was no significant change as perceived in the study done on medical students. This no significant change was due to less data population.

KEYWORDS: House officers, stress, clinical environment

MEDICAL STUDENTS' PERCEPTION OF STRATEGIES AND METHODS FOR ANATOMY TEACHING

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INTRODUCTION: Different teaching methods and strategies are used to convey concepts of anatomy to medical students. Incorporating newer teaching aids over traditional ones in anatomy has been challenging both for the teachers and the students.

OBJECTIVE: To identify the perception of medical students toward teaching methods and strategies used for teaching anatomy.

METHODS: It was a cross-sectional study carried out at Shalamar Medical and Dental College Lahore from October to December 2018. A total of 272 MBBS students participated in the study. Written informed consent was taken before filling the form; self-administered questionnaire was distributed and completed by using Google doc form. Frequencies and percentages were calculated.

RESULTS: Majority of students (87%) reported cadaver is important for learning anatomy ($p < 0.001$). 3D anatomy (50%) was observed to be the most suitable tool ($p < 0.05$) for understanding anatomy compared to dissected limbs (27%), animations (5%), models (12%) and Netter atlas (6%). Dissecting cadaver by students themselves (68%) helps better understanding. 74% of the students consider that anatomy is essential for learning surgery. Students (65%) emphasized that teaching of gross anatomy ($p < 0.05$) must be linked with clinical application, 37% of students were of the opinion of modernizing anatomy if it were taught in combination with clinical subjects in all five years of medical curriculum.

CONCLUSION: Traditional method of learning by dissecting cadaver cannot be undermined, however use of 3D anatomy and modification of gross-anatomy is important to fulfill the needs of clinical teaching.

KEY WORDS: Perception, Medical, Students, Anatomy teaching

RELATIONSHIP BETWEEN DIFFERENT LEARNING STYLES OF UNDERGRADUATE MEDICAL STUDENTS WITH THEIR ACADEMIC PERFORMANCE

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INTRODUCTION: There are four types of learning styles named as visual, aural, read/write and kinesthetic. Visual learners prefer diagrams, graphs, flowcharts, models. Aural learners prefer to listen and talk. Read-write learners prefer lists, handouts and textbooks. Kinesthetic learners prefer hands-on approach. Knowledge of learning styles can be useful as it adopts student-centered learning. Many researchers discovered variations in learning styles. This study aims to relate undergraduate medical students learning preferences with their academic performances and Year of study.

OBJECTIVE: To determine relationship between learning styles preferences of MBBS students with their academic performance.

METHODS: A descriptive survey-based research design was adopted. After approval from ERC, this study was conducted at Islamic international medical college Rawalpindi for 1 month. Consent was taken before giving VARK (Visual Auditory Read-write Kinesthetic) questionnaire. Sample size was 234. Data was analyzed by using SPSS.

RESULTS: Results showed that 57% of students used kinesthetic, 21% used Auditory, 12% preferred visual & 10% used read-write mode of study, suggesting that kinesthetic is most preferred learning style. Among them 60% of the High achievers (>70% score) were kinesthetic.

CONCLUSION: In our integrated curriculum system of education, students prefer hands-on approach and learn to relate their basic sciences knowledge with clinical aspects. So kinesthetic is the most preferred learning modality. Knowledge of learning styles is useful as it adopts student-centered learning.

KEY WORDS: Learning styles, MBBS students, Academic performance.

DESCRIPTIVE STUDY REGARDING ATTITUDE OF MEDICAL STUDENTS ABOUT INCLUSION OF ARTIFICIAL INTELLIGENCE (AI) IN UNDERGRADUATE MEDICAL EDUCATION, PESHAWAR PAKISTAN

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INTRODUCTION: Artificial intelligence (AI) is advanced computer technology. Industrialized countries have introduced AI in the medical field to elude the errors and enhance the effectiveness and efficiency of clinical work. Medical practice is in the phase of transition towards that of “Artificial intelligence”. This highly significant evolution, thus calls for the reforms in undergraduate medical education programs.

OBJECTIVE: To determine the attitude of the medical students regarding the introduction of AI in Undergraduate Medical Education in District Peshawar.

METHODOLOGY: The study was conducted in two medical colleges of Peshawar, from November 2018 to February 2019. Total 400 were included in the survey. This Cross-sectional descriptive study utilized convenient sampling technique for data collection. All undergraduate medical students were included in the study, except absent or having exams. A self-constructed validated questionnaire was used to collect data. The study was executed after approval from the ethical committee and informed consents from the students and institutions. Data was analyzed through SPSS version (22.2).

RESULTS: N= 384, n=184 (47.9%) students from Public sector, n=200 (52.1%) from private sector, 156 (40.6%) female, while 194(50.5%) male students completed the survey. N=147(38.3%) claimed they had previous knowledge of AI, while 237(61.7%) refused. N=52 (13.5%) strongly agreed, n=127 (33.1%) agreed that “AI will take control of the clinical practice in the near future”, while n=90 (23. 4%) remained neutral. N=106 (27.6%) strongly agreed and n=140 (36.5%) agreed, while n=65 (15.9 %) remained neutral that “AI should be introduced in undergraduate medical education”. N=94(24.5 %) students strongly agreed, 153(39.8%) students agreed, while 65(16.9 %) remained neutral in response to the question that “AI technologies will be practicable in Pakistan”.

CONCLUSION: A positive attitude was seen among medical students regarding the inclusion of Artificial Intelligence in undergraduate medical education.

KEY WORDS: Artificial Intelligence, Undergraduate Medical Education, Medical students.

FACTORS AFFECTING THE ACADEMIC PERFORMANCE OF UNDERGRADUATE NURSING STUDENTS IN PRIVATE NURSING COLLEGE, PESHAWAR.

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BACKGROUND: Academic performance is the end result of the efforts exerted by the students which represent outcomes at the end of the semester that indicate the extent to which a person has accomplished specific goals. There are multiple factors that influence the academic performance of students which may either lead to failure or success. Factors identified such as Student related factor, Teacher related factor and Institutional/Environmental factor.

OBJECTIVE: To determine the factors affecting the academic performance of the undergraduate nursing students in private nursing colleges, Peshawar.

METHODS: Cross sectional study was conducted on a sample of 172 from three different private nursing colleges in Peshawar. Data was collected through semi structure questionnaire following simple random sampling technique. The data was analyzed by SPSS ver. 16.

RESULTS: The finding of the study shows that factors in multiple dimensions have a contribution in affecting the performance of students. In Student related factors, the attendance, hardworking, self-confidence of the student contribute with a proportion of 77.9%, 56.3%, and 51.2% respectively. In a sample of 172, the students were found to have financial problem 37.8%, facing difficulty in time management 41.3%, and the student who take part in group activities were 37.8%. There were some other problems related to Institutional/environmental factors which contribute in affecting the students' performance in academics include poor infrastructure 66%, non-availability of skills lab 60.5%, lack of library 51.7%, noisy classroom 50%, lack of internet facility 45.9% .

CONCLUSION: Study findings indicate that students' performance is a multi-dimension scenario affected by college policy, environment and students' learning facilities including internet, library, tutorials and the way the teachers deliver their lecture.

KEY WORDS: Academic performance, socioeconomic status, social media, teaching and learning methods

PERCEPTION AND PREFERENCE OF MEDICAL AND DENTAL STUDENTS TOWARD TEACHING AIDS IN GANDHARA UNIVERSITY, PESHAWAR.

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INTRODUCTION: Teaching and learning is an active process that goes hand in hand. Facilitation and assistance in learning is given by teaching while learning is an intellectual process by which learner gains clinical knowledge, does reasoning, develops psychomotor skills and incorporates behavioral knowledge which is a need of professionalism. Auditory and visual senses are used to grasp information from lectures. In acquisition of motor skills, observational learning has a major contribution.

OBJECTIVES: To find out Perception and Preference of medical and dental Students towards teaching aids in Gandhara University and barriers in teaching aids.

METHODS: A Cross sectional study was conducted in medical and dental students of Kabir Medical College and Sardar Begum Dental College Peshawar from Oct 2018 to Feb 2019. Stratified sampling technique was used to collect data from a sample of 358 medical and dental students. A self-administered questionnaire was used for data collection and SPSS 21 for analysis.

RESULTS: Out of 358, 246 (68.7%) preferred Whiteboard as a teaching aid, followed by PowerPoint 95 (26.5%) and Overhead-Projector 17 (4.7%). For better understanding, retention of information, better provision of concept and more interactive lectures Whiteboard was preferred. Perception of students regarding PowerPoint Presentation was that it was a better option when stress on important points is needed, is well organized and is good for displaying diagram. Barriers found in PowerPoint presentation are many words per line, many lines per slide and quick change of slides. Barriers in White Board are slow method, handwriting issue and visibility problem. Overhead-Projector is boring for students.

CONCLUSION: Pupils emphasized on White Board. They were found to be unsatisfied with PowerPoint Presentation due to quick change of slides, substandard preparation of presentation and having too many lines per slide to read.

KEY WORDS: Multimedia, Teaching aids, perception, Preference, Medical students, Dental students

TRENDS IN UNDERGRADUATE MEDICAL RESEARCH- A QUALITATIVE ANALYSIS

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INTRODUCTION: Medical science is a constantly evolving area. This fact has led to the large scale acceptance of the concept of evidence based medicine. Medical research, no matter at which level, is eventually going to affect the quality of care provided to the patients. Undergraduate research in medical profession can inculcate the skills of critical thinking, reasoning and having a positive mind-set towards research from the start of the medical career.

OBJECTIVES: To analyze the preferences of undergraduate students regarding research projects presented at annual Undergraduate Medical Research Conference organized at Peshawar Medical College (PMC) for the last 10 years and to identify the number and pattern of research projects that was presented in the conference from each province.

METHODS: The study was conducted after the approval of Ethical Review Committee. PMC conducts a national undergraduate medical research conference each year. Abstracts books of the annual conferences conducted in the last 10 years were included in the study. The content of the abstract books was analyzed through thematic analysis.

RESULTS: A total of 9 abstract books from 3rd to 11th national annual conference comprising 700 research projects were available for thematic analysis. Out of these 69 were related to medicine and allied, 265 were related to public health, 78 were related to surgery and allied, 62 were related to dental sciences, 37 were related to medical education, 26 were related to cancer, 48 were related to patient safety, 114 were related to social sciences & health and 1 was related to forensic studies. One research project from students of Islamic University of Indonesia related to social sciences & health was included in the 5th UMR conference (2012) abstract book. A total of 488 abstracts were submitted from KPK, 154 from Punjab, 52 from Sindh, 6 from AJK and none from Baluchistan.

CONCLUSION: Undergraduate medical and dental students of Pakistan have contributed greatly as represented by their research projects presented at the annual UMR conference. Major preferences of the students were research in Public Health, Social Sciences & Health and Medicine & allied. Students from all the provinces and territories contributed to these research projects except Baluchistan.

KEY WORDS: Research, Undergraduate, Medical, Education.

EVALUATION OF THE IMPORTANCE OF SMALL GROUP DISCUSSION IN MEDICAL EDUCATION.

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INTRODUCTION: SGDs are effective communicating way on pre-selected topics. It is more behavior oriented and knowledge is verbal behavior. SGDs are effective method for assessing public experience and understanding problems. By actively participating during instructional periods, students are more likely to maintain relative response to subject matter. . The way science approach learning, medical studies could be taken a step ahead by rationalizing the student's perspective psychologically and rationally. Medical studies could be taken a step ahead by rationalizing the student's perspective psychologically.

OBJECTIVES: To evaluate the perspective of students regarding Small Group Discussion as part of their education system and to know the importance of Small Group Discussion in present education system.

METHODS: Random sampling, sample includes 170 students of IIMC. We have used referenced questionnaires. The data was analysed by SPSS v.23.

RESULTS: A quantitative research was carried out on a sample of 170 students of IIMC via random sampling using the questionnaire. Out of 170 students, 50.6% agree on Small Group Discussion being an important aspect of MBBS curriculum. 48.8% agree on effectiveness of peer learning. 47.6% agree on use of multimedia. 17.1% disagree on the environment provided in the college for Small Group Discussion. 15.3% disagree on use of case-based learning. 34.1% students are neutral on studying beforehand. The data was analyzed by SPSS V.23.

CONCLUSION: Majority of candidates agree on Small Group Discussion being an important part of present education system, while many of them also support Small Group Discussion as an easy way of digesting copious information.

KEY WORDS: SGD, Curriculum, Peer Learning.

AWARENESS OF TAHARAT AMONG MEDICAL STUDENTS OF IIMCT.

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INTRODUCTION: Ṭahāra, (Arabic: “purity”) is a system of ritual purity in Islam. Research has been conducted on awareness of personal hygiene focusing on hand hygiene, food hygiene, environmental hygiene, genital hygiene, etc. However, there is less research on medical students regarding the concept of Taharat.

OBJECTIVES: To determine awareness of taharat among medical students and to compare the level of awareness of taharat between boys and girls.

METHODS: A cross-sectional survey-based research design was adopted. The study was conducted at IIMC Rawalpindi and the duration of the study was two months from 1st July till 31 Aug 2018. A self-constructed questionnaire was designed consisting of 47 questions on wudhu, ghusl, washroom manners, nail-cutting, prostatic discharge, menstruation and istehadah (non-menstrual bleed). The study sample was 225 and sampling technique was stratified random which included 45 (30 girls and 15 boys) students from 1st year to 5th year in MBBS. The criteria for assessing awareness were set by the Islamic expert. The data was analyzed by using SPSS version 21 and graphs were made in Excel.

RESULTS: The results showed that most of students were aware of obligation of ghusl and uses and advantages of miswaak. There was moderate awareness about washroom manners. However, most of the students were not aware of the sequence and invalidation of ablution, acts of fitras, relation of prostatic discharge with ablution/ghusl and relation of menstruation/istehadah (non-menstrual bleed) with prayers.

CONCLUSION: The data collected through a questionnaire reflected that there were some areas of Taharat which need attention and students must be provided guidance on these issues.

KEYWORDS: Taharat (purification/personal hygiene), Islam, Medical students.

SATISFACTION LEVEL OF TEACHERS AND STUDENTS REGARDING THE USE OF CADAVERS VERSES DUMMIES FOR LEARNING AND TEACHING OF ANATOMY.

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INTRODUCTION: In 15th century, the cadaver dissection was considered a tool for medical studies. It is still used around the World. This study explores the preference among students and teachers of medical institutes regarding learning anatomy via cadavers versus dummies.

OBJECTIVE: To determine the satisfactory level of teachers and students regarding the use of cadavers versus dummies for learning and teaching of anatomy in different medical colleges of Peshawar.

METHODS: It was a cross-sectional descriptive study in which from 554 students and 40 teacher data was collected through a questionnaire using Likert scale. The data was analyzed by using SPSS 19.0.

RESULTS: Out of total (35%) of teachers and 40% students strongly agreed that Cadavers are more helpful in satisfactory learning of human anatomy than dummies. 44% of students disagreed that anatomy can be learnt satisfactorily without using cadavers.

CONCLUSION: According to the study, teachers and students deem cadavers more useful for learning human anatomy than models.

KEYWORDS: Cadavers, Dummies, Anatomical variations, Anatomical anomalies

KNOWLEDGE AND ATTITUDE OF STUDENTS REGARDING THE FORMAL MENTORSHIP PROGRAMME FOR MEDICAL EDUCATION

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INTRODUCTION: Medical students have a very extensive curriculum and a demanding time period during their undergraduate studies (1-5 years). Research has shown that medical students experience a high level of stress affecting their social, emotional as well as mental health. According to many studies formal mentoring is considered as a key to overcome these problems. Currently Khyber Pakhtunkhwa is deficient in formal mentorship program for medical education; the purpose of this article was to determine the presence of the programme and to establish the basis for formal mentoring with in medical colleges.

OBJECTIVE: To determine the knowledge and attitude of mentoring for medical education among undergraduate students of two medical colleges of District Peshawar.

METHODS: The study was a descriptive cross-sectional study. A total of 300 students, both male and female were selected from two medical colleges on convenient basis. Sample size was determined by the Cochran equation with 95% confidence interval. A closed ended, original questionnaire was developed in English language from valid questionnaires of similar studies conducted in past. Data was analyzed using MS Excel and SPSS version 22.

RESULTS: Data of 270 (90%) respondents was analyzed after drop outs. Among the study participants 114 (42.2%) students had No knowledge about mentoring for medical education; 153 (96.8 %) students responded that mentoring would help in the academic to professional development of the students. Majority of the students (n=152, 96.2 %) respondents stated that there was a strong need of formal mentorship programme in their medical college.

CONCLUSION: Knowledge regarding function and structure of mentorship program among students was below average. However a strong positive attitude to initiate the mentorship Program was observed among respondents.

KEY WORDS: Mentorship, Private Medical College, Public sector, knowledge, Attitude.

SKIPPING BREAKFAST AND ACADEMIC PERFORMANCE IN UNDERGRADUATE MEDICAL STUDENTS

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INTRODUCTION: Skipping breakfast is a very bad habit in students who usually sleeps late at night. It effects one's thinking power and attitude in class. Aim of the study was to find the occurrence of breakfast skipping and explore associated factors.

OBJECTIVES: To estimate the prevalence of skipping breakfast among the undergraduate medical students of Peshawar Medical College, and to compare academic performance of regular skippers and regular observers of breakfast and to determine the reasons for skipping breakfast.

METHODS: Our study design was taken analytical-cross sectional. Sample was convenient sample of 100 students of MBBS of PMC. Study Duration was 1 month. Data Collection tool was (Structured Questionnaire). SPSS (19-VERSION) was used to analyze data.

RESULTS: Among hundred students of PMC, equal number of males and females are taken for research purpose. There mean age was 22 years. Among them 38 %students are regular skippers of breakfast and 62 students observe their breakfast daily. Among them 22% males and 16% females are regular skippers. Among regular skippers 89% sleeps late at night and 11% sleep early. Mean value of last year's module assessment exams of skippers of breakfast is 61% and in contrast to this 68% is the mean percentage of daily breakfast observers. Skippers usually feel lazy in class rooms. Major reason for skipping breakfast is the time management in the morning for coming to college.

CONCLUSION: Breakfast skipping is directly associated with sleeping late at night. Breakfast skippers and daily observers have a clear 8% average result value difference in academics. Level of activeness is also affected in breakfast skippers.

KEY WORDS: Skipping breakfast, Sleep late, Academic performance in undergraduate medical students.

IMPACT OF NURSING MANAGERS LEADERSHIP STYLE ON STAFF NURSES INTENT TO TURNOVER

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INTRODUCTION: Employee's turnover intention has always been a key concern for organizations regardless of their location, size or nature. It has identified a negative relationship between leadership style and employees' turnover intention. The purposes of this study are to explore and find out the impact of nursing managers' leadership styles on nurses' turnover intentions.

OBJECTIVES: The purposes of this study are to explore and find out the impact of nursing managers' leadership styles on nurses' turnover intentions.

METHODS: The study employed a cross-sectional research design. A validated structured questionnaire was adopted to collect data from 162 nurses of the three major private sector hospitals of Peshawar: Kuwait Teaching Hospital, Rehman Medical Institute, and North West Hospital.

RESULTS: In a sample of 162 nurses of mean age 27.1 ± 5.0 years. The majority of the participants were female, single and diploma holder with proportions of 63%, 60%, and 59.5% respectively. The factors related to nurses' leaders which influence the turnover in nurses include: 97.1% were not feeling good in their surrounding environment specifically their communication understanding 99%, persuade others 98%, help the clients' 60%, job satisfaction 48.1%, satisfactory results were found in appealing others were 95%. Helping the subordinated 93% of leaders was helping their subordinated and majority of them 42% were doing help in seeing their subordinates in puzzling things. The results of this study did not support the outcome of previous research. Although, informational and transformational leadership styles are found to have a negative relationship to employee turnover intention but the correlation of these two variables are not significant.

CONCLUSION: The study emphasizes on the collaborative approach, sharing of knowledge, skills by refresher courses, arranging workshops and providing new opportunities for professional and educational development by the employer to the employees for their retention and continuation of nursing care.

KEYWORDS: Leadership style, Turnover, Transformational Leadership

INTEREST IN RESEARCH AMONG MEDICAL STUDENTS: CHALLENGES FOR THE UNDERGRADUATE EDUCATION

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INTRODUCTION: The question of whether a research component should be an essential part of medical curriculum has been debated in the past and is still controversial. Health research training is an important part of medical education. Medical research at undergraduate level has been given poor importance in developing countries. The current undergraduate academic programs in Pakistan are not producing enough personnel for research purposes and the curriculum does not motivate students' interests in research.

METHODS: This was a cross-sectional study design. Convenience sampling technique was used to select a sample of 496. A well-structured questionnaire was used to collect data. Data were analysed in SPSS version 20 and descriptive statistics were performed. Multiple response technique was used to identify overall response rate.

RESULTS: 67% of students were following integrated while 33% conventional type of curriculum. 55% were satisfied with the research content available in their curriculum. Teaching methodologies used for research in their institute were Large Group Format (26.5%), Small Group Discussions (23.4%), Problem Based Learning (24%), Task Based Learning (17.6%), Team Based Learning (8.1%). 74% of students said that research classes started from 1st or 2nd year. However, 58% reported there was no faculty available for teaching research in their institute. 89% said they do not have any publications till date and 75% reported they do not attend any research symposia or workshops. Female students were likely to do research for increasing knowledge and experience while majority of male students reported they do research for CV or to receive credit for publication. Seventy-two percent agreed that research should be taught right from 1st year. Eighty percent said they were doing and had plans to continue doing research after graduation.

CONCLUSION: This study provides a baseline evidence regarding challenges to research during undergraduate medical programs including lack of research faculty, student journals, research symposia and workshops and no assessment of students regarding research at undergraduate level.

KEYWORDS: Research, Challenges, Medical education

