

16th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

ABSTRACT BOOK



TRANSCENDING IN RESEARCH

15th-16th MARCH, 2023



COVER



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MESSAGE FROM THE DEAN

It is a matter of great pleasure to write the introductory message for the Abstract book of the 16th Undergraduate Medical Research Conference.

Curiosity has been the essence of our drive for progress throughout the centuries. This book, comprising 121 abstracts from the students of Peshawar Medical college and institutions all over Pakistan, is a testament to their curiosity and desire to explore. We have always made sure that our students develop the analytical and problem-solving skills necessary to contribute to the development of knowledge in the world of research. Through research, we aim to address a multitude of health issues affecting our society and hopefully offer viable solutions that could change lives.

The Undergraduate Medical Research conference will serve as an opportunity for research-oriented minds to connect on an intellectual level and exchange ideas. Students who are mere beginners in the world of research will learn from the guidance of experienced facilitators. Our purpose is to introduce students to the basics of research and provide them with an environment that allows them to present their findings to judges who will provide them with valuable feedback.

I acknowledge and deeply appreciate the dedication and efforts of the students in the UMR society who organized this event. I would also like to express my gratitude to the faculty of the department of UMR for their tireless commitment to guiding the students and managing everything so effectively. I would like to express my appreciation for the participants from all over the country without whom this abstract book and in fact, our entire conference would not be possible.

May Allah bless us all Ameen.

Prof. Dr. Hafeez Ur Rahman

Dean Health Sciences

MESSAGE FROM THE DIRECTOR

With the blessing and grace of Allah, it has been more than a year now leading the Undergraduate Medical Research. It is an honor and privilege to work with dedicated colleagues and brilliant students to make it a success. The Conference this year covers various interesting findings related to Basic, clinical, dental, public health, and social issues and several research results addressing different aspects of medical education. This abstract book is a collective effort of the Abstract committee who worked hard day and night sorting out the abstracts and making this book come in the best shape. The book and the results shared during the conference allow the exchange of knowledge between experienced and young researchers to take their first steps toward innovation. This year the conference gathered the research studies from 25 institutes from KPK, Punjab, and Sindh, who had the opportunity to share their ideas and experiences, present the results of their research, as well as build up new contacts in the field of medical and health sciences. The main goal of the conference is to promote research and developmental activities in medical and allied sciences, addressing the problems of our community and other related areas.

This 16th UMR Conference is organized by the UMR society – a group of undergraduate medical and dental students who actively participated in planning and arranging the event for months. My sincere gratitude to these brilliant minds and dedicated shining stars of the 16th UMR Society 2023, the backbone of the conference. Their hard work, sincere efforts, and creativity were inspiring and impressive. Their spirit, teamwork, and execution were smooth and exceptional throughout. I wish them all the best in their future endeavors.

Many thanks to the administration, and faculty who contributed with support and dedication to this event with the best event coordination, crowd management, and logistical support. I sincerely thank all the faculty members who took part in the organization of the event, arranging workshops and skill stations. Sending much gratitude and appreciation to all researchers, participants, and delegates across the country for their contribution to the conference.

Dr. Hala Rajab

Director

Undergraduate Medical Research Society

MESSAGE FROM THE PRESIDENT OF UMR SOCIETY

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Most Gracious, the Most Merciful.

It is with great honor that I introduce myself as the president of the UMR society 2022-2023. It has been a privilege to serve as the head of this vibrant community of students who share a common passion for research, innovation, and exploring new ideas.

Research is an integral part of a progressive society. Without research, our society will fail to thrive. As medical students, we must conduct research and explore our curiosities, look for answers, and pursue the unknown.

Our conference aims at promoting research culture among undergraduate students and creating an environment where students exchange insights and showcase their research skills. This conference is a testament to our society's commitment to promoting excellence in research.

Along with realizing the value of undergraduate research, being a part of society has taught us how to effectively share ideas, collaborate with others, and acquire useful skills and life lessons.

I want to express my heartfelt gratitude to the members of our society for their enthusiasm, dedication, and contributions to making the conference a success.

To our faculty, thank you for your guidance, mentorship, and expertise. Your support has been invaluable.

Lastly, I would like to thank Allah (SWT) for allowing us to make a positive impact in the world of research.

Ms. Bibi Mariam

President

16th Undergraduate Medical Research Society

TABLE OF CONTENTS

BASIC AND CLINICAL SCIENCES		PAGE
1.	AGE-RELATED PERIPHERAL DIABETIC NEUROPATHY IN PATIENTS WITH UNCONTROLLED DIABETES	1.
2.	ASSESSMENT OF PATIENT SATISFACTION IN OPD SETUPS OF KHYBER TEACHING HOSPITAL MTI PESHAWAR	2.
3.	FREQUENCY AND DISTRIBUTION OF CO-MORBIDITIES IN PROTEIN ENERGY MALNUTRITION CHILDREN ADMITTED IN NUTRITION UNIT DHQ HOSPITAL, DISTRICT D.I. KHAN, PAKISTAN	3.
4.	ASSESSMENT OF KNOWLEDGE, ATTITUDE, AND PRACTICE OF INFECTION CONTROL AMONG CLINICAL YEAR MEDICAL STUDENTS IN PESHAWAR	4.
5.	KNOWLEDGE, ATTITUDE, AND PRACTICE OF ERGONOMIC PRINCIPLES TO PREVENT WORK-RELATED MUSCULOSKELETAL DISORDERS WRMSDS AMONG SURGEONS OF HAYATABAD MEDICAL COMPLEX PESHAWAR	5.
6.	CAESAREAN SECTION PREVALENCE AND INDICATION: A SINGLE CENTER STUDY FROM PESHAWAR	6.
7.	FREQUENCY OF CD34 AND CD10 EXPRESSION IN ADOLESCENT AND YOUNG ADULT PATIENTS HAVING PRECURSOR B-CELL ACUTE LYMPHOBLASTIC LEUKEMIA	7.
8.	ASSESSMENT OF THE IMPACT OF CELIAC DISEASE ON THE HEALTH-RELATED QUALITY OF LIFE OF THE ONLINE CELIAC COMMUNITY OF PAKISTAN	8.
9.	ASSESSMENT OF SPLENIC FUNCTION AMONG TRANSFUSION-DEPENDENT THALASSEMIA PATIENTS	9.

10.	KNOWLEDGE, ATTITUDE, AND PRACTICES OF SELF-MEDICATION WITH ANTIBIOTICS AMONG UNDERGRADUATE MEDICAL STUDENTS OF PUBLIC AND PRIVATE SECTORS OF PESHAWAR	10.
11.	INVESTIGATE THE EFFECT OF ULTRASOUND CAVITATION ON WEIGHT REDUCTION IN BODY CONTOURING PATIENTS	11.
12.	DENTAL CARIES; ITS EFFECT ON QUALITY OF LIFE AND PERSONALIZED MANAGEMENT	12.
13.	AN OBSERVATIONAL STUDY OF SURGICAL SITE INFECTION PREVENTION PRACTICES BY SURGICAL STAFF AMONG PRIVATE SECTOR TERTIARY CARE HOSPITALS OF PESHAWAR	13.
14.	PREVALENCE OF DYSPEPSIA AND HEALTH-RELATED QUALITY OF LIFE AMONG OUT-PATIENTS ATTENDING TERTIARY CARE HOSPITAL IN KARACHI	14.
15.	PREVALENCE AND RISK FACTORS OF DERMATOMYCOSIS AMONG PATIENTS ATTENDING TERTIARY CARE HOSPITAL IN KARACHI	15.
16.	EFFECT OF CONVERGENCE EXERCISES ON STEREOPSIS IN EMMETROPE	16.
17.	EFFECTIVENESS OF VISION LIGHT THERAPY IN INTERMITTENT EXOTROPIA	17.
18.	EFFECT OF MOIST SNUFF ON TEAR FILM, INTRAOCULAR PRESSURE, AND INTRAOCULAR CRYSTALLINE LENS	18.
19.	ASSOCIATION OF ATYPICAL UTERINE BLEEDING ON SOCIAL LIFESTYLE AND REPRODUCTIVE HEALTH OF A PATIENT: A CROSS-SECTIONAL STUDY	19.
20.	EFFECT OF YOGIC OCULAR EXERCISES ON THE CONVERGENCE INSUFFICIENCY IN EMMETROPIC PERSONS	20.
21.	RAMIFICATION OF LOW-LEVEL RED-LIGHT THERAPY FOR MYOPES	21.

22.	EFFECT OF MORINGA OLEIFERA LEAVES ON INTRAOCULAR PRESSURE	22.
23.	COMPARISON OF NEAR POINT OF CONVERGENCE, ACCOMMODATION, AND READING SPEED ON DIFFERENT DISPLAY SIZE DEVICES	23.
24.	FREQUENCY OF CONGENITAL HEART DISEASES IN PROGENIES, AS A CONSEQUENCE OF CONSANGUINEOUS MARRIAGES IN PESHAWAR INSTITUTE OF CARDIOLOGY (PIC)	24.
25.	EFFECTIVENESS OF BLUE LIGHT BLOCKING FILTER ON DRY EYE DISEASE AND ASTHENOPIC SYMPTOMS IN SCREEN USERS	25.
26.	EFFECT OF HOMEOPATHIC EYE DROPS EUPHRASIA IN BACTERIAL CONJUNCTIVITIS	26.
27.	ASSESSMENT OF MEIBOMIAN GLAND DYSFUNCTION AND TEAR FILM IN PSORIASIS PATIENTS	27.
28.	A PILOT STUDY ON OSTEOPOROSIS, SURVEY AMONG GENERAL PUBLIC OF KARACHI METROPOLIS	28.
29.	KNOWLEDGE AND PRACTICES OF ORAL HYGIENE AMONG MEDICAL AND DENTISTRY STUDENTS IN ABBOTTABAD - A SURVEY	29.
30.	TO ESTIMATE THE FREQUENCY OF VARIOUS TYPES OF REFRACTIVE ERROR IN PATIENTS VISITING THE REFRACTION ROOM, HMC EYE OPD, PESHAWAR	30.
31.	FORENSIC ODONTOLOGY: EXPERTISE IN RADIOGRAPHIC EXAMINATION OF POST-MORTEM TEETH	31.
32.	QUESTIONNAIRE-BASED SCREENING FOR POLYCYSTIC OVARY SYNDROME AND ITS ASSOCIATIONS IN STUDENTS OF ICG F-6/2, ISLAMABAD	32.
33.	SELF-MEDICATION AMONG PATIENTS FOR DENTAL PAIN	33.

34.	PREVALENCE AND DISTRIBUTION OF TRANSFUSION-TRANSMITTED INFECTIONS BY TYPE AMONG POTENTIAL BLOOD DONORS OF DISTRICT DERA ISMAIL KHAN, PAKISTAN	34.
35.	QUALITY OF DENTAL SERVICE: PATIENT EXPECTATIONS AND PERCEPTIONS TOWARDS THE DENTIST AND DENTAL PRACTICE	35.
36.	LEVEL OF AWARENESS AMONG UNDERGRADUATE MEDICAL STUDENTS REGARDING DISINFECTION AND MANAGEMENT OF DIFFERENT TYPES OF WOUNDS	36.
37.	FREQUENCY OF AZITHROMYCIN RESISTANCE IN SALMONELLA TYPHI ISOLATED FROM BLOOD CULTURES GATHERED FROM A TEACHING HOSPITAL	37.
38.	KNOWLEDGE, ACCESS, AND ADMINISTRATION OF FLU VACCINE AMONG THE UNDERGRADUATE STUDENTS OF PESHAWAR	38.
39.	FREQUENCY OF POLYCYSTIC OVARY SYNDROME IN FEMALE MEDICAL STUDENTS OF PESHAWAR AND ITS IMPACT ON THEIR QUALITY OF LIFE	39.
40.	REASONS FOR DENTAL CARE VISITS BY THE STUDENTS IN A MEDICAL AND DENTAL COLLEGE IN PESHAWAR, PAKISTAN	40.
41.	THE COMPARISON OF THE EFFICACY OF PROBIOTIC (BACILLUS CLAUSII) WITH YOGHURT IN THE MANAGEMENT OF ACUTE WATERY DIARRHEA	41.
42.	FACTORS ASSOCIATED WITH ORAL ULCERS AMONG UNDERGRADUATE MEDICAL STUDENTS OF PESHAWAR MEDICAL COLLEGE	42.
43.	KNOWLEDGE ABOUT ANTIBIOTICS USE AND ANTIMICROBIAL RESISTANCE AMONG MEDICAL STUDENTS OF DISTRICT PESHAWAR	43.
44.	A RETROSPECTIVE ANALYSIS OF FREQUENCY OF GASTROINTESTINAL TRACT LESIONS BASED ON DEMOGRAPHICS AND HISTOPATHOLOGY: A SINGLE INSTITUTION STUDY FROM PESHAWAR, KHYBER PAKHTUNKHWA	44.
45.	SPECTRUM OF BENIGN AND MALIGNANT BREAST LESIONS; A TERTIARY CARE EXPERIENCE	45.

46.	DENGUE FEVER OUTBREAK IN PESHAWAR: AN OBSERVATIONAL STUDY ON CLINICAL FEATURES AND LABORATORY MARKERS OF DENGUE VIRUS INFECTION	46.
47.	FREQUENCY OF PREMENSTRUAL SYNDROME AMONG THE MEDICAL AND DENTAL STUDENTS OF PESHAWAR	47.
48.	FREQUENCY AND TYPES OF WATERBORNE DISEASES IN DISTRICT NOWSHERA HOSPITALS DURING THE FLOOD	48.
49.	ASSESSING THE KNOWLEDGE, ATTITUDE, AND PRACTICES OF DENTAL PRACTITIONERS IN DENTAL TEACHING HOSPITALS OF PESHAWAR REGARDING THE APPROPRIATE TREATMENT OF CHILDREN WITH SPECIAL HEALTH CARE NEEDS (SHCN)	49.
50.	A DESCRIPTIVE STUDY OF SEHAT CARD AWARENESS AMONG THE PEOPLE VISITING TERTIARY CARE HOSPITALS OF PESHAWAR	50.
51.	FREQUENCY OF SEPSIS AND ITS ASSOCIATED RISK FACTORS IN NEONATES ADMITTED IN THE INTENSIVE CARE UNIT OF TWO TEACHING HOSPITALS OF PESHAWAR	51.

PUBLIC HEALTH AND SOCIAL SCIENCES		PAGE
52.	THE RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND DEPRESSION AMONG MEDICAL STUDENTS OF PESHAWAR	52.
53.	ASSESSING DECLINE IN COGNITION WITH COMORBIDITIES AND AGE USING MINI-MENTAL STATE EXAMINATION	53.
54.	KNOWLEDGE, ATTITUDE, AND PRACTICES OF MEDICAL STUDENTS REGARDING COVID-19 VACCINES	54.
55.	EVALUATING AWARENESS, ATTITUDE, AND PRACTICE OF FOOD SAFETY AMONG THE POPULATION OF KARACHI, PAKISTAN	55.
56.	TYPES AND FREQUENCY OF HEMOGLOBINOPATHIES, FREQUENCY OF CONSANGUINITY IN THE GENERAL POPULATION OF PESHAWAR	56.
57.	DO WE EAT BREAKFAST DAILY?	57.
58.	ADVERSE EFFECTS FOLLOWING COVID-19 VACCINATION AMONG STUDENTS OF A PRIVATE MEDICAL COLLEGE	58.
59.	KNOWLEDGE AND PRACTICE OF ANTENATAL CARE AMONG PREGNANT WOMEN IN WAH CANTT	59.
60.	LEVEL OF SATISFACTION AMONG PATIENTS/ATTENDANTS AVAILING SURGICAL SERVICES IN PRIVATE TEACHING HOSPITALS THROUGH SEHAT CARD IN DISTRICT PESHAWAR	60.
61.	TO EVALUATE AWARENESS AND PERCEPTION OF SELF-MEDICATION IN MEDICAL STUDENTS	61.
62.	ASSESSMENT OF KNOWLEDGE AND ATTITUDE REGARDING BREASTFEEDING AMONG MOTHERS VISITING PEDIATRIC AND GYNECOLOGY DEPARTMENTS OF FAUJI FOUNDATION HOSPITAL, RAWALPINDI	62.
63.	RISK FACTORS AND IMPACT OF CYBERBULLYING VICTIMIZATION AMONG UNIVERSITY STUDENTS	63.

PUBLIC HEALTH AND SOCIAL SCIENCES		PAGE
64.	A STUDY ABOUT THE PREVALENCE AND DISTRIBUTION OF SELF-MEDICATION WITH ANTIBIOTICS BY GENDER AND RESIDENCE AMONG STUDENTS OF GOMAL MEDICAL COLLEGE, DIKHAN, KHYBER PAKHTUNKHWA, PAKISTAN	64.
65.	EXPERIENCES AND BELIEFS RELATED TO SLEEP PARALYSIS AMONG THE GENERAL POPULATION OF RAWALPINDI-ISLAMABAD	65.
66.	FREQUENCY OF NOMOPHOBIA IN MEDICAL STUDENTS AT WAH MEDICAL COLLEGE	66.
67.	THE MYTHS AND CHALLENGES REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS OF ISLAMABAD	67.
68.	A STUDY OF SMARTPHONE ADDICTION, SOCIAL MEDIA USE, AND PERCEIVED SOCIAL ISOLATION AMONG YOUTH OF KARACHI, PAKISTAN	68.
69.	WATER CONSUMPTION HABIT IN DIFFERENT DISTRICTS OF KARACHI A PILOT STUDY	69.
70.	THE CORRELATION BETWEEN PARENTING STYLES AND SELF-ESTEEM OF MEDICAL STUDENTS: A CROSS-SECTIONAL STUDY	70.
71.	ASSOCIATION OF MENTAL STRESS WITH PICA IN SCHOOL-GOING CHILDREN OF RAWALPINDI	71.
72.	TOBACCO HARM REDUCTION PRODUCTS: PERCEPTION AND RELATED KNOWLEDGE AMONG PAKISTANI POPULATION	72.
73.	ASSESSMENT OF SOCIAL ANXIETY DISORDER AND ITS ASSOCIATION WITH BULLYING AMONG YOUNG ADULTS IN KARACHI	73.
74.	PESTICIDES USE, ITS HEALTH HAZARDS, AND HEALTH SAFETY MEASURES TAKEN BY FARMERS OF SINDH	74.
75.	ASSESSMENT OF DEPRESSION IN UNIVERSITY STUDENTS DURING EXAMS: A PILOT STUDY	75.

PUBLIC HEALTH AND SOCIAL SCIENCES		PAGE
76.	PERCEPTION AND ATTITUDES TOWARDS ANDROGENIC-ANABOLIC STEROIDS USE AMONG MALE GYM USERS: A CROSS-SECTIONAL SURVEY IN PAKISTAN	76.
77.	EFFECT OF COVID-19 ON MENTAL HEALTH OF SURGEONS AND PHYSICIANS; A CROSS-SECTIONAL ANALYTICAL STUDY	77.
78.	PREVALENCE OF OBESITY IN MEDICAL STUDENTS OF DISTRICT PESHAWAR: A CROSS-SECTIONAL STUDY	78.
79.	SKIN WHITENING PRACTICES, BELIEFS, AND SELF-REPORTED ADVERSE EFFECTS AMONG THE GENERAL POPULATION OF KARACHI	79.
80.	ASSESSMENT OF MENTAL HEALTH AMONG THE TRANSGENDER COMMUNITY OF KARACHI AND HYDERABAD	80.
81.	MENSTRUAL HYGIENE PRACTICES AMONG FEMALES OF RURAL AREAS OF THARPARKER, SINDH	81.
82.	PATIENT SATISFACTION IN A NEWLY ESTABLISHED NEUROSURGERY DEPARTMENT AT A TEACHING HOSPITAL IN LAHORE	82.
83.	FREQUENCY OF CONSUMPTION & KNOWLEDGE REGARDING ADVERSE EFFECTS OF INSTANT NOODLES AMONG UNDERGRADUATE STUDENTS AT PESHAWAR MEDICAL & DENTAL COLLEGE	83.
84.	KNOWLEDGE, ATTITUDE, AND PRACTICE AMONG THE GENERAL POPULATION REGARDING COVID VACCINE IN DERA ISMAIL KHAN, KPK, PAKISTAN	84.
85.	BEHAVIORAL CHANGES DUE TO EXCESSIVE SCREEN TIME IN CHILDREN BELOW 10 YEARS IN PESHAWAR	85.
86.	EFFECT OF LONELINESS ON DEPRESSION, ANXIETY AND ITS ASSOCIATION WITH QUALITY OF LIFE AMONG MEDICAL AND DENTAL STUDENTS OF PESHAWAR	86.

PUBLIC HEALTH AND SOCIAL SCIENCES		PAGE
87.	DIET AND NUTRITIONAL STATUS OF STUDENTS OF PESHAWAR MEDICAL AND DENTAL COLLEGES	87.
88.	FACTORS ASSOCIATED WITH MYOPIA IN SCHOOL-GOING CHILDREN OF DISTRICT PESHAWAR IN 2021: A CASE-CONTROL STUDY	88.
89.	EMOTIONAL AND BEHAVIORAL PROBLEMS AND SOCIAL SUPPORT AMONG MEDICAL AND DENTAL COLLEGES STUDENTS OF PESHAWAR; GAUGING THE UNDERSTANDING OF STUDENTS ON FACTORS AFFECTING SUCH PROBLEMS AND COPING STRATEGIES ADOPTED BY THEM	89.
90.	ANALYSIS OF ADULTERATION OF MILK IN DAIRY FARMS OF PESHAWAR - A CROSS-SECTIONAL STUDY	90.
91.	KNOWLEDGE, AWARENESS, AND PREVALENCE OF CERTIFIED AND NON-CERTIFIED GYM TRAINERS ON THE USE OF ANABOLIC-ANDROGENIC STEROIDS	91.
92.	ACCEPTABILITY AND HESITANCY TOWARDS COVID-19 VACCINATION AMONGST RELIGIOUS CLERICS	92.
93.	FREQUENCY OF VIRAL DISEASE (HIV AND HEPATITIS) IN DRUGS ADDICTS IN PESHAWAR	93.
94.	SELF-MEDICATION WITH ANTIBIOTICS AMONG THE STUDENTS OF PESHAWAR DENTAL COLLEGE	94.
95.	THE EFFECT OF SLEEP QUALITY ON ACADEMIC PERFORMANCE OF UNDERGRADUATE DENTAL STUDENTS OF PESHAWAR DENTAL COLLEGE	95.
96.	THE VARIATION IN THE NUMBER OF CUSPS AND OCCLUSAL GROOVE PATTERNS ON THE CROWNS OF MANDIBULAR SECOND PREMOLARS AMONG PATIENTS VISITING THE OPD OF PDC AND HOSPITAL	96.

MEDICAL EDUCATION		PAGE
97.	RELATIONSHIP OF EDUCATIONAL ENVIRONMENT WITH CONFIDENCE BUILD-UP AND ACADEMIC PERFORMANCE	97.
98.	ACADEMIC MOTIVATION AMONG MEDICAL STUDENTS OF PESHAWAR VIA CROSS-SECTIONAL STUDY	98.
99.	A STUDY TO ASSESS THE COMPLIANCE OF SPIKES PROTOCOL AMONG THE DOCTORS OF PRIVATE AND PUBLIC SECTOR HOSPITALS IN PESHAWAR	99.
100.	ASSESSMENT OF PREFERRED LEARNING STYLES OF MEDICAL STUDENTS AT WAH MEDICAL COLLEGE, WAH CANTT	100.
101.	COMPARATIVE STUDY OF ATTENTION SPAN AMONG MEDICAL STUDENTS OF FUMC	101.
102.	VARIATION OF STUDENTS' FEEDBACK WITH MENTAL VERSUS EMOTIONAL INTELLIGENCE STATUS OF THEIR FACULTY	102.
103.	ASSESSING THE LEVEL OF KNOWLEDGE ABOUT STERILIZATION PROTOCOLS AND PRACTICES AMONG STUDENTS OF PESHAWAR MEDICAL AND DENTAL COLLEGE	103.
104.	DEPRESSION, ANXIETY, AND STRESS AMONG DENTAL STUDENTS STUDYING IN MODULAR AND TRADITIONAL CURRICULUM	104.
105.	NAVIGATING THE SHIP OF LIFE; HOW DO DENTAL STUDENTS USE EMOTIONAL INTELLIGENCE TO REGULATE THEIR EMOTIONS? A QUALITATIVE EXPLORATORY STUDY	105.
106.	A CONVERGENT MIX-METHOD STUDY TO ASSESS THE AFFINITY OF FINAL-YEAR MBBS STUDENTS TOWARDS DIFFERENT SPECIALTIES AS THEIR FUTURE CAREER	106.

MEDICAL EDUCATION		PAGE
107.	EVALUATING THE SELF-REFLECTED ONLINE INFORMATION-SEEKING AND WEB-SEARCHING STRATEGIES OF MEDICAL STUDENTS; A DESCRIPTIVE CROSS-SECTIONAL STUDY	107.
108.	CARRIER CHOICES AND FACTORS INFLUENCING THE CHOICES OF FINAL YEAR FEMALE BACHELOR OF DENTAL SURGERY STUDENTS AND HOUSE OFFICERS	108.
109.	KNOWLEDGE ABOUT FIRST AID SKILLS AMONG MEDICAL UNDERGRADUATES	109.
110.	COMPARATIVE STUDY IN INTERPERSONAL COMMUNICATION SKILLS AMONG NURSING AND MEDICAL STUDENTS	110.
111.	A COMPARATIVE STUDY OF INFERIORITY COMPLEX AND ACADEMIC ACHIEVEMENTS AMONG UNDERGRADUATE MEDICAL STUDENTS	111.
112.	EMOTION IN DISGUISE, DOES EMOTIONAL INTELLIGENCE STEER ALEXITHYMIA IN MEDICAL STUDENTS?	112.
113.	THE STUDY OF NEGATIVE EMOTIONAL STATE, THE COMPARISON OF DEPRESSION, ANXIETY, AND STRESS LEVELS AMONG THE FRESH AND THE REPEATERS STUDENTS OF ETEA/MDCAT 2022	113.
114.	PREVALENCE OF DISTURBED SLEEP CYCLE AMONG UNDERGRADUATES OF PESHAWAR MEDICAL COLLEGE (PMC): A CROSS-SECTIONAL STUDY BETWEEN HOSTILITIES AND DAY SCHOLARS	114.
115.	FREQUENCY OF TRAINEES BURNOUT AMONG GENERAL DEPARTMENTS IN HMC PESHAWAR, PAKISTAN	115.
116.	ASSOCIATION OF ACADEMIC PROCRASTINATION WITH INTERNET ADDICTION	116.

MEDICAL EDUCATION		PAGE
117.	EFFECTS OF SOCIAL MEDIA ON ACADEMIC PERFORMANCE AND SLEEP DURATION OF UNDERGRADUATE MEDICAL AND DENTAL STUDENTS	117.
118.	CHALLENGES REGARDING THE ENGLISH LANGUAGE AMONG NURSING STUDENTS IN A MIXED-METHOD STUDY	118.
119.	A CROSS-SECTIONAL SURVEY ON THE INTEREST OF DENTAL STUDENTS IN BASIC SCIENCES AND CLINICAL ELECTIVES	119.
120.	A CROSS-SECTIONAL STUDY ON THE FREQUENCY OF INTERNET ADDICTION AMONG UNDERGRADUATE STUDENTS OF PESHAWAR MEDICAL & DENTAL COLLEGE WITH ITS IMPACT ON ACADEMIC PERFORMANCE	120.
121.	KNOWLEDGE, ATTITUDE, PRACTICE, AND BARRIERS TOWARDS RESEARCH AMONG UNDERGRADUATE MEDICAL STUDENTS OF PESHAWAR MEDICAL AND DENTAL COLLEGE	121.

**BASIC AND
CLINICAL
SCIENCES**

AGE-RELATED PERIPHERAL DIABETIC NEUROPATHY IN PATIENTS WITH UNCONTROLLED DIABETES

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INTRODUCTION:

Diabetes Mellitus (DM) is an important Public Health problem having a prevalence of 11.7% in Pakistan. Diabetic neuropathy is its most common complication, affecting almost 50% of patients, and is associated with substantial morbidity including pain, foot ulcers, and lower limb amputation.

OBJECTIVE:

1. To find out the effect of uncontrolled diabetes on the development of diabetic neuropathy, and its consequences on the patient's lifestyle.

METHODOLOGY:

It was a cross-sectional study conducted in two teaching hospitals in Peshawar (KTH, HMC) from Jun '21 - Aug '22. 300 Patients between 30 -70 years having an HbA1c level of ≥ 6 were selected by non-probability convenience sampling and assessed by Michigan Neuropathy Screening Instrument (MNSI). Patients having neuropathic pain of non-diabetic origin and those having co-morbidities were excluded. Data were analyzed on SPSS.

RESULTS:

Neuropathy was significantly higher in the higher age groups with 49% in 60-70 years, and 39% in 50-60 years as compared to 27% in 40-50 years; p -value= 0.01. Difficulty in daily activities was relatively higher in those having neuropathy 40% and 59% as compared to 23% and 14% respectively in those with normal neuropathy status, p -value= < 0.001.

CONCLUSION:

In our population, there was a direct association between the age of the patients and their neuropathic status, the severity of the disease, and quality of life whereas the long duration of diabetes and not doing regular exercise, blood glucose monitoring, or uncontrolled diet were major factors contributing to the development of neuropathy.

KEYWORDS:

Diabetic Neuralgia, Diabetes Mellitus, Lifestyle

ASSESSMENT OF PATIENT SATISFACTION IN OPD SETUPS OF KHYBER TEACHING HOSPITAL MTI PESHAWAR

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INTRODUCTION :

Patient satisfaction can be translated as the extent of congruency between a patient's discernment of the actual care he/she gets in a particular healthcare unit, and his/her expectations of ideal care.

OBJECTIVE:

1. To evaluate the level of patient satisfaction towards OPD services concerning the location of the health facility, administration parameters, waiting for area parameters, physician parameters, pharmacy parameters, and basic facilities parameters.

METHODOLOGY:

It was a descriptive cross-sectional study conducted in Khyber Teaching Hospital, Peshawar in 2022. 323 patients were selected using a non-probability convenient sampling technique. A reliable and valid questionnaire was adopted as a data collection tool. Data was described in frequencies and percentages.

RESULTS:

Regarding the location of the healthcare facility, 95.4% of patients were satisfied stating it was convenient. Concerning waiting time before consultation only 47.3% of patients were satisfied while 92.5% were satisfied with the behavior of doctors. Only 35.9% of patients showed satisfaction with the drinking water facility. On the evaluation of overall satisfaction, it was found that 86.69% of patients were satisfied with the overall quality of healthcare they received.

CONCLUSION:

The study showed a high level of satisfaction of patients with the services delivered at the OPD section of Khyber teaching hospital Peshawar. Altogether 86% of the participants were satisfied with the overall quality of received services.

KEYWORDS:

Patients' Satisfaction, Outpatient Department, Quality of Healthcare, Healthcare Services

FREQUENCY AND DISTRIBUTION OF CO-MORBIDITIES IN PROTEIN ENERGY MALNUTRITION CHILDREN ADMITTED IN NUTRITION UNIT DHQ HOSPITAL, DISTRICT D.I. KHAN, PAKISTAN

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Gomal Medical College, Dera Ismail Khan

INTRODUCTION:

Global Nutrition Report reports 149.2 million children less than 5 years are stunted and 45.4 million are wasted. In Asia 70% of children are malnourished.

OBJECTIVE:

1. To determine the frequency and distribution of co-morbidities by age groups, gender, and by type of co-morbidity in PEM children admitted to Nutrition Unit, DHQ Hospital, DI Khan.

METHODOLOGY:

This cross-sectional study was conducted in the pediatric Department, GMC D.I. Khan, from 1-5-2022 to 30-6-2022. The data for PEM was retrieved from Nutrition Unit DHQ Hospital D.I. Khan. Non-probability sampling technique was used. A sample size of 384 was estimated using Raosoft. Categorical variables are Age groups, gender, and type of co-morbidity. Data was analyzed on SPSS.

RESULTS:

The most frequent co-morbidity was gastroenteritis (GE) in 157 (39.3%) patients. Among GE patients, females were 87 (55.41%) and males 70 (44.58%). GE patients in the 1–5-year age group were 101 (64.33%) and 56 (35.66%) were under 1 year. After GE, pneumonia was most frequent with 84 (21%) patients comprising females 45 (53.57%) and males 39 (46.42%). Pneumonia in 1-5 years age group affected 61 (72.61%) while 23 (27.38%) patients were under 1 year. Anemia affected 74 (18.5%) patients, comprising 45 (60.81%) females and 29 (39.18%) males. 58 (78.37%) patients with anemia fell in 1-5 years age group and 16 (21.62%) were under 1 year.

CONCLUSION:

The most common co-morbidities were GE, pneumonia, and anemia, and their prevalence is seen higher in females and the 1–5-year age group.

KEYWORDS:

Comorbidity, Protein-Energy Malnutrition, Gastroenteritis

ASSESSMENT OF KNOWLEDGE, ATTITUDE, AND PRACTICE OF INFECTION CONTROL AMONG CLINICAL YEAR MEDICAL STUDENTS IN PESHAWAR

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INTRODUCTION:

Infections of the hospital also called *hospital-acquired* infection (HAI), or nosocomial infection can be defined as the infections acquired by patients, hospital staff, and medical students within the vicinity of a healthcare setup. Medical students during their hospital visits may be exposed to a variety of lethal infections. Hence, they need to know infection prevention practices.

OBJECTIVES:

1. The purpose of this study was to assess the knowledge, attitude, and practice of medical students.
2. To determine the predisposing factors affecting the knowledge, attitude, and practice of students regarding the prevention of infection.

METHODOLOGY:

A cross-sectional study was conducted from February to June 2022 amongst the medical students of 4 medical colleges in Peshawar; NWSM, RMC, KGMC, and KMC. The sample size was 315 from a population size of 1720 students on openepi.com. Participants were given a three-part questionnaire to fill out. Data was analyzed on SPSS version 21.

RESULTS:

The overall score showed 71.7% of the students had good knowledge while 28.3% of students had bad knowledge, 72.4% had good practice while 27.6% of students had bad practice and 92.4% of the students had favorable attitude while 7.6% of students had an unfavorable attitude towards infection control measures.

CONCLUSION:

Our study showed that medical students attending clinical wards had overall good knowledge, good practice, and an excellent favorable attitude regarding the control of infection. Still, there is always room for improvement for a better understanding to prevent nosocomial infections.

KEYWORDS:

Predisposing Factors, Nosocomial Infection, Cross-sectional Study

KNOWLEDGE, ATTITUDE, AND PRACTICE OF ERGONOMIC PRINCIPLES TO PREVENT WORK-RELATED MUSCULOSKELETAL DISORDERS WRMSDs AMONG SURGEONS OF HAYATABAD MEDICAL COMPLEX PESHAWAR

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INTRODUCTION:

Work-related musculoskeletal disorders are common among healthcare workers, especially surgeons. These disorders can affect the health and productivity of surgeons. To reduce the risk, surgeons should be knowledgeable about ergonomic principles in surgery and implement them in their work.

OBJECTIVES:

1. To find the frequency of work-related musculoskeletal disorders among surgeons of Hayatabad Medical Complex.
2. To assess surgeons' knowledge of the prevention of musculoskeletal disorders and their attitude towards ergonomics and its practices.

METHODOLOGY:

A cross-sectional study of 210 surgeons in 6 specialties was conducted at HMC Peshawar in April-September 2022 using a self-administered questionnaire. Non-probability sampling and SPSS version 20 were used for data analysis, which included chi-square and correlation to examine relationships between variables.

RESULTS:

Out of 210 participants, 86.2% had work-related musculoskeletal disorders, with more cases among women and obstetricians/gynecologists. The lower back (54.7%) and neck (46.4%) were the most affected areas. Risks included long-standing, no breaks, bending neck/back, and fixed neck posture. 48.1% had average knowledge of ergonomic principles, 47.1% had a negative attitude, 32.9% were neutral, and 20% positive about applying them. The practice was inadequate, with 57% sometimes applying them and only 24% taught during residency/fellowship.

CONCLUSION:

Surgeons, especially women, have a high frequency of work-related musculoskeletal disorders in the lower back and neck due to poor posture and prolonged standing/bending. While knowledge of ergonomics is adequate, attitude and practice are not. To avoid negative health effects, awareness and training programs on ergonomics in surgery are necessary.

KEYWORDS:

Work-Related Musculoskeletal Disorders, Musculoskeletal Disorders, Ergonomics

CAESAREAN SECTION PREVALENCE AND INDICATION: A SINGLE CENTER STUDY FROM PESHAWAR

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INTRODUCTION:

Cesarean section is a surgical birth method performed to deliver a fetus and membranes through Abdominal Wall. According to WHO, the globally recommended rate of cesarean section is 10 –15%. However nationally, the rate has climbed from 3.2% in 1990 to 20% in 2018.

OBJECTIVES:

1. To assess the prevalence of cesarean sections.
2. To assess the most common indication of cesarean section at HMC Peshawar.

METHODOLOGY:

A cross-sectional study was conducted at Hayatabad medical complex which took place over two months, from January 1 to February 27, 2022. In this period, about 3064 patients have presented to the gynae ward out of which 731 deliveries were cesarean. The data for it was evaluated from medical records of gynae A, B, and C using a questionnaire that was adapted from earlier research. Data were analyzed through SPSS 2022 and displayed as graphs and charts.

RESULTS:

According to the data gathered, the prevalence of CS in the Hayatabad medical complex was 23.86% with the most frequent indication being previous CS (33%) followed by fetal malpresentation (17%) and fetal distress.

CONCLUSION:

The study revealed that the C-section rate was significantly higher than WHO guidelines. In the majority of cases, it was multiple births and Emergency C-sections.

KEYWORDS:

Cesarean Section, Prevalence, Cross-sectional Studies

FREQUENCY OF CD34 AND CD10 EXPRESSION IN ADOLESCENT AND YOUNG ADULT PATIENTS HAVING PRECURSOR B-CELL ACUTE LYMPHOBLASTIC LEUKEMIA

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INTRODUCTION:

The clinical outcomes of CD34 and CD10 antigens expression in adolescent and young adult (AYA) precursor B-cell acute lymphoblastic leukemia (pre-B-ALL) is not still well established. In the present study, we analyzed the laboratory characteristics and clinical outcomes of 123 AYA pre-B-ALL patients to evaluate the possible clinical significance of these markers.

OBJECTIVE:

1. To determine the significance of CD34 and CD10 expression in AYA pre-B-ALL and their correlation with clinical outcomes.

METHODOLOGY:

This was a descriptive cross-sectional study done at the pathology department of Shaukat Khanum Memorial Hospital Peshawar, Pakistan. Clinical data of 123 consecutive AYA pre-B-ALL patients aged 18-39 years old, enrolled in an adult hematology-oncology unit from December 2021 to April 2022 was analyzed. Patient clinical outcome was calculated as overall survival and disease-free survival. Statistical analysis was done at SPSS version 20.

RESULTS:

Overall, 76.4% of patients showed CD34 expression, and CD10 expression was found in 90.2%. CD34 and CD10 expression was associated with higher total leucocyte count, increased peripheral blood blast percentage, and decreased platelet count.

CONCLUSION:

Expressions of CD34 and CD10 are adverse prognostic factors in AYA pre-B- ALL patients and the presence of these antigens influences the clinical outcome of these patients.

KEYWORDS:

Acute Lymphoblastic Leukemia, Flow Cytometry,
Adolescent

ASSESSMENT OF THE IMPACT OF CELIAC DISEASE ON THE HEALTH-RELATED QUALITY OF LIFE OF THE ONLINE CELIAC COMMUNITY OF PAKISTAN

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INTRODUCTION:

Celiac disease is a chronic autoimmune disorder, which is triggered by gluten-containing food and negatively affects the QOL of patients. WHO devised Health-Related Quality of Life criteria for such chronic diseases as they impact the QOL of patients. Unfortunately, no such study was published in Pakistan. Hence, we decided to fill this gap and to bring clinicians awareness of health-related complications of celiac disease patients.

OBJECTIVES:

1. To assess the effects of celiac disease on the HR-QoL of CD patients
2. To determine the relationship of socio-demographics with different domains of HR-QoL

METHODOLOGY:

We conducted a cross-sectional quantitative, descriptive survey-based study using the HR-QoL questionnaire specific to Celiac disease which was circulated on online platforms of the Pakistan Celiac Association. The study duration was 6 months. Non-probability volunteer response sampling was used to collect data from pre-diagnosed celiac patients. SPSS was used for data analysis.

RESULTS:

Our sample consisted of n=33 Celiac patients, with a mean age of 23.8 ± 12.4 years out of which 39.4% were males (n=13) and 60.6% were females (n=20). HR-QoL was comparatively lower in individuals who were ≥ 18 yrs [125.4 ± 42.58]. In addition, HR-QoL was also lower in patients with higher educational levels [122.6 ± 42.5]. The Emotions domain had the lowest score [29.7 ± 12.3]. The least affected domain was Gastrointestinal [35.1 ± 9.9].

CONCLUSION:

The study showed that the reported HR-QoL was lower in the adult celiac patients having higher educational levels which could be possibly due to the excessive self-consciousness in educated people.

KEYWORDS:

Celiac disease, Health-related quality of life, Gluten protein

ASSESSMENT OF SPLENIC FUNCTION AMONG TRANSFUSION-DEPENDENT THALASSEMIA PATIENTS

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INTRODUCTION:

Transfusion-dependent thalassemia has a significant bearing on the health care system as well as society in general. The frequency of hypersplenism is unknown among transfusion-dependent thalassemia patients of the Khyber Pakhtunkhwa (KP) province of Pakistan. The exact character and precipitating factors are not yet elucidated in local settings. The current study was, hence, tackled to explore this issue among transfusion-dependent thalassemia patients of KP.

OBJECTIVES:

1. To identify the frequency and average age of development of hypersplenism among transfusion-dependent thalassemia patients.
2. To correlate transfusion with the development of hypersplenism.

METHODOLOGY:

A Retrospective study was conducted at Fatimid Foundation from February 2019 to April 2019. The sample size was 50 transfusion-dependent-thalassemia patients and a Convenience Sampling technique was applied. A self-structured questionnaire was used to collect data. Data were analyzed using SPSS.

RESULTS:

A total of 50 patients (18 males and 32 females) were enrolled in the study. All the study patients (n=50; 100%) had developed hypersplenism at an average age of 6.86 ± 1.9 years. A total of 15 patients had undergone splenectomy, at an average age of 15.1 ± 4.6 years. The average number of annual transfusions received by the study patients was 19.1 ± 7.7 .

CONCLUSION:

Hypersplenism is frequently found among transfusion-dependent thalassemia patients from the local population. Splenectomy among these patients does not seem to significantly benefit the patients.

KEYWORDS:

Splenectomy, Thalassemia, Hypersplenism

KNOWLEDGE, ATTITUDE, AND PRACTICES OF SELF-MEDICATION WITH ANTIBIOTICS AMONG UNDERGRADUATE MEDICAL STUDENTS OF PUBLIC AND PRIVATE SECTORS OF PESHAWAR

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INTRODUCTION:

Self-medication is a global practice and has led to the creation of many drug-resistant strains of organisms and other adverse effects.

OBJECTIVE:

1. To assess knowledge, attitude, and practice of self-medication with antibiotics among medical students of public & private sectors in Peshawar, Pakistan.

METHODOLOGY:

A cross-sectional survey descriptive study was conducted, from March 2021 to August 2021 using a self-administered validated questionnaire on medical students. The sample size was 200 medical students and a serial sampling technique was applied. Data were analyzed in SPSS.

RESULTS:

Self-medication was found in 63.5% (n=127) with a mean age of 21.08 years. 53% of the participants were males and 47% were females. The students had good, satisfactory, and poor attitudes 47, 110, and 43 respectively. Moreover, 109, 52, and 40 students had a good, satisfactory, and poor level of knowledge respectively. Sore throat, fever, cough, and runny nose were the most prevalent ailments treated by self-medication. The most common reason to self-medicate was the previous experience of similar symptoms and reliance on academic knowledge. The majority selected antibiotics based on Types of Antibiotics, Indications of Use Instructions, and brand of Antibiotics. 58.5% purchased from nearby Pharmacy Shops, whereas 23.5% from peers and family. Nausea and diarrhea were the most prevalent adverse effects encountered at 12.50% and 12% respectively.

CONCLUSION:

We concluded from our study that the practice of self-medication with antibiotics in medical students is alarming.

KEYWORDS:

Self-medication, Antibiotics, Knowledge, Attitude

INVESTIGATE THE EFFECT OF ULTRASOUND CAVITATION ON WEIGHT REDUCTION IN BODY CONTOURING PATIENTS

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INTRODUCTION:

Obesity is a condition in which the body has excess fat as a result of consuming more calories than it uses. This results in a positive energy balance in which caloric intake exceeds energy expenditure.

OBJECTIVE:

1. To investigate the effect of ultrasound cavitation on weight reduction and quality of life in body contouring patients.

METHODOLOGY:

A case-control study was done from January to December 2022 at multiple healthcare centers in Karachi among participants who were receiving treatment and practicing different activities for losing weight. By using a non-probability convenient sampling technique, data were collected using structured, self-administered questionnaires from 50 subjects in the control group. The case group also comprised 50 subjects who were assigned to treatment with ultrasound cavitation of the abdominal area. Data were analyzed using SPSS version 24.

RESULTS:

Ultra sound cavitation resulted in a greater decrease of subcutaneous fat in the abdominal region (before 42.5 inches; after 39.5 inches) and also a greater reduction in the value of the skin folds (before 39mm; after 36mm) on the treated side. There was a marked decrease in BMI, Height to weight ratio, Skin folds, and Waist to hip ratio (WHR) among cases with aerobic exercised, low caloric diet with ultrasound cavitation.

CONCLUSION:

This study concluded that a combination of ultrasound cavitation and a low caloric diet was more satisfactory and effective in reducing skin folds, excessive fat, body weight, BMI, and waist circumference.

KEYWORDS:

Ultrasound cavitation, Weight reduction, Obesity, BMI

DENTAL CARIES; ITS EFFECT ON QUALITY OF LIFE AND PERSONALIZED MANAGEMENT

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INTRODUCTION:

According to WHO, dental carries is defined as the demolition of the enamel layer of the tooth by acids produced by the action of bacteria on sugar. People with dental caries have trouble sleeping, eating, communicating, and performing academic activities. Caries management includes two aspects; Controlling risk factors and managing individual lesions

OBJECTIVE:

1. To spread awareness and motivate people to take personalized preventive measures to prevent caries.

METHODOLOGY:

A cross-sectional study, using the random sampling technique, was conducted in July and August 2022 on 110 patients of all genders and age groups in OPD of DHQ Kohat, using a 2 segmented questionnaire; Effects of dental caries on quality of life and its personalized management. Data was analyzed on SPSS software

RESULTS:

Condition of the mouth showed pain, sore spots, food sticking, and bad breath in 77%. Functional limitations involving mastication problems, difficulty in speaking, and insomnia were found in 36% of patients. Emotional complaints such as feeling frustrated, ashamed, and appearance complaints were noted in 87%. Social problems involving disturbed work, lazy smiles, and ridicule by friends were observed in 68%. None of the patients had any idea of self-management of caries, including the use of fluoride. There were 93% who started late clinical treatment while 87% didn't visit the dentist before the onset of pain. While 92% had no idea of the effect of diet on caries management 78% focused on proper tooth brushing as personal management.

CONCLUSION:

There is little awareness regarding the personal management of caries. Caries impact physical, psychological, and social health.

KEYWORDS:

Enamel, Caries, Dental Hygiene

AN OBSERVATIONAL STUDY OF SURGICAL SITE INFECTION PREVENTION PRACTICES BY SURGICAL STAFF AMONG PRIVATE SECTOR TERTIARY CARE HOSPITALS OF PESHAWAR

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Peshawar Medical College, Peshawar

INTRODUCTION:

Infection of a wound after a surgical operation is called post-operative surgical wound infection and is associated with significant morbidity and mortality.

Important patient-related factors increasing the risk of an SSI include pre-existing infection, malnutrition, obesity, low serum albumin, elderly, smoking, and immunosuppression (diabetes mellitus, irradiation).

OBJECTIVE:

1. To observe intraoperative practices adopted by the Surgical Staff regarding Surgical Site Infection Prevention as per WHO guidelines.

METHODOLOGY:

An observational study was conducted from May 2022 to July 2022 at tertiary care hospitals in Peshawar. Procedures of around 123 were selected by purposive serial sampling technique and their surgical infection prevention control practices were observed by investigators in the operation theatre. The data was analyzed using SPSS version-25. The categorical variables like frequency and percentages were calculated.

RESULTS:

Among the 14 variables of the surgical checklist, surgical staff members were most compliant with the 'Use of solution by sterile gauze/instruments' by 96%. The least percentage recorded was for 'Recording of SS preparation on patient record' which was 51.6% only. Moreover, the least compliant variable was 'Administration of antibiotic before 120 mins of surgery', about 52.4% followed by 'Adverse events by solution investigated and recorded by SS' which was 54.8%.

CONCLUSION:

Healthcare professionals should not only know about the updated guidelines issued by WHO but also effective workshops should be carried out to acknowledge the national recommendations regarding surgical site infection prevention control. The national economic burden of nosocomial infections resulting after surgeries should also be highlighted accordingly.

KEYWORDS:

Surgical Staff, Surgical Site Infections, Surgical Site Infection Prevention Control

PREVALENCE OF DYSPEPSIA AND HEALTH-RELATED QUALITY OF LIFE AMONG OUT-PATIENTS ATTENDING TERTIARY CARE HOSPITAL IN KARACHI

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INTRODUCTION:

Dyspepsia is one of the most common gastrointestinal problems that people experience at some point in their lives. It refers to the presence of upper gastrointestinal discomfort or pain along with or without symptoms.

OBJECTIVE:

1. To determine the prevalence and associated risk factors of dyspepsia and to assess the health-related quality of life among out-patients of tertiary care hospitals in Karachi.

METHODOLOGY:

A cross-sectional study was done from January to December 2022 at tertiary care hospital in Karachi among patients attending patients' clinics of gastroenterology. Using a non-probability convenient sampling technique, the sample size was 400. Pre-tested and structured questionnaires were administered. The prevalence and severity of dyspepsia were determined and the health-related quality of life of dyspeptic patients was assessed. Data were analyzed using SPSS 24

RESULTS:

Out of a total of 400, dyspepsia was prevalent among (93%) of patients. The mean score of SF-NDI was found to be 56 ± 10 which shows a decreased quality of life in patients with dyspepsia. The mean age of participants was 37.8 ± 12 years and a majority (65%) were females. Participants (78%) were literate and (24%) were unemployed. Patients had indigestion (24%), heartburn (22%), regurgitation (18.4%), and nausea (13.3%).

CONCLUSION:

This study revealed a higher prevalence of dyspepsia among out-patients attending tertiary care hospitals in Karachi. The health-related quality of dyspeptic patients is also worse. Therefore, we should advocate education programs that demonstrate to the public how to prevent dyspepsia to avoid its complications, health-wise and economically.

KEYWORDS:

Dyspepsia, Prevalence, Patients, Quality of Life

PREVALENCE AND RISK FACTORS OF DERMATOMYCOSIS AMONG PATIENTS ATTENDING TERTIARY CARE HOSPITAL IN KARACHI

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INTRODUCTION:

Dermatomycosis is a frequent disease that represents a public health problem. Fungal infections of hair, nail, and skin are common worldwide and tend to increase.

OBJECTIVES:

1. To determine the prevalence and risk factors of dermatomycosis.
2. To identify the fungal etiological agent among patients attending tertiary care hospitals in Karachi.

METHODOLOGY:

A cross-sectional study was done from January to December 2022 at tertiary care hospital in Karachi among patients attending clinics of dermatology. The sample size was 350. Using a non-probability convenient sampling technique, a pre-tested and structured questionnaire was administered to collect demographic data related to the risk factors of dermatomycosis. A complete mycological diagnosis was carried out on patients suspecting fungal infection. Data were analyzed using SPSS version 24.

RESULTS:

Out of a total of 350, fungal infections were prevalent among 12.9% of patients, dermatophytes are positive among 6.9%. The most common specie was aspergillus fumigatus 3.1%. Patients suffering from diabetes were 21.9% and hypertension was 10.9%. Family history of skin disease was positive among 11.1% and 12.3% of patients had hyperhidrosis.

CONCLUSION:

This study revealed that dermatophytes are important causes of fungal infections among the general population of Karachi. Family history of fungal infections, diabetes, and sweating are significant risk factors for dermatomycosis. Proper hygiene maintenance and education can minimize the risk of fungal infections.

KEYWORDS:

Dermatomycosis, Fungi, Mycosis

EFFECT OF CONVERGENCE EXERCISES ON STEREOPSIS IN EMMETROPES

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INTRODUCTION:

Convergence insufficiency is the decreased ability of eyes to converge and maintain binocular vision at a near distance. Stereopsis depends on accurate binocular alignment so it is disrupted in patients having convergence insufficiency.

OBJECTIVES:

1. To evaluate the effect of convergence insufficiency on stereopsis.
2. To compare the effect of Brock string exercise and MyEyeGym game on stereopsis
3. To assess improvement in asthenopic symptoms.

METHODOLOGY:

A quasi-Experimental study was conducted at GGHS Faisalabad from July to December 2022. Non-probability purposive sampling technique was used. 60 patients having asthenopic symptoms, with convergence insufficiency and reduced stereopsis were divided into two groups. Baseline data was collected using Questionnaire and Performa. Convergence and stereopsis were assessed through RAF ruler and TNO respectively. One group was given the Brock string exercise and the other was given the MyEyeGym game. Post-data were collected after a follow-up of 2, 4, and 6 weeks respectively. Data were analyzed by SPSS version-26 and repeated measures ANOVA test was applied.

RESULTS:

In 60 subjects, the mean value of convergence insufficiency was 23.85 ± 4.815 and stereopsis was 264 ± 153.77 . After the Brock string exercise, stereopsis improved from 35% at baseline to 85% at the last follow-up in 26(86%) out of 30 subjects ($p=0.002$). Whereas in the group given the MyEyeGym game, stereopsis improved from 35% at baseline to 90% at the last follow-up in 28(95%) out of 30 subjects ($p=0.001$). There is also marked improvement in asthenopic symptoms.

CONCLUSION:

Convergence insufficiency affects stereopsis in emmetropes. Both exercises significantly improved stereopsis but the MyEyeGym game was more effective.

KEYWORDS:

Asthenopia, Convergence Insufficiency, Depth Perception

EFFECTIVENESS OF VISION LIGHT THERAPY IN INTERMITTENT EXOTROPIA

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INTRODUCTION:

Intermittent exotropia is a state in which the eye moves outward at times and after some time it becomes straight. Vision light therapy is the non-invasive application of light to the eye which is of a specific frequency leads to creating balance in autonomic systems.

OBJECTIVE:

1. To assess the effect on NPC, stereopsis, and AD before and after blue light therapy in IXT.

METHODOLOGY:

A quasi-experimental study was carried out in the Department of Optometry at MTH from July to December 2022. A sample size of 45 patients aged between 7 to 25 years with IXT was included via Non-probability purposive sampling technique. The angle of deviation, NPC, and stereopsis was measured with help of a prism bar, RAF, and synaptophore respectively. VLT was given for 20 min for 4 weeks. Post-evaluation was done after a follow-up of 4 weeks. The pre-and post-therapy data was evaluated using the paired sample t-test in SPSS 26 version.

RESULTS:

The study findings demonstrated a significant decrease in AD at near IXT mean of 3.222 ± 1.309 ($p=0.00$) and distance mean 2.111 ± 1.605 ($p=0.00$). 38 out of 45 (84.4%) IXT patients showed significant improvement in distance stereopsis. After VLT, NPC improved by approximately 5.48 ± 0.96 cm.

CONCLUSION:

AD in patients with IXT was significantly reduced, both near and distant. NPC and Distance Stereopsis also improved significantly after vision light therapy in IXT.

KEYWORDS:

Exotropia, Light therapy, Stereopsis

EFFECT OF MOIST SNUFF ON TEAR FILM, INTRAOCULAR PRESSURE, AND INTRAOCULAR CRYSTALLINE LENS

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INTRODUCTION:

Moist snuff is a smokeless drug that is made of nicotine leaves. Usage of moist snuff can lead to nicotine addiction that can cause dry eye, raised IOP, cataracts, retinal changes, and optic nerve changes.

OBJECTIVES:

1. To evaluate the changes in the tear film, IOP, and health of crystalline lens in moist snuff users.
2. To compare the effects of different duration of moist snuff on ocular health.

METHODOLOGY:

A descriptive cross-sectional study was conducted in factories at Sargodha Road, Faisalabad. The duration of the study was from July 2022 to December 2022. Non-probability snowball sampling technique was used and the sample size was 200. Schirmer's Strips, Fluorescein Strips, Goldman Applanation Tonometer, slit lamp, and Self-designed pro forma were used. Data were analyzed by using SPSS software 22.

RESULTS:

The correlation test was applied to check moist snuff effects. All parameters had significant association with p value & lt; 0.05. Out of 200 eyes of 100 moist snuff users, raised IOP in 80%, dry eye in 95%, and cataract (nuclear) in 53% were found.

CONCLUSION:

The study concluded that ocular health problems occur by using moist snuff that gets severe with duration of moist snuff use.

KEYWORDS:

Crystalline Lens, Intraocular Pressure, Smokeless snuff, Tear Film

ASSOCIATION OF ATYPICAL UTERINE BLEEDING ON SOCIAL LIFESTYLE AND REPRODUCTIVE HEALTH OF A PATIENT: A CROSS-SECTIONAL STUDY

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INTRODUCTION:

Abnormal Uterine Bleeding (AUB) also known as Atypical Uterine Bleeding is vaginal bleeding from the uterus. That is abnormally frequent, lasts excessively longer, and is heavier than normal as well as irregular. It is relatively common in the masses. Iron deficiency anemia may occur, and quality of life may negatively be affected. There must be some Sub-Mucus Fibroid in the uterus that can increase uterine bleeding. For a year, roughly 20% of reproductive-aged women self-report at least one symptom of Atypical uterine bleeding.

OBJECTIVE:

1. This study is aimed to determine the effects of AUB on patients' reproductive health and social, financial, and personal life.

METHODOLOGY:

A month-long cross-sectional study was conducted at obstetrics and gynecology units in tertiary care hospitals. The sample size was 200 and the non-probability convenience sampling method was applied. A well-structured questionnaire was developed and used for the data collection. SPSS version 26.0 was used to analyze data.

RESULTS:

In our study, unmarried patients were 36.5% and 77.5% were married. Pelvic pain was reported by 85% of AUB patients. Among our patients 37% have reported mild effects, 39% moderate and 24% have a severe effect on their reproductive health. Similarly, a high percentage of patients reported that their social, financial, and personal life was affected due to atypical uterine bleeding.

CONCLUSION:

AUB was affecting the reproductive health and the social, financial, and personal life of the patients.

KEYWORDS:

Atypical Uterine Bleeding, Socioeconomic Status, Menarche, Menstrual Cycle

EFFECT OF YOGIC OCULAR EXERCISES ON THE CONVERGENCE INSUFFICIENCY IN EMMETROPIC PERSONS

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INTRODUCTION:

Convergence insufficiency is the inability of the eyes to maintain binocular convergence. Globally, Convergence insufficiency is the most common cause of euphori and refractive errors because of E-learning. Overwork of extraocular muscles causes convergence insufficiency-related asthenopia.

OBJECTIVE:

1. To evaluate the effect of yogic ocular exercises on convergence insufficiency in emmetropes.

METHODOLOGY:

A descriptive longitudinal study was conducted at the University of Faisalabad from July to Dec 2022. 50 emmetropic females of 18-26 years with asthenopia were selected through purposive sampling. Ametropic and strabismic subjects were excluded. Baseline values of NPC, AC/A ratio, and fusional Convergence were measured. Participants performed yoga exercises for 30 min/per day for six weeks and were reassessed weekly. RAF rule, Maddox rod, LogMAR chart, and prism bar were used. The SPSS-21 software and repeated measure ANOVA were used to analyze the data.

RESULTS:

The baseline mean values of NPC, AC/A ratio, near and distance fusional convergence were 18.67 ± 0.76 , 1.82 ± 0.83 , 31.89 ± 0.23 , and 11.65 ± 0.87 respectively which significantly improved to 9.21 ± 0.56 , 3.58 ± 0.51 , 37.67 ± 0.46 and 15.12 ± 0.78 respectively.

CONCLUSION:

Yogic ocular exercises improve convergence insufficiency and asthenopia by increasing the efficiency of extraocular muscles. It can be considered a therapeutic and non-Pharmacological intervention for the improvement of convergence.

KEYWORDS:

Yoga, Exercise, Asthenopia, Refractive Errors

RAMIFICATION OF LOW-LEVEL RED-LIGHT THERAPY FOR MYOPES

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INTRODUCTION:

The myopic refractive state attributed to excessive axial elongation, when directly delivering red light on the retina, puts a break on axial elongation.

OBJECTIVES:

1. To evaluate the validity of low-level red-light therapy (LLRL) in myopia development.
2. To compare the axial length in single vision spectacles SVS and LLRL.

METHODOLOGY:

A randomized clinical trial study was conducted at MTH Faisalabad from Jul-Dec 2022. 30 sample size was collected through non-probability purposive sampling. Inclusion criteria were myopia 1D-6D, age 10-20 years, and BCVA 6/6. Exclusion criteria were syndromes, ocular Surgeries, and secondary myopia. Divided into 2 groups, 15 in LLRL and 15 in SVS group (wore Glasses all time). Treatment was given to LLRL by a locally built low-level red light device that emits red Light wavelength 650nm, power 0.29mW, intensity 1600lux, 3 min given twice daily with a four-hour gap 5 days with 1,2,3 months follow-up. Repeated measure ANOVA was used for Statistical Analysis.

RESULTS:

The mean age was 19 ± 2.31 years. Baseline SE was 4 ± 0.98 and 4 ± 1.98 , axial length was 23 ± 1.79 and 23 ± 1.09 in SVS and LLRL respectively. There was a significant reduction in SE and axial Length in the LLRL group at 3 months. For SVS and LLRL mean axial length was 24 ± 1.54 , 22 ± 1.07 and SE was 5 ± 0.19 and 3.89 ± 0.54 respectively.

CONCLUSION:

LLRL therapy is an alternative treatment to halt axial length with good user Acceptability and no documented functional or structural damage.

KEYWORDS:

Myopia, Visual acuity, ANOVA

EFFECT OF MORINGA OLEIFERA LEAVES ON INTRAOCULAR PRESSURE

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INTRODUCTION:

Moringa has different properties as antioxidants, antihypertensive and anti-cancerous. Medicinal plant constitutes a major source of therapeutic agents for lowering ocular and Systemic hypertension.

OBJECTIVES:

1. To evaluate the effect of moringa on intraocular pressure and blood pressure.
2. To compare different doses of moringa that effects IOP and BP.

METHODOLOGY:

A quasi-experimental study was conducted at MTH, Faisalabad from July 2022 to December 2022. The sampling technique was non-probability purposive sampling. 60 Emmetropes, age 20-35 years, IOP range 11-22 mmHg, BP 120/80 mmHg were included and exclusion criteria were refractive errors, ocular diseases, smokers, and systemic diseases. After a comprehensive eye exam, 60 subjects were divided into two groups, depending upon the dose of 57 mg and 87.5 mg of Moringa. IOP and BP were evaluated before and after intake at 30, 60, 90, and 120 minutes. Data were analyzed with SPSS software. Repeated Measure ANOVA was used for statistical analysis.

RESULTS:

Out of 60 subjects, the mean age was 25 ± 2.75 . The baseline IOP in group 1 was 17 ± 1.75 and BP $116.6 \pm 5.32/80.61 \pm 4.32$ while in group 2 IOP was 17.57 ± 2.15 and BP $115.1 \pm 4.75/81.98 \pm 6.98$. There was a significant change in IOP and BP at 90 minutes. IOP was 15 ± 1.98 and 13.01 ± 1.75 in groups 1, 2 respectively. BP was $100.95 \pm 5.35/71.05 \pm 5.98$ and $98 \pm 6.73/65.10 \pm 6.75$ in both groups respectively. There were significant changes as compared to 30, 60, 120 minutes. IOP and BP return to their baseline at 120 minutes.

CONCLUSION:

Moringa Oleifera has a significant effect on lowering IOP and BP.

KEYWORDS:

Hypertensive Retinopathy, Moringa Oleifera, Refractive Errors

COMPARISON OF NEAR POINT OF CONVERGENCE, ACCOMMODATION, AND READING SPEED ON DIFFERENT DISPLAY SIZE DEVICES

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INTRODUCTION:

Near point of convergence (NPC) is to assess the patient's ability to maintain fusion when the eyes converge. The near point of accommodation (NPA) is the nearest point of the eye at which an Object is focused on the retina by the use of maximum accommodation.

OBJECTIVE:

1. To check the near point of convergence, near point of accommodation, and reading speed in different display sizes of the screen.

METHODOLOGY:

A comparative cross-sectional study design was used to collect data from The University of Faisalabad, Pakistan from July to December 2022. 100 emmetrope females in the age group of 18-25 years were Included through a non-probability convenient sampling technique after taking consent. Any Ocular, Systemic diseases, Refractive error, Males, and Non-screen users were excluded. RAF Ruler was used before and after using different display sizes of the screen to check NPC and NPA. Reading speed Checked by reading a paragraph in 1 minute. Data were analyzed through a paired t-test using SPSS version 22.

RESULTS:

Subjects showed a decrease in NPC, NPA, and reading speed after using smartphones ($p = 0.035$). Neither laptop nor tablet showed significant changes in the accommodative response ($p = 0.240$ and ($p = 0.199$) respectively.

CONCLUSION:

This study concluded that different display devices showed significant decreases in NPC and NPA, and the larger changes were seen when using the small display smartphone.

KEYWORDS:

Emmetropia, Smart phones, Miosis

FREQUENCY OF CONGENITAL HEART DISEASES IN PROGENIES, AS A CONSEQUENCE OF CONSANGUINEOUS MARRIAGES IN PESHAWAR INSTITUTE OF CARDIOLOGY (PIC)

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INTRODUCTION:

Congenital heart diseases are structural or functional defects of the heart or Blood vessels that develop during intrauterine life. Consanguineous marriages greatly increase the likelihood of these combinations in the offspring and the risks also increase with the degree of parental closeness.

OBJECTIVES:

1. To analyze the pattern of age, gender, and frequency of Consanguinity in parents of patients with CHD.
2. To analyze the type of congenital heart disease in Patients at the Peshawar Institute of Cardiology (PIC).

METHODOLOGY:

It was a cross-sectional study, carried out at the Department of Paediatric Cardiology, Peshawar Institute of Cardiology (PIC), Peshawar, Pakistan, from November 2022 to January 2023. The sampling technique used was simple random sampling. Parents of 104 patients with CHDs were interviewed, confirmed by echocardiography. The data were analyzed using SPSS.

RESULTS:

Among the 104 patients, 54.8% were male (n=57) and 32.7% were below 1 year. Relating to consanguinity, 56.7% (n=59) had Consanguineous parents and 43.3% (n=45) were not related before marriage. Acyanotic CHD Was present in 78.8% of the patients while 21.2% had Cyanotic CHD. Among Acyanotic CHD, Ventricular Septal Defect (VSD) was the most common (43.9%), followed by Atrial Septal Defect (ASD), Patent Ductus Arteriosus (PDA), and Pulmonary Stenosis. In Cyanotic CHD, Tetralogy of Fallot (TOF) was the most common (54.5%).

CONCLUSION:

There is a high percentage of CHD in patients whose parents' marriage was consanguineous.

KEYWORDS:

Congenital Heart Diseases, Birth defects, Ventricular Septal Defects

EFFECTIVENESS OF BLUE LIGHT BLOCKING FILTER ON DRY EYE DISEASE AND ASTHENOPIC SYMPTOMS IN SCREEN USERS

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INTRODUCTION:

Dry Eye Disease (DED) is a physiological disturbance of tear film homeostasis. Its prevalence is increasing due to extended exposure to blue light emitted from digital screens. To address the prevention of such ocular damage, yellow filters are proven to reduce DED and asthenopic symptoms.

OBJECTIVES:

1. To assess the effectiveness of blue light-blocking filters on asthenopic symptoms.
2. To evaluate the effect of blue light-blocking filters on the severity of DED.

METHODOLOGY:

A longitudinal study was conducted at the University of Faisalabad, using a non-probability purposive sampling technique from July 2022 to December 2022. A total of 90 patients were taken of the age group 18-35 years. Then, the assessment was done by OSDI, TBUT, Schirmer Test, Slit lamp, cobalt blue filter, and Asthenopic questionnaire. Follow-ups will be after 1 week, 2 weeks, and 1 month. The data were analyzed by using one-way ANOVA.

RESULTS:

A tendency towards increasing mean TBUT and Schirmer test values after using the blue light-blocking filter. At baseline, the mean value of mild, moderate, and severe was ($P > 0.005$). After using a blue blocking filter, the mean values of mild, moderate, and severe were ($P = 0.005$). There was a significant effect of the blue-blocking filter on dry eye symptoms ($P < 0.005$).

CONCLUSION:

Blue light blocking filter is effective in the improvement of dry eye disease and asthenopic symptoms.

KEYWORDS:

Dry eye, Asthenopic symptoms, blue light blocking filter, Tear break up time, Schirmer test

EFFECT OF HOMEOPATHIC EYE DROPS EUPHRASIA IN BACTERIAL CONJUNCTIVITIS

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INTRODUCTION:

Bacterial conjunctivitis is an ocular infection that occurs when an organism can conquer the host's resistance. Euphrasia is extracted from of dried herbal substance called Eyebright. The medicine has served in all mucous diseases attended with excessive discharge as in conjunctivitis, inflammations, and eye strains.

OBJECTIVES:

1. To assess the effectiveness of Homeopathic Eye drops Euphrasia in ocular pain, redness, and discharge in bacterial conjunctivitis.
2. To compare pre and post-results of Homeopathic Eye drops Euphrasia in Bacterial Conjunctivitis.

METHODOLOGY:

A quasi-experimental study was conducted from July to December 2022 at Almadina Homeopathic Medical Clinic Faisalabad Pakistan. A total of 200 volunteers aged ranging from 6 months to 60 years old were screened out. 60 patients who had symptoms of redness, pain, and discharge are categorized as mild, moderate, and severe were selected through a convenient sampling technique after a detailed history of the patient. Euphrasia homeopathic eye drops were prescribed to these patients and outcomes were seen on the 5th day. Data analysis was done by Chi-square test with SPSS V 24.

RESULTS:

The value of significance is <0.05 ($p=0.001$) which showed there is significant statistical improvement in symptoms of bacterial conjunctivitis within 96 hours, 32(96%) in mild, 23(88%) in moderate, and 5(75%) in severe. The results showed that Euphrasia eye drops benefited to reduce the symptoms of bacterial conjunctivitis.

CONCLUSION:

The study indicates that there was remarkable improvement seen in mild, moderate, and severe symptoms of bacterial conjunctivitis by using homeopathic eye drops Euphrasia.

KEYWORDS:

Bacterial Conjunctivitis, Discharge, Euphrasia, Eye Pain

ASSESSMENT OF MEIBOMIAN GLAND DYSFUNCTION AND TEAR FILM IN PSORIASIS PATIENTS

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INTRODUCTION:

Psoriasis is a chronic, inflammatory, autoimmune skin disorder. It activates hyperkeratinization of different body structures including limbs, joints, scalp, and eye. Hyperkeratinization starts around the eyelids and leads to inflammation as a result keratin blocks the orifices of the Meibomian gland.

OBJECTIVES:

1. To evaluate Meibomian gland dysfunction (MGD) in a psoriatic patient.
2. To evaluate tear film instability and producibility in psoriasis patients.

METHODOLOGY:

A cross-sectional study was conducted at MTH, Faisalabad from July to December 2022. The data was collected by non-probability purposive sampling technique. Sample sizes of 30 diagnosed psoriatic patients were considered with the age range of 20-40 years. Patients having ocular infections, CL user, and blepharitis were excluded. After taking informed consent from each subject data was collected by using OSDI-based proforma and meiboscale was used for MGD scoring, then TBUT and schimmer II were performed for evaluation of tear film stability and producibility. Descriptive statistics were used to analyze the data through SPSS software.

RESULTS:

Out of 30 patients, 21(70%) had grade 3, 5(16%) had grade 2 and 4(13%) had grade 1 MGD scoring respectively. Meiboscale mean value was 3.17 ± 0.98 . MGD was significantly high in the psoriatic patients ($p=0.01$). There was a significant relationship between MGD and dry eye. The mean reduction in TBUT was 4 ± 1.5 sec. and schimmer II was 7 ± 2 mm.

CONCLUSION:

Psoriasis patients had meibomian gland dysfunction and tear film instability.

KEYWORDS:

Psoriasis, Meibomian Gland Dysfunction, TBUT

A PILOT STUDY ON OSTEOPOROSIS, SURVEY AMONG GENERAL PUBLIC OF KARACHI METROPOLIS

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INTRODUCTION:

Osteoporosis is a common disease characterized by a systemic Impairment of bone mass that results in fragility fractures and decreased bone quality, recently more recognized in Postmenopausal women and men aged 50 and above. Osteoporosis is also known as a “silent disease”. The reason it is overlooked and not treated as there are no indications (except pain) before the fracture occurs. This results in devastating psychosocial, physical, and economic consequences. The prevalence varies from 6.9 to 23.5% in different parts of the world.

OBJECTIVE:

1. To access the Knowledge, Practice, and Attitude of the general population of Karachi Metropolis.

METHODOLOGY:

A cross-sectional study was conducted in the general population of Karachi through a validated questionnaire (Cronbach’s alpha = 0.827) that was developed based on an extensive literature survey. Data was collected Online through Google forms. The sample size was 100 and the snowball sampling technique was followed. Statistical analysis was done on SPSS 25. Knowledge, Attitude, and Practices were evaluated for correlation with gender and educational background. Data were considered significant when $p < 0.05$.

RESULTS:

The correlation was found insignificant when Gender was compared with Knowledge ($\chi^2=2.214$, NS), Attitude ($\chi^2=0.219$, NS), and Practice ($\chi^2=1.556$, NS). Whereas significant when Knowledge was compared with educational background ($\chi^2=34$, $P < 0.001$) and insignificant with Attitude ($\chi^2=2.668$) and Practice ($\chi^2=5.339$).

CONCLUSION:

Health professionals despite having good Knowledge have a comparable positive attitude and Moderate Practices regarding osteoporosis.

KEYWORDS:

Osteoporosis, Vitamin D, Spongy Bone

KNOWLEDGE AND PRACTICES OF ORAL HYGIENE AMONG MEDICAL AND DENTISTRY STUDENTS IN ABBOTTABAD - A SURVEY

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INTRODUCTION:

Oral health means the health of one's oral cavity. One should have basic knowledge of how to maintain basic oral hygiene. With that being said, oral hygiene plays a vital role in the body's overall function and health. If oral hygiene is poor, the susceptibility to oral diseases as well as other diseases increases, eventually leading to painful and sometimes life-threatening conditions.

OBJECTIVE :

1. To compare the knowledge and practices of oral hygiene among the medical and Dental Students of Abbottabad International Medical Institute, Abbottabad.

METHODOLOGY:

It was a cross-sectional study involving 100 medical and 100 dental students of Abbottabad International Medical and Dental college. The sampling technique used was non-probability-convenient sampling, and a questionnaire to gather data was taken from Hiroshima University – Dental Behavioural Inventory (HU - DBI). All the data was collected through a questionnaire filled out by the students collected over two weeks and analyzed using IBM SPSS version.26.

RESULTS:

Scores were observed with no significant difference between Medical-dental students. 74.3% answered they don't worry about visiting the dentist and 78% only visit a dentist when in pain. 49.5% were never professionally taught about brushing techniques, and 64.5% believed that tooth brushing only cannot prevent gum diseases. 47.5% use long strokes while brushing, meanwhile, 46.5% have long brushing timing.

CONCLUSION:

It has been observed that both medical-dental students' adequate knowledge and behavior of oral health were moderate. However, enhancing oral health behavior in the curriculum of each year of MBBS students would be helpful.

KEYWORDS:

Dental Health, Medical Students, Knowledge, Oral Hygiene, Oral Health, Awareness

TO ESTIMATE THE FREQUENCY OF VARIOUS TYPES OF REFRACTIVE ERROR IN PATIENTS VISITING THE REFRACTION ROOM, HMC EYE OPD, PESHAWAR

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INTRODUCTION:

According to WHO estimate, 314 million individuals worldwide are visually impaired, with 153 million of them suffering from uncorrected refractive error. Pakistan, as a developing country, is already beset by economic difficulties. The uncorrected refractive error may contribute to economic concerns by causing vision impairment in working-age adults.

OBJECTIVES:

1. To find out the types of refractive error, age-wise, and gender-wise.
2. To find out the frequency based on whether patients using glasses or not.
3. To find the frequency based on patient visits for first or follow-up.

METHODOLOGY:

A descriptive cross-sectional study was conducted at the Department of Ophthalmology, Hayatabad Medical Complex, Peshawar. The sample size was 102 patients and a non-probability convenient sampling technique was used. The data collection tools used were the V.A. chart, Auto-refractometer, Trial Box, Retinoscope, and ophthalmoscope. The data were analyzed through SPSS software of version 17.

RESULTS:

The study showed that out of 102 patients (100%), 55.54% patients were Astigmatic, 30.6% patients were Myope and 13.8% patients were hyperopes, 13.7% were from 2-10 years of age, 50% were 11-35yrs, 15.7% were 36-50yrs, and 20.6% were older than 50 years of age. Patients of 55.9% were male and 42.1% of patients were female. 55.9% of patients were using glasses and 44.1% of patients were not. 46.1% of patients have a first visit and 53.9% of patients were on follow-up.

CONCLUSION:

Astigmatism was found to be the most common type of refractive error followed by myopia and then hyperopia in combined results.

KEYWORDS:

Types of Refractive Error, Myopia, Hyperopia, Astigmatism

FORENSIC ODONTOLOGY: EXPERTISE IN RADIOGRAPHIC EXAMINATION OF POST-MORTEM TEETH

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INTRODUCTION:

Forensic Odontology is a branch of dentistry to which students receive limited exposure. The purpose of this research was to evaluate the ability of dental graduates on their skill to identify a forensic odontology case given to them, without prior formal education at the undergraduate level.

OBJECTIVES:

1. To compare differences in the ability of final-year dental students and fresh graduates in identifying victims using antemortem and postmortem radiographs.
2. To compare their knowledge of forensic odontology.

METHODOLOGY:

Cross-sectional study design and convenience sampling were used. The study was conducted at IIDC Islamabad and the duration of the study was 12 weeks. Six radiographs of permanently extracted maxillary molars were taken. One of the teeth was burnt at 600°F for 15 minutes and radiographed, simulating the burn victim of a house fire. 156 final-year dental students and House Officers (N=156) were asked to identify the radiograph belonging to the simulated burn victim and respond to a ten-question survey assessing dental forensic knowledge. The data were analyzed using SPSS software.

RESULTS:

The participants correctly identifying the simulated burn victim's radiograph were 70%. 7 out of 10 questions in the survey had a correct response rate of above 70%.

CONCLUSION:

Most of the participants were successful in identifying the simulated burn victim. However, the need to consider forensic odontology as part of the dental curriculum remains.

KEYWORDS:

Forensic Dentistry, Awareness, Knowledge

QUESTIONNAIRE-BASED SCREENING FOR POLYCYSTIC OVARY SYNDROME AND ITS ASSOCIATIONS IN STUDENTS OF ICG F-6/2, ISLAMABAD

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INTRODUCTION:

The incidence of Polycystic Ovary Syndrome (PCOS) is gradually increasing in women globally. In Pakistan, there is a major lack of awareness about the syndrome and little research has been done on this topic.

OBJECTIVES:

1. To screen students for PCOS to identify high-risk girls for further testing.
2. To assess their knowledge regarding it.
3. To explore its gynecological and medical associations.
4. To explore its effects on quality of life.

METHODOLOGY:

A 3-months long descriptive cross-sectional study using a simple random sampling technique was carried out and a self-administered questionnaire was used to collect the data. Data were collected from 147 students of ICG F-6/2, Islamabad. PCOS screening criteria were taken from the Canadian Family Physician and the modified Ferriman-Gallwey (mFG) scale was used to evaluate hirsutism. The cut-off point of the mFG score for our sample was determined using ROC curve analysis. SPSS version 23 was used for statistical analysis.

RESULTS:

The study showed 8 students (5.4%) screened as positive. Respondents' mean awareness score was 8.61 ± 2.92 out of 14. Significant associations we found in our positively screened respondents included irregular menstrual cycles, oligomenorrhea, amenorrhea, midline hirsutism, greater BMI, thinning down of scalp hair, jawline acne, and less frequent intake of fruits.

CONCLUSION:

Given the prevalence of PCOS and the potentially serious health sequelae, it is worthwhile to use a simple clinical tool to help screen PCOS and get timely management.

KEYWORDS:

Polycystic Ovary Syndrome, Hirsutism, Amenorrhea, Acne

SELF-MEDICATION AMONG PATIENTS FOR DENTAL PAIN

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INTRODUCTION:

Patients encountering dental pain most likely tend to self-medicate with analgesics and antibiotics longing to avoid any sort of dental treatment.

OBJECTIVES:

1. To determine the number of patients taking self-medications
2. To find out the factors leading to self-medication among patients with dental pain.

METHODOLOGY:

A descriptive cross-sectional study was conducted in the outpatient department, of Peshawar dental college, for three months. The sample size was 320 adult patients and the consecutive sampling technique was used. Medically compromised patients and patients with no dental pain were excluded. A questionnaire adapted from a study conducted in Saudi Arabia was used to evaluate self-medication usage for dental pain. Association between variables was found by chi-square test.

RESULTS:

Among 320 patients 165 (51.6%) were male and 155 (48.4%) were female. Patients 57.2% were found taking self-medication for their dental pain. Most of the patients were in the age range of 18-29 (44.1%), hailing from urban areas 51.2%, and belonging to the middle 76.3% socioeconomic status. Most patients 51.9% used swallowed type of self-medication, most of which comprised NSAIDS 50%. Factors leading to self-medication usage included lack of time 39.1 % and considering the pain as a minor problem; no need to seek a doctor 25%. Association of self-medication usage was found with age $p=0.039$ and residence $p=0.047$, however, no significant association was found with that of education and socioeconomic status.

CONCLUSION:

Age and area of residence have an effect on self-medication usage among patients for their dental pain.

KEYWORDS:

Self-medication, Pain, Patients

PREVALENCE AND DISTRIBUTION OF TRANSFUSION-TRANSMITTED INFECTIONS BY TYPE AMONG POTENTIAL BLOOD DONORS OF DISTRICT DERA ISMAIL KHAN, PAKISTAN

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Gomal Medical College D.I Khan

INTRODUCTION:

Every year, blood transfusions save millions of lives globally. In the year 2018, 118.5 million blood donations were given but the provision of safe blood is a big challenge.

OBJECTIVE:

1. To determine the prevalence and distribution of Transfusion transmitted infections (TTIs) among blood donors.

METHODOLOGY:

A cross-sectional study was conducted from January 1, 2022, to May 25, 2022, at Gomal Medical College. The data about TTIs was collected from the database of the Regional Blood Center. The sample size was 3329. A consecutive non-probability sampling technique was used. The Chi-square test was used for the association between TTIs and the type of donors. SPSS version 23 was used for data analysis

RESULTS:

Out of a sample of 3329, TTIs positive cases were 174 (5.22%) with a 95% CI of 4.51-5.93%. All the positive cases were males. The prevalence for Hepatitis B, Hepatitis C, HIV, Syphilis, and Malaria was 2.2%, 0.9%, 0.3%, 1.9%, and 0.1% respectively. Out of the total TTIs positive, 8.63% (7.92-9.34%) were voluntary donors and 91.37% (90.66-92.08%) were replacement donors. There was a statistically significant association at alpha 0.05 (p -value =0.000489) between TTIs and the type of donors.

CONCLUSION:

To ensure safe blood donation, more research is needed to identify the key risk factors and develop interventional strategies for TTI control. The present data is expected to support the help policymakers to prepare a proper well-organized action plan. Special attention should be given to the rising numbers of HBV and Syphilis in D.I Khan.

KEYWORDS:

Blood transfusion, Hepatitis B, Malaria, Blood donors, Prevalence

QUALITY OF DENTAL SERVICE: PATIENT EXPECTATIONS AND PERCEPTIONS TOWARDS THE DENTIST AND DENTAL PRACTICE

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INTRODUCTION:

The dentist-patient relationship is the heart of successful dental practice. When expectations of patients are met, satisfaction increases which in turn affects the patient's behavior improves oral health habits and influences better use of dental services.

OBJECTIVES:

1. To determine which dimension from the 5 dimensions of service quality has the greatest quality gap.
2. To determine the association of age and gender with satisfaction level.

METHODOLOGY:

A descriptive cross-sectional study was carried out at the outpatient department of two private hospitals in Peshawar from November 2022 to January 2023 using a modified assessment of service quality questionnaire (SERVQUAL QUESTIONNAIRE). The sample size was 300 and non-probability consecutive sampling was done. Data were analyzed using SPSS version 25.

RESULTS:

Out of 300 patients, 64 % (n=192) were females while 36 % (n=108) were males mostly in the age group of 19- 35 years. The largest quality gap was observed in the empathy dimension; characteristics concerning the way the dentist approaches patients (M=3.68, SD=3.088) followed by responsiveness; willingness to help, prompt care, etc (M=1.76, SD=2.507), reliability; ability to perform promised services accurately and without mistakes (M=1.22, SD=3.143) and assurance; feeling of security, sincerity (M=1.02 SD=2.304) while the smallest gap was concerned with Tangible dimension; clean and comfortable environment of the hospital (M=0.41, SD=2.311). The level of satisfaction was greatly influenced by gender, females have more expectations than males and age is significantly associated with the level of satisfaction ($p < 0.005$).

CONCLUSION:

Improvements are required across all five dimensions of service quality. However, there was a large quality gap in the Empathy dimension reflecting the need to be considered a priority by dental hospitals to enhance the doctor-patient relationship.

KEYWORDS:

Health Care, Patient Satisfaction, Dental Practice

LEVEL OF AWARENESS AMONG UNDERGRADUATE MEDICAL STUDENTS REGARDING DISINFECTION AND MANAGEMENT OF DIFFERENT TYPES OF WOUNDS

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INTRODUCTION:

Wound care is a major challenge for the health care system because wounds that are not treated properly can affect one's health as they become infectious (3% to 15%). The use of inappropriate wound care products can delay healing.

OBJECTIVE:

1. To assess the level of awareness among undergraduate medical students regarding disinfection and management of wounds.

METHODOLOGY:

A descriptive Cross-sectional study was conducted at Peshawar Medical College, Peshawar from November 2022 to January 2023. Non-probability convenience sampling technique was used for sampling. Structured Questionnaires, adopted from previous studies, were distributed among 600 students of 1st, 2nd, 3rd, 4th, and final year MBBS aged between 20 to 24 (both male and female). Data were analyzed through SPSS version 22. Descriptive statistics were used to determine the frequency or percentage of study variables.

RESULTS:

Out of 500 (83%) students who filled out the questionnaires, 30% (150) students correctly knew to use cool water as first aid for burn wounds. About 44% (220) of students were well acquainted with the use of soap, water, and antibiotics for dog bites and 54% (270) were aware of not sucking the venom out of snake bite wounds. Only 20% (100) of participants were educated about advising mechanical offloading to facilitate diabetic ulcer healing. About 50% (250) of students knew that external bleeding of a wound is best controlled with a tourniquet.

CONCLUSION:

The level of awareness is low among undergraduate medical students than it should be, regarding the disinfection and management of wounds.

KEYWORDS:

Students, Wounds, Disinfection, Burns, Snake Venoms

FREQUENCY OF AZITHROMYCIN RESISTANCE IN SALMONELLA TYPHI ISOLATED FROM BLOOD CULTURES GATHERED FROM A TEACHING HOSPITAL

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Kabir Medical College, Peshawar

INTRODUCTION:

Salmonella species causes enterocolitis, enteric, enteric fever, and septicemia with metastatic infections such as osteomyelitis. The typhoidal species are *S. typhi* and *S. Paratyphi*. According to the W.H.O., approximately 11-20 million cases show up annually resulting in about 128 000- 161 000 deaths per year. In Pakistan, the incidence is 412 per 100 000 persons, amongst the highest in the world. Treatment has become complicated by the emergence of XDR strains of *S. typhi* species, which if left unchecked would become a global issue.

OBJECTIVES:

1. To assess Anti-microbial susceptibility patterns to Azithromycin In *S. typhi*
2. To find the frequency of XDR *S.typhi* in Peshawar, Pakistan

METHODOLOGY:

A cross-sectional study was conducted on blood samples collected from 92 patients from a teaching hospital. The study involved antibiotics and testing to see *S. typhi* resistance and sensitivity to them. Categories were Resistant and Sensitive. The sampling technique used was non probably convenience sampling, data was gathered from patients who submitted their blood for testing. Analysis was done on SPSS.

RESULTS:

Out of the total amount of samples, 83 samples were tested against Azithromycin. The results are as follows 54 (65.1%) were sensitive, 23 (27.7%) were resistant and 6 (7.24%) were moderately resistant.

CONCLUSIONS:

AMR is a serious growing threat in our community which could become a global issue and go past a point of treatment, especially in cases of enteric fever. Alternative treatment plans need to be made and Implemented. Awareness needs to be raised in the medical community about the importance of overprescription of Azithromycin and other anti-microbials.

KEYWORDS:

Blood Culture, Teaching Hospital, Azithromycin

KNOWLEDGE, ACCESS, AND ADMINISTRATION OF FLU VACCINE AMONG THE UNDERGRADUATE STUDENTS OF PESHAWAR

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INTRODUCTION:

Flu is a contagious disease caused by the influenza virus. As per publications, yearly about 5 to 15% of the world's population experience influenza having 4 to 5 million serious cases and 250,000 to 500,000 death cases. The influenza vaccine is recommended by the WHO for healthcare workers. This study helps us investigate, the knowledge, access, and administration of flu vaccine among the undergraduate medical students of Peshawar.

OBJECTIVE:

1. To investigate the knowledge, access, and administration of flu vaccine among the undergraduate students of Peshawar.

METHODOLOGY:

A 2 month-long cross-sectional study was conducted in Peshawar and 336 students participated. The sampling technique was non-convenient. The inclusion criteria were undergraduate students while the exclusion criteria were graduated students. A well-developed questionnaire was circulated, and data were analyzed using SPSS.

RESULTS:

As per the collected data, 215 out of 336 (64%) had good knowledge. 121 out of 336 (36%) had no idea about the flu vaccine. 78 (23%) students had access and administered, while the vaccine availability was limited for 196 (61%) and 62 (18.5%) had no access. The vaccine administered was 31.5 % and those who did not administer it 68%.

CONCLUSION:

As per the data collected, the administration of vaccines shows an effective response in flu prevention but availability is a problem. Vaccines should be easily accessible to students for better results.

KEYWORDS:

Influenza Virus, Flu Vaccine, Undergraduate Students, Knowledge, Access

FREQUENCY OF POLYCYSTIC OVARY SYNDROME IN FEMALE MEDICAL STUDENTS OF PESHAWAR AND ITS IMPACT ON THEIR QUALITY OF LIFE

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INTRODUCTION:

Polycystic ovary syndrome (PCOS) is a chronic condition with symptoms affecting many women at reproductive age and evaluating their health-related quality of Life (HRQoL) is an important issue. It is said to be the most common female syndrome worldwide. It affects 4-18% of reproductive-aged women around the globe.

OBJECTIVES:

1. To determine the frequency of students having PCOS.
2. To determine the impact of PCOS on their quality of life.

METHODOLOGY:

The descriptive cross-sectional study was conducted among the public and private medical students of Peshawar within two months. Non-probability convenience sampling technique was used. The sample size was 384. The data was collected through a valid PCOS Questionnaire (PCOSQ), which is a 26-item questionnaire. SPSS version 23 was used for data analysis.

RESULTS:

The questionnaire was distributed among 384 students. Among them 50(13%) students had PCOS. In section of emotion; 44(88.04%), body hair; 43(86%), weight; 41(82%), infertility; 38(76%) and menstrual problems; 44(88.04%) students had impairment.

CONCLUSION:

Our study showed a high frequency of PCOS in students, which calls for a national study to look at its prevalence in the young female population, as it has long-term consequences for their reproductive and metabolic health. Females with PCOS experience low quality of life.

KEYWORDS:

Polycystic Ovary Syndrome, Quality of Life, Infertility

REASONS FOR DENTAL CARE VISITS BY THE STUDENTS IN A MEDICAL AND DENTAL COLLEGE IN PESHAWAR, PAKISTAN

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INTRODUCTION:

The dental care visits by medical and dental students have not been studied locally or internationally from this specific angle. They studied it from the perspective of relative awareness given by various occupations like dentistry, nursing, midwifery, etc.

OBJECTIVES:

1. To determine the frequency of dental visits among students
2. To determine the comparative frequency of dental visits by college, gender, and the key reason

METHODOLOGY:

This descriptive cross-sectional was conducted among the students of Peshawar Medical & Dental Colleges for 3 months. The sample size was 105 and the sampling technique was simple random sampling. Permission was sought from the college authorities and verbal consent of the respondents. The data was collected using a self-administered structured questionnaire and analyzed using the SPSS software. Descriptive statistics were calculated for the key variables.

RESULTS:

The dental visits among the medical & dental students were 74% (n=78). These were common among females (70:8). The students of dentistry had more visits (54% n=42). The reasons for visits were dental scaling and others (38% each), routine checkups (14%), and aesthetic reasons (9.5%). Dental visits for aesthetics were prevalent among females (6:4).

CONCLUSION:

The frequency of dental visits was more common among dental students. Further studies are needed to find reasons for this difference between the two disciplines. The more aesthetic care visits among females may be due to their relatively high sensitivity to appearance.

KEYWORDS:

Reasons, Dental care visits, Medical students, Dental students, Pakistan

THE COMPARISON OF THE EFFICACY OF PROBIOTIC (BACILLUS CLAUSII) WITH YOGHURT IN THE MANAGEMENT OF ACUTE WATERY DIARRHEA

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INTRODUCTION:

Despite improvements in access to health care and protocols of treatment, diarrhea is the second leading cause of child mortality globally amongst children younger than five years, causing about 1.5 to 2 million deaths annually. Child mortality due to diarrheal illness has declined considerably since the year 2000; nevertheless, it resulted in 8% of total childhood deaths in 2017

OBJECTIVE:

1. To compare the efficacy of Probiotics with yogurt in the management of children with acute diarrhea in terms of frequency and consistency of stools

METHODOLOGY:

A Quasi-experimental study was carried out at the Department of Pediatric Medicine Combined Military Hospital, Peshawar Pakistan, from Jun to Dec 2020. A total of 159 Patients were allotted into three Groups A, B, and C. Group-A received a Probiotic (*Bacillus clausii*), Group B received plain yogurt, and Group C did not receive yogurt or probiotics. The outcome was an improvement in stool consistency at 72 hours. Stool consistency was assessed via Bristol stool chart along with frequency. Data were collected 72 hours after initiation of treatment. For analysis SPSS version 20 was used.

RESULTS:

The total number of patients enrolled was 159 (53 in each Group). Among these, 85 (53.5%) were males, and 74 (46.5%) were females. There was a statistically significant association in terms of consistency ($p=0.001$) and term of frequency ($p<0.001$) in the Probiotic and Yoghurt-Group.

CONCLUSION:

The outcome in terms of consistency is almost equal in the Probiotic and Yoghurt-Group. However, Probiotic is superior to yogurt in terms of frequency

KEYWORDS:

Pediatric, Management, Yogurt, Diarrhea

FACTORS ASSOCIATED WITH ORAL ULCERS AMONG UNDERGRADUATE MEDICAL STUDENTS OF PESHAWAR MEDICAL COLLEGE

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INTRODUCTION:

Aphthous ulcers, recurrent aphthous stomatitis, canker sores, or aphthosis are the common inflammatory lesions of the oral mucosa. The various causes directed towards oral sores include psychological stress, hormonal changes, inappropriate diet, tobacco use, local trauma, genetic predisposition, or microbial agents.

OBJECTIVES:

1. To find out the factors associated with oral ulcers among medical students.
2. To compare the leading factor associated with oral ulcers between male and female students.

METHODOLOGY:

A cross-sectional descriptive study was conducted at Peshawar medical college from 15th October 2022 to 30th January 2023 and responses were collected from clinical and non-clinical students. The sample size was 300 and a purposive sampling technique was employed. A validated questionnaire was selected and used for data collection. The data was analyzed using SPSS v.22.

RESULTS:

Among 300 participants, 128 were males and 172 were females out of which 66 males and 100 females had oral ulcers. Out of 100 females, 16 of them had association of oral ulcers with the menstrual cycle. Out of 166 subjects who had the disease 63 had a positive family history and 40 of them had certain food allergies while a large number i.e 69 oral ulcer sufferers had experienced medical conditions of which iron deficiency anemia and GIT problems were the most common. Other contributing factors included stress (57.2%), consumption of hot and spicy food (47.6%), poor oral hygiene (42.2%), and fatigue (30.1%).

CONCLUSION:

The leading cause of oral ulcers among male students is the consumption of hot and spicy food (54.5%) and for female students is stress (61%).

KEYWORDS:

Oral ulcers, Aphthous, Medical students

KNOWLEDGE ABOUT ANTIBIOTICS USE AND ANTIMICROBIAL RESISTANCE AMONG MEDICAL STUDENTS OF DISTRICT PESHAWAR

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INTRODUCTION:

Antibiotic resistance (AMR) is a global problem that is mostly caused by the inappropriate and excessive use of antimicrobial drugs. According to the World Health Organization (WHO), the world is heading towards a 'post-antibiotic era.

OBJECTIVE:

1. To determine the knowledge about antibiotic use, and antimicrobial resistance among fourth and final-year medical students of district Peshawar.

METHODOLOGY:

This descriptive cross-sectional study was conducted among the medical students of district Peshawar from 2 September 2022 to 2 November 2022. Non-probability convenience sampling technique was used to collect the data from the study participants. All the 4th year and final-year MBBS students were included in the study while any psychotic and handicapped students were excluded. The sample size was calculated through an online sample size calculator (open-epi) and it was 360. Data was collected through a World Health Organization (WHO): Antibiotic Resistance, Multi-country public awareness survey. SPSS version 25 was used for data analysis.

RESULTS:

Among 360 study participant's response rate was 92%. The mean age was 23 years with 35 % male and 65 % female. About 43 % claimed the use of antibiotics in the last month and the main conditions were sore throat 82% and diarrhea 56%. Knowledge about antibiotics was good among 66% of the participants while AMR was 42%.

CONCLUSION:

Most clinical students are well-versed in the use of antibiotics, but their understanding of AMR is not satisfactory. Implementing awareness efforts could contribute to spreading knowledge about the significance of antibiotics and AMR.

KEYWORDS:

Antibiotics, Resistance, Students

A RETROSPECTIVE ANALYSIS OF FREQUENCY OF GASTROINTESTINAL TRACT LESIONS BASED ON DEMOGRAPHICS AND HISTOPATHOLOGY: A SINGLE INSTITUTION STUDY FROM PESHAWAR, KHYBER PAKHTUNKHWA

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INTRODUCTION:

The gastrointestinal (GI) tract is a hollow tube extending from the oral cavity to the anus that consists of anatomically distinct segments, including the esophagus, stomach, small intestine, colon, rectum, and anus.

OBJECTIVES:

1. To determine the frequency of gastrointestinal tract lesions.
2. To determine the mean age and gender of the study population affected by GI disease.
3. To determine the pattern of Benign and Malignant GI lesions.

METHODOLOGY:

This descriptive cross-sectional study included a total of 454 GI lesions obtained by consecutive sampling techniques that were received at the department of Pathology, PMC, Riphah international university, Islamabad from August 2015 to August 2022. All the biopsy reports were retrospectively evaluated for demographics, location, the pattern of benign and malignant disease, and grade and stage of the tumor. The data was entered in a self-structured Proforma and analyzed using SPSS version 20 for descriptive analysis.

RESULTS:

Out of the 454 lesions, 300 were benign and 154 were malignant. The mean age was 39.24 ± 19.9 SD for the benign category and males were more frequently affected (M: F, 1.35: 1). The most frequent diagnosis was Chronic inflammation (n= 80/299, 26.7%). The mean age was 52.62 ± 18.2 for a malignant category with males and females equally affected. The most frequent diagnosis was adenocarcinoma (n=105/154, 68.2%).

CONCLUSION:

This study showed a higher frequency of Benign GI lesions among the study population with chronic inflammation being the most common diagnosis. Among the malignancies, adenocarcinoma was more common.

KEYWORDS:

Intestine, Ileum, Jejunum.

SPECTRUM OF BENIGN AND MALIGNANT BREAST LESIONS; A TERTIARY CARE EXPERIENCE

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INTRODUCTION:

Breast cancer is the 5th leading cause of death worldwide. It accounts for 55.7% of all malignancies among adult females in Pakistan. We need a continuous watch on its rising incidence in our population to be able to take preventive actions nationally.

OBJECTIVES:

1. To determine the frequency of Benign and Malignant Breast lesions.
2. To determine the Frequency of Nottingham grades and TNM stages of Breast Cancer.
3. To determine the Frequency of intrinsic Molecular Subtypes of breast carcinoma.

METHODOLOGY:

It was a cross-sectional descriptive study done at the Histopathology division of Peshawar Medical College. 10 years of data were retrospectively retrieved from electronic archives of PMC labs. Non-probability serial sampling technique was used, and the sample size was 613. SPSS version 25 was used for the analysis of the data.

RESULTS:

Total benign lesions were 59.21% and malignant lesions were 40.78%. The most common histological type of benign breast lesion was fibroadenoma 30.9% followed by chronic inflammation 28.4%. The most common malignant breast lesion was invasive ductal carcinoma 88.4% followed by invasive lobular carcinoma 16%. Grade II (44.4%), stage T3 (38.8%), and nodal status N2 (32.6%) were common. The molecular profile breakup of 65 cases was Luminal A; 20%, Luminal B; 32.3%, Her 2 positive; 32.3%, and Basal-like;15.4%.

CONCLUSION:

Breast cancer presents in younger patients in our study population and at advanced stages. Basal-like molecular subtypes of breast cancer were fewer than Luminal B and Her 2 positive which provides these patients the opportunity to avail the of hormonal therapy and immunotherapy.

KEYWORDS:

Fibroadenoma, Estrogen Receptor, Progesterone Receptor, Breast Neoplasms

DENGUE FEVER OUTBREAK IN PESHAWAR: AN OBSERVATIONAL STUDY ON CLINICAL FEATURES AND LABORATORY MARKERS OF DENGUE VIRUS INFECTION

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INTRODUCTION:

Dengue is a viral illness that originates in tropical regions and is caused by the dengue virus (DENV). It is considered to be one of the most important diseases transmitted by arthropod vectors.

OBJECTIVE:

1. To investigate the occurrence, clinical manifestations, and laboratory measures related to dengue infection in the context of a recent outbreak that took place in Peshawar in 2022.

METHODOLOGY:

A prospective hospital-based observation study of sample size 414 was conducted from January to December 2022 at Rehman Medical Institute, Pakistan, including patients aged 12 or above with antigen or antibody positivity. The sampling technique was consecutive sampling. Data was collected from dengue-positive patients using a standardized proforma with ethical committee approval. The data, comprising clinical complaints were analyzed using Microsoft Excel. Categorical variables, such as clinical characteristics, were expressed as numbers and percentages.

RESULTS:

Out of 414 samples in 2022, 236 (57%) males and 178 (43%) females had dengue fever. Dengue fever was most common in those aged 21–30 (21.9%) and 31–40 (19%). Fever (29.71%), liver abnormalities (25.60%), and elevated blood sugar (10.86%) were symptoms. Serological testing for dengue IgG, IgM, and NS1 antigen confirmed the diagnosis.

CONCLUSION:

Males were more likely to get dengue in Peshawar in 2022. Most dengue-positive people were 21–40. Dengue patients had a fever, liver problems, and high blood sugar. Serological testing with dengue NS1 antigen and IgG and IgM antibodies confirmed dengue disease.

KEYWORDS:

Dengue fever, Epidemiology, Laboratory markers

FREQUENCY OF PREMENSTRUAL SYNDROME AMONG THE MEDICAL AND DENTAL STUDENTS OF PESHAWAR

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INTRODUCTION:

Premenstrual syndrome means a collection of physical, psychological, and behavioral symptoms that are experienced by women during the late luteal phase of each menstrual cycle. PMS starts 6-12 days before menses and persists for 2 days after the onset of menses.

OBJECTIVE:

1. To determine the frequency of PMS among medical and dental students.

METHODOLOGY:

A cross-sectional study was conducted from 1st November to 31st January 2023 on the students of Peshawar medical college, after taking their verbal consent. Using convenience sampling, a total of 200 females with age 18 to 25 years students from the first to final year students of Peshawar Medical & Dental College were selected. Data was collected through a standardized questionnaire i.e., Premenstrual Syndrome Scale (PMSS). SPSS version 25 was used for data analysis.

RESULT:

The mean age of the study participants was 21 years. On PMSS mild symptoms were shown by 14.7%, moderate at 49.1%, severe at 29.4%, and very severe by 6.7%. Among the most common symptoms of PMS, mood swings occurred in 30.0%, abdominal cramps in 28.8%, pelvic pain in 23.9%, and body aches & fatigue in 21.5% of the responders.

CONCLUSION:

The frequency of moderate symptoms of PMS was shown by almost half and severe by more than one-third of the participants. There is a need for strategies to aware young adults about PMS and its prevention.

KEYWORDS:

Premenstrual syndrome, Students, Medical

FREQUENCY AND TYPES OF WATERBORNE DISEASES IN DISTRICT NOWSHERA HOSPITALS DURING THE FLOOD

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INTRODUCTION:

Water is an essential need of every human being. In developing and third-world countries; mortality and morbidity due to poor drinking water quality are higher. It causes both human and economic loss for these countries. Due to the lack of sanitation and safe drinking water in Pakistan, waterborne diseases have increased significantly. A massive flood recently struck Pakistan, which increased the frequency of waterborne diseases.

OBJECTIVE:

1. To find the frequency and types of waterborne diseases in district Nowshera hospitals during the flood.

METHODOLOGY:

A retrospective study was conducted using the census technique from 1st Aug 2022 to 30th Sep 2022. The sample size was 2112. Data were retrieved from registers of Qazi Hussain Ahmed teaching hospital Nowshera, recorded on our pre-formed proformas, and analyzed using SPSS version 25.

RESULTS:

Among the data retrieved from the OPD registers, 2112 patients, 190 (21%), had water-borne diseases. Dengue fever was on top of the conditions (44.2%), followed by Loose motions (37.8%), Enteric fever (15.7%), and Dysentery (8.4%)

CONCLUSION:

Because of its geographical location and climatic change, Pakistan is prone to floods in the future. Therefore, we should focus on our health system, and the government should improve our hospitals by providing beds, medicines, doctors, and nursing staff and also provide proper infrastructure for waste disposal, which can limit the spread of waterborne diseases.

KEYWORDS:

Waterborne diseases, Floods, Frequency, Water quality.

ASSESSING THE KNOWLEDGE, ATTITUDE, AND PRACTICES OF DENTAL PRACTITIONERS IN DENTAL TEACHING HOSPITALS OF PESHAWAR REGARDING THE APPROPRIATE TREATMENT OF CHILDREN WITH SPECIAL HEALTH CARE NEEDS (SHCN)

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INTRODUCTION:

Children with SHCN are among the world's underserved dental patient groups, and their oral health care remains an unmet challenge for dental practitioners. Oral and general healthcare for a child with SHCN requires specialized knowledge acquired by additional training, as well as increased awareness and attention, adaptation, and accommodative measures beyond what are considered routine.

OBJECTIVE:

1. To assess the knowledge, Attitude, and Practice of dental practitioners regarding the appropriate treatment of children with SHCN.

METHODOLOGY:

A cross-sectional descriptive study was conducted among dental practitioners practicing in dental teaching hospitals of Peshawar from November 2022 - February 2023. A sample size of 188 was calculated through Raosoft. A convenience sampling technique was applied. Analysis was done through SPSS version 25. Participants were provided with a close-end questionnaire to assess their knowledge, attitude, and practices regarding the appropriate treatment of SHCN patients.

RESULTS:

Out of 178 participants, 124 (69.3%) had good knowledge regarding the treatment of Children with SHCN while 54(30.2%) had poor knowledge. Out of 179 participants, 94 (52.5%) had a good treatment attitude toward SHCN children while 85 (47.5%) had a poor treatment attitude. There 71 (39.7%) participants showed good practices while treating children with SHCN whereas 108 (60.3%) delivered bad practices. It was also found, using the Chi-square test, that there was a significant co-relationship between the knowledge and gender of the dental practitioners ($p=0.012<0.05$).

CONCLUSIONS:

When compared to otherwise healthy children, children with SHCN have always had poor oral health. Therefore, dentists should have the right skills, knowledge, and attitude for treating children with SHCN.

KEYWORDS:

Children, Special healthcare needs, Dental practitioners

A DESCRIPTIVE STUDY OF SEHAT CARD AWARENESS AMONG THE PEOPLE VISITING TERTIARY CARE HOSPITALS OF PESHAWAR

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INTRODUCTION:

Sehat Card is a micro health insurance program with a wide range of medical and surgical procedures with one million PKR annually for each family. This program has been successful in providing access to healthcare services. It has high satisfaction rates among beneficiaries, indicating effectiveness.

OBJECTIVES:

1. To assess the Sehat Card awareness, utilization effectiveness
2. To compare education level with the awareness among the people of Peshawar.

METHODOLOGY:

A 2-month long, descriptive cross-sectional study was conducted at Tertiary Care Hospitals of District Peshawar. The sample size was 377 and a non-probability sampling technique was employed. A validated questionnaire was used to collect the data. Descriptive statistics were calculated as frequency, percentages, standard deviation, and mean. Inferential statistics were determined through a chi-square test keeping the p-value at 0.05. Data was analyzed on SPSS.

RESULT:

Among 377 participants 46.1% used a sehat card, and 53.5% had at least one family member with a sehat card. Ignorant people were 72.9%. The source of knowledge by word of mouth was 49.6%. Only 24.8% knew the sehat card services. The most frequent use was for treatment at 89.7% and for surgery was 75.4%. The satisfaction rate was 93.8% and only 6.7% used the total funds. There were 60.5% in favor of increasing the funds. Moreover, 100% population was in favor of the launch of similar programs and recommended their use.

CONCLUSION:

The awareness and utilization were found to be satisfactory with males being the most users. A significant comparison of education and awareness was found.

KEYWORDS:

Health Insurance, Awareness, Micro-Health Insurance, Citizens, Sehat Card, Programme

FREQUENCY OF SEPSIS AND ITS ASSOCIATED RISK FACTORS IN NEONATES ADMITTED IN THE INTENSIVE CARE UNIT OF TWO TEACHING HOSPITALS OF PESHAWAR

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INTRODUCTION:

Neonatal sepsis refers to an infection involving the bloodstream in newborns less than 30 days old. Maternal, neonatal, and environmental factors are associated with the risk of infection.

OBJECTIVE:

1. To determine the prevalence and risk factors causing neonatal sepsis in neonates admitted in two teaching hospitals of Khyber Pakhtunkhwa.

METHODOLOGY:

It is a multi-centric descriptive study that was conducted in the department of Pediatrics at Kuwait teaching hospital and Mercy Teaching hospital, Peshawar from 21st Sep – 21st Dec 2022. A total of 376 neonates were included in the study and a consecutive sampling technique was followed. All the variables were collected on structured Proforma and were analyzed on SPSS version 25.

RESULTS:

Out of 4056 cases, 376 were of sepsis, 254 (67.6 %) were male and 122 (32.4%) were female. 95% had Apgar score above 6/10. 61.3 % presented within the first three days of life (early-onset Neonatal Sepsis) while 38.7% presented after 3rd day of life. There were 65% of neonates with weights below 2.5 kg (IUGR). History of premature rupture of membranes (PROM) was present in 17(4.5 %) patients while 359(95.5%) had no history of PROM. The difference between the mode of delivery was not significant. Out of 376, 233 (62%) were breastfed while 143 (38%) were bottle-fed. Neonatal sepsis was found more in women aged 25 years (79%). Sepsis was found in 142(37.8%) women with a parity of 2. 81.4% of mothers had a positive history of UTI before the delivery.

CONCLUSION:

The significant risk factors are male gender, early age at presentation, IUGR, maternal history of UTI, and parity of 2 or less.

KEYWORDS:

Neonatal Sepsis, Risk Factors, Infection

**PUBLIC HEALTH
AND SOCIAL
SCIENCES**

THE RELATIONSHIP BETWEEN SOCIAL MEDIA ADDICTION AND DEPRESSION AMONG MEDICAL STUDENTS OF PESHAWAR

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INTRODUCTION:

Depression is one of the biggest health problems in modern society. The WHO has stated it as the most common cause of disability today. It is a common and serious mental disorder that affects a person's routine activities and abilities. Studies have shown that excessive use of social media affects students' mental health. Social media use can increase depression and anxiety among users.

OBJECTIVES:

1. To investigate the perceptions of medical students regarding the usage of social media networks
2. To measure the relationship between social media and depression among medical students.

METHODOLOGY:

A cross-sectional study was carried out from May to September 2022, among the 282 medical students of Peshawar. Non-probability convenience type sampling was applied. An online questionnaire was designed and sent to the participants via WhatsApp. Data analysis was done using SPSS and EXCEL version 2010 was used to make graphs and figures.

RESULTS:

The participant's ages were between 18 and 27 years. We found that 40.1% were using social media more than 10 times per day, 36.9% used 2 to 5 times a day and 5.7% were using it only once a day. Only 7 (2.5%) out of 282 participants, according to the scale have an addiction, and 275 (97.5%) have no addiction. There were participants of 193 (68.4%) out of 282 who were at risk of clinical depression and 89 (31.6%) have no clinical depression.

CONCLUSION:

According to the study, social media does not necessarily cause depression. We concluded that depression may be due to other causes like stressful life, unemployment, family problems, and low socioeconomic status

KEYWORDS:

Social Media, Depression, Medical Students

ASSESSING DECLINE IN COGNITION WITH COMORBIDITIES AND AGE USING MINI-MENTAL STATE EXAMINATION

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INTRODUCTION:

The neuroscience of cognition has been a subject of intense activity in the recent past. The cognitive components that are vulnerable are executive functioning mainly and processing speed to a lesser degree. Medications could be a potential cause of dementia and delirium; however, age & comorbidities also play an important role.

OBJECTIVE:

1. To evaluate the effect of comorbidities, age & other factors on cognition.

METHODOLOGY:

A cross-sectional study was carried out in town 3 of Peshawar from April 2021 to September 2022. 200 participants above 40 years were sampled through convenience sampling using a questionnaire and a standardized tool named Mini-Mental State Examination (Mini-Mental State Examination) for cognition. It is categorized as normal ($\geq 25/30$), mild cognitive impairment (18-24/30), and severe cognitive impairment (0-17/30). Data were analyzed using IBM SPSS version 21.

RESULTS:

The frequency of cognitive impairment was 42.5% and it increased with increasing age above 40. Cognitive decline was more in females; 55% as compared to 33% in males; p-value 0.002., more in only school level educated (51%) and uneducated (72%) as compared to educated (16%); p-value;0.001, more in smokers (58%) to non-smokers (34%); p-value: 0.001, more in hypertensives (56%) as compared to non-hypertensive (34%) p-value: 0.002.

CONCLUSION:

It was found that cognitive impairment was more in older age individuals, females, those having no education or fewer years of education, hypertensives, and smokers.

KEYWORDS:

Cognitive impairment, Cognitive decline, Mini-Mental State Examination, Comorbidity

KNOWLEDGE, ATTITUDE, AND PRACTICES OF MEDICAL STUDENTS REGARDING COVID-19 VACCINES

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INTRODUCTION:

The WHO declared the COVID-19 outbreak as a pandemic in March 2020. During this pandemic, COVID-19 vaccines may prove to be the most important public health measure. With the distribution of vaccines underway, it is very important to examine community acceptance of Covid-vaccines. For this reason, a study was conducted in AFMDC Faisalabad to assess the knowledge, attitude, and practices of medical students regarding these vaccines.

OBJECTIVE:

1. To assess the knowledge, attitude, and practices of medical students of AFMDC regarding the COVID-19 vaccine.

METHODOLOGY:

It was a cross-sectional study conducted at AFMDC on students of 1st-year to 5th-year MBBS of AFMDC, for three months. The sample size was 333 and the sampling technique used was Non-probability sampling (convenient sampling). Data was collected using a structured questionnaire. The data was collected with a google form that was shared via a link on WhatsApp. Data were analyzed using The Statistical Package for the Social Sciences (SPSS) Version 2022 (1.0.0.1406).

RESULTS:

The students showed adequate knowledge and good attitude regarding the covid vaccines with 68% of the sample claiming that vaccines can prevent people from getting the virus, 98.8% of the sample being vaccinated

CONCLUSION:

The success of vaccines depends on the public's willingness to receive the vaccine. Therefore, highlighting legitimate reasons for concerns such as side effects, or negative outcomes, and the benefits of immunization will increase vaccine acceptability.

KEYWORDS:

COVID-19 vaccine, knowledge, attitude, medical students

EVALUATING AWARENESS, ATTITUDE, AND PRACTICE OF FOOD SAFETY AMONG THE POPULATION OF KARACHI, PAKISTAN

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INTRODUCTION:

Unhygienic living conditions, humid and warmer temperatures, underprivileged neighborhoods, open sewage, and poor sanitation are typical causes of foodborne illnesses that have an impact on food safety.

OBJECTIVE:

1. To evaluate food safety awareness, practice, and attitudes among food handlers and the public of Karachi, Pakistan to make decisions and enhance food safety.

METHODOLOGY:

The study employed a cross-sectional descriptive method. A questionnaire-based survey was conducted with 200 participants; men, and women, from various qualifications, occupations, and socioeconomic statuses in several areas of Karachi. The sampling technique was Convenience sampling. The duration of the study was from Oct 20, 2022, to Nov 1, 2022. The survey's results were analyzed using frequencies and cross tabs through SPSS version 26.0.

RESULTS:

The findings of our study showed that respondents were aware of hygienic practices. However, 26% were not aware that typhoid was brought on by street food. Furthermore, even understanding how unhealthy street food is, 36% of people still eat it. 9.5% of people, according to our research, consume food after its best-before date. 37% had sewage systems that were underdeveloped and prone to flooding during rainy seasons, which increased the prevalence of these illnesses.

CONCLUSION:

Food handlers and consumers had adequate knowledge, attitudes, and practice levels. However, some proportion of respondents' extent of practice was comparatively not good enough as per their knowledge and perspective. Effective assessment strategies must be implemented to protect public health and safety.

KEYWORDS:

Food Safety, Hygiene, Food Practice, Foodborne Diseases

TYPES AND FREQUENCY OF HEMOGLOBINOPATHIES, FREQUENCY OF CONSANGUINITY IN THE GENERAL POPULATION OF PESHAWAR

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Rehman Medical Institute, Peshawar

INTRODUCTION:

Hemoglobinopathies are a genetic disorder of the globin component of the hemoglobin protein. genetic modification of the globin protein code that alters protein output produces thalassemia syndrome.

OBJECTIVES:

To discover the different types of hemoglobin disorders, their consanguinity, and their prevalence in Peshawar.

METHODOLOGY:

A Retrospective study laboratory analysis of a whole blood sample of 263 patients from March 2021 to February 2022 was done at RMI Peshawar and PIMS for the diagnosis of anemia and other blood conditions. Whole blood samples were collected in an EDTA tube: a CBC with peripheral blood smear was stained with Leishman stain was performed. HB electrophoresis was performed using a commercially available electrophoresis kit. Statistical analysis was done at SPSS version 20 and MS Excel.

RESULTS:

Out of 263 Patients, the majority of the patients are Females 158 (61%) than males 105 (29%). Patients 111 (42%) had Hemoglobinopathies in which 77.48% had B-thalassemia minor and 19.82% had B-thalassemia major, while the frequency of sickle cell disease was 2.70%. Among these, 38.5% of patients' parents are relatives with which consanguinity frequency was 33.17% and 13.66% of patients have known cases of thalassemia.

CONCLUSION:

B thalassemia minor affects the majority of patients, and cousin marriages are a major contributing factor in many cases. Therefore, this can be reduced by conducting population surveys and inductive screenings across the country by the HPLC technique.

KEYWORDS:

Thalassemia Major, Consanguinity, sickle cell disease.

DO WE EAT BREAKFAST DAILY?

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Wah Medical College, Wah Cantt

INTRODUCTION:

Breakfast is considered to be the most important meal of the day. Regular eating breakfast is found to promote general meaningfulness, manageability, and a sense of coherence as well as other health-promoting behaviors, and boost academic achievement.

OBJECTIVE:

1. To determine the frequency of eating breakfast daily and the factors responsible for its skipping.

METHODOLOGY:

A cross-sectional study was conducted at Wah Medical College from November 2021 to July 2022 for undergraduate Medical Students. Using convenient sampling, a sample size of 305 students was selected. A 13-item questionnaire was used to collect data on the students' habits of having breakfast and various other aspects. The data was analyzed using SPSS version 26.0.

RESULTS:

Out of the 305 students who completed the questionnaire, 236 (77%) students took breakfast regularly. There were 151 (50%) students who reported breakfast as the most important meal of the day. Whereas, 267 (87.5%) students believed that skipping breakfast is an unhealthy habit. The most common symptoms associated with skipping breakfast included lack of concentration (42.2%), headache (35.4%), and feelings of tiredness (33.1%). The most common reason for skipping breakfast was not having enough time (67%) followed by not feeling hungry (14.4%).

CONCLUSION:

The results from the study are valid to answer our research questions. The high percentage of students taking regular breakfast in the morning is reassuring and shows their knowledge about the importance of breakfast.

KEYWORDS:

Breakfast, Habits, Medical students, Diet, Foods

ADVERSE EFFECTS FOLLOWING COVID-19 VACCINATION AMONG STUDENTS OF A PRIVATE MEDICAL COLLEGE

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Wah Medical College, Wah Cantt

INTRODUCTION:

Coronavirus disease is a global pandemic spread across the world in March 2020, affecting more than 4.5 million people across the world. Scientists were able to develop vaccines to fight this viral pandemic but people developed various adverse effects following immunization.

OBJECTIVES:

1. To assess the frequency of various side effects following covid vaccination among medical students.
2. To compare the frequency of side effects among male and female students
3. To assess the association between types of vaccine and side effects following vaccination.

METHODOLOGY:

A Cross-sectional study was conducted at Wah Medical College for 6 months. 381 students were included using a convenient sampling technique. Data was collected using a Questionnaire including age, gender, types of vaccine, and observed side effects. Percentages were calculated for categorical data. The chi-square test was applied to gender and type of vaccine with various adverse effects following vaccination. The p-value of <0.05 was considered significant. Data were entered using SPSS v23.

RESULT:

Fever (32.3%), headache (28.1%), and body aches (26.8%) are the most common adverse effects following the vaccination. There was a significant association between the type of vaccines with fever (0.001), loss of taste (0.003) and smell (0.045), shortness of breath (0.003), sore throat (0.007) chest pain (0.015), and hypertension (0.047). The loss of taste was reported more in males (0.006) while the swelling and tenderness at the injection site were reported more common in females (0.000).

CONCLUSION:

Side effects were more related to the mRNA or viral vector vaccines.

KEYWORDS:

COVID vaccines, Side effects, Medical students

KNOWLEDGE AND PRACTICE OF ANTENATAL CARE AMONG PREGNANT WOMEN IN WAH CANTT

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Wah Medical College, Wah Cantt

INTRODUCTION:

Antenatal Care (ANC) means care before birth and includes education, counseling, screening, and treatment to monitor and promote the well-being of the mother as well as the fetus.

OBJECTIVE:

1. To assess the level of knowledge and practices regarding ANC among pregnant women.

METHODOLOGY:

The study was conducted using a cross-sectional design at POF hospital, and Izzat Ali Shah Hospital, Wah Cantt for a duration of six months from January to June 2022. A total of 379 pregnant women were included in the study by convenience sampling. A structured questionnaire consisting of closed-ended questions to assess the knowledge and practice of ANC was used. Data analysis was performed using SPSS version 23. Categorization of knowledge score was done and the Chi-square test was used to find out the statistical significance of results at an alpha value of 0.05.

RESULTS:

About 158 (41.58%) women had good Knowledge and 178 (46.84%) women had good Practice of Antenatal care. The women who had good ANC knowledge had good ANC Practice. A significant association between ANC Knowledge and Practice was found with age, education, occupation, and socioeconomic Status.

CONCLUSION:

Overall the level of ANC knowledge and practice was above average. It was more among the middle age women with better socioeconomic status and higher education. The focus should be on women's empowerment, raising their level of education, and making MCH services accessible to all for good maternal health outcomes.

KEYWORDS:

Antenatal care, pregnant women, Maternal Educational, Status

LEVEL OF SATISFACTION AMONG PATIENTS/ATTENDANTS AVAILING SURGICAL SERVICES IN PRIVATE TEACHING HOSPITALS THROUGH SEHAT CARD IN DISTRICT PESHAWAR

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Peshawar Medical College, Peshawar

INTRODUCTION:

Social Protection Initiative (Sehat Sahulat Program) was launched back in 2015 by the government of KP. Through this program, free health care services are provided.

OBJECTIVE:

1. To find the level of satisfaction among patients/attendants availing surgical services in private teaching hospitals through sehat card in district Peshawar.

METHODOLOGY:

A descriptive cross-sectional study was done in private teaching hospitals of district Peshawar from March 2022 to August 2022. A nonprobability convenient sampling technique was used and data was collected through a structured questionnaire. Data were analyzed through SPSS version 18.

RESULTS:

Among 414 respondents, 231 were males (56%) and 183 (44%) were females. Overall respondents were satisfied with the services they availed through Sehat Card. The majority of the participants (67%) chose the selected hospitals for their surgery due to the availability of the sehat sahulat card services in these hospitals and 23% due to the surgeon. About 30% of the people paid for some of the medicines. Due to post-surgical complications, 20% of the patients stayed for long in the hospital.

CONCLUSION:

The participants were satisfied with Sehat card services, the behavior of the OT staff, the surgeon's behavior, post-operative care, and waiting time.

KEYWORDS:

Surgical Procedure, Patient Satisfaction, Patients

TO EVALUATE AWARENESS AND PERCEPTION OF SELF-MEDICATION IN MEDICAL STUDENTS

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INTRODUCTION:

Self-medication is a component of self-care that has traditionally been defined as “the taking of drugs, herbs or home remedies on one’s initiative, or on the advice of other persons, without consulting a doctor.

OBJECTIVES:

1. To determine the perception and awareness level of self-medication in medical students.
2. To compare awareness levels in male and female medical students.

METHODOLOGY:

It was a cross-sectional study of 2 months duration. Convenient sampling was employed and the sample size was 370. A multiple choice questionnaire was distributed among 2nd(MBBS, BDS) to 5th-year students of Peshawar Medical and Dental College. The data was analyzed using SPSS version 25 and for comparison, a chi-square test was applied.

RESULTS:

Out of 370 students, 215(58.2%) male and 155(41.8%) female . Among them, 37.70% (antipyretic/analgesic) were taken on the self-decision while 31% took on a doctor's prescription and 32.2% of students know its side effects($P=0.000$). Furthermore, antibiotics(50%) students took on doctor's advice while 26.6% preferred self-medication and 38.0% have an idea of antibiotic resistance ($p=0.233$). similarly, on doctor advice anti-allergic(57.70%) ,gastric (45.80%) and cough(32.90%) medication. While 21.3%,22.1%, and 35.6% took on self-decision respectively .among them 28.0% gastric($p=0.064$),20.8% anti-allergic($p=0.221$) and 34.8% cough ($p=0.063$)students were aware of the side its effects

CONCLUSION:

Self-medication was commonly used by both male and female medical students for minor illnesses due to easy availability, low cost, and inexpensive. Only a few students knew its side effects.

KEYWORDS:

Self-medication, Medical students, Self-care.

ASSESSMENT OF KNOWLEDGE AND ATTITUDE REGARDING BREASTFEEDING AMONG MOTHERS VISITING PEDIATRIC AND GYNECOLOGY DEPARTMENTS OF FAUJI FOUNDATION HOSPITAL, RAWALPINDI

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INTRODUCTION:

Mothers' knowledge and attitude play a major role in implementing proper breastfeeding practices. Improper breastfeeding practices can cause immunodeficiency and weak parental bond with infants.

OBJECTIVES:

1. To assess the knowledge of mothers regarding breastfeeding.
2. To determine the attitude of mothers regarding breastfeeding.

METHODOLOGY:

A cross-sectional study was carried out from February to July 2022. It included 250 pregnant/lactating mothers attending the Pediatric and Gynecology departments of FFH, Rawalpindi. Structured interviews were conducted. The IOWA breastfeeding scale was used to assess the attitude of mothers. Statistical analysis was done using SPSS 26, through the Chi-square test to check the significant findings.

RESULTS:

The ages of the mothers ranged from 20-46y [30.81y \pm 5.27]. The majority of the mothers had a satisfactory educational background n=192 [76.8%] i.e., at least middle school. The mean IOWA score came out to be [59.0; \pm 6.87]. The mothers were mostly neutral to breastfeeding n=220 [88.0%] and had good knowledge about breastfeeding practices. There was a significant association between the type of family system and the cleanliness of the breast before feeding the baby. Moreover, there were significant associations between the number of pregnancies and the educational level of mothers and awareness about colostrum, between the number of pregnancies and practice after starting weaning.

CONCLUSION:

This research has revealed that the majority of mothers have a neutral attitude and good knowledge about breastfeeding.

KEYWORDS:

Breastfeeding, Knowledge and attitude, Mothers

RISK FACTORS AND IMPACT OF CYBERBULLYING VICTIMIZATION AMONG UNIVERSITY STUDENTS

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INTRODUCTION:

Cyberbullying is a global public health concern with tremendous negative impacts, not only on the physical and mental health of students but also on their well-being and academic performance.

OBJECTIVE(S):

1. To find out the most frequent types of cyber victimization.
2. To investigate the emotional and physiological effects of cyberbullying among university students.

METHODOLOGY:

A cross-sectional study was done from January to December 2022 among 500 students currently enrolled in public and private medical universities in Karachi. Using a non-probability convenient sampling technique, a pre-tested and structured questionnaire was administered among university students using electronic devices for more than one year. Data were analyzed by using SPSS version 24.

RESULTS:

Out of a total of 500, males 33.4%, and 66.6% of females in the study had suffered cyberbullying victimization in the past 12 months. The majority of the students 33.8% belong in the first year of study and 49.2% spent 3 to 6 hours using social media. Of students who received humiliating texts 29%, cigarette and 27.2% had difficulty concentrating on the lectures due to cyberbullying.

CONCLUSION:

To conclude, many students suffered cyberbullying victimization in the past 12 months. The current findings on demographic variables revealed that being female and studying at the University for less than two years were at a higher risk of cyberbullying victims. Students who had witnessed psychological, physical, or sexual violence, or cyberbullying in their neighborhoods and on social media were more likely to experience cyberbullying victimization.

KEYWORDS:

Cyberbullying, Social media, University students, Karachi

A STUDY ABOUT THE PREVALENCE AND DISTRIBUTION OF SELF-MEDICATION WITH ANTIBIOTICS BY GENDER AND RESIDENCE AMONG STUDENTS OF GOMAL MEDICAL COLLEGE, DIKHAN, KHYBER PAKHTUNKHWA, PAKISTAN

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Gomal Medical College, D. I. Khan

INTRODUCTION:

Self-medication is performed all across the globe which results in increased resistance to antimicrobial therapy. A study done in Peshawar showed the prevalence of self-medication to be 65.79% among which antibiotics were 28.49%.

OBJECTIVE:

1. To determine the prevalence and distribution of self-medication with antibiotics by gender and residence among students of Gomal Medical College, Khyber Pakhtunkhwa, Pakistan.

METHODOLOGY:

A descriptive cross-sectional study was conducted from 14th May 2022 to 14th July 2022. The sample size was 225 students of Gomal Medical College, calculated using the online Raosoft calculator. A simple convenient sampling technique was employed. Data were analyzed using Social Sciences Statistical Calculator with a 95% confidence interval and presented primarily in the form of frequencies, percentages, and pie charts.

RESULTS:

Of the 225 subjects included in the research, 170 were male and 55 were female. The prevalence of self-medication with antibiotics was found to be 44.88% among which male students (82.17%) and female students (17.82%) used to self-medicate. The hostilities (85.14%) that have self-medicated with antibiotics is higher than day scholars (14.85%) that have self-medicated with antibiotics.

CONCLUSION:

Prevalence of self-medication with antibiotics is high (44.8%) among the students in which male students and hostilities tend to self-medicate with antibiotics more as compared to female students and day scholars respectively.

KEYWORDS:

Self-medication, Prescription, Antibiotics, Students

EXPERIENCES AND BELIEFS RELATED TO SLEEP PARALYSIS AMONG THE GENERAL POPULATION OF RAWALPINDI-ISLAMABAD

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INTRODUCTION:

Sleep paralysis is a fairly prevalent phenomenon that is characterized by an inability to move in transitions between different stages of sleep and is accompanied by a variety of experiences. People have linked its occurrences to beliefs that are often based on religious and cultural ideologies. Inadequate research on this phenomenon in Pakistan and the lack of its awareness encouraged us to pursue this study.

OBJECTIVE:

1. To analyze the various experiences and beliefs related to sleep paralysis.

METHODOLOGY:

It is a cross-sectional study performed in Islamabad and Rawalpindi for a time duration of 6 months. The sample size was 195 and sampling for the study was non-probability convenient while the tool used for the collection of the data was an online validated questionnaire. Analysis was done by applying descriptive and inferential statistics on SPSS 26.

RESULTS:

A total of n=84 [43.1%] had at least one sleep paralysis occurrence in their lifetime. The most commonly reported experience was the inability to speak n=72 [85.7%]. The frequencies of experiences like numbness and tingling sensations, body spinning, and inability to open eyes showed a significant association with specific age categories [$p < 0.05$]. Most participants claimed that they had 'no idea' n=27 [32.1%] or believed that it was an 'a dream' n=26 [31.0%].

CONCLUSION:

More than one-third of our sample population had experienced sleep paralysis and were mostly unable to speak during the episode. Most participants did nothing to prevent its occurrence, rather frequently related it to dreams.

KEYWORDS:

Sleep Paralysis, Experiences, Beliefs

FREQUENCY OF NOMOPHOBIA IN MEDICAL STUDENTS AT WAH MEDICAL COLLEGE

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Wah Medical College, Wah Cantt

INTRODUCTION:

Nomophobia; considered the phobia of the 21st century has been described in the context of clinical psychology as the irrational fear of not being able to reach a mobile phone or not being able to communicate through a mobile device. This phenomenon has been observed greatly in university students who nowadays mostly rely on smartphones for their academics as well as their entertainment. It was observed that nearly 53% of mobile phone users in Britain tend to be anxious when they 'lose their mobile phone, run out of battery or credit or have no network coverage.

OBJECTIVE(S):

1. To find the frequency of nomophobia among medical students.
2. To find the level of nomophobia among male and female students of Wah Medical College.

METHODOLOGY:

It was a cross-sectional study that was conducted at Wah Medical College, Wah Cantt, from 1st Jan to 30th June 2022, on 250 medical students. A convenient sampling technique was used. A structured Nomophobia Questionnaire (NMP-Q) was used to collect data. SPSS version 20 was used for data analysis

RESULTS:

Out of 250 Medical students, 122 (49%) were males and 128 (51%) were females. Level of Nomophobia came out to be 74 (29%) having mild nomophobia, 149 (60%) with moderate, and 27 (11%) with severe nomophobia. The mean Nomophobia score was 59.76 with a standard deviation of 17.498.

CONCLUSION:

There is not much difference in the level of nomophobia among students with no statistically significant difference between the male and female students of Wah medical college.

KEYWORDS:

Anxiety, Fear, Medical students, Smartphone

THE MYTHS AND CHALLENGES REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS OF ISLAMABAD

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Federal Medical College, Islamabad

INTRODUCTION:

Considering illiteracy and ignorance prevalent in the community, this study aims to highlight the myths and challenges regarding menstrual hygiene and the associated factors.

OBJECTIVE(S):

1. To identify myths regarding menstrual hygiene.
2. To assess challenges faced by adolescent girls regarding menstrual hygiene.

METHODOLOGY:

This was a descriptive, cross-sectional study conducted at 3 schools in Islamabad, Pakistan, for 7 months. Simple random sampling was used with a sample size of 600 calculated using the Epi info app with a confidence level of 95 % and a confidence limit of 4%. A Self-Structured Questionnaire was used to collect data. Data were analyzed using SPSS version 25

RESULTS:

About 600 adolescent girls with a mean age of 15, participated in this study. For 85.8% of girls, mothers were the source of information regarding menstruation. Regarding prevalent myths, 69% of girls avoided taking baths because they were advised by elders, and 58.2% of girls avoided washing their groin during menstruation. Among the challenges faced by adolescent girls, 38.8% of menstrual products were unaffordable and 56.6% did not have sanitary pads available at their school. Furthermore, 54.8% of the girls felt embarrassed about asking for menstrual products. One of the major challenges was that 56.5% of the girls were hesitant to discuss any sort of genital issues because of 'social taboo'.

CONCLUSION:

There is a dire need to debunk the myths and to provide facilities to overcome challenges associated with the practice of menstrual hygiene. This requires collaboration from educational communities and mothers to initiate awareness campaigns regarding menstruation.

KEYWORDS:

Menstruation, Adolescent, Hygiene

A STUDY OF SMARTPHONE ADDICTION, SOCIAL MEDIA USE, AND PERCEIVED SOCIAL ISOLATION AMONG YOUTH OF KARACHI, PAKISTAN

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INTRODUCTION:

Socialization is the process by which individuals acquire knowledge, social skills, and values required for integration into communities. With the introduction of social media in smartphones young people spend more time screening than socializing.

OBJECTIVES:

1. To assess the frequency of use of social media among the young people of Karachi
2. To determine social media addiction and its association with social isolation.

METHODOLOGY:

A cross-sectional study was conducted from March to December 2022. The sample size was 350 and a non-probability convenient sampling technique was used. A self-administered questionnaire based on Social Media Addiction Questionnaire, Bergen Social Media Addiction Scale, and UCLA Loneliness was used to explore the study objectives. Data were analyzed using SPSS 23 for frequencies and percentages. Chi-square was used to measure association. $P < 0.05$ was considered statistically significant.

RESULTS:

Out of the total 350 participants, the majority were females 213 (61%). The mean age (SD) was 21.27 \pm 2.9 years. Android operating system in smartphones was used by 74% of participants with nearly 50% using > 4 hours daily. WhatsApp, Instagram, and Facebook were the top three social media applications used by more than 85% of the participants. Social isolation was found among 162 (46%) participants. The association between social media addiction and social isolation was found to be statistically significant ($P < 0.05$).

CONCLUSION:

The study found a strong link between social media addiction and perceived social isolation among smartphone users. Health promotional activities among youngsters are needed.

KEYWORDS:

Addiction, Social isolation, Students, Social media

WATER CONSUMPTION HABIT IN DIFFERENT DISTRICTS OF KARACHI- A PILOT STUDY

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INTRODUCTION:

Pakistani population is one of those who live in water-stressed areas. Karachiites face severe water supply scarcity in its different districts urging people to drink water from different sources which could be least contaminated and are not health hazards.

OBJECTIVE:

1. To evaluate Karachi's general population regarding different water consumption sources.

METHODOLOGY:

A cross-sectional study was conducted from December 2022 to January 2023. Snowball sampling technique was used, the sample size was 100 people, and data analysis was done on SPSS-20. A questionnaire was validated by Cronbach's alpha and different parameters of consumption were analyzed using Pearson's chi-squared test of correlation with different districts of Karachi. Data were considered significant when $p < 0.05$.

RESULTS:

Water choices were equally distributed ($\chi^2 = 28.25$) in districts. Major complaints about quality were altered taste i.e. RO Water ($\chi^2 = 46.7$), Tap water ($\chi^2 = 38.5$), Tanker water ($\chi^2 = 41.3$), and Bottled water ($\chi^2 = 34.05$). People using Hand pump water complained of altered taste and smell ($\chi^2 = 34.05$). To remain the healthy right choice of water is necessary ($\chi^2 = 29.9$) as people across all districts think that water use is contaminated with micro-organisms ($\chi^2 = 14.7$), and heavy metals ($\chi^2 = 20.75$). 19% of people suffered from Nausea /vomiting after floods ($\chi^2 = 55.97$).

CONCLUSION:

It is concluded that the general population of Karachi is suffering from water deficiency, hence, the government, both local and federal should take the necessary steps to solve this problem.

KEYWORDS:

Water behavior, Preference, Water quality

THE CORRELATION BETWEEN PARENTING STYLES AND SELF-ESTEEM OF MEDICAL STUDENTS: A CROSS-SECTIONAL STUDY

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INTRODUCTION:

Among various factors that determine an individual's self-esteem, parenting styles play a very significant role in this regard. Certain parenting styles that are practiced around the globe include authoritarian, authoritative, and permissive parenting.

OBJECTIVE:

1. To investigate the correlation between parenting styles and self-esteem among medical students.

METHODOLOGY:

A cross-sectional study was conducted among the MBBS students of Rawalpindi Medical University, Rawalpindi from December 2020 to March 2021. An amount of 255 students took part in this study. An online survey was prepared by using Parental Authority Questionnaire-Short Version and Rosenberg Self-Esteem Scale and students were asked to fill it. A simple Random sampling technique was applied. SPSS version 26.0 was used to enter and analyze data. Pearson Correlation, Logistic regression, and Hierarchical regression analysis were applied.

RESULTS:

Out of 230, 60% of the sample population experienced authoritative, 29% experienced authoritarian whereas 11% experienced a permissive style of parenting. Authoritative ($r = 0.283$, 14% of $p < 0.001$) and authoritarian ($r = -0.227$, $p < 0.001$) parenting styles were significantly correlated with self-esteem. The authoritarian parenting style (AOR = 2.20, 95% CI: 1.17, 4.14) was significantly associated with the self-esteem of the participants compared to the authoritative parenting style.

CONCLUSION:

Results indicated that authoritative parenting was the only parenting style that correlates positively with self-esteem which suggests authoritative parenting is the optimum parenting style in Pakistani culture.

KEYWORDS:

Parenting styles, Authoritative, Authoritarian, Permissive, Self-esteem

ASSOCIATION OF MENTAL STRESS WITH PICA IN SCHOOL-GOING CHILDREN OF RAWALPINDI

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INTRODUCTION:

Pica is a behavioral eating disorder characterized by a craving for non-nutritive and non-food substances like ice, soil, wall scrapings, hair, etc. Pica can occur in any age group but is more common among children and pregnant women. Many studies reveal that there might be some association between pica and stress.

OBJECTIVE:

1. To find the prevalence of pica and the association between pica and stress in school-going children of Rawalpindi Pakistan.

METHODOLOGY:

This was a 3 month-long descriptive cross-sectional study conducted among 1007 school-going children of Rawalpindi, selected through a stratified randomized sampling technique. A self-structured questionnaire was distributed among children. The criteria to classify as pica is that a substance is eaten “continuously” over 1 month according to DSM-5. Data was analyzed on SPSS version 20.

RESULTS:

Among these participants, 589 (58.49%) were suffering from pica. Pica was significantly higher in males (30%) than in females (28.50%). Pica was more prevalent in the age group below 10 years. Approximately 33% of participants who were suffering from pica had high levels of stress which shows that pica is significantly associated with stress ($p < 0.001$). Our study shows easily accessible substances like ice cubes (26.61%) uncooked rice (11.72%), corn starch (4.87%), flour (2.18%), hair (0.60%), etc are more likely to be consumed.

CONCLUSION:

With the increasing occurrence of pica and the grim nature of health consequences, there exists a dire need for proper surveillance and monitoring of eating disorders among children.

KEYWORDS:

Pica, Stress, Prevalence, Association

TOBACCO HARM REDUCTION PRODUCTS: PERCEPTION AND RELATED KNOWLEDGE AMONG PAKISTANI POPULATION

Junaid Qayyum, Aiza Hashmi, Dua Shaikh, Sheza Shahid, Zoya Zain, Sara Maqsood, Shahrukh Aslam, Sohail Ahmed

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INTRODUCTION:

Tobacco harm reduction (THR) products, such as e-cigarettes and heat-not-burn devices, are becoming more popular as a substitute for traditional smoking. However, there is little research on these products among the Pakistani population.

OBJECTIVE:

1. To assess beliefs, practices, and knowledge about THR products among the Pakistani population.

METHODOLOGY:

A cross-sectional study was conducted. The sample size was 390 and non-probability snowball sampling was done. Data was collected using a questionnaire based on current literature including demographics, knowledge, perception, and practices of THR products. Data were analyzed using SPSS 23. Frequencies and percentages were used for all categorical variables.

RESULTS:

Out of the total 390 participants, 275 (70.5%) were males and 115 (29.5%) were females. The majority 252 (64.6%) held a postgraduate degree. 52% reported having smoked in the past while 100 (26%) currently smoke cigarettes. Only 101 (26%) identified Snuff/Naswar as a THR product while 186(48%) agreed that THR products were less harmful than traditional cigarettes. Nearly 50% believe the use of THR products can reduce cancer risk. Reasons for using THR products include a desire to quit traditional cigarettes (55%), to reduce tobacco consumption (52%), to be less harmful to my health (47%), and out of curiosity (47%).

CONCLUSION:

It is necessary to take actions aimed to increase society's awareness of the dangers associated with using THR products and to do more research on the side effects associated with it.

KEYWORDS:

Vaping, E-Cigarette, Electronic Nicotine Delivery Systems.

ASSESSMENT OF SOCIAL ANXIETY DISORDER AND ITS ASSOCIATION WITH BULLYING AMONG YOUNG ADULTS IN KARACHI

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INTRODUCTION:

Social anxiety disorder is a severe fear of social interactions and being judged before or during adolescence. It is primarily caused by bullying. The lack of social activities leads to lower life satisfaction.

OBJECTIVE:

1. To find the prevalence of social anxiety disorder and to identify the association between social anxiety disorder and bullying among young adults in Karachi and

METHODOLOGY:

A cross-sectional study was conducted among 442, 18-25-year-olds from March to December 2022. The non-probability convenience sampling method was used. Data was collected using a survey questionnaire that included demographics, social activities, health, and lifestyle, the Social Anxiety Scale (SAS), and bullying experiences. To analyze categorical data, SPSS 23 Chi-square is used. Every ethical consideration was considered.

RESULTS:

Of 442 participants, 277 (62.7%) were women, and 165 (37.3%) were men. The mean age was 21.52 ± 1.99 years. Performance Anxiety and Avoidance (PAA) was reported in 234 (52.9%) individuals, 248 (56%) had Interaction Anxiety (IA), and 211 (48%) had Evaluation Anxiety (EA). Mild to moderate bullying in the form of Physical Victimization (PV) was reported by 179 (40.5%) respondents, while mild to moderate Social and/or Verbal Victimization (SVV) was in 206 (46.6%) individuals. Performance Anxiety and Avoidance (PAA) was found to be associated with Physical Victimization ($P < 0.05$).

CONCLUSION:

Social anxiety is prevalent among young adults. Furthermore, it reported adverse effects on bullied people, requiring prompt intervention.

KEYWORDS:

Social anxiety, Young adults, Bullying, Pakistan

PESTICIDES USE, ITS HEALTH HAZARDS, AND HEALTH SAFETY MEASURES TAKEN BY FARMERS OF SINDH

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INTRODUCTION:

Pesticides have contributed to dramatic increases in crop yields on one hand but have harmful effects on human health and the environment. Proper safety measures taken during the use of pesticides can prevent hazardous effects.

OBJECTIVE(S):

1. To find out the practices for pesticide use among farmers in Sindh, Pakistan.
2. To assess the current health status of farmers exposed to pesticides and utilization of safety measures.

METHODOLOGY:

A cross-sectional study was conducted in two districts of Sindh, Pakistan. A sample of 161 farmers was selected by convenience sampling. Data was collected through face-to-face interviews with farmers through a pre-tested structured questionnaire on pesticide exposure, risk of health-related symptoms, and use of Personal protective equipment. Data were analyzed using SPSS 23. The chi-square test was used for all categorical variables.

RESULTS:

The majority of farmers (82.6%) sprayed every other day in the morning for ≥ 1 hour. They mostly used liquid pesticides and most farmers (96%) mix pesticides with a stick. Slightly more than half (55%) agreed to have risks to health in this profession. Common symptoms reported were rash, and irritation of the skin, eyes, nose, and throat. The farmers' utilized the following protective gear: coveralls (3.6%), face masks (6.8%), eye goggles (5%), face shields (2.9%), and aprons (3.7%).

CONCLUSION:

Farmers lacked the required awareness about the frequency and quantity of pesticide spray, and the use of PPE. Hence, professional training for farmers is essential.

KEYWORDS:

Pesticides, Farmers, Protective equipment

ASSESSMENT OF DEPRESSION IN UNIVERSITY STUDENTS DURING EXAMS: A PILOT STUDY

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INTRODUCTION:

The mental health of university students is an issue of growing concern all over the world. This population is particularly vulnerable to depression, anxiety, and stress due to variables including academic expectations, barriers to their goal accomplishment, environmental changes, and life issues.

OBJECTIVES:

1. To assess mental health status during an examination.
2. To interpret the awareness of depression in university students.

METHODOLOGY:

A cross-sectional study was conducted on students in health-related fields at Hamdard University with a PHQ-9 (patient health questionnaire) through online google forms through convenient sampling. The study period was from Dec 2022 to 31st January 2023. The sample size was 100. Data were analyzed using SPSS version 20. The depression was diagnosed using the PH Q-9 depression questionnaire via the Likert scale with 0 – 3 scores on different options, yielding a total score was 27. The chi-square test and Pearson's chi-square test of correlation were applied.

RESULTS:

Cronbach's alpha was 0.76 on the 9-item scale. Students' perception of level ($\chi^2 = 46.8$, $p < 0.001$) and diagnosis based on PHQ-9 ($\chi^2 = 45.6$, $p < 0.001$) were found significant. When these two were tested for Pearson's chi-squared test, the result was significantly different ($\chi^2 = 39.35$, $p < 0.001$). Among the participants 30% had mild, 39% had moderate, 54% had severe depression, and 14% showed thoughts of death. The depression was not significantly related to departments, type of exam, or the current year of study.

CONCLUSION:

It's very alarming that students are depressed during examinations. Psychological safeguards should be ensured by the institutions.

KEYWORDS:

Mental Health, Patient Health Questionnaire (PHQ-9), Depression

PERCEPTION AND ATTITUDES TOWARDS ANDROGENIC-ANABOLIC STEROIDS USE AMONG MALE GYM USERS: A CROSS-SECTIONAL SURVEY IN PAKISTAN

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INTRODUCTION:

Anabolic steroids are synthetic testosterone derivatives that last longer than physiological androgens in the body. Anabolic-androgenic steroid abuse is a growing worldwide public health concern among gym users.

OBJECTIVE:

1. To assess the attitude, perception, and knowledge towards androgenic-anabolic steroids use among male gym users in Pakistan.

METHODOLOGY:

A cross-sectional study was done on 452 male gym participants from January to December 2022 in major cities in Pakistan. Using a non-probability convenient sampling technique, pre-tested and structured questionnaires were administered among male gym members and their perception of androgenic-anabolic steroids was assessed. Data were analyzed by using SPSS version 24

RESULTS:

A total of 452 male gym participants with a mean age of 24.6 ± 5 years were included. The majority of the 76.8% are single, with 48.2% attained intermediate education. Moreover, 18.8% of the participants use androgenic-anabolic steroids, of which 52.4% responded with improved fitness. Gym coaches were the main source of steroids-related information 8.2%, and 45% responded that it was easily available. Narcotics or psychiatric drugs were used by 20.8% of male gym users.

CONCLUSION:

This study revealed that the prevalence of anabolic-androgen steroid use among male gym users is significantly high in Pakistan. Health policy reforms are urgently needed to control the rise in steroid use among young adults. These reforms could be directed toward improving awareness among gym attendees and, more importantly, among gym owners and coaches as they have been reported to be one of the primary sources of anabolic-androgen steroids.

KEYWORDS:

Steroids, Male, Gym, Perception, Pakistan

EFFECT OF COVID-19 ON MENTAL HEALTH OF SURGEONS AND PHYSICIANS; A CROSS-SECTIONAL ANALYTICAL STUDY

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INTRODUCTION:

One of the post-COVID sequelae is its effect on the mental health of surgeons and physicians as they are most vulnerable to an increased prevalence of burnout, psychological disturbance, and morbidity. The study is aimed to compare and see the impact of COVID on the mental health of physicians and surgeons.

OBJECTIVE:

1. Comparison of mental health issues among surgeons and physicians due to the COVID pandemic.

METHODOLOGY:

A cross-sectional study was conducted from August 30, 2021, to February 28, 2022, at Aziz Fatimah Hospital, and Allied Hospital, Faisalabad. The sample size was 238 and a quota sampling technique (Openepi) was employed. An online questionnaire was developed and used for data collection. SPSS version 21 was used for data analysis.

RESULTS:

A total of 120 surgeons and 118 physicians are included. Overall, 68.9% were male and 31.1% were female. In total, 45% of physicians and 59.01% of surgeons think that COVID has affected their mental health negatively. 46.6% of physicians and 45% of surgeons were at war with themselves during the COVID pandemic. 90% of physicians and 91.6% of surgeons were aware of their goals, needs, and problems. 95% of physicians and 96.6% of surgeons were able to cope with stress and anxiety during the pandemic. 33% of physicians and 20% of surgeons felt like losing their self-esteem during the pandemic.

CONCLUSION:

The COVID pandemic has almost equally affected the mental health of physicians and surgeons, however; it was noticed that mental disturbance was slightly more in physicians in terms of losing their self-esteem, however, most of them were able to cope with stress and anxiety.

KEYWORDS:

COVID-19, Pandemic, Mental Health, Surgeons, Physicians, Cross-Sectional Study

PREVALENCE OF OBESITY IN MEDICAL STUDENTS OF DISTRICT PESHAWAR: A CROSS-SECTIONAL STUDY

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INTRODUCTION:

According to World health organization 2016 data, there has been almost a 3 times increase in the number of obese people in the world as compared to 1975. Between 1979 to 1991 there has been a significant rise in the obesity level of medical students. Stress, irregularity in diet, and lack of exercise contribute to obesity, among other factors, which are a part of medical students' routines.

OBJECTIVE:

1. To compare and analyze the relationship of obesity among medical students.

METHODOLOGY:

A month-long cross-sectional study was conducted at all medical colleges of district Peshawar. The sample size was 200 and a non-probability sampling technique was applied. A well-structured questionnaire was developed and used for data collection. The inclusion criteria were those students studying in the district of Peshawar. SPSS version 20.0 was used to analyze the data.

RESULTS:

In our study population, 46.5% were male and 53.5% were female. The mean BMI was $24.96 \pm 5.63\%$, 41.3% population was overweight and obese while 8.3% were underweight. BMI has shown signs in the consumption of vegetables and physical activity i.e. p-value <0.05 . On the other hand, BMI has not shown signs of the course and family history i.e. p-value >0.05 . The provided data shows that healthy eating and physical activity are directly affecting weight while family history and course have no relation to gaining weight.

CONCLUSION:

In the district of Peshawar, the majority of medical students are on the edge of getting overweight due to a lack of a healthy lifestyle.

KEYWORDS:

Medical students, Bachelor of Medicine and Bachelor of Surgery, Bachelor of Dental Surgery, BMI, District Peshawar, Obesity

SKIN WHITENING PRACTICES, BELIEFS, AND SELF-REPORTED ADVERSE EFFECTS AMONG THE GENERAL POPULATION OF KARACHI

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INTRODUCTION:

Skin whitening cream use is widespread in our society, ranging from very young to elderly people. Different people have different ideas about how to improve skin tone and the importance of fairness.

OBJECTIVES:

1. To find out the frequency of use of skin whitening products among the general population of Karachi.
2. To assess the beliefs and practices about these products among the general population of Karachi.

METHODOLOGY:

A cross-sectional study was done from March to December 2022 on the general population of Karachi. A non-probability convenient sampling technique was used and the sample size was 400. A self-reported questionnaire derived from published literature was designed for the study objectives. Data were analyzed by using SPSS version 24. Frequency tables were used to describe the data. All ethical considerations were taken into account.

RESULTS:

Out of a total of 400 participants, 64% were females and 36% were males. The majority 74% were between 21-30 years of age with a mean (SD) of 24.2±7.0 years. Nearly half 48% used fairness cream and 30% attributed their use to friends and advertisements. The majority 67% of the participants reported side effects from using skin whitening products. Acne vulgaris 16%, flushing and redness 12%, and allergic contact dermatitis 9% were the common side effects reported.

CONCLUSION:

This study found that despite widespread knowledge of the negative effects of skin-whitening creams, a fairly large number of people use them daily. This implies that it must be addressed as a public health issue and conduct further research in other cities across Pakistan.

KEYWORDS:

Skin Whitening Cream, Skin Disorders, Lightening of Skin Complexion, White Complexion

ASSESSMENT OF MENTAL HEALTH AMONG THE TRANSGENDER COMMUNITY OF KARACHI AND HYDERABAD

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INTRODUCTION:

The individuals of the transgender community face stigmatization, verbal victimization, physical discrimination, and sexual abuse daily which leads to the endangerment of their physical, mental, and emotional health significantly. Such attitudes make them vulnerable to psychological stress.

OBJECTIVE:

1. To investigate and assess the mental health of individuals from the transgender Communities of Karachi and Hyderabad.

METHODOLOGY:

A cross-sectional study using a non-probability convenient sampling technique was conducted from October to December 2022. The sample comprised 350 transgender individuals from two different districts Karachi and Hyderabad. To measure psychological distress DASS questionnaire served the purpose of data collection. The DASS scale questionnaire was used to assess depression, anxiety, and stress. The questionnaire was translated into Urdu for a better understanding of the target sample. Data were analyzed using SPSS version 22.

RESULTS:

The sample yielded high psychological distress among the individuals of the transgender community. More than one-third of the participants met the criteria for any mental disorder. Major depression (36%), anxiety (30%). Some participants yielded physical disorders like tremors (25%), dry mouth (24%), shortness of breath (22%), difficulty in swallowing food (22%), and chills (24%).

CONCLUSION:

Levels of Psychological distress and mental health anomalies are alarmingly tremendous among the sample. The transgender community is socially excluded and treated as an outcast due to which they face negative discriminatory behavior. Leading to certain mental health consequences

KEYWORDS:

Transgender, Mental health, Psychological distress, Pakistan

MENSTRUAL HYGIENE PRACTICES AMONG FEMALES OF RURAL AREAS OF THARPARKER, SINDH

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INTRODUCTION:

Menarche is a natural event in girls' life marking the beginning of physical evolution. Social taboos and myths increase the vulnerability of females to unhygienic practices that lead to multiple infections of the reproductive and urinary tract.

OBJECTIVES:

1. To assess the knowledge about menstruation among the females of rural areas of Tharparkar, Sindh.
2. To assess menstrual hygiene practices among females of Tharparkar, Sindh.

METHODOLOGY:

A questionnaire-based cross-sectional survey was conducted. A total of 315 females residing in the Tharparkar District were approached for data collection. It was carried out from March 2022 to February 2023. Data analysis was done using SPSS version 21.

RESULTS:

Demographic characteristics revealed that the mean age of the respondents was 32.23 ± 9.45 years. Teachers, 31% were the main source of menstruation-related information. A large majority (35%) of our respondents never had a formal class or session regarding menstruation. About 34% think that menstruation is a 'curse of God'. Nearly 58% of our study respondents believe that menstruation contains dirty material. About 30.8% use homemade pads and 24% use commercially available sanitary napkins/pads while slightly more 27% use cotton to absorb the material.

CONCLUSION:

Females in our study had certain misconceptions regarding menstruation because of poor access to health-related education. Adolescent reproductive health should be included in the school curriculum; this will influence the general reproductive health of females. Education can be provided at healthcare facilities, residential areas as well as religious centers.

KEYWORDS:

Knowledge, Menstruation, Hygiene, Adolescent, Taboo, Awareness

PATIENT SATISFACTION IN A NEWLY ESTABLISHED NEUROSURGERY DEPARTMENT AT A TEACHING HOSPITAL IN LAHORE

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INTRODUCTION:

Neurosurgery is the delicacy of medicine. The brain is the most intricate structure in the human body, its anomalies are fragile. The patient satisfaction curve in neurological sciences fluctuates more than in other disciplines of medicine due to its peculiarities. There is a plethora of research on clinical manifestations of diverse ailments, but few have concentrated on identifying factors that dampen patient satisfaction. Patient satisfaction is essential for a better prognosis, treatment compliance, and cumulative reduction of risk factors leading to a lower mortality rate.

OBJECTIVE:

1. To identify the factors that lower patient satisfaction to be able to reinforce the vulnerable spots for the offering of proficient medical care.

METHODOLOGY:

A cross-sectional study was conducted at ULTH; UOL. The study was conducted from May to December 2022. A total of 78 patients participated. Patients were selected by consecutive non-probability sampling; post-visit feedback was collected through Standardized Health Survey. Data were analyzed using SPSS version 25.

RESULTS:

Out of 78 patients, 23 were admitted through emergency and the rest were seen at OPD. 11% of the patients had complaints regarding cleanliness, 9% about food facilities, 1% about treatment provision and behavior of hospital staff whereas, patients were most content with the behavior of the State Life Insurance Cooperation of Pakistan (SLIC HFO).

CONCLUSION:

Our findings demonstrate high levels of patient satisfaction. Factors that dampened provided health care include poor hygiene, a clamorous environment, and a lack of professionalism among hospital staff. Enhancing administrative protocols and providing ethical training to the staff are likely to improve the services provided.

KEYWORDS:

Satisfaction, Neurosurgery, Teaching Hospital

FREQUENCY OF CONSUMPTION & KNOWLEDGE REGARDING ADVERSE EFFECTS OF INSTANT NOODLES AMONG UNDERGRADUATE STUDENTS AT PESHAWAR MEDICAL & DENTAL COLLEGE

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INTRODUCTION:

Instant noodles have become an internationally recognized food and worldwide consumption is on the rise. With new flavors being introduced every now & then, their consumption among the masses in our country Pakistan is skyrocketing as well.

OBJECTIVES:

1. To determine the frequency of consumption of instant noodles by undergraduate medical students per week.
2. To evaluate students' knowledge regarding the adverse effects of instant noodles.

METHODOLOGY:

A month-long descriptive Cross-Sectional study was conducted among undergraduate students of Peshawar Medical & Dental College. The sample size was 270 and a non-probability convenient sampling technique was employed. Data was collected through a valid questionnaire adopted from a previous study. Analysis of the data was done through SPSS version 25.

RESULTS:

Among 270 study participants, 28.5% (77) were males and 71.5% (193) were females in the age bracket of 18-25 years. The data analysis showed that 78.1% (211) of participants consumed instant noodles 1-2 times per week. 51.9% (140) had good knowledge while 48.1% (130) had poor knowledge regarding the adverse effects of instant noodles. 49.6% (134) participants consumed instant noodles due to their liking while 38.1% (103) considered it due to its ease of preparation. 35.9% (97) of results showed heartburn as a consequence.

CONCLUSION:

78.1% of students consumed instant noodles 1-2 times per week. The general knowledge regarding the adverse effects of instant noodles among half of the study participants was good but their attitude & practice towards its consumption did not match the knowledge.

KEYWORDS:

Undergraduate, Medical, Students

KNOWLEDGE, ATTITUDE, AND PRACTICE AMONG THE GENERAL POPULATION REGARDING COVID VACCINE IN DERA ISMAIL KHAN, KPK, PAKISTAN

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Gomal Medical College, DI Khan

INTRODUCTION:

For the past three years, the COVID-19 vaccine has played a vital role in preventing COVID. According to Wikipedia's data last updated on 4th June 2022, there had been 531M cases reported and 6.3M deaths caused worldwide by COVID.

OBJECTIVE:

1. to determine the knowledge, attitude, and practice among the general population regarding COVID vaccines in Dera Ismail Khan.

METHODOLOGY:

This cross-sectional descriptive research was conducted from 27th May 2022 to 30th June 2022 in Community Medicine Department, Gomal Medical College Dera Ismail Khan. The data was collected from the general population of DI Khan through a standardized questionnaire. The sample size was 385 and a convenient non-probability sampling technique was employed. The variables were gender, age group, education, residence, and KAP score. The data were analyzed through SPSS.

RESULTS:

In our study, the mean of knowledge, attitude, and practice was 7.04, 6.15, and 2.94 respectively. The mean score for knowledge and attitude was higher in females (7.12, 6.17) while practice in males was higher (3.07). The mean score for KAP was low in illiterate people (6.61, 5.63, 2.53) and in the 50 above population (6.50, 5.58, 2.67) and was higher in the urban area (7.12, 6.25, 3.01). The calculated value for the correlation between knowledge and attitude was 0.624, and between knowledge and practice was 0.451.

CONCLUSION:

The level of knowledge, attitude, and practice was high in the educated, urban, and young age groups. The score of Knowledge and Attitude was high in females and the score of practice was high in the male population.

KEYWORDS:

Knowledge, Vaccine, Coronavirus envelope proteins.

BEHAVIORAL CHANGES DUE TO EXCESSIVE SCREEN TIME IN CHILDREN BELOW 10 YEARS IN PESHAWAR

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INTRODUCTION:

A general review among health authorities is that childhood development is adversely affected by excessive screen time. Several developmental and behavioral conditions are seen to be linked with excessive screen time. Evidence suggests that excessive screen use has deleterious effects on cognitive and socio-emotional development causing poor academic performance. These risks are not only limited to school-going children, but to pre-schoolers too.

OBJECTIVE:

1. To assess behavioral changes due to excessive screen time in children below 10 years.

METHODOLOGY:

A cross-sectional study was done on children below 10 years of age in Peshawar from October 2022 to January 2022. Non-probability convenient sampling technique was used. Parents were asked about their children's exposure to screens in the past 7 days. The children are grouped based on daily screen time of fewer than 2 hours to more than 6 hours. Behavioral changes were acquired by questionnaires and analysis was made using SPSS22.

RESULTS:

Among 401 participants, in 33.2% (133) of the children, the screen time was between 2-4 hours and more than 6 hours in 13.2% (55). More than 50% of children's excessive screen time harmed their behavior. 74.3% of the participants agreed that excessive screen time has more disadvantages than advantages.

CONCLUSION:

It was concluded that children with excessive screen time showed behavioral changes like aggressiveness, nightmares, and withdrawal from their surroundings.

KEYWORDS:

Screen Time, Behaviour, Children

EFFECT OF LONELINESS ON DEPRESSION, ANXIETY AND ITS ASSOCIATION WITH QUALITY OF LIFE AMONG MEDICAL AND DENTAL STUDENTS OF PESHAWAR

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INTRODUCTION:

Loneliness is a significant and growing public health issue. Loneliness and social isolation seriously impact one's mental health, increasing levels of stress, anxiety/depression.

OBJECTIVE:

1. To find out the frequency of loneliness and its relationship with anxiety, depression, and quality of life of medical and dental students of Peshawar.

METHODOLOGY:

A cross-sectional study design was conducted from September 2022 to February 2023 and included students of the Medical and Dental institutes of Peshawar, sample size was 364 using a convenient sampling technique. Participants completed the questionnaires comprising of UCLA loneliness scale, HADS, and Quality of life scale (QOL). The data were analyzed using SPSS v.25.

RESULTS:

The mean age of the sample (n=364) was 20.73 ±.993 years. The majority of the students have a moderate level of loneliness (n=345, 94.8%), borderline abnormal cases of anxiety (n=239, 65.7%), and borderline abnormal cases of depression (n=282, 77.5%) respectively. More than half of the students have high QOL (n=207, 56.9%). Pearson correlation showed a non-significant relationship was observed between loneliness, HADS Total, its subtypes, and QOL, its subscales (p<0.05), except the psychological health (subscale of QOL), which showed a negative correlation with loneliness (p=.014). Inter-scale correlation between HADS with its subtypes and QOL with its subscales showed a significant relationship with one another (p=0.000) respectively. The chi-square test revealed a significant difference observed between loneliness, HADS, its subtypes, QOL, and its subscales with demographic variables (p<0.05).

CONCLUSION:

It's concluded that QOL is high among medical and dental students and there was no effect of loneliness on anxiety and depression.

KEYWORDS:

Loneliness, Quality of Life, Anxiety, Depression, Undergraduate Students

DIET AND NUTRITIONAL STATUS OF STUDENTS OF PESHAWAR MEDICAL AND DENTAL COLLEGES

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INTRODUCTION:

Nutritional status is defined as “an individual health condition influenced by intake and utilization of nutrients. It can be obtained through information received through dietary intake and medical history along with the physical examination and medical history. Diet and health consciousness among medical students are important as they will affect the way of counseling the patients.

OBJECTIVES:

1. To know the food choices of medical students.
2. To find the nutritional status of medical students.
3. To compare food intake and nutritional status

METHODOLOGY:

A cross-sectional, descriptive study was conducted in Peshawar, KPK medical students. The duration of the study was 2 months. The sample size was 300 and collected through a random sampling method. Inclusion criteria included only those willing to fill out the questionnaire. The data collection tool used was a questionnaire. Data were analyzed using SPSS.

RESULTS:

The study results show that 80% prefer to eat fruits and freshly prepared food rather than ready-to-eat food and fatty food. The majority of students' nutritional intake is healthy and efficient enough for growth; however, fewer have a dietary intake of proteins higher than required which resulted in increased body fats. There was 80 % of students had nutritional status and BMI in the normal (healthy) range

CONCLUSION:

The majority of students' dietary intake is healthy, and a few unhealthy eating habits will soon change after becoming familiar with the consequences of an unhealthy diet.

KEYWORDS:

Diet intake, Nutritional status, Food choices.

FACTORS ASSOCIATED WITH MYOPIA IN SCHOOL-GOING CHILDREN OF DISTRICT PESHAWAR IN 2021: A CASE-CONTROL STUDY

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INTRODUCTION:

Myopia is a condition where the spherical equivalent objective refractive error is ≤ -0.50 diopter in either eye. In 2020 there were 1950 million people worldwide with moderate or severe vision impairment or blindness due to uncorrected myopia.

OBJECTIVE:

1. To determine the factors associated with myopia in school-going children of district Peshawar.

METHODOLOGY:

From October 2021- March 2022, 150 myopic and 150 non-myopic students from ten schools in Peshawar participated in this case-control study. Consent was taken from all students who fulfilled the inclusion criteria and were enrolled in the study. The student's visual acuity was examined with a Snellen chart, and eyesight of less than 6/9 in any eye was myopic. Data was recorded with the help of well-designed questionnaires. For data entry and analysis, SPSS version 20 was utilized.

RESULTS:

Myopia and the male gender had significant associations. Students reading from a greater distance had a higher association with myopia. Myopia association was greater in students who did continuous reading. Myopia was also associated with students who had more screen time. Myopia was negatively associated with time spent Outdoors.

CONCLUSION:

Myopia was associated with higher age, male gender, rural father birthplace, less time spent outdoors, greater reading distance, continuous reading, and more time spent on electronic devices.

KEYWORDS:

Myopia, School-Going Children, Risk Factors, Peshawar

EMOTIONAL AND BEHAVIORAL PROBLEMS AND SOCIAL SUPPORT AMONG MEDICAL AND DENTAL COLLEGES STUDENTS OF PESHAWAR; GAUGING THE UNDERSTANDING OF STUDENTS ON FACTORS AFFECTING SUCH PROBLEMS AND COPING STRATEGIES ADOPTED BY THEM

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INTRODUCTION:

Emotional and Behavioral problems and lack of social support are a key challenge for the balanced personality of students and different coping strategies have been adopted.

OBJECTIVES:

1. To estimate the frequency of emotional and behavioral problems.
2. To estimate the frequency of social support and gauge the student's perspective on the factors they consider relevant through qualitative interviews.

METHODOLOGY:

It was a mixed-method study design, conducted from October 2022 to February 2023. Purposive sampling of students of the Medical and Dental institutes of Peshawar was done. Participants completed the Strengths and difficulty questionnaire (SDQ) and Multidimensional Scale of Perceived Social Support (MSPSS). Students were also interviewed for their perspectives. The Quantitative data were analyzed using SPSS version 25 and the interview transcripts were analyzed by thematic analysis.

RESULTS:

The mean age of the sample (n=1060) was 21.86 ± 1.53 years. One-third of the students had emotional and behavioral problems (n=316, 30%) and high social support (n=631, 59.5%). The chi-square test showed females have significantly more social support and have less emotional and behavioral problems ($p=0.000$). Pearson correlation showed a significant negative correlation between SDQ and MSPSS ($p=0.000$). On thematic analysis, 190 codes were generated which converged into 25 categories and finally, 6 themes emerged; Emotional and behavioral problems; Psychological need/support; Personality grooming/development; Social support/coping strategies; Awareness programs; Family/friends role.

CONCLUSION:

Social support was high among students therefore only one-third of the students suffered from emotional and behavioral problems. Students are using different coping strategies but need timely psychological support.

KEYWORDS:

Emotional problems, Behavioral problems, perceived social support, Coping strategies.

ANALYSIS OF ADULTERATION OF MILK IN DAIRY FARMS OF PESHAWAR - A CROSS-SECTIONAL STUDY

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INTRODUCTION:

Milk is an important food source in the human diet. Ensuring its quality is a public health concern. This study focused on finding the prevalence of milk adulteration in Peshawar and whether the public is consuming safe milk.

OBJECTIVES:

1. To study the prevalence and analyze the adulteration of Dairy Farm Milk
2. To assess its nutritional value

METHODOLOGY:

A descriptive cross-sectional study was undertaken where 29 raw milk samples were collected from commercial dairy farms in Peshawar using randomized sampling. They were delivered to the testing facility immediately and analyzed via Milkotronic Ltd. Lactoscan SA50 Ultrasound milk analyzer. Data was analyzed on SPSS.

RESULTS:

Samples were tested for Fat, Solids-Non-Fats (SNF), Freezing temperature, added water, electrical conductivity (EC), Lactose, Protein, and Salt percentages. Results were negative for chemical adulterants, however, nutritional quality was compromised by the addition of water in more than 90% of the samples. Furthermore, 24% of the samples were acceptably good nutritional status, 55% had altered parameters but were safe to consume and 21% of samples were deduced to be unfit for drinking, mainly due to high EC values, indicating mastitis in the animals. According to the t-test, most of the parameters were significantly different ($p=0.05$) than the population means.

CONCLUSION:

Combining the earlier evidence on milk adulteration in the region, it appears that the population of Peshawar is at risk of drinking unhealthy milk and being exposed to harmful health repercussions.

KEYWORDS:

Milk, Adulteration, Nutrition, Dairy farm, Milk analysis

KNOWLEDGE, AWARENESS, AND PREVALENCE OF CERTIFIED AND NON-CERTIFIED GYM TRAINERS ON THE USE OF ANABOLIC-ANDROGENIC STEROIDS

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INTRODUCTION:

Anabolic androgenic steroids (AAS) are synthetic derivatives of male hormones which are characterized by protein synthesizing (anabolic) and masculinizing (androgenic) effects.

OBJECTIVES:

1. To find out the frequency of the use of AAS by trainers to athletes and assess the level of awareness of trainers about the side effects of the overuse of steroids.
2. To differentiate between the attitude of certified and non-certified trainers towards using anabolic steroids.

METHODOLOGY:

This cross-sectional study was conducted in Peshawar; 20 gyms were included from 1st January 2023 to 1st February 2023. Structured questionnaires were administered after getting consent from the gym trainers, and their awareness, knowledge, and attitude were assessed in detail. Non-probability convenient sampling technique was used. Data were analyzed by using SPSS version 25.

RESULTS:

The highest percentage of gym users was (20-29 years), followed by (20-39) and (above 40 and below 20), respectively. 14 out of 20 trainers offered AAS to their trainees without having any specific knowledge of and severe side effects of its excessive use; among 20 gym trainers, 7% had completed their bachelor's and Master whereas 3% had received their intermediate and matric level of education. The maximum level of training experience that the trainer had training their trainees was 12 years, while the minimum was two years.

CONCLUSION:

Trainers commonly advise AAS to their trainees and the government of Pakistan is also constantly monitoring gyms through the "Pakistan bodybuilding federation," which keeps a check on trainers. This has led to the closure of non-certified gyms in town.

KEYWORDS:

Anabolic androgenic steroids, Gym trainers, Athletes

ACCEPTABILITY AND HESITANCY TOWARDS COVID-19 VACCINATION AMONGST RELIGIOUS CLERICS

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INTRODUCTION:

Pakistan ranks thirty-first in the list of countries with the most patients and deaths from Corona. In Pakistan, Religious and community leaders were not educated about the immunization effort, furthermore, Polio cases prevalence and vaccination refusal rates are greatest in KP and FATA.

OBJECTIVES:

1. To estimate the prevalence of COVID-19 vaccine hesitancy in religious clerics.
2. To assess the factors associated with COVID-19 vaccine hesitancy and acceptance amongst religious clerics.

METHODOLOGY:

A cross-sectional study was conducted in Auqaf registered Masajid in Peshawar. The duration of this study was from September to December 2021. A probable random sampling method was used for data collection with a sample size of 286 with a 93% confidence interval. The data collection tool was a Designed questionnaire. Data were analyzed through SPSS version 16. Frequencies and percentages were calculated for categorical variables in demographic data and inferential analysis Chi-square test was applied.

RESULTS:

The studies showed that Most Respondents have accepted to be vaccinated for reasons of Hajj, Umrah 82.7% and were hesitant to be vaccinated for its temporary protection.

CONCLUSION:

The findings of the study revealed that religious clerics accepted vaccines for international travel, Hajj, Umrah, government coercion, doctors and religious cleric recommendations, and vaccine Halal status, although they were hesitant for its efficiency, temporary protection, and reason of steadfast confidence in Allah.

KEYWORDS:

Acceptability, Hesitancy, COVID-Vaccine, Religion

FREQUENCY OF VIRAL DISEASE (HIV AND HEPATITIS) IN DRUGS ADDICTS IN PESHAWAR

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INTRODUCTION:

HIV and Hepatitis C virus infections are among the most significant public health challenge globally. HIV and hepatitis can be transmitted from one affected person to another through body fluids; blood transfusion, breastfeeding, and sharing injection equipment.

OBJECTIVE:

1. To find out the frequency of viral disease HIV/ Hepatitis among drugs addict in Peshawar.

METHODOLOGY:

This cross-sectional survey was conducted in different drug rehabilitation centers in Peshawar from December 2022 to February 2023. Non-probability convenient method was applied and the sample data was 204. Data was collected through a questionnaire and filled in by the inter-observer. SPSS was used to analyze the data. Descriptive statistics were used for frequency and percentage.

RESULTS:

Among 204 street drugs abuser male included in this study, 30.4% were infected with viral diseases HCV, HIV, and HBV prevalence were respectively 18.6%, 7.4%, and 4.4%. Almost 21% were reported as intravenous drugs user (IDUs), and 11% of them have shared needles and blades in the last six months. Viral diseases are more common in IDUs users 19.5% of viral infections are present among them. Common drug use includes Heroin 68%, Methamphetamine 60%% Hashish 49%, and 16%% Alcohol. 27% were involved in immoral activities.

CONCLUSION:

Results of our study showed that IDUs in Peshawar are most vulnerable to the spread of HIV and other viral infections among the general population due to a lack of awareness and knowledge about viral diseases and practicing risky behaviors such as high levels of needle/syringe sharing and unprotected sex.

KEYWORDS:

Viral Infections, Substance Use, Drug Addicts

SELF-MEDICATION WITH ANTIBIOTICS AMONG THE STUDENTS OF PESHAWAR DENTAL COLLEGE

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Peshawar Dental College, Peshawar

INTRODUCTION:

According to WHO, self-medication is defined as “the selection and use of medicines by individuals to treat self-recognized illness or symptoms”. Major disadvantages of practicing self-medication are the lack of clinical evaluation of the condition by a physician, which could result in missed diagnosis and delaying of appropriate treatments, growing resistance to some drugs and increase risk of drug toxicity.

OBJECTIVE:

1. To find out the frequency of self-medication with antibiotics among students of Peshawar Dental College.

METHODOLOGY:

A descriptive cross-sectional study was conducted among 150 students of Peshawar Dental College from the 15th of August to the 15th of October. Non-probability convenience sampling technique was used to collect the data. Data was collected through a valid and reliable self-administered questionnaire with close-ended questions categorized into demographic data and self-medication behavior. SPSS version 25 was used for analysis.

RESULTS:

Among 150 participants with a mean age of 25, the intake of antibiotics in the last 3 months was about 78% (118) and the main purpose for the intake was sore throat, or runny nose; 45% (68). The most frequently used antibiotic was amoxicillin 43% (65). In the last three months, 118 participants have taken antibiotics, among them, 44% (67) self-medicated and the main purpose for this practice was previous experience 33.3%.

CONCLUSION:

A high prevalence of self-medication was found among university students. The study indicated the need for enforcement of the new legislation regarding the prohibition of selling antibiotics without a prescription and awareness regarding the correct dose of antibiotics.

KEYWORDS:

Antibiotics, Self-medication, Students

THE EFFECT OF SLEEP QUALITY ON ACADEMIC PERFORMANCE OF UNDERGRADUATE DENTAL STUDENTS OF PESHAWAR DENTAL COLLEGE

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INTRODUCTION:

Dental students are subjected to high mental strain as they have to tackle a very packed day-to-day schedule and cover a lengthy curriculum for a limited duration. This takes a heavy toll on their everyday activities like sleep quality, including sleep efficiency, sleep latency, sleep duration, and wakefulness.

OBJECTIVE:

1. To determine the effect of sleep quality on the academic performance of undergraduate students of PDC.

METHODOLOGY:

A 2 month long, cross-sectional descriptive study was conducted. A validated questionnaire based on the PSQI was used to assess the sleep quality of 200 dental students. Non-probability convenience sampling technique was followed. The results of the most recent modular exam of the same students were used to assess their academic performance. Chi-square was applied and data analysis was carried out using SPSS v.25.

RESULTS:

Out of 94 students having good quality sleep, 6 students managed to achieve 86-100% marks followed by 61 students getting 65-85 % and 27 students had 36-60 % marks. Students (n=7) with poor sleep quality achieved 86-100 % marks, followed by 61 students getting 65-85 %, 28 students getting 36-60 %, and 2 students having 10-35 % marks. There was no statistically significant difference when sleep quality was compared with academic performance as the p-value ($p=0.57$) was greater than 0.05.

CONCLUSION:

The academic performance of undergraduate dental students has no relationship with sleep quality. A limitation of the study was that information from participants was based on a self-report questionnaire which may have subject error, confusion while solving the questionnaire, and difficulty in reporting.

KEYWORDS:

Sleep Quality, Dental Students, Academic Performance, PSQI

THE VARIATION IN THE NUMBER OF CUSPS AND OCCLUSAL GROOVE PATTERNS ON THE CROWNS OF MANDIBULAR SECOND PREMOLARS AMONG PATIENTS VISITING THE OPD OF PDC AND HOSPITAL

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INTRODUCTION:

Numerous studies have been carried out on the root morphology of mandibular second premolar in other parts of the world but there is no baseline data from Pakistan about the most frequent morphology of the stated tooth as sometimes the wrong choice of restoration can cause long-term problems in a person's life.

OBJECTIVES:

1. To find out the most frequent cuspal and occlusal groove morphology of mandibular second premolars.
2. To report any variation.
3. To determine the influence of position on cuspal and occlusal groove morphology

METHODOLOGY:

A month-long cross-sectional study was conducted in the department of Oral Biology, PDC. The sample size was 100 and the sampling technique was convenient sampling. A survey form was used to collect data and analyzed it on SPSS.

RESULTS:

The frequency of position of the mandibular second premolar on the right side was 40 whereas on the left side was 60. The frequency of two cuspid variants was 68 and three cuspid was 32. The frequency of the occlusal groove pattern was found to be Y- pattern (n=37), H- pattern (n= 49), and U-pattern (n=14). There was no statistically significant difference when gender was compared with position, the number of cusps, and occlusal groove patterns of mandibular second premolars as the p-value was greater than 0.05.

CONCLUSIONS:

The two cuspids' mandibular second premolar was common with an H-type occlusal groove pattern. There was no significant variation found in the mandibular second premolar's number of cusps and occlusal groove patterns associated with gender and position of the tooth.

KEYWORDS:

Mandibular Second Premolar, Number Of Cusps, Occlusal Groove Pattern, Position Of Tooth.

MEDICAL EDUCATION

RELATIONSHIP OF EDUCATIONAL ENVIRONMENT WITH CONFIDENCE BUILD-UP AND ACADEMIC PERFORMANCE

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Wah Medical College, Wah Cantt

INTRODUCTION:

A sound educational environment plays a positive role in confidence buildup and academic performance, on the contrary negative educational environment can lead to low confidence and poor academic performance.

OBJECTIVE:

1. To assess the relationship between the educational environment with confidence buildup and academic performance.

METHODOLOGY:

It is a cross-sectional study conducted at Wah Medical College for 6 months. The sample size was 204 Students from 2nd-year, 3rd-year, and 4th-year MBBS by using a stratified sampling technique. The data collection tool used was Likert Scale Questionnaire. Data were analyzed in SPSS version 23. A chi-square test was applied.

RESULTS:

The Statistics according to DREEM categories, showed that a total of 43.6% of students marked educational environment "Below average" 53.4% of students marked educational environment "Good" and 2.9% marked educational environment "Excellent". The level of confidence varied among a large proportion of students 41.2% being less confident, 49.5% being confident only 9.3% of students being very confident. Seeing the Result categories, a large number of students amounting to 83.7% of the total belonged to the "Good" category, 5.4% of the total students belonged to the Poor category and 11.3% of the total students belonged to the Excellent category.

CONCLUSION:

There is a significant relationship between educational environment & Confidence ($p=0.000$). While there is no significant relationship between educational environment & academic performance ($p=0.095$). Also, no significant relationship occurs between Confidence level & academic performance ($p=0.331$)

KEYWORDS:

Academic performance, Confidence level, Educational Environment, Self-esteem.

ACADEMIC MOTIVATION AMONG MEDICAL STUDENTS OF PESHAWAR VIA CROSS-SECTIONAL STUDY

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INTRODUCTION:

Motivation is an essential topic of medical research: previous studies show the higher the level of motivation in students, the better their quality of learning. Different types of motivation have been shown to have different outcomes.

OBJECTIVES:

1. To assess the motivation level of medical students of Peshawar
2. To evaluate the difference in motivation levels among two genders: male and female
3. To determine motivation levels among the different years of study

METHODOLOGY:

In this month-long cross-sectional study, 390 undergraduate medical students of Peshawar participated and a non-probability convenient sampling technique was applied. The Academic Motivation Scale (AMS) was used: a 28-item questionnaire measuring the academic motivation of students. SPSS Version 20 was used to analyze the data.

RESULTS:

According to our data, only 18% of students came out to be motivated compared to 82% of students who were motivated. Among motivated students, 42.7% of medical students were extrinsically motivated and 39.4% were intrinsically motivated. In both genders, extrinsic motivation scores came out slightly more than intrinsic motivation. The overall results of our study indicate that women are more motivated than men. The results revealed that students are highly motivated in their second and fourth years, while they are less motivated in their final year.

CONCLUSION:

Our research concludes that medical students in Peshawar were most typically motivated to study because they believe that their degree would enable them to effectively prepare for their desired careers and lead a more comfortable life in the future.

KEYWORDS:

Motivation, Students, Medicine

A STUDY TO ASSESS THE COMPLIANCE OF SPIKES PROTOCOL AMONG THE DOCTORS OF PRIVATE AND PUBLIC SECTOR HOSPITALS IN PESHAWAR

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INTRODUCTION:

Breaking bad news is a critical skill for all medical practitioners and requires them to use appropriate, empathetic words and avoid medical jargon. Myriad guidelines for effectively communicating bad news to patients have been published, with the SPIKES protocol being the focus of this study.

OBJECTIVE:

1. To determine the compliance of SPIKES protocol among the doctors of Peshawar.

METHODOLOGY:

A cross-sectional study was conducted among 246 doctors of Public and Private hospitals in Peshawar, Pakistan from March 2022- July 2022. A purposive, non-random sampling technique was applied and a structured questionnaire was drafted to collect data from the study population. On SPSS, descriptive statistics were applied to determine the cut-off value for compliance and inferential statistics (Chi-square test) were applied to determine significant differences between compliance.

RESULTS:

Out of the 246 participants (123 public, 123 private), 124 (50.4%) were non-compliant and 122 (49.6%) were compliant with the spikes protocol. There was a significant difference calculated by chi-square between the compliance of public and private hospital doctors. From public hospitals, 71 participants (57.7%) were found to be compliant whereas 52 participants (42.2%) were non-compliant with the SPIKES protocol. From private hospitals, 51 participants (41.46) were found to be compliant while 72 participants (58.53%) were non-compliant with the SPIKES protocol.

CONCLUSION:

The study indicates a clear need for the improvement of breaking bad-news skills in both public and private hospitals set up. Therefore, some adjunctions to the SPIKES protocol should be considered.

KEYWORDS:

Breaking bad news, SPIKES protocol, Doctors, Compliance

ASSESSMENT OF PREFERRED LEARNING STYLES OF MEDICAL STUDENTS AT WAH MEDICAL COLLEGE, WAH CANTT

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Wah Medical College, Wah Cantt

INTRODUCTION:

Student learning is strongly affected by the learning styles they adopt. To learn and recall information, individuals adapt many different and unique styles so assessment of learning styles can lead to a better learning experience

OBJECTIVES:

1. To assess the preferred learning styles and modes of medical students
2. To assess differences in preferred learning styles on varying clinical exposure.
3. To assess the association of preferred learning styles and choice for specialization.

METHODOLOGY:

It was a cross-sectional study that was carried out at Wah Medical College, Wah Cantt. The study duration was six months from January 2022 to June 2022. A total of 271 medical students were recruited through convenience sampling. A based questionnaire was used for data collection. The data was analyzed by SPSS 23. Chi-Square and Fisher's tests were applied to determine the associations.

RESULTS:

A total of 271 students submitted the questionnaire with a mean age of 20 ± 1.7 years. The majority were female (62.4%). Kinesthetic learning was opted for by 60.5% of students while quad-modal, tri-modal, and bi-modal learning were opted for by 35.1%, 33.2%, and 31.7% of students respectively. The difference in learning styles used by students of varied clinical exposure was established ($p=0.006$)

CONCLUSION:

The most preferred learning style was kinesthetic and the majority of the students use quad-modal learning. It is also concluded that there is a difference in learning styles used by students in the pre-clinical and clinical years of medical education.

KEYWORDS:

Medical students, Curriculum, Metacognition, Specialization

COMPARATIVE STUDY OF ATTENTION SPAN AMONG MEDICAL STUDENTS OF FOUNDATION UNIVERSITY MEDICAL COLLEGE

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INTRODUCTION:

Attention span is the interval in which a person focuses without being distracted. It usually decreases towards the end of the lecture. Medical students focus less on their initial years. Its importance is underrated.

OBJECTIVES:

1. To determine the association between attention span in different years of medical college.
2. To determine factors affecting attention span.

METHODOLOGY:

A cross-sectional study was carried out from February to July 2022. It included 285 students through proportionate stratified sampling from 5 years (MBBS) of FUMC. The data collection tool included a questionnaire named "ATTC". Data was collected using online forms. Students having attendance < 60% and those with ADHD were excluded. Data were analyzed using SPSS26. Mean score and t-test were applied.

RESULTS:

The mean age was 21.15 ± 1.68 out of which 68.4% (N=195) were females. The mean score of ATTC came out to be 50.31 ± 6.37 for males, while females had 48.12 ± 7.12 . 3rd year had the lowest mean score on the ATTC scale 46.67 ± 7.02 while 4th year had the highest 49.98 ± 6.67 . Many students were distracted by internal factors such as emotions 44% and external factors such as longer courses 53%. 52. About 28% of the students preferred PBL while 38.6% were visual learners.

CONCLUSION:

Several factors affect the attention span of students. Data analysis revealed that the attention span of students differed between years.

KEYWORDS:

Attention span, Sustained attention, Medical students

VARIATION OF STUDENTS' FEEDBACK WITH MENTAL VERSUS EMOTIONAL INTELLIGENCE STATUS OF THEIR FACULTY

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INTRODUCTION:

The medical curriculum is becoming student-centered. This innovation highlights the significance of students' feedback for faculty development. This study was designed to investigate the students' inclination towards mental vs emotional intelligence in their faculty. It may help the Human Resources department in designing their induction criteria and may develop the faculty to motivate students.

OBJECTIVE:

1. To determine the impact of IQ vs EQ of basic sciences faculty on feedback by medical students.

METHODOLOGY:

In this cross-sectional study, second-year medical students at a private medical college in Lahore provided feedback on 20 random faculty members exposed to them for one year. The study was completed in one month. The feedback was obtained on a peer-reviewed piloted questionnaire with 21 questions. The faculty members were tested for IQ by the Slosson Intelligence Test questionnaire and for EQ a questionnaire with 10 questions was used by the INSPIR3 life coach. The responses were measured on a 5-point Likert scale. One-way ANOVA was used to compare the means of the three parameters. The IQ and EQ scores were analyzed with the feedback for attribution by the Tukey HSD test.

RESULTS:

All faculty members had either average to above average IQ and EQ. However, the above-average faculty received positive feedback. Furthermore, students were more inclined to EQ than IQ.

CONCLUSION:

Faculty members with above-average IQ and EQ are more appreciated by the students, but EQ is relatively a more valued parameter.

KEYWORDS:

IQ, EQ, Feedback, Human Resources, Faculty Development, and Faculty induction

ASSESSING THE LEVEL OF KNOWLEDGE ABOUT STERILIZATION PROTOCOLS AND PRACTICES AMONG STUDENTS OF PESHAWAR MEDICAL AND DENTAL COLLEGE

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Peshawar Medical and Dental College

INTRODUCTION:

Sterilization of instruments is a process that removes or kills all microorganisms present on their surfaces. Sterilization is performed to prevent disease transmission associated with the use of contaminated instruments.

OBJECTIVE:

1. To determine the knowledge of 1st year MBBS and BDS students of Peshawar Medical and Dental College regarding sterilization.

METHODOLOGY:

A cross-sectional questionnaire-based survey was conducted among the 1st Year students of Peshawar Medical and Dental College. It was conducted for 4 months using convenient sampling methods. Google forms were used as the data collection tool with the questions inquiring about basic sterilization knowledge, the total marks of the questionnaire being 30. Percentages were calculated on google forms. Students scoring above 20 were considered to have sound knowledge, scores between 10-20 were considered to have satisfactory knowledge, while students scoring below 10 were considered to have insufficient knowledge of basic protocols of sterilization and avoiding contamination. Data was analysed on SPSS.

RESULTS:

A total number of 50 responses were collected from the Dental students. 66% of the students scored 20 and above, meanwhile, 34% scored between 10-20. From MBBS, 116 students answered the questionnaire. 60.3% of the students scored 20 and above, 31.95% scored between 10-20, and 7.7% scored below 10.

CONCLUSION:

The majority of the students who participated in the survey, from both MBBS and BDS, had sound knowledge regarding basic sterilization protocols, despite being in their basic and non-clinical years.

KEYWORDS:

Sterilization protocols, Medical and dental students, Knowledge, Survey

DEPRESSION, ANXIETY, AND STRESS AMONG DENTAL STUDENTS STUDYING IN MODULAR AND TRADITIONAL CURRICULUM

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INTRODUCTION:

Mental health is defined by WHO as an essential component of health. It has different states like Depression, anxiety, and stress. Medical students mostly face these conditions because of the difficult curriculum and its burden.

OBJECTIVE:

1. To compare the level of depression, anxiety, and stress among dental students studying in the modular and traditional curriculum.

METHODOLOGY:

A descriptive, cross-sectional study was conducted on all dental students of Peshawar, KPK studying in the modular and traditional curriculum, for two months. The sampling size was 200 and a consecutive sampling technique was applied. The data collection tool was DASS 21 and analyzed using SPSS version 25.

RESULT:

Among 200 students 100 (50%) were from the modular and 100 (50%) were from the traditional system. In the modular system (19%) have mild, 16% have moderate depression while 22% have mild, 20% moderate and 12% have severe anxiety. In the traditional system, 17% have mild, and 7% have moderate depression. 12% have, 22% have moderate anxiety while there was a mild 10% effect of stress on both systems. There is a positive correlation between modular systems with depression; $P=0.02$, anxiety; $P=0.01$. There is a positive correlation between the traditional system with depression; $P=0.02$ and anxiety $P=0.01$ while no association with stress.

CONCLUSION:

DASS score is more modular than a traditional system, so there is a need to look into a modular system and take some measures to overcome depression anxiety and stress in students.

KEYWORDS:

Depression, Anxiety, Stress

NAVIGATING THE SHIP OF LIFE; HOW DO DENTAL STUDENTS USE EMOTIONAL INTELLIGENCE TO REGULATE THEIR EMOTIONS? A QUALITATIVE EXPLORATORY STUDY

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Peshawar Dental College, Peshawar

INTRODUCTION:

Emotions are an integral part of every human being and are experienced variedly. Dental students are no different as they deal with complex emotions at the beginning of their journey in a dental college. Emotional intelligence is the careful handling of one's own emotions and those of others and is less acknowledged in students.

OBJECTIVE:

1. To explore students' level of awareness in using emotional intelligence as a tool to navigate their emotions

METHODOLOGY:

It was a qualitative exploratory study, and the participants were 20 first-year dental students selected using a purposeful sampling technique. Four focus group discussions were conducted with each group comprising four to six participants. The interviews were audio recorded and transcribed verbatim. The transcripts were manually analyzed using Braun and Clarke's thematic analysis framework.

RESULTS:

After in-depth thematic analysis, 86 codes were identified and merged into 30 categories. The categories lead to the emergence of 6 themes. The themes identified were: Emotions as captain of the lifeboat, the roller coaster of emotions, combating the emotions' tides, decoding emotional intelligence, emotional intelligence as a compass, and the role of emotional intelligence in coping with fellow sailors.

CONCLUSION:

Managing own emotions and the emotions of others is an art and an important competency of future health professionals. Raising awareness and training dental students in emotional intelligence can help students deal with stressful situations as well as help foster good relations with fellow students.

KEYWORDS:

Dental students, Emotions, Emotional intelligence

A CONVERGENT MIX-METHOD STUDY TO ASSESS THE AFFINITY OF FINAL-YEAR MBBS STUDENTS TOWARDS DIFFERENT SPECIALTIES AS THEIR FUTURE CAREER

Awais Shahzad, Moiz Billah, Muhammad Asim, Salman Bashir, Ammar Ahmad, Hassan Khan, Muhammad Nauman-ul-Haq, Muhammad Tufail Khan, Izhar-ul-Haq, Zia ud Din, Faiz Ur Rahman, Syed Muhammad Waseem, Mazhar Naveed.

Peshawar Medical College, Peshawar

INTRODUCTION:

With the advancement of science & technology, almost every domain of knowledge is evolving, resulting in new fields of specialization or sub-branches. The same is the case with the medical field.

There is very little information about the career planning of medical students in Pakistan. Numerous variables may influence students in making their decision such as age, gender, specific talents, interests, and social and cultural values. This study aims to assess the factors that determine the decision made by final-year medical students regarding their preferred specialty.

OBJECTIVES:

1. To explore the final year medical student's affinity towards their postgraduate specialty.
2. To understand why different students, opt for different specialties.

METHODOLOGY:

This is a convergent mix-method study, conducted in Peshawar for 2 months. Our population size was 1050. A purposive non-random sampling technique was applied. Our sample size was 375. A structured questionnaire was used to collect data. For analysis, we used SPSS, version 26.

RESULTS:

Pakistan was the first choice for specialization for the majority (52%) and for (22%) it was US and UK. For specialties, the first choice was Medicine (17.6%), then Cardiology (17.1%) followed by General surgery (12.5%).

CONCLUSION:

Medicine, cardiology, and surgery are the preferred subjects for specialization. Qualitative studies are required to explore the root cause of various factors that influence the choice of medical graduates regarding a specialty. Such studies should be conducted on large sample sizes and in different parts of the country to reveal other dimensions as well.

KEYWORDS:

Final Year, MBBS, Career, Specialties

EVALUATING THE SELF-REFLECTED ONLINE INFORMATION-SEEKING AND WEB-SEARCHING STRATEGIES OF MEDICAL STUDENTS; A DESCRIPTIVE CROSS-SECTIONAL STUDY

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INTRODUCTION:

Medical students use the internet as an important source of information during their course of studies. Online information searching and processing is a complex cognitive process involving multifaceted cognitive and metacognitive strategies.

OBJECTIVE:

1. To evaluate the self-reflected online information-seeking and web-searching strategies of medical students

METHODOLOGY:

A descriptive cross-sectional study was carried out among students of 3 medical colleges of KPK for two months. 290 students were selected using simple random convenience sampling. The participants filled out the online Information Searching Strategy Inventory (OISSI). SPSS version 25 was used for data analysis.

RESULTS:

Out of 290 participants (n=290), 147 (50.7%) were males and 143 (49.3%) were females. The results show that there is a difference in mean scores between males and females in the Procedural and Metacognitive domains, with males scoring higher in the Procedural domain (mean=7.7347) and Metacognitive domain (mean=9.1156) compared to females (mean=7.1713 and 8.4079 respectively). However, there is no significant difference in mean scores between males and females in the Behavioral domain (mean=13.4592 and 13.4825 respectively).

CONCLUSION:

Medical students engaged in web information searching, need to be thoughtful of their information-searching strategies to improve the effectiveness of their efforts.

KEYWORDS:

Online information searching, OISSI Tool, Medical student

CAREER CHOICES AND FACTORS INFLUENCING THE CHOICES OF FINAL YEAR FEMALE BACHELOR OF DENTAL SURGERY STUDENTS AND HOUSE OFFICERS

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INTRODUCTION:

The importance of career choices and the factors that influence them lies in personal and professional growth, satisfaction, and overall well-being. Understanding the factors that influence career choices can also help individuals make informed decisions and identify potential obstacles, allowing them to make informed career decisions and plan accordingly.

OBJECTIVE:

1. To identify the factors influencing the career choices of female BDS students and HOs.

METHODOLOGY:

A descriptive cross-sectional survey was carried out among final-year BDS students and HOs at the Peshawar Dental College, using a consecutive sampling technique in November 2022. The data was collected using a validated well-structured questionnaire. Descriptive statistics were performed to compute the frequencies and percentages of carrier choices and factors. The chi-square test was then used, in SPSS, to find out the association between the variables.

RESULTS:

Among 100 participants, 51 were final-year BDS students and 49 were HOS. Their ages were between 20-30 years. Most of the participants selected orthodontics (60%) as their first career choice followed by oral and maxillofacial surgery (30%) and endodontics (20%). Professional fulfillment and occupational flexibility, career progression was found to be the most influencing factors (66%) affecting the choice of specialty followed by standard of living (64%) and work-life balance (62%). A significant association was found between the parameters (p -value <0.05).

CONCLUSION:

Orthodontics oral, maxillofacial surgery, and endodontics were found to be the first career choice of BDS students and HOs. While professional fulfillment and occupational flexibility, career progression were the most critical parameters affecting these career choices.

KEYWORDS:

Career choices, Dental surgery, Dental profession

KNOWLEDGE ABOUT FIRST AID SKILLS AMONG MEDICAL UNDERGRADUATES

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INTRODUCTION:

The adequate knowledge required for handling an emergency without a hospital setting at the site of an accident and emergency may not be sufficient as some medical schools do not have formal first aid training in the teaching curriculum.

OBJECTIVES:

1. To assess the basic knowledge of first aid among medical students
2. To assess information about basic terminologies like ECG, CPR, BLS

METHODOLOGY:

A cross-sectional study was conducted from April 2022 to March 2023, to assess the awareness of first aid among the students of various medical departments. Non-probability convenient sampling technique was followed. Sample of 450 students from different medical departments of Hamdard University Karachi was selected including Pharmacy, Doctor of Physiotherapy (DPT), Nursing, BDS, Nutrition, and MBBS. Data was collected using a structured questionnaire and analyzed on SPSS v.23.

RESULTS:

In the conducted research, we found that Medicine students have only 15.8%, dentistry 16.0 %, pharmacy 15.1%, physiotherapy 13.3%, eastern medicine 15.3%, nutrition 12.4%, and Nursing 12.0% knowledge about first aid, considered low.

CONCLUSION:

The level of knowledge about first aid was not satisfactory among the majority of the students. The study also identified the key areas in which first aid knowledge was lacking. Thus, there is a need for formal first-aid training to be introduced in the medical curriculum. Proper seminars must be conducted in which knowledge of first should be given. In this way, students shall be able to tackle emergencies in their daily lives.

KEYWORDS:

First aid, Medical Emergency, CPR, BLS

COMPARATIVE STUDY IN INTERPERSONAL COMMUNICATION SKILLS AMONG NURSING AND MEDICAL STUDENTS

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INTRODUCTION:

Communication is a purposeful process of expressing, receiving, and understanding messages containing factual information, emotions, ideas, and needs by two or more individuals through common symbols. Students with good communication skills can explain their ideas and thoughts as well as build relationships without trouble or discrimination based on religion, race, and gender.

OBJECTIVES:

1. To determine the vulnerability (to be a source of communication failure) in MBBS and BSN students of PMC and RNC.
2. To compare the communication skills of MBBS and nursing students of PMC and RNC.

METHODOLOGY:

The descriptive cross-sectional study was conducted on undergraduate medical students of Peshawar Medical College and Rufaidah Nursing College from Oct 2022 to Feb 2023. A Self-assessment communication skill survey questionnaire was used for data collection. The sample size was 300 using a convenience sampling technique. SPSS version 25 was used for analysis.

RESULTS:

A total of 300 students participated (n= 150) MBBS students plus (n= 150) BSN students. The majority were male students (n=205, 68 %). The majority were above-average communicators (n=140, 46.7%) followed by effective communicators (n = 112, 37.3%) respectively, and the chi-square test revealed a non-significant difference between Medical and Nursing students ($p>0.05$), whereas few of the nursing students have communication difficulties (n=4, 2.7%) as compared to Medical students (0%).

CONCLUSION:

Our study concluded that medical students are better communicators than BSN students. Communication skills can be better by doing work on this skill through a workshop

KEYWORDS:

Self-assessment Communication skill survey, Medical students, Nursing Students, Communication

A COMPARATIVE STUDY OF INFERIORITY COMPLEX AND ACADEMIC ACHIEVEMENTS AMONG UNDERGRADUATE MEDICAL STUDENTS

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INTRODUCTION:

A feeling of insufficiency and insecurity, caused by an agent or actual physical or mental deficiency. This concept was developed by Alfred Alder. Psychological affect the academic achievements of students and that is why their scores are commonly measured by continuous assessment of their mental health.

OBJECTIVES:

1. To determine the level of inferiority complex among undergraduate medical students of Peshawar medical college
2. To determine the frequency level of academic achievements.
3. To correlate their inferiority complex and academic achievements.

METHODOLOGY:

A cross-sectional study was conducted on undergraduate medical students of Peshawar Medical College from October 2022 to February 2023. The COMPIN scale was used for the assessment of the inferiority complex. The sample size was 354 and the convenient sampling method was used. SPSS was used for statistical analysis.

RESULTS:

Out of 354 medical students, 94 (26.6%) were male and 259 (73.2%) were female having an inferiority complex. The variables academic achievements ($r=.10$, $p< 0.05$) and inferiority complex ($r= .02$, $p< 0.05$) were found to be strongly correlated among male and female students. Academic achievement is significantly low in medical students concerning their inferiority complex.

CONCLUSION:

Inferiority complex is observed among undergraduate medical students of Peshawar Medical College which advances with age and has a high frequency in females. Psychological Intervention is required to address the problem of inferiority complex in medical students.

KEYWORDS:

Academic Achievement, Psychology, Student

EMOTION IN DISGUISE, DOES EMOTIONAL INTELLIGENCE STEER ALEXITHYMIA IN MEDICAL STUDENTS?

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INTRODUCTION:

Alexithymia is a condition where people have difficulty recognizing, understanding, and expressing their own emotions, while emotional intelligence refers to a person's ability to understand and manage their own emotions, as well as the emotions of others. Medical students as future health professionals, have to combat the complexity of managing emotions while ensuring effective patient care.

OBJECTIVE:

1. To explore the relationship of alexithymia and emotional intelligence in medical students.

METHODOLOGY:

This was a descriptive cross-sectional study conducted in randomly selected medical colleges of KPK. The sample size was 250 as calculated by the WHO calculator, and the sampling technique was simple random sampling. The undergraduate medical students filled out the online questionnaires separately for Alexithymia (TAS) and Emotional intelligence (SSEIT). Both scales are validated and reliable. The duration of the study was 6 months (Aug 2022 to Jan 2023). Data were analyzed using SPSS version 25.

RESULTS:

The response rate was 92.3% (n=233). The majority were female students (n=138, 59%). Our study showed that there is a positive correlation ($P=0.000$) between emotional intelligence and alexithymia. The chi-square test showed that there is no significant difference in alexithymia and emotional intelligence ($P=0.05$) gender-wise as well as class-wise.

CONCLUSION:

There is a complex relationship between alexithymia and emotional intelligence. Medical students must be aware of the emotional competence that they have to acquire during their journey at medical college.

KEYWORDS:

Emotional Intelligence, Alexithymia, TAS

THE STUDY OF NEGATIVE EMOTIONAL STATE, THE COMPARISON OF DEPRESSION, ANXIETY, AND STRESS LEVELS AMONG THE FRESH AND THE REPEATERS STUDENTS OF ETEA/MDCAT 2022

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INTRODUCTION:

Depression, anxiety, and stress are the most serious problems that have affected F.sc students. Premedical students suffer from depression, anxiety, and stress due to financial, social, and mental issues.

OBJECTIVE:

1. To compare and find out the level of depression, anxiety, and stress among MD-CAT fresh and repeater students.

METHODOLOGY:

A cross-sectional study was done in coaching academies and associated hostels of district Peshawar from 7th September 2022 to 7th November 2022. The sample size was 500, a non-probability convenient sampling technique was used and data was collected through the DASS21 scale. Data were analyzed through SPSS25.

RESULTS:

The study results showed that depression ($r=.40$, $p < 0.05$), anxiety ($r=.46$, $p < 0.05$), and stress ($r=.56$, $p < 0.05$) are positively correlated. Fresh and repeater students have a strong correlation with Depression ($r= .01$, $p < 0.05$) and anxiety ($r= .04$, $p < 0.05$) and a negative correlation with stress ($r=.56$, $p < 0.05$). Out of 500 fresh and repeater students appearing for medical tests 329 (65.8%) were male and 161 (32.2%) were female with a mean ($M=1.48$, $SD=1.17$) having depression ($M=7.3$, $SD=6.2$), anxiety ($M=8.9$, $SD=5.4$) and stress ($M=7.5$, $SD=4.8$).

CONCLUSION:

The fresh and repeater medical students had high depression, anxiety, and stress level MD-CAT test. Medical study burden and pressure were the major reasons for their high DASS-21 scores. Depression was found high and stress and anxiety were low in fresh medical students as compared to repeaters for their MD-CAT.

KEYWORDS:

Depression, Anxiety, Stress, Fresh, Repeater

PREVALENCE OF DISTURBED SLEEP CYCLE AMONG UNDERGRADUATES OF PESHAWAR MEDICAL COLLEGE (PMC): A CROSS-SECTIONAL STUDY BETWEEN HOSTILITIES AND DAY SCHOLARS

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INTRODUCTION:

Sleep quality among college students is an area of particular interest particularly, students living in hostels face many problems which affect their sleep quality and academic records.

OBJECTIVES:

1. To determine the frequency and factors affecting normal sleep patterns and
2. To compare the disturbed/poor sleep cycle among hostelites and day scholars.

METHODOLOGY:

A comparative cross-sectional study was conducted among students of PMC, from 1st-30th January 2023. Students aged 18-25 years were included in the study following the stratified random sampling technique, whereas students with any psychotic disease were excluded. A total of 285 out of 500 2nd to 5th-year MBBS students filled out the questionnaire as well as the Pittsburgh sleep quality index scale (PSQI). SPSS was used to analyze the data.

RESULTS:

There were 285 students in the study including 160 hostelites and 125-day scholars. Overall, (48%) of students had disturbed sleep including (64.7%) of hostelites and (35.3%) of day scholars. A greater number of hostelites were suffering from sleep disturbances like later bed-time (12:00-3:00 am) and rise time (6:00-8:00 am), sleep latency (30-45 mins), shorter sleep (60.6%), non-cooperation from roommates (77.2%), use of caffeinated drinks (56.6 %) as well as academic stress (57.6 %). They were also more prone to depression (59.2 %) and tiredness (56.7 %) than day scholars. The PSQI scores were significantly higher among hostellers, indicating poorer sleep quality ($p < 0.05$). However, no gender difference was found.

CONCLUSION:

Sleep pattern was found disturbed among hostellers as compared to day scholars who are susceptible to sleep issues.

KEYWORDS:

Sleep Cycle, Undergraduates, Day scholars, Disturbed sleep.

FREQUENCY OF TRAINEES BURNOUT AMONG GENERAL DEPARTMENTS IN HMC PESHAWAR, PAKISTAN

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INTRODUCTION:

Burnout is an occupational hazard commonly prevalent in healthcare and welfare workers particularly primary care physicians vulnerable to chronic stress. Burnout has a detrimental impact on patient care and the healthcare system which is why it has generated attention in the field of research and policy-making. As students, we want to shed light on the frequency of burnout observed in the postgraduate trainees of our medical teaching institute.

OBJECTIVE:

1. To estimate the frequency and severity of Postgraduate Trainees burnout among General Departments in HMC, Peshawar.

METHODOLOGY:

A Cross-sectional study of a sample size of 105 with convenience sampling was conducted among senior postgraduate trainees in general departments of HMC, Peshawar, from 1st May to 15th June 2022. Self-assessment questionnaires were distributed to collect data. Burnout was measured using the Copenhagen Burnout Inventory (CBI) scale. IBM SPSS Space Version 20 was employed for data analysis. Graphs, figures, and tables were made using MS Excel Version 2010.

RESULTS:

Our study's response rate was 94%. Data were analyzed through Descriptive Statistics. All three dimensions measured through CBI (personal burnout, work-related burnout, and patient-related burnout) were documented as being severe compared to international statistics. A higher prevalence of burnout was observed in females in contrast to males. The highest mean of total burnout was observed in the gynecology department.

CONCLUSION:

Severe burnout was proved to exist among the respondents of our study. This can be attributed to long work hours with low compensation, a highly competitive environment, and patient overload.

KEYWORDS:

Burnout syndrome, Postgraduate trainees, Residents, Stressors, Patient care, Healthcare, Pakistan

ASSOCIATION OF ACADEMIC PROCRASTINATION WITH INTERNET ADDICTION

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INTRODUCTION:

The Internet is an essential and widely used tool for college students, and high dependency can have negative consequences for students, especially in their academic careers.

OBJECTIVES:

1. To find out the presence of internet addiction in medical students.
2. To determine the association of internet addiction with academic procrastination.

METHODOLOGY:

A cross-sectional study was conducted from September 2022 to February 2023 and included 650 students of medical institutes of Peshawar, using a convenience sampling technique. Participants completed the questionnaires comprising of academic procrastination scale along with demographic variables including questions about internet addiction. The data were analyzed using SPSS version 25.

RESULTS:

The mean age of the sample (n=650) was 21.31 ±1.51 years. The majority of the students were male (n=393, 60.5%) from private sector institutes (n=530, 81.5%) and 3rd year (n=259, 39.9%) respectively. The majority of the students have high tendencies of academic procrastination (n=362, 55.7%). Pearson correlation between questions on internet addiction and academic procrastination showed a significant positive relationship (p=0.000).

CONCLUSION:

It was concluded that internet addiction is directly correlated with academic procrastination in medical students of Peshawar.

KEYWORDS:

Academic procrastination, Internet addiction, Undergraduate students

EFFECTS OF SOCIAL MEDIA ON ACADEMIC PERFORMANCE AND SLEEP DURATION OF UNDERGRADUATE MEDICAL AND DENTAL STUDENTS

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INTRODUCTION:

Today the Internet has taken a firm place in people's lives. Modern reality requires us to stay in touch and keep in touch with the latest news and trends. However, it is unclear whether this trend affects the performance of students.

OBJECTIVES:

1. To determine the effects of social media on students' academic performance.
2. To find out the effect of social media on sleep duration

METHODOLOGY:

A cross-sectional survey was conducted on students of 2nd and 3rd year (MBBS BDS) in Peshawar Medical and Dental College from 20th November 2022 to 7th Feb 202, using convenience sampling. A total of 180 students' data was collected through a structured questionnaire. SPSS version 25 was used for data analysis.

RESULTS:

The active users of social media apps were 96% and the frequency of using social media apps such as Facebook (65.6%), Instagram (47.2%), WhatsApp (77.2%), Tiktok (16%), YouTube (34.4%), and Snapchat (17.8%). The frequency of students who used social media for academic purposes was 43.3%. Among 43.3% of students, 33.6% of students have an aggregate greater than 70%. While 56.7% of students use social media for time passes and other purposes. The sleep duration of students at night was 5-6 hours (61%), 7-8 hours (26%), and less than 4 hours (12.2%). Almost 50.6% of students prefer to sleep between 12-2 am.

CONCLUSION:

Almost two-thirds of students use social media for academic purposes. The sleep duration of more than half of the students is affected by using social media.

KEYWORDS:

Social media, Academic performance, Sleep duration

CHALLENGES REGARDING THE ENGLISH LANGUAGE AMONG NURSING STUDENTS IN A MIXED-METHOD STUDY

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INTRODUCTION:

English is considered a universal language of science, and nearly all universities worldwide now offer courses for learning purposes. This language is extremely important for nurses for communication in some capacity.

OBJECTIVES:

1. To identify Challenges regarding the English language among nursing students
2. To identify the coping strategies for challenges regarding the English language among nursing students.
3. To explore the nursing student perspectives about challenges regarding the English language among nursing students.

METHODOLOGY:

A convergent mixed method study was conducted at the Rufaidah Nursing College, Northwest College of Nursing, and Rehman College of Nursing from August 2022-January 2023. Convenient sampling (for quantitative) and Purposive sampling (for qualitative) were used. For quantitative, a sample size of 200 was calculated and for qualitative, a tentative sample size was taken as 30-50 nursing students. Quantitative data was collected through an adopted self-administered questionnaire. SPSS version 26 was used for statistical analysis. Qualitative data was collected through semi-structured interviews.

RESULTS:

Qualitative both males (22) and females (13) were interviewed. Four main themes were generated; the importance of the English language, challenges of the English language, coping strategies English language, and future suggestion for nursing students. The P-value (.535) is much greater than so then there are no significant differences between males and females who speak English. As the P-value (.652) is much greater than so then there is no significant difference between males and females who are using coping strategies. There is no significance between males and females neither in challenges nor in coping strategies.

CONCLUSION:

The English language remains challenging both for male and female students. They overcome these encounters with certain possible coping strategies.

KEYWORDS:

English language, Challenges, Coping strategies, Nursing students

A CROSS-SECTIONAL SURVEY ON THE INTEREST OF DENTAL STUDENTS IN BASIC SCIENCES AND CLINICAL ELECTIVES

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INTRODUCTION:

An elective represents a unique learning opportunity for dental students to experience Dental health care in an unfamiliar setting and to gain experience in aspects of dentistry not offered in the regular curriculum. It's an opportunity for young dentists to choose and study subjects of their interest, including customize expertise in their profession.

OBJECTIVES:

1. To investigate the interest level of students in electives.
2. To determine if electives were offered, which field will they choose.
3. To evaluate their interest in basic or clinical science.

METHODOLOGY:

A descriptive cross-sectional study was conducted from November 2022 to February 2023 in all the dental colleges of district Peshawar using online google for this study. The sample size was 237 and a convenient sampling technique was used. The Data was processed through SPSS version 22.

RESULT:

A total of 237 responses were received. Amongst them, 76.8% were female while 23.2% were male students from their respective fields. The majority of students were interested in electives from Clinical sciences, with 35.6% of students opting for Oral and maxillary surgery as their field of choice. In basic sciences, 39.9% were interested in Research methodology. Amongst the various other fields, 30% want a workshop on Communication skills. The maximum duration for the electives selected by these students was four weeks which is around 32,1%.

CONCLUSION:

From the results, it was evident that most of the dental students were interested in attending electives with the highest priority for the dental maxillofacial field in clinical sciences whereas basic sciences research methodologies opted for. Amongst the various other fields offered, most of the students opted for communication skills.

KEYWORDS:

Electives, Dentistry, Students

A CROSS-SECTIONAL STUDY ON THE FREQUENCY OF INTERNET ADDICTION AMONG UNDERGRADUATE STUDENTS OF PESHAWAR MEDICAL & DENTAL COLLEGE WITH ITS IMPACT ON ACADEMIC PERFORMANCE

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INTRODUCTION:

Internet addiction is a relatively new research area and its use has become an indispensable part of medical student's life, rather increasingly worrying phenomenon, and affects youth in terms of academic performance.

OBJECTIVE:

1. To determine the frequency of Internet Addiction, gender-based difference, and an association between addiction and academic performance of undergraduate medical students.

METHODOLOGY:

A cross-sectional study was conducted for two months at Peshawar Medical and Dental Colleges. The sample size was 650 and serial sampling technique was followed. The data collection tool used was the Addiction Test (IAT) Scale. The academic performance data was collected from modular results. Descriptive statistics such as frequency, percentages, standard deviation, and mean were calculated with inferential statistics applied through a chi-square test keeping p- the value at 0.05. Data were analyzed using SPSS.

RESULTS:

Among the 650 students, the response rate was only 40.30%. 27.7% (n=62) students always stayed, 23.3% (n= 61) of them neglected the household chores, 30% (n= 80) were rarely affected in academic performance along with internet use, 19.1% (n= 50) frequently checked online sources, 19.5% (n= 51) thought it boring without internet, 24.8% (n= 65) often compromised sleep, 22.9%(n= 65) found it often difficult to go offline, 29.4% (n=74) rarely had mood swings, and 89. 7% were the top scorers as > 50% in their modular assessments. No significant association was determined between internet use and academic performance.

CONCLUSION:

All the students were addicted to internet use however, no significant association of internet usage with academic performance was evaluated.

KEYWORDS;

Internet Addiction, Academic Performance, Medical Students

RESEARCHING RESEARCH: AN IN-DEPTH STUDY ON THE INTRICACIES OF KNOWLEDGE, ATTITUDES, PRACTICES AND BARRIERS TOWARDS RESEARCH

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Peshawar Medical College, Peshawar

INTRODUCTION:

Research is a systematic and creative method for increasing knowledge and understanding, this is done in order to discover hidden truths.

OBJECTIVE:

1. To find out about the knowledge, attitude, practices, and barriers towards research among undergraduate medical students.

METHODOLOGY:

A cross-sectional study was conducted from September 2022 to February 2023, using a convenient sampling technique among the medical and dental students of private and public medical and dental colleges of Peshawar. Participants completed the standardized questionnaires used by Assar et al.

RESULTS:

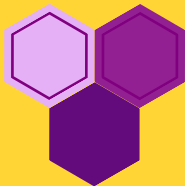
Majority of the sample (n=408) were females (n=270, 66.2%), and from private sector medical institutes (n=333, 81.6%). Most students (n=347, 85.1%) scored poorly (<3) on the knowledge questions with a mean of 1.83+1.62 out of 8 questions with significantly more scores by students in private sector (p=.03) and those studying in clinical years (p=.046). Regarding attitudes basic sciences students had significantly more research anxiety (p=.008); female students (p=.004) and public sector students (.000) considered research to be significantly more relevant to life. Regarding barriers, most students (n=262, 64.2%) scored high (>73) on the barriers to research questions with a mean of 77.78+14.538 out of 32 question with significantly higher scores by male students (p=.045) and those studying in basic sciences years (p=.030). More than half of the students never participated in any research projects (n=225, 55.1%), and never even attended any research workshops (n=209, 51.2%).

CONCLUSION:

The results suggested that the knowledge related to research is generally poor in medical students and there is noticeable research anxiety among them.

KEYWORDS:

Knowledge; Attitude; Barriers; Undergraduate students, Medical Students.



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