

14th

**UNDERGRADUATE
MEDICAL
RESEARCH
CONFERENCE**

April, 2021

Abstract Book



“In the name of Allah, the Compassionate, the Merciful”

MESSAGE FROM THE DEAN

Owing to COVID-19, we are living by most challenging and testing times. Coincidentally, we had almost country-wide institutional shutdown only a day after the end of our 13th Undergraduate Medical Research Conference in the last year. Over the span of this one year, the pandemic has evolved into a chaos. We lost a number of friends and acquaintances to this disease, during this year. We pray to Allah for blessing them all—eternally.

Still, it gives me pleasure to write this message for the 14th Undergraduate Medical Research Conference. The organizers took up the challenge of conducting this important event online. It is quite comforting to note that about 70 research studies by undergraduate students from different Medical and Allied programs and institutions from all over the country are being shared on this forum.

Research is an integral part of curricula at Peshawar Medical College, Peshawar Dental College, and Ruffaidah Nursing College. Through the continuing resolve of our faculty, students, and administration, we have been able to promote an understanding of basic concepts of research among our students at a young age. History gives us strong evidence that Muslims excelled in all academic only for their belief in research principles in view of Islamic teachings. It is now the prime time that we, as Muslims, define our own priorities and parameters in addressing to the needs of our society and establish research ethics and standards in the light of Islamic teachings. If we regain our traditions, we will Insha'Allah take back the leadership role in knowledge and society.

I pray for the success of this event and hope that the participants maintain their interest online. Again, through this difficult time, our students and teachers did best efforts and we hope that all contributors make the most of this event.

May Allah bless us all!

Prof. Dr. Hafeez ur Rahman
Dean, Health Sciences

MESSAGE FROM THE DIRECTOR UMR

Alhamdulillah, with the grace of Allah, we are once again able to hold our annual Undergraduate Medical Research (UMR) Conference. It is a pleasure to write this message for the abstract book of the 14th UMR conference-2021. Our UMR conference is a tradition that has been kept alive by our motivated and hardworking students and teachers with the help of the very supportive administration.

Each year, our team overcomes all the challenges in conducting this graceful research event with their determination and sincerity. However, this year, they faced exceptionally difficult circumstances due to the pandemic and its impact. I am proud to announce that the UMR team handled the situation excellently and came up with innovative solutions to the problems they faced. For the first time, the team worked mostly online and arranged a virtual conference. Their efforts are invaluable and their management skills are exemplary!

I must also appreciate the young researchers from all over the country who conducted research in the limitations posed by the new-normal and participated in our event to make it a success.

May Allah have His mercy on all of us and next year when we gather at the UMR forum, we find ourselves in the “normal” circumstances that we miss badly at the moment!

Dr. Khadija N. Abdullah.
Director, UMR

MESSAGE FROM PRESIDENT OF UMR

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

As a first year student when I witnessed the Undergraduate Medical Research (UMR) conference for the first time, I stood in awe, filled with admiration for all the organizers and participants who had gathered from all over the country under one roof, working hard for one purpose, to quench their thirst for research, innovation and discovery. And now as a final year student, writing this message for the 14th UMR conference abstract book, I am humbled by the magnanimous greatness of the Creator who gave me the opportunity to not only be a part of this inspirational, student-led movement but to lead it in the most challenging time of modern history. I am grateful to Allah *سبحانه وتعالى*, my fellow students, our director UMR and the department, our teachers, judges and all the participants who helped us achieve this difficult target of continuing with the legacy of UMR conferences that our college has been conducting for over a decade.

Research is an integral component of human existence and development, without it we would cease to exist. It has remained through history a turning point in the timeline of civilizations. The critical thinking that creates scores upon scores of research ideas in our mind, is the gift of what Allah *سبحانه وتعالى* that sets us apart from all His creations; the *Ashraful Makhluqat اشرف المخلوقات*. Moreover, as said in verse 2:31, Allah ^(SWT) taught Adam names of all things. These names are all hidden signs in the universe, but they shall not remain hidden as Allah ^(SWT) has said, if we set out to find His signs in the universe He will surely show them to us, condition being to set out in search of them. Hence Research is imperative to a purposeful human existence.

Undoubtedly this year was a milestone in the history of our Undergraduate Medical Research Society to conduct this conference online. Organizing the Conference this year was a albeit a challenge but Alhamdulillah our team proved that a pandemic will not hold us back from gathering researchers from all over the country and providing them a platform to bring forward their ingenuity. I am grateful for the wonderful UMR team and the Director for bestowing their trust upon me and working with me to rise to each challenge

that came our way and make this event a success. I would like to recognize the efforts of our abstract committee that has worked hard, day and night, to bring us this abstract book.

On behalf of the 14th UMR conference team, I would like to extend warmest salutations to the participants and attendees which have made this conference a success.

Hope you all had a great experience in the conference this year and would continue to support us with your participation in future, انشاء الله

Regards

Sumayyah Saqib Qureshi

President

Prime Undergraduate Medical research Society 2021

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Basic and Clinical Sciences

ANALYSIS OF COVID-19's FATAL IMPACT: PAKISTAN VS U.S.A LESSONS LEARNT.

Rubaid Azhar Dhillon, Mohammad Abdullah.
Islamic International Medical College, Rawalpindi.

Introduction:

The Novel Corona Virus Disease (COVID-19) has created havoc globally as countries worldwide struggle to combat this pandemic. This review aims to analyze the fatal impact of COVID-19 in Pakistan and the United States of America and present possible explanations for the differences observed.

Objectives:

1. To identify scale of impact of COVID-19 on Pakistan
2. To identify the differences of COVID-19 in Pakistan and USA
3. To explain the reasons of COVID-19 impact between a lower-middle-income country versus a developed nation i.e., USA.

Methodology:

Databases such as PubMed and Google Scholar were utilized to capture literature covering the timeline of Jan 1st-2020 to Jan 2nd-2021. Literature was searched using terms such as COVID-19, USA and Pakistan. All the articles were downloaded in a new Endnote library, and two independent authors screened the non-duplicate articles on the base of title and abstract.

Results:

The review provides evidence of far more fatalities in the U.S.A. than in Pakistan. Our analysis concluded that Pakistan was better able to quickly adapt to the sudden impact of COVID-19 as compared to USA where opposition and reluctance towards COVID-19 safety procedures turned out devastating.

Conclusion:

Although an educated approach is possible to be formulated after considering these results, it is highly essential to collect far more data than already present to take concrete corrective measures. Pakistan with its limited health resources was able to withstand the COVID-19 impact relatively better as compared to a developed nation such as USA.

Keywords: COVID-19; Pakistan; United States

ASSESSMENT OF OPTIC NERVE CHANGES IN PATIENTS RECEIVING ANTI-TUBERCULOSIS DRUGS.

Sonia Abdul Sammad, Shakila Abbas, Maryam Akhtar, Syeda Tasneem Zahra, Syeda Najam Gulzar.

The University of Faisalabad, Faisalabad.

Introduction:

Tuberculosis is a contagious infection that is caused by mycobacterium tuberculosis which grow slowly and replicate after every 16-24hrs, Spread from one person to another through air droplets. WHO recommended treatment for tuberculosis contains four drugs which are Isoniazid, Ethambutol, Pyrazinamide and Rifampin. These drugs have systemic as well as ocular side effects.

Objectives:

1. To assess and evaluate the changes of optic nerve in tuberculosis patient taking anti-tuberculosis therapy at different time intervals.

Methodology:

Descriptive cross-sectional study was conducted from August 2020 to February 2021 in Madinah Teaching Hospital, Faisalabad. Total 100 subjects were included through a purposive sampling technique. The test was performed after taking medical, ocular, systemic, and surgical history. Data was analyzed using descriptive statistics. Changes in optic nerve were accessed by optical coherence tomography and ophthalmoscope during 2,4,6,8 months of anti-tuberculosis therapy.

Results:

During study 100 patients taken, at 2 to 4 months no significant findings observed. At 6 months 7 patients (7.44%) developed pallor optic disc and thinning of RNFL. 5 patients (5.32%) had developed venous sheathing and optic disc edema. At 8 months 7 patients (7.44%) had developed retro-bulbar neuritis and 5 patients (5.32%) developed optic neuropathy.

Conclusion:

Anti-tuberculosis drugs are responsible for optic nerve changes; patients must undergo optic nerve evaluation and interventions performed accordingly to prevent irreversible blindness.

Keywords: Optical Coherence Tomography, Optic Nerve Isoniazid, Ethambutol, Pyrazinamide, Rifampin, Tuberculosis.

ASSOCIATION BETWEEN VIDEO GAMING EFFECTS AND MENTAL HEALTH OF STUDENTS IN PESHAWAR.

Sudais Fazal, Madiha Ghaus, Asma Arif, Dua Nazir, Haleema Mateen, Muhammad Abbas.
Pak International Medical College, Peshawar.

Introduction:

The Diagnostic and Statistical Manual of Mental Disorders, describes gaming disorder (GD) i.e. Internet gaming as a persistent and recurrent pattern of playing video games leading to a clinically significant impairment. The advances in the field of technology and gaming devices has made gaming more engaging, attractive, and accessible.

Objectives:

1. To explore the gaming pattern and its effects on students.

Methodology:

This study was a Descriptive Cross-sectional. Data was collected using convenient sampling technique from 200 students of district Peshawar. Sample contained boys and girls from age groups of 15-30 years as per the inclusion criteria. Exclusion criteria included unwilling students and students other than 15-30 age. Structured questionnaire was used to assess the socio-demographic profile and assessing mental health effects. Data were analyzed SPSS v.22.

Results:

200 student's male 172 (86) female 28(14%), age group contains 15-20 years (59%),20-25(36%) and 26-30(5%), high school student 66(33%) and undergraduate 134(67%). tolerance level 121(60%), mood modification 142(71%), relapse 95(34%), conflicts 80(41%) and problem 126 (63%) multiplayer online gaming pattern ($\beta = 0.17$, $P = 0.005$), spending greater amount of time in playing digital games ($\beta = 0.53$, $P < 0.01$), and higher Mental Health ($\beta = 0.25$, $P < 0.01^{**}$).

Conclusion:

GD is a cause of concern among students in Peshawar. There is an urgent need to create awareness about it among students and concerned authorities.

Keywords: Video Games, students, mental health

BARRIER TO REPORTING MEDICATION ADMINISTRATION ERRORS AMONG NURSES OF PRIVATE HOSPITALS.

Haseena, Amir Raheem, Abdul Ahad, Raheela.
Rufaida Nursing College, Peshawar.

Introduction:

Medication error basically comes by the authority tread of the medication procedure reason for 87% of all medication errors. The ratio of the deaths accruing by medication errors in US has been evaluated as 44000 to 98000 which is more than the ratio of deaths by the breast cancer, and immune deficiency disease etc. A research done by McLeod et al shows that the danger for MAEs is five times higher in intravenous medication than other like oral, rectal etc.

Objectives:

1. To explore the multicultural nurses' perceptions of the barriers to reporting medication errors in Peshawar.
2. To investigate the relationship between the nurses' demographic variables and their perception of reporting of medication administration error.

Methodology:

This quantitative cross sectional-descriptive design study was set in private care hospitals in Peshawar, between September and December, which is 04 months long. The sample size for this study was 223 which is calculated from the Solving formula of sampling. Data was analyzed through software SPSS version 22 for the representation of data.

Results:

Nursing student estimated medication administration error by nursing staff was due to not having knowledge about medication error. Most of the nurses lacked the required high education, as there were only 2 nurses with a PhD degree and a total of 6 had a Post-graduation degree.

Out of 223, 186 didn't have knowledge about medication error. Most of the nurses were with less experience. The mean experience of the participants was 2.39 ± 2.341 years.

Conclusion:

Finding from this study suggests that medication administration error occurrence among nursing staff was due to lack thereof of any proper training regarding medication administration and lack of experience.

Keywords: Nurses, Patient safety, Medication errors.

BIOCHEMICAL IDENTIFICATION AND ANTIBIOTIC SENSITIVITY AND RESISTANCE PATTERN FOR SALMONELLA TYPHI AND SALMONELLA PARATYPHI.

Shahzar Khan, Nadia Ilyas.
Abdul Wali Khan University, Mardan.

Introduction:

Salmonella typhimurium is a pathogenic gram-negative bacterium, which is found primarily in the intestinal lumen. It often causes diarrhea in infants and young children and leads to food poisoning. Drug resistance of Salmonella typhimurium presented serious complications in clinical patients.

Objectives:

1. To perform biochemical identification and antibiotics susceptibility patterns of salmonella typhi and salmonella Para typhi towards different antibiotics.

Methodology:

A total of 1494 isolates of S. Typhi and 451 isolates of Salmonella paratyphi, collected from different clinical and environmental sources were tested for antimicrobial susceptibility, measured in vitro by the Kirby-Bauer method.

Results:

Of the total isolates studied 60% were found to be multidrug resistant (MDR) (defined as resistance to ampicillin, chloramphenicol and co-trimoxazole, Azithromycin). The percentages of patients affected by Salmonella typhi are more than Salmonella paratyphi. Ciprofloxacin sensitivity of S. Typhi was high. The antibiotic susceptibility of Salmonella typhimurium is very high to the third and fourth generation cephalosporins. Isolates of Salmonella typhi are sensitive to nearly all antibiotics except nalidixic acid.

Conclusion:

MDR S. Typhi continues to be an important public health issue. Presence of associated low-level ciprofloxacin resistance is a concern and requires further study.

Keywords: Salmonella paratyphi, salmonella typhi, antibiotics.

COMPARING THE EFFICACY OF TNO AND TITMUS FLY TEST IN MYOPIC ANISOMETROPES.

Mariyum Jabbar, Ayesha Kiran, Kousar Naseem, Mashal Niazi, Warda Aftab.
The University of Faisalabad, Faisalabad.

Introduction:

Anisometropia is an unequal refractive error in both eye, Stereopsis binocular perception of depth gives us the information about the surroundings that contribute our spatial awareness. Reduced stereo acuity is a common feature of unilateral visual impairment. Recent studies have been conducted towards the importance of accessing stereo acuity.

Objectives:

1. To access the stereo-acuity in myopic anisometropes.
2. To compare the efficacy of TNO and Titmus test.

Methodology:

A comparative cross-sectional study was conducted from August 2020 to February 2021 in Ophthalmology Department Madina Teaching Hospital, Faisalabad. Total study sample was 150 subjects of both gender, age ranging between 10-30 years of myopic anisometropes were included. Convenient Sampling technique was used in the present study. All type of other Refractive errors except myopic anisometropes , fundus pathologies was excluded. . After taking complete history stereopsis was taken by TNO and Titmus stereo test. Data were analyzed by using independent sample T-test, with the help of SPSS software.

Results:

Stereopsis was found significantly reduced in myopic anisometropes. Results of TNO was more reliable than Titmus stereo test within level of significance ($P < 0.05$).

Conclusion:

The result of the study concluded that stereopsis was deteriorated in myopic anisometropes. Efficacy of TNO was good as compared to Titmus test as it is independent of monocular clues.

Keywords: Anisometropia, myopia, depth perception.

COMPARISON BETWEEN WORTH 4 DOT TEST AND VERTICAL PRISM DISSOCIATION TEST IN SCREENING OF AMBLYOPIA.

Javeria Jamshed, Ammara Affi, Hafsa Noor, Ayesha Maham, Aimal Rasheed.
The University of Faisalabad, Faisalabad.

Introduction:

Fixation preference is assessed in Vertical prism dissociation (VPD) test to predict amblyopia while in Worth 4 dot (W4D) test, degree of suppression is detected which tell us the presence of amblyopia. The prevalence of amblyopia is approximately 3-5 %, leading cause of unilateral visual impairment among children.

Objectives:

1. To assess the efficacy of W4D test and VPD test in screening of amblyopia in School children.

Methodology:

Comparative cross sectional study was conducted from August 2020 to February 2021 at three Government Schools, FSD Pakistan. Non-probability convenient sampling Technique was used to screen out 200 subjects and 27 amblyopic patients and 173 control subjects were examined. Data was analyzed with SSPS software version 20.Independent t-test was used for data analysis. Both VPD test and W4D test were performed in which fixation pattern and suppression was documented.

Results:

There were no significance difference in success rates in reliability between VPD test and W4D test ($P < 0.001$). VPD test diagnosed amblyopia in non-strabismic preschooler (2-4 years age) children showed significantly higher success rates ($P=0.39$).

Conclusion:

The VPD test has potential clinical benefit in measuring fixation preference in preschooler age group (2-4years) while W4D test more reliable in school going age group (6-12years) for the clinical determination of amblyopia.

Keywords: Vision disorders, Vision, amblyopia, Mass screening.

COMPARISON OF PELLI-ROBSON CHART AND SPARCS SOFTWARE TO EVALUATE CONTRAST SENSITIVITY IN GLAUCOMA PATIENTS.

Iqra Anjum, Ammar Nasir, Sheza Abid, Aima Chaudhary, Bisma Saqib.
The University of Faisalabad, Faisalabad.

Introduction:

SPARCS is computer- based software that measures contrast sensitivity centrally and in peripheral 4 quadrant and score them separately. It contains grating system. Pelli-Robson is a wall-mounted contrast sensitivity chart in which “letter-by-letter” scoring system is used. This study was undertaken to determine the ability to assess efficacy, reliability and repeatability of SPARCS software as compared to Pelli-Robson chart.

Objectives:

1. To compare Pelli-Robson and SPARCS software to evaluate CS in glaucoma patient.

Methodology:

A comparative cross-sectional study in which purposive technique was used to evaluate CS in glaucoma patient using SPARCS and PR test. It was conducted at Madinah Teaching Hospital and Allied Hospital, Faisalabad from August 2020 to February 2021. 80 patients participated in this study. Collection tools were Pelli-Robson chart and SPARCS software. Data was analyzed through SPSS version 22.0.

Results:

80 patients of glaucoma participated in this study. Participants were divided into two groups for measuring CS, Pelli-Robson and SPARCS was used and their efficacy compared. Pelli-Robson and SPARCS score had a sensitivity of 65%, 83.5% and a specificity of 63.5%, 72% respectively for detecting CS in glaucoma patients. There was significant differences between Pelli-Robson and SPARCS with P-value (0.01).

Conclusion:

SPARCS is a better method than Pelli-Robson chart to assess contrast sensitivity in patients with glaucoma. It is independent of literacy level. It is a reliable method and serves as a universal way to measure the contrast sensitivity.

Keywords: Glaucoma, Contrast sensitivity, Multilevel analysis

CORRELATION BETWEEN SLEEPING TIME AND MYOPIA.

Naseer Fatima, Maryam Jabbar.

University Medical and Dental Collage, Faisalabad.

Introduction:

Myopia is a serious eye-health problem worldwide. It is often complicated by retinal detachment, macular degeneration, glaucoma, and cataract, although the systemic associations documented for myopia are higher risks of sleep disorders and depression. Nighttime exposure to ambient light and various lighting displays were proposed as environmental hazards for sleep.

Objectives:

1. To determine the association between sleeping and developing myopia

Methodology:

A cross-sectional study was conducted from December 2020 to February 2021 in Madina Teaching Hospital, Faisalabad. Total study sample was 300 subjects of both genders, age ranging between 10-40 years of myopes were included through convenient Sampling technique. All other Refractive errors except myopia, fundus pathologies, systemic disease were excluded. After taking detailed history and ocular examination a questionnaire containing the Pittsburgh Sleep Quality Index (PSQI) and Hospital Anxiety and Depression Scale (HADS) data were analyzed by using Regression Correlation test, with the help of SPSS software.

Results:

Children (<20 years) in the high myopia group exhibited the poorest PSQI scores ($P<0.01$), while adults showed no such correlations. Regression analyses in children significantly correlated myopia with PSQI ($P<0.05$), sleep duration ($P<0.01$), and bedtime ($P<0.01$).

Conclusion:

The result concluded that sleeping quality was significantly correlated with myopic refractive error, with the high myopia group worst affected.

Keywords: Myopia, Refractive error, Sleep.

EFFECTS OF ASZWGZ CHART AND KHAMIRA-E-ABRAISHAM SADA IN THE MAINTENANCE OF COGNITIVE ABILITY OF BRAIN.

Anum Mohiuddin, Kulsoom Mohiuddin, Tabiba Syma Gayas.
Hamdard University, Karachi.

Introduction:

Now a day people are suffering from more than 600 neurological disorders which affect their cognitive abilities of brain and if it is not treated in their early stages it may lead to life threatening complications. According to “Avicenna” the most influential of the philosopher-scientists ‘there is six essential factor for maintaining health and preventing disease called “Asbab-e-sitta zaruria”, and their imbalance cause dystemperament. In this project we introduce ‘ASZWGZ Chart’ whose abbreviation is Asbab-e-sitta zaruria wa Gaer zaruria is a research based chart whose stated mission is ‘to retain the cognitive functions of brain’ by maintaining its air, dietetics, movement and rest of body, exercise and massage. We also prescribed Khamira-e-Abraisham sada a product of Hamdard laboratory because of their main ingredient (*Bombyx mori*) as it enhances the cholinergic function.

Objectives:

1. To maintain and retain the cognitive functions of brain by ASZWGZ Chart.
2. To prevent all generations from existing brain disorders by Khamira-e-Abraishamsada.

Methodology:

A cross sectional multi-center study being conducted in from Aug 1 to Dec 1, 2019. Five hundred people of both gender ages between 15 to 50 years are included. We divided 500 people in to two groups; Group A includes 250 people and Group B which also contain 250 people. We apply ASZWGZ Chart on both groups but Group B was also treated with Khamira-e-Abraisham sada. Three brain tests are done for analyses.

Conclusion:

Brain health can be retained in early stage of neurological disorders by using ASZWGZ Chart and Khamira-e-Abraisham sada. This is the greatest opportunity for all generation to maintain their brain health by using this cheapest source to cure the commonly occurring diseases.

Keywords: Cognitive ability, Avicenna, Brain

EFFECT OF DRY EYE ON VISUAL ACUITY, CONTRAST SENSITIVITY AND NIGHT VISION.

Afshan Tariq, Nimra Gul, Muneeba Zulfiqar, Ansa Iftikhar, Sidra Shahid.
The University of Faisalabad, Faisalabad.

Introduction:

Dry eye is a multifactorial disease of ocular surface caused by loss of tear film homeostasis, resulting in tear film instability, inflammation, ocular surface and neurosensory abnormalities. Patient presents with the symptoms of stinging, redness and itching. It affects VA, contrast sensitivity, and night vision of a person leading to poor quality of life.

Objectives:

1. To evaluate the effect of dry eye on Visual acuity, Contrast sensitivity and Night vision.
2. To compare efficacy of Tear Break-Up Time and Schirmer Test I.

Methodology:

This Cross-sectional study was performed at The University of Faisalabad from August 2020 to Feb 2021. Sample was collected through Purposive Non probability sampling technique. Subjects were examined using Fluorescein strips, Schirmer strips, LogMAR and Pelli Robson chart. Slit-Lamp was performed for fundus evaluation and Self-Design Performa was used to collect the data. Data was analyzed using SPSS version 20.

Results:

Dry eye significantly effects Visual Acuity, Contrast Sensitivity and Night Vision ($P < 0.05$). When Independent T-test was Applied, the results found to be significant ($P < 0.05$).

Conclusion:

This study concluded that dry eye has significant effect on visual acuity, contrast sensitivity and night vision, also Schirmer test I was proven to be better than TBUT in dry eye assessment.

Keywords: Dry Eye, Visual Acuity, Contrast Sensitivity, Night Vision.

EFFECT OF GREEN FILTER ON EXCESSIVE ACCOMMODATION AND READING SPEED.

Maryam Muhammad Nadeem, Ayesha Mansoor, Noor Fatima, Nimra Fatima, Iqra Aslam.
The University of Faisalabad, Faisalabad.

Introduction:

In excessive accommodation patient exerts more than normal accommodation to perform near tasks and result in asthenopia and effect reading speed. Green filter provides scotopic condition in which lens flattens thus accommodation is relaxed.

Objectives:

1. To assess effect of green filter on excessive accommodation.
2. To asses effect of green filter on reading speed.

Methodology:

A Cross sectional study was conducted in The University of Faisalabad from August 2020 to February 2021. 80 emmetrope females of age 18 to 25 with excessive accommodation were included through purposive sampling technique. Any types of refractive errors, phorias, tropias and all eye diseases were excluded. After taking complete ocular, medical and surgical history near point of accommodation was tested binocularly with Royal Airforce rule (RAF) with and without green filters. Reading speed was assessed with and without green filters while reading newspaper. Data was analyzed by using paired sample T-test through SPSS 20 software.

Results: There was a significant decrease in excessive accommodation and reading speed was improved by using green filter ($P < 0.05$).

Conclusion: Amplitude of accommodation and reading speed significantly altered with green filter and asthenopic symptoms were also relieved by using green filter.

Keywords: Emmetropia, Ocular Accommodation, Asthenopia, Eye protective devices.

EFFECT OF GREEN TEA AND WARM WATER ON TEAR FILM STABILITY IN DRY EYE PATIENTS.

Ifrah Batool, Ayesha Mansoor, Aneeqa Mehmood, Sadia Aslam, Vaneeza Ijaz.
The University of Faisalabad, Faisalabad.

Introduction:

Tear film is thin fluid that covers the ocular surface. It provides comfort, environmental and mechanical protection. Instability of tear film causes excessive blinking, irritation and inflammation. Consumption of Green tea after every meal is a worldwide trend these days. So jumping on the bandwagon without even knowing the facts acts as a contributory factor in instability of tear film.

Objectives:

1. To check the tear film stability in dry eye patients.
2. To compare the effect of warm water and green tea on tear film stability in dry eye patients.

Methodology:

In this comparative cross-sectional study data was collected through purposive sampling Technique at The University of Faisalabad (TUF) from August, 2020 to February, 2021. 100 participants were selected on basis of SPEED Questionnaire. Informed consent was taken prior to study. Slit-Lamp, TBUT and Schirmer Test were performed. Data was analyzed through independent sample t-test on SPSS software version 22.

Results:

In 75% of subjects the average values measured were 6-8mm and 6-9s before green tea intake which decreased to 3-5mm and 2-6s after green tea intake in Schirmer test and TBUT respectively. No significant difference was noticed in pre and post values after warm water consumption. P value calculated was <0.005.

Conclusion:

Green tea causes decrease in tear film stability.

Keywords:Green tea, Dry eye, Slit lamp, Polyphenols

EFFECT OF NINTENDO GAMES, EYE EXERCISES ON IMPROVING NULL POINT, NEAR VISION, READING SPEED AND CONTRAST IN NYSTAGMUS.

Fariah Ata, Nimra gul, Roqia Aamir, Rabia Bushra, Khadija Rauf.
The University of Faisalabad, Faisalabad.

Introduction:

Nystagmus is an involuntary to and fro movement of eyes. Nystagmus patient present with the symptoms of decreased vision, decreased contrast, poor fixation, poor eye tracking, abnormal head posture and photophobia. Playing action video games enhances vision and visual attention in sighted persons.

Objectives:

1. To evaluate improvement in null point and near vision in nystagmus patients by Nintendo Wii Games and eye exercises.
2. To evaluate improvement in reading speed and contrast in nystagmus patients by Nintendo Wii Games and eye exercises.

Methodology:

This cross-sectional study was done on 30 Nystagmus patients (60 eyes) of both genders aged between 8-20years, selected from the Allied Hospital Faisalabad within duration August 2020 to Feb 2021. Non-probability purposive sampling technique was used to collect the data. Near vision chart, Pelli-robson Contrast Sensitivity chart, Smart phone android, Video games (Nintendo Wii) and self-design proforma were main data collection tools. Data analysis was done by latest SPSS version 20.

Results:

Nintendo Wii Games and Eye exercises was found to significantly improve the null point, reading speed, near vision and contrast in nystagmus ($P < 0.05$). When repeated ANOVA was applied, the results found to be significant ($P < 0.05$).

Conclusion:

This study concluded that Nintendo Wii games and eye exercises have improved the null point of the nystagmus patient, near visual acuity, reading speed and contrast.

Keywords: Rapid eye movement, Contrast sensitivity, Reading.

EFFECT OF WEARING DIFFERENT TYPES OF FACE MASKS ON OCULAR HEALTH.

Maria Nazir, Nimra Tahir, Tahreem Fatima, Maryam Sarfraz, Fatima Iqbal, Komal Atta, Amir Ali Chaudhary.
The University of Faisalabad, Faisalabad.

Introduction:

Face masks help reduce corona virus transmission. This protective measure is an essential thing to combat COVID-19.

Objectives:

1. To find the effect of commercially available different types of masks on ocular health.

Methodology:

A comparative cross-sectional study was carried out from October 2020 to February 2021 at The University of Faisalabad. 30 Females over 18 years recruited through non-probability convenient sampling technique. Anyone having dry eye symptoms, or using contact lens, or having any active anterior eye infection were excluded. Ocular surface disease index questionnaire, Visual Acuity, TBUT, Blink Rate, and Blink patterns were assessed on each visit. Measurements were assessed at baseline and all participants dispensed with Surgical, N95, and cloth masks to wear each continuously 6 hours for a week. Responses analyzed using SPSS latest version.

Results:

Analysis of variance showed blink pattern ($F=4.93$, $p=0.01$) and TBUT ($F=4.23$, $p=0.02$) was changed more along with OSDI symptoms score using all types of mask. Visual acuity and blink rate was not affected by using N95 ($p=0.06$), however, use of surgical and cloth mask may affect it ($p=0.05$).

Conclusion:

The use of masks induced dry eye and affects tear break-up time and blink patterns more with all types of masks but less with N95.

Keywords: Cloth Mask, COVID-19, Dry eye, N95, Surgical Mask.

EFFECTIVENESS OF RED FILTER IN AMBLYOPES.

Malaika Younus, Shakila Abbas, Aalia Iqrar, Mahnoor Anwar, Ayesha Bukhari.
The University of Faisalabad, Faisalabad.

Introduction:

Amblyopia is two Snellen line difference between both eyes. Red filter therapy is a treatment option for amblyopia based on syntonics phototherapy principle, red light stimulates sympathetic nervous system to increase cell membrane capacitance which increases neurons charge for breaking synaptic resistance to overcome amblyopia and also stimulates cones in retina that are predominantly on fovea.

Objectives:

1. To assess Visual Acuity, Contrast Sensitivity and Stereopsis in amblyopes with and without Red filter.

Methodology:

A randomized controlled trial was conducted in the Ophthalmology Department Madina Teaching Hospital, Faisalabad from August 2020 to February 2021. A total of 30 subjects of both gender and age ranging from 8-18 years, 15 anisometric amblyopes and 15 strabismic amblyopes were included through a non probability purposive sampling technique. Pre assessment of visual acuity by LogMAR chart at 4m, contrast sensitivity by Pellirobson at 1m and stereopsis by Titmus Fly test at 40 cm were recorded without red filter. Red filter glasses were prescribed for 4 weeks, post assessment data was recorded after 4 weeks.

Results:

Visual Acuity, Contrast Sensitivity and Stereopsis was found significantly improved in amblyopes ($P < 0.05$). When Paired Sample t-test was applied, the result was found significant ($P < 0.05$) for VA, C.S and stereopsis with Red filter treatment in amblyopes.

Conclusion:

The result concluded there is significant improvement in VA, CS and stereopsis after red filter therapy in amblyopes.

Keywords: Amblyopia, Anisometropia and Strabismus.

EFFICACY OF COLOUR OVERLAYS TO ASSESS READING FLUENCY, NEAR VISUAL ACUITY AND CONTRAST SENSITIVITY IN ALBINOS.

Samavia Mahnoor, Ayesha Mansoor, Freeha Nawaz, Aneela Waheed, Namel Imtiaz.
The University of Faisalabad, Faisalabad.

Introduction:

Albinism is a genetic disorder that causes hypopigmentation. Albinos shows ophthalmic defects including Foveal hypoplasia, nystagmus, reduced visual acuity, reduced contrast sensitivity, high refractive errors etc. Patients don't have clear vision due to underdevelopment of the central retinal area called macula. Albinos often complain of glare while reading, to reduce glare colour overlays are used.

Objectives:

1. To Check the effect of Colour overlays on near visual acuity and contrast sensitivity in albinos.
2. To evaluate reading speed in albinos with and without Colour overlays.

Methodology:

Cross sectional study was conducted from August 2020 to February 2021 in Al Bashir Blind School Faisalabad, Pakistan Alliance of the Blind Faisalabad. Total study sample was 40 subjects of both gender, age ranging between 10 to 25 years of Albinism were included. Purposive sampling technique was used in the present study. Albino persons who were using braille and having other syndromes were excluded. Near visual acuity, contrast sensitivity and reading speed was taken by Lea symbol chart, Pelli Robson chart, Colour overlays (yellow, green, blue) and Stopwatch. Data was analysed by paired sample T- test with SPSS software.

Results:

Reading speed, Near visual acuity and Contrast sensitivity was improved with yellow and blue other than green colour overlays within level of significance($P < 0.005$).

Conclusion:

Colour overlays were found beneficial in Albinos to enhance near visual acuity, contrast sensitivity and reading speed.

Keywords: Albinism, Visual acuity, Contrast sensitivity,.

EVALUATING THE EFFECT OF CITALOPRAM (AN ANTIDEPRESSANT) ON INTRAOCULAR PRESSURE.

Sana Naseem, Ammara Affi, Nazish Ali, Sama Breen Ali, Anum Rukhsar.
The University of Faisalabad, Faisalabad.

Introduction:

The aim of study was to observe the association of Citalopram with IOP variations. Previous studies haven't clearly stated the SSRIs' effect on IOP. Citalopram from the category of Selective Serotonin Reuptake Inhibitors is the most ordinarily prescribed antidepressant. We studied that Citalopram increases the extent of serotonin by serotonergic and anticholinergic mechanisms which have an adverse action on Intraocular Pressure and thus increases the risk for glaucoma.

Objectives:

1. To evaluate the effect of Citalopram on Intraocular pressure.

Methodology:

A cross sectional study was conducted from September 2020 to February 2021 at Madinah Teaching and DHQ hospital Faisalabad. Sample size of 40 with both genders (M/F) included and age ranges between 25-35 years were taken. Two groups were established, each consisting of 20 patients, with primary using Citalopram for <1 month, whilst the second group were taking it from the last 4 months. Intraocular Pressure was measured through the Air puff Applanation tonometer. Relevant information was administered through a questionnaire. Data was analyzed through SPSS 20.

Results:

Individuals who were having Citalopram from last 4 months showed statistical significant results with P value <0.05.

Conclusion:

This study concluded that patients using Citalopram for longer duration showed increase intraocular pressure. Hence, a complete Ophthalmologic examination prior to and during treatment course of Citalopram is recommended.

Keywords: Intraocular pressure, Citalopram, Antidepressant, Serotonin

EVALUATION OF SIX DOT CARD EFFECTIVENESS IN THE RELIEF OF ASTHENOPIA RELATED TO CONVERGENCE INSUFFICIENCY.

Rimsha Asif, Ammara Affii, Aqsa Rana , Mahrukh Mustafa , Munaza Siraj.
The University of Faisalabad, Faisalabad.

Introduction:

Convergence insufficiency is the inability of a person to converge for a prolonged time. The symptoms include headache, eye fatigue, and diplopia. The study was conducted on the effectiveness of six dot cards to relieve asthenopia due to convergence insufficiency. It was investigated that how much these symptoms reduce with six dot card therapy.

Objective:

1. To investigate the effectiveness of six dot card therapy in the relief of asthenopia due to convergence insufficiency.

Methodology:

An interventional study was done. Thirty young adults were selected through purposive sampling technique their VA ranged from 6/9 to 6/6 and have asthenopic symptoms and no history of any previous orthoptic treatment. Their convergence range and cover/cover test was also recorded. Patients have been prescribed six dot card exercises five times a day for one month. After one month the patients were re-examined. Their convergence range and intensity of asthenopic symptoms were recorded along with the frequency of exercise they have done per day in a month. An independent sample T-test was applied to analyze the data. The study duration was from August 2020 to February 2021.

Results:

The p-value was highly significant in the patients who do exercise five times per day. The p = 0.0001

Conclusion:

Six dot card is effective to treat asthenopia, convergence insufficiency, and exophoria.

Keywords: Asthenopia, exercise, ocular motility disorder, headache

FREQUENCY OF ASTHENOPIA AMONG TAILORS AND EFFECTIVENESS OF WORKING INTERVENTIONS.

Aqsa Nazir, Komal Atta, Kaynat Zulfiqar, Hafiza Fatima Rani, Sana Manzoor.
The University of Faisalabad, Faisalabad.

Introduction:

Asthenopia is eyestrain, it occurs when our eyes are tired of excessive near work. Asthenopia occurs in tailors, computer users, and handcrafters. The symptoms include pain, headache, dry eye, blurry vision, and water from the eyes.

Objectives:

1. To determine the frequency of asthenopia among tailors with different working hours.
2. To check if there is any relation between asthenopia and convergence.

Methodology:

A descriptive study was done on tailors vocational centers in Faisalabad, markets of Faisalabad, and Umair town Faisalabad. The study duration was from August 2020 to February 2021 by using the Convenience sampling technique. RAF rule, Schirmer test, Near visual acuity, and ophthalmoscopy was done of every person. The study also involved a questionnaire filled with data collected from the population after informed consent. Data analysis was done on SPSS 20 using descriptive statistics and chi-square tests.

Results:

In 78% of subjects, the average values of convergence by RAF rule was fall in 12-17cm out of which 68% of subjects were of a dry eye. The near visual acuity in these subjects was recorded in N12 to N8.

Conclusion:

There is a relationship between convergence insufficiency and dry eye or a strong association of asthenopia in tailors.

Keywords: Asthenopia, dry eye, convergence, headache.

HONEY AS NATURAL TREATMENT OPTION FOR BLEPHARITIS AND CONJUNCTIVITIS.

Syeda Mariyum Hassan, Ayesha Kiran, Hijab Fatima, Ruqqia Bibi, Maryam Zahra.
The University of Faisalabad, Faisalabad.

Introduction:

Honey has antibacterial effect so used it for the treatment of conjunctivitis and blepharitis.

Objectives:

1. The purpose of the study was to assess the effect of honey for treatment of blepharitis and conjunctivitis
2. To compare the 20% and 60% concentration of honey (stingless bee honey and honey pure) for treatment of blepharitis and conjunctivitis.

Methodology:

A pre-post interventional study was conducted from August 2020 to February 2021 in THQ Hospital Tehsil Jand District Attock. A study sample of 80 subjects with bacterial conjunctivitis and blepharitis divided into two groups $n_1=40$ (Honey pure), $n_2=40$ (stingless bee honey) which were further divided according to concentrations of honey 20% and 60% ($n_3=20$, $n_4=20$). Both gender of age 10-40 years were included through Purposive Sampling Technique. History and torch light examination was done. Follow-ups of 3-days at initial visit then of 2-days were given to assess symptoms of disease before and after treatment. Data were collected by proforma. Data were analyzed by CHI-SQUARE using SPSS-20 software.

Results:

There was significant effect of honey as treatment option for blepharitis and conjunctivitis and the results were within level of significance ($P<0.05$) interval and according to concentrations 60% of honey was showing more prominent results in reducing symptoms as compared to 20% of honey.

Conclusion:

The result concluded that honey was effective for treatment of blepharitis and conjunctivitis as reducing symptoms like redness, itching, burning.

Keywords: Blepharitis, Conjunctivitis, Honey, Therapeutics

KNOWLEDGE, ATTITUDE AND PRACTICE ABOUT DIGITAL DENTISTRY AMONG DENTISTS OF PESHAWAR.

Hafsa Humayun, Noor ul Ainne Korashae, Maryam Rashid *Peshawar Dental College, Peshawar.*

Introduction:

With CAD/CAM technology and intraoral scanning, digital dentistry is making waves and proving to be a game changer. However, when it comes to using these technologies, specialist organizations in the health-care environment have differing viewpoints. This can be seen in the mindset, experience, and practice of dentists in the field of digital dentistry. There has been a lot of research and study into the adoption of digital dentistry.

Objectives:

1. The aim of this study was to record dental practitioners in Peshawar's expertise, attitudes, and practices related to digital dentistry.

Methodology:

A descriptive cross-sectional study was conducted using a structured questionnaire among dental practitioners of Peshawar in a duration of one month. Data was collected from 50 dental practitioners, which is a convenient sampling method. Frequencies were calculated, and the chi squared test was used to compare qualitative variables. It's a web-based survey.

Results: A total 50 dental practitioners (age 24 to 34 years) responded among which 34% were males and 66% were females. About 90% of the respondents have knowledge about digital dentistry. Majority of their source of knowledge was internet. Out of 50 dental practitioners 34 were not having digital equipments in their clinical setup. Among them 98% of the dental practitioners have the opinion to incorporate these equipments in their clinical setups.

Conclusion: All the participants have the knowledge about the digital dentistry but it was not available in the clinical setup. Majority of them think that using digital equipments would be helpful and wants to have these in their clinical setups.

Keywords: Digital dentistry, digital equipments, knowledge.

KNOWLEDGE, ATTITUDE AND PREVENTION REGARDING VAGINAL DISCHARGE IN FEMALES.

Anum Aslam, Syeda Fatima Hina.

Faculty of Eastern Medicine and Surgery, Hamdard University Karachi

Introduction:

Leucorrhoea is defined as an excessive production of normal vaginal secretion. There are many causes of leucorrhoea, the commonest cause is oestrogen imbalance. The amount of discharge may increase due to vaginal infection or it may disappear or reappear time to time. More than 75% women experience leucorrhoea during their lifetime and 45% of them having recurrent condition. Women still have less awareness regarding measures to be taken for preventing leucorrhoea. Clinically leucorrhoea is a symptom not a disease. The problem of leucorrhoea is a growing concern worldwide and approximately 24.4% of female population in Pakistan is affected.

Objectives:

1. The research focuses on the respondent knowledge about leucorrhea and to find out the all possible causes which are the leading factors of leucorrhea in Gadap town.

Methodology:

A cross-sectional study was conducted in Gadap town with a sample size (n=100) and age group between 13 to 45 years present at "Shifa ul Mulk Memorial Hospital Madinatul Hikmah Karachi. Data was collected through questionnaire. All chronic cases were excluded from the study. 2 to 3 Choices were provided for each question (yes, no, not know and other choices). The cases were registered and recorded through Protocest Performa. Patients with chronic illness are excluded from the study.

Results:

The data revealed on the basis of Mizaj females having damvi mizaj (52.5%) suffered the highest with the complaint of leucorrhoea. Second leading Mizaj is Saudavi (25.64%) and only (21.1%) balghami Mizaj were found to be suffering from vaginal discharge complaint. Trichomas and Bacterial Vaginitis were the main cause of vaginal Discharge. The use of OCPs (43%), consumption of warm foods(74%),UTI(49%) and family history(43%) are the main cause of leucorrhoea .Symptoms like greyish discharge(44%) foul smell(47%) thick discharge(34%),itching(67%) these symptoms mostly present in respondent with vaginal discharge, assesment of temprament shows that the leucorrhoea are present in respondent with singhoinus (Mizaaj damvi).

Conclusion:

Based on the results, the researcher will be able to educate the females regarding prevention of leucorrhoea to improve female health.

Keywords:Infectious leucorrhoea, vaginal discharge, knowledge, attitude, prevention, hygienic fit

NEXT GENERATION SEQUENCING OF OCULOCUTANEOUS ALBINISM IN CONSANGUINOUS FAMILIES FROM DISTRICT CHARSADE AND ITS MOLECULAR DOCKING AND DYNAMIC SIMULATION.

Shah Faisal, Sajjad Ali Shah, Sumaira Shah.
Bacha Khan University, Charsadda.

Introduction:

Albinism (OCA) is a genetic autosomal abnormality. Its most popular form is OCA1 is induced by heterozygous or homozygous mutants in the tyrosinase gene (TYR).

Objectives:

1. To assess genetic base of OCA in two Pakistani families belonging to Charsadda district and its molecular docking and dynamic simulation along with L-tyrosine.

Methodology:

Blood samples were collected from all members of the family. DNA was extracted and Next generation and Sanger sequencing was performed.

Results:

We have found a missense mutation in TYR gene at (c.1255G>A) in the exon 4 of Group-1 of all affected individuals. While in Group -2 case had a splicing error (sequence deletion) in the TYR gene. Sanger sequencing was performed to confirm the mutations. The mutations were confirmed after sequencing results. Polyphen-2 software was used to find out the pathogenic effect of mutation and it was found that the identified mutation is probably damaging the protein. Both structures of wild and mutant proteins were compared and it was found that glycine is replaced by arginine that damages the protein structure and function. Further, molecular docking was performed for drug designing for wild and mutant proteins of TYR gene.

Conclusion:

We have designed a potent drug for this disease which is predicted to stabilize the mutant protein and is predicted to convert back it to perform its normal function. This will explore a new area in the field of treatment of genetic disorders.

Keywords:Albinism, Next generation sequencing, Mutation,protein structure, Docking

PATTERN OF PRESCRIPTION OF ANTIBIOTICS AMONG THE DENTAL PRACTITIONERS OF PESHAWAR.

Hafsa Arshad, Sara Munir, Gul Afshan, Sundus Tamana, Kainat Tehseen.
Peshawar Dental College, Peshawar.

Introduction:

Antibiotics are the most prescribed drugs among dental practitioners either for prophylactic or therapeutic use. Antibiotics cover the vast majority of prescribed medicine among dentists. Antibiotic use is experimental; because the doctor does not have knowledge about the microorganism responsible for infection. Based on previous epidemiological data, microorganism responsible for infection and the treatment is decided on trial basis.

Objectives:

1. To determine the frequency of different antibiotics used by dental practitioners of Peshawar
2. To determine the frequency of different situations in which antibiotics are prescribed for prophylactic purpose
3. To determine the frequency of different situations in which antibiotics are prescribed for therapeutic purpose

Methodology:

A descriptive cross sectional study was conducted in Peshawar within duration of 2 months. Non probability convenient sampling technique was used. Any dentist with a minimum qualification of bachelor of dental surgery was included in the study. Those who did not completely fill the questionnaire were excluded. Data was collected through an online validated questionnaire. SPSS 2020 was used for analysis.

Results:

Among the 320 respondents 137(42.8%) were male and 183(57.2%) were female with a mean age of 34.15 years. Most of the Dentists prescribe prophylactic antibiotic for Root canal therapy i.e., 64 (20%) and infiltration injection with 31 (10%). While for therapeutic purpose, prescription of antibiotics was high in case of local peripheral abscesses with 157(49%) and chronic peripheral abscesses with 153(48%). Preferred antibiotics for different dental procedures were Metronidazole with 185 (58%) and Amoxicillin with 134(42).

Conclusion:

Lack of uniformity is observed in the rational use of antibiotics in dentistry. Suitable measures should be undertaken to prevent the irrational use of antibiotics in dental practice.

Keywords: Antibiotics, Dental practitioners, Prescription

PREDISPOSING FACTORS AND PATTERNS OF MULTI-DRUG RESISTANCE (MDR) IN PATIENTS WITH URINARY TRACT INFECTIONS (UTI).

Mariyah Saqib Qureshi, Aimen Niazi, Mahhum Qayyum, Sofia Muryem, Shahrukh, Saima, Fatima Baroz, Mehak Nawaz, Kainat, Momina Israr, Anam Iltaf, Maimoona Bari, Noor Dana.
Peshawar Medical College, Peshawar.

Introduction:

UTIs are one of the most frequent cause of seeking medical attention in the community. Globally 700,000 deaths occur due to AMR.

Objectives:

1. To identify the predisposing factors of MDR in patients with UTIs presenting to the wards of six teaching hospitals of Peshawar from November 2019-March 2020.
2. To determine different patterns of MDR from culture and sensitivity reports of patients with UTIs presenting to the wards of six teaching hospitals of Peshawar from November 2019-March 2020.

Methodology:

This descriptive cross-sectional study conducted from November 2019 to March 2020 in six major teaching hospitals of Peshawar using non-probability consecutive sampling technique. The patients were interviewed using a questionnaire and their culture and sensitivity reports were analysed and entered on SPSS version 19 and MS Excel.

Results:

Of 172(86.4%) out of total 199 of the patients' samples were positive for microorganism growth. Most patients were from the Urology ward n=105(61.04%), male 89(51.7%), 42 years old (± 23.705), from rural areas n=137(79.7%), had a surgical history n=88(51.2%), 38(22.1%) patients had diabetes, 128(74.4%) patients had been previously catheterized and 171(99.4%) patients had previously used antibiotics of which Metronidazole n=66 was the commonest. Isolated Gram-negative Bacilli were 144(83.72%) and Gram-positive cocci 43(25.58%). Escherichia coli n=74(43%) was the commonest isolate and was found to be most resistant to Ciprofloxacin n=55(74.3%). Escherichia coli was the most Multi-drug Resistant n=61(82.4%) while Pseudomonas aeruginosa was the most Extensively Drug Resistant organism n=21(56.7%).

Conclusion:

In conclusion males, middle-aged people, rural dwellers, Infection rates, overcrowding, frequent hospital visits, urinary catheterization and Diabetes were present in Multi-drug resistant infections. Also prominent was the prevalence of MDR E. coli and XDR Pseudomonas aeruginosa.

Keywords: Urinary tract Infections, Antimicrobial Resistance, Multi-drug Resistance, Risk factors

PREVALENCE OF EATING DISORDER (ORTHOREXIA) AMONG MEDICAL STUDENTS.

Irtaza Ali Usama, Aqsa Rani, Arja Fatima, Ayesha Zahid, Azasma Tasneem, Bakhtawar Nawaz, Maryam Shafiq, Hamza Liaqat, M. Feroz Khan, Shamikh Ahmad.
Wah Medical College, Wah.

Introduction:

Orthorexia Nervosa is an eating disorder that involves obsession with healthy eating.

Objective:

1. To find out the frequency of Orthorexia Nervosa among medical students.

Methodology:

A Cross sectional was conducted in Wah Medical College, between Oct 2019 and March 2020.

All 500 students of Wah Medical College were the sample. A close ended questionnaire was used for data collection, consisting of information regarding demographic data and EAT-26 questionnaire to assess eating disorder. Total scores fall in the range of 0–78. A score of 20 or more indicates the presence of an eating disorder. Anthropometric measurements like height, weight was done for Body mass index calculation. Analysis of data was done on SPSS, and Chi - square test was applied to find the difference in prevalence of Orthorexia Nervosa according to 'Gender' and 'Nutritional status'.

Results:

Orthorexia was present in 144 (34 %) students. The study showed an insignificant relationship of Orthorexia to gender (31.2% males' vs 36.2% females, p-value 0.283), residence (Day scholars 36.1% vs Hostelites 31.2%, p-value 0.282), nutritional status (Underweight 21.7%, Normal weight 32.6%, Overweight 42.3% and Obese 48.3%, p-value 0.45).

Conclusion:

It is concluded that about one third of students are facing Orthorexia Nervosa. It is not associated with gender and nutritional status. Studies on this subject will provide the authorities with the information necessary to be able to identify individuals with orthorexia behaviour and thus provide appropriate treatment to drive the subjects towards the normal lifestyle.

Keywords: Eating disorders, Nutritional status, Prevalence, Medical students.

TEMPERAMENTAL EVALUATION OF CONSTIPATION ITS PREVALENCE AND ASSOCIATED RISK FACTORS

Sana Qasim, Talha Noor, Tayyaba Siddiqui.
Faculty of Eastern Medicine Hamdard University Karachi.

Introduction:

Constipation is a common complaint among all age groups, refers to bowel movements that are hard to pass and the stool is often hard and dry.

Objectives:

1. To evaluate unani temperamental assessment, prevalence, and risk factors that are associated with constipation.

Methodology:

An interview based validated questionnaire was filled anonymously and verbal consent was obtained from both genders between 18-60 years age groups, total n=65 participants were selected through convenience sampling from areas of Karachi, Survey questions covered constipation-related demographic indicators, their working and resting hours and dietary habits including intake of daily fluid and their temperamental assessment according to the unani system of medicine.

Results:

Survey included majority of females 59%, about 36% of subjects having history of constipation for 6 month, 70% patients complain of burning defecation and 56% mentioned hard stool. According to temperamental evaluation of unani medicine 46% patients are having bilious temperament, 41% phlegmatic, 11% atrabilious and 3% were sanguineous. Factors that could be associated with constipation are as follows: 72% patients are of sitting profession, 69% rest for more than 7 hours a day excluding their sleep hours, 50% drinks 2-3 glass of water daily, 67% consume tea more than 2 times a day and 58% patients prefer rice over roti (bread).

Conclusion:

According to unani temperamental evaluation, constipation occurs more in bilious people and the most common factors associated with constipation in both genders was their life-style, lack of activity and their dietary habit, having low intake of water and high intake of tea, preference of rice over bread and all these factors results in causing hard stool.

Keywords: Constipation, prevalence, temperamental

THE RISK FACTORS LEAD TO KERATOCONUS IN MTH, SURVEY BASED STUDY.

Hiba Mukhtar, Ammara Nasir, Tehreem Ahmad, Kainat Zahra, Shaherbano
The University of Faisalabad, Faisalabad.

Introduction:

Keratoconus is a progressive and localized corneal thinning leads to corneal ectasia. Keratoconus cause curvature of cornea transforming it from a symmetrical dome shape into an asymmetric cone shape. This causes reduced visual acuity and a change in eyeglasses prescription.

Objectives:

1. To evaluate the different risk factors of keratoconus in Madinah teaching hospital.

Methodology: A descriptive study design, purposive sampling technique was used. This study was carried out in Madinah Teaching Hospital from August 2020 to February 2021. 150 eyes of patients were participated in this study. After taking informed consent from individuals were subjected to self-made questionnaire. All the data was collected and analyzed by using statistical package for social sciences (SPSS version 20.0). Descriptive analysis was used to check the percentage of different risk factor.

Results: 150 person with age (>14 year) was participated in this study. 40 % keratoconus was due to cousins marriage, 35% was with history of VKC and AKC due to excessive rubbing of eye, 10% PRK and LASIK, 10% screen time and 5% sleep apnoea. Different degree of keratoconus was mild 48D, moderate 48-54D and severe above 54 D keratoconus was present.

Conclusion:

The result of this study showed that cousin marriages, VKC and AKC are the important risk factors of keratoconus. Other risk factors include sleep apnoea, screen time and PRK and LASIK.

Keywords: Keratoconus, risk factors and visual acuity.

Medical Education

ATTITUDES AND PERCEIVED BARRIERS IN CONDUCTING SCIENTIFIC RESEARCH AMONG FACULTY MEMBERS IN NURSING INSTITUTES OF PESHAWAR.

Aroosa Qamar, Israr Ahmad, Fizza, Shafiq, Nageen.
Rufaidah Nursing College, Peshawar.

Introduction:

Conducting scientific research is an integral part in the development of the nursing career and to promote evidence-based practice, in which, nursing faculty has a very important role in providing skills and knowledge, influenced by nursing research. Nursing faculty is evolving in conducting researches but barriers also exist, which doesn't allow them to work efficiently.

Objectives:

1. To determine the attitude of nursing faculty members in conducting scientific research.
2. To identify the barriers faced by nursing faculty members in conducting scientific research.

Methodology:

This Quantitative Descriptive Cross-Sectional study was conducted in Nursing Colleges (LRH, KTH, RMI, PIMS, PGCN, northwest and Rufaidah nursing colleges) in Peshawar for a duration of 04 Months. Sample size was calculated from Rao-soft software that is 109 while the data collecting tool was Adopted questionnaire with 0.88 reliability. Data was analyzed by the SPSS version 21.

Result:

The nursing faculty attitude towards research is slightly negative (30.3%), because of the barriers that they face which includes organizational barriers (64.3%) and individual barriers (66.9%).

Conclusion:

According to our study nursing faculty has slightly negative attitude and less intention to conduct research in future. It is the responsibility of nursing faculty to overcome the barriers and to promote the research culture for the development and growth of nursing profession.

Keywords: Attitude, Nursing Faculty, Research.

AWARENESS ABOUT COVID-19 AMONG STUDENTS OF PMC AND PDC.

Eman Fazal, Yusra Bibi, Iqra Hidayat.
Peshawar Medical College, Peshawar.

Introduction:

Corona virus is a zoonotic virus (animal origin), an RNA virus in the Family Corona viridae of the Order Nidovirales. The causative agent of global pandemic COVID-19 is a type of Corona virus SARS-CoV which causes severe acute respiratory syndrome. The symptoms are showing up in people within 14 days of exposure to the virus. Now in such global disruption, medical students are an available resource in terms of volunteerism however engaging in public health forums without sufficient knowledge and preparation can pertain to adverse health outcomes

Objectives:

1. To determine the knowledge of medical students about COVID-19.

Methodology:

A descriptive cross-sectional study was conducted in Peshawar Medical College and Peshawar Dental College within duration of 2 months. Non probability convenient sampling technique was used. All the current students Peshawar Medical College and Peshawar Dental College were included in the study. Students who do not answer all the questions related to knowledge about COVID-19 were excluded. Data was collected through an online structured questionnaire. SPSS (2020) was used to analyze the data.

Results:

Among the 250 respondents 109 (44%) were males and 141 (56%) were females, with mean age of 22 years. Majority of the students i.e., 238 (94%) were aware that COVID-19 is a new species of Corona virus family. The common symptoms were known to 242 (96%). About 243 (96%) had the information about its transmission through respiratory droplets and 239 (95%) through close contacts. Similarly, 245 (97%) answered that its prevention is possible through hand washing and personal hygiene. About 214 (85%) were educated about significance of wearing masks.

Conclusion:

Level of knowledge of medical students about the COVID-19 is quite good. These students can play a pivotal role in increasing awareness among the general population about this important issue of present era.

Keywords: COVID-19, student, knowledge

AWARENESS LEVEL OF VITAMIN D DEFICIENCY AMONG CARE PROFESSIONALS AND PATIENTS IN TEACHING HOSPITALS AFFILIATED WITH MEDICAL COLLEGES OF PESHAWAR.

Malik Asfand Yar, M. Talha Israr Khan, Hammad Khalil, M. Saeed Ahmed, Israr Ahmad Akbar Zada, Shah Hussain, Asif Ahmad Khan, M. Faizan Khan, M. Nasir Afridi, Aimal Akbar, M. Khalid Peshawar Medical College, Peshawar.

Introduction:

Vitamin D deficiency is a significant problem for a growing proportion of the Pakistan population. It is considered to be the most common nutritional deficiency and one of the most common undiagnosed medical conditions in the world.

Objectives:

1. To assess the awareness level of Vitamin D deficiency among the patients.
2. To assess the awareness level of Vitamin deficiency among the medical professionals (doctors, Nurses)

Methodology:

A cross-sectional survey was conducted among the patients and health care professionals using different piloted questionnaire for each group. The study was conducted in nine teaching hospitals of Peshawar over a six-month period. Patients and healthcare professionals (House Officers, Medical Officers and Nurses) of Medicine, Orthopaedic and Gynae/OBS were included in this research. The survey was completed by 571 patients and 121 health care professionals and were included in analysis.

Results:

Only one hundred seventy-one (171) 31% patients who participated in study had heard about Vitamin D. 98.9% participants had answered that Vitamin D is important for health. 72.4% participants had answered sunlight as important factor for Vitamin D synthesis. While 17.2% had answered exercise, 16.9% water and 3.4% had answered sleep as important factor for Vitamin synthesis.

Survey showed that majority (82%) healthcare professionals correctly identified that Vitamin D is a fat-soluble vitamin. Only 59% known that Vitamin D is micronutrient. 72% knew that oral and IM ergocalciferol is prescribed to Vitamin D deficient patients and 58% knew Vitamin D Deficiency effect on calcium and 45% knew its deficiency effect on parathyroid hormone.

Conclusion:

Patients were generally not aware of the importance of vitamin D, dietary requirements including supplementation and the availability of vitamin D fortified foods. Our study showed that although the level of knowledge was good among healthcare professionals but information about the management aspects was seriously lacking.

Keywords: Vitamin D deficiency, Health care Professionals, Patients

BUDDING MEDICAL PROFESSIONALS AND COVID-19:

THE IMPACT OF COVID-19 ON MENTAL HEALTH AND MEDICAL STUDENTS.

Rubaid Azhar Dhillon, Amna Malik.

Islamic International Medical College, Rawalpindi.

Introduction:

Due to the COVID-19 pandemic, educational institutions were closed down and transitioned to online-teaching platforms which raised several obstacles for faculty members and students. This cross-sectional study will analyze the impact of COVID-19 outbreak on the education and mental health of medical professional students across Pakistan.

Objectives:

1. To evaluate perception of students regarding online education (E-teaching)
2. To evaluate psychological impact of COVID-19
3. To evaluate challenges encountered by the students during the pandemic.

Methodology:

The online cross-sectional survey was conducted from July-2020 to Aug-2020 and data analyzed through SPSS version-25. Sample-size was estimated using software Epi-Info and assuming that 50% of the population has been affected by online-education with a 95% confidence level and a bound-on error of $\pm 5\%$. The sample size was further increased by 6% to account for non-responders to a final sample size of 400 participants. Univariate-and-multivariate analyses were conducted to compare COVID-19 related anxiety and depression with each variable of interest.

Results:

About 59.8% (=259) students were not satisfied with the online-education platform which could be explained due to participants unable to properly communicate with the teaching instructor as 59.6% (=258) students reported this. Presence of mild-moderate depression was observed among 44.34% (=192) students with males less likely to be depressed as compared to females based on univariate analyses.

Conclusion:

Improvements need to be made by institutions to ensure medical professional students get a thorough understanding of theory and clinical exposure through the online platform. The institutions should conduct seminars regarding mental health to help students cope with stress and depression.

Keywords: COVID-19, Education, Mental Health.

DETERMINATION OF EMOTIONAL INTELLIGENCE AND ITS RELEVANCE WITH OTHER NON-COGNITIVE DOMAINS OF UNDERGRADUATE MEDICAL STUDENTS.

Muhammad Omar Ahmad, Usama Tariq.
Shalamar Medical And Dental College, Lahore.

Introduction:

The importance of emotional intelligence (EI) to the success of health professionals has been increasingly acknowledged. Concurrently, medical schools have begun integrating non-cognitive measures in candidate selection processes. The question remains whether these newly added processes correctly assess EI skills.

Objectives:

1. To measure EI levels among medical undergraduate students.
2. To find out the difference in EI among in male and female students
3. To determine the correlations between participants' EI levels and their scores on the non-cognitive test Multiple mini interviews (MMI).

Methodology:

This cross-sectional study was conducted on 150 first-year, Shalamar Medical, and dental college, Lahore. A convenient sampling technique was used to collect data. Emotional intelligence was assessed by a pre-validated questionnaire. Link of Google form of a questionnaire was distributed by email and what's app. MMI Scores evaluation scores were obtained from the Medical education department. Emotional intelligence scores were calculated. Student t-test and Pearson's correlation test were applied by using SPSS Version 21.

Results:

The mean scores after scoring were 12.5 in 70% of the participants, which indicates high emotional intelligence among medical students. There was a significant difference ($p < 0.05$) in EI levels between male and female students. No significant correlations were found between MMI test scores and EI evaluation scores.

Conclusion:

The current findings indicate high emotional intelligence among medical students. However, MMI test scores may not be predictive of medical students' EI levels.

Keywords: Emotional intelligence, medical school, medical students, selection, multiple mini-interviews (MMI).

EFFECT OF INTERNET ADDICTION ON ACADEMIC PERFORMANCE OF MEDICAL STUDENTS.

Naiha Fatima, Afia Ayaz, Kaynat Abid, Nimra Qayyum, Noormah Faryal, Sadia Maryam, Sumbul Bashir, Mishal Sajjad, Ghulam Muhammad, Mujtaba Ali, Osama Butt, Wajih Ul Hassan, Umer Shahzaib, Aftab Ahmad.
Wah Medical College, Wah.

Introduction:

Internet addiction is any online compulsive behavior that interferes normal living of people of any age and affects family, friends and work environment that can be related to official work or studies.

Objectives:

1. To study the effect of internet addiction on academic performance of medical students.

Methodology:

This Cross sectional Study was conducted in Wah Medical College, between Oct 2019 to March 2020, 500 students participated in this study, and the data Collection tool used was a closed ended questionnaire used to collect information regarding age, gender, and academic grades of students. Internet Addiction Test (IAT) by Dr. Kimberly Young was used to assess degree of internet use. Data analysis was performed using SPSS. Chi square test was used to find out the statistical significance of results.

Results:

Frequency of internet usage for academic purpose was 16 (3.5%), Entertainment was 163 (35.3%), and both were 283 (61.3%). The mean Internet Addiction Test (IAT) score was 47.06 + 18.8. 47 (10%) students were not addicted, 202 (44%) were mildly addicted, 203 (44%) were moderately addicted and 10 (2%) were severely addicted. Among students having good academic performance 49.5% were mildly addicted while 38.3% were moderate/severely addicted; among students with average performance 37.8% were mildly addicted while 54.3% were moderate/severely addicted; among students with poor performance 66.6% were moderate/severely addicted (p-value 0.012).

Conclusion:

Mild to Moderate Internet addiction was noted among students. The internet addiction was more among male students, hostelities and in students using internet for longer duration.

Keywords: Academic performance, Internet addiction, Medical students

KNOWLEDGE OF POLYCYSTIC OVARIAN SYNDROME AMONG MEDICAL AND NURSING STUDENTS OF WAH CANTT.

Maria Aslam, Amina Asif, Amina Iqbal, Kainat Akram, Komal Akram, Zahra Ikram, Ajmal Hussain, Inam Hassan, Sajid Ali Naqi, Sharmeen Fatima, Hamza Rashid, Talha Iqbal, Farman Ullah.

Wah Medical College, Wah.

Introduction:

Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age characterized by hyperandrogenism, oligoovulation, anovulation and presence of numerous cysts in the ovaries. PCOS is a major health issue having a worldwide prevalence of 6-10% among women in reproductive age.

Objectives:

1. To assess the knowledge in medical and nursing students of Wah Medical College about PCOS.

Methodology:

This comparative cross-sectional study was conducted in Wah Medical College and Nursing Institute, between 16th Sep 2019 – 16th Feb 2020. The sample size of 96 was determined by using WHO formula. Data was collected from third- and fourth-year female students of Wah Medical College and third, fourth and final year female students of Wah Nursing Institute through a pretested structured questionnaire which was filled by the students themselves. Data was entered and analyzed using SPSS version 23, a chi-square test was applied to compare the knowledge among medical and nursing students with a P value less than 0.05 was considered as significant.

Results:

65% of the medical students had good knowledge about PCOS and 91.7% had good knowledge regarding complications as compared to nursing students being 80%, while nursing students have better knowledge 72.5% about androgens being the hormone raised in PCOS as compared to medical students 46.7%.

Conclusion:

There was no significant difference found in the level of knowledge amongst the medical and nursing students.

Keywords: Polycystic ovarian syndrome, hyperandrogenism, menstrual cycles, Quality of life, physical activity.

PERCEIVED STRESS, ANXIETY AND DEPRESSION AMONG THE MEDICAL STUDENTS.

Muhammad Hamza Khan, Azmeer Amir, Muhammad Basit Malik.
Peshawar Medical College, Peshawar.

Introduction:

Medical education is considered to be one of the most academically and emotionally demanding training programs out of any profession, and consequently, the time and emotional commitment necessary for medical students to devote to their training is extensive. Such demands and stress cause a negative effect on the students' psychological well-being, and can precipitate depression and anxiety.

Objectives:

1. To determine the perceived stress, anxiety and depression among the students of Peshawar medical and Dental college.

Methodology:

A descriptive cross-sectional study was conducted in Peshawar Medical College and Peshawar Dental College within the duration of 2 months. Non probability convenient sampling technique was used. All the current students of Peshawar Medical College and Peshawar Dental College were included in the study. Students who do not answer all the questions in the questionnaire were excluded. Data was collected through a validated and reliable online questionnaire i.e., Depression, Anxiety and Stress Scale - 21 Items (DASS-21). SPSS(2020) was used to analyze the data.

Results:

Among the 232 respondents 42(18%) were males and 190 (82%) were females. In case of stress 84(36%) were normal while the rest were in mild, moderate, severe and extremely severe stress. Likewise in case of anxiety 70(30%) were normal, however 42(18%) were in severe anxiety. In case of depression 159(69%) were normal and 9(4%) students showed severe state.

Conclusion:

It is necessary to teach medical students as how to keep a balance between medical studies and personal and professional life, so in future they are able to cope with the daily life stress and anxiety easily.

Keywords: Medical students, Stress, Anxiety, Depression

PREVALENCE OF LANGUAGE BARRIERS IN MEDICAL CURRICULUM OF UNDERGRADUATE MEDICAL STUDENTS IN PAKISTAN.

Hania Ahmer, Fahad Azam, Abida Shaheen.
Shifa College of Medicine, Islamabad.

Introduction:

The English language is used for curriculum delivery in medical institutions in many developing countries which creates a non-familiarity among medical students to medical terminologies in their native languages. Students might face difficulty in understanding symptoms and might face difficulty in communicating with patients.

Objectives:

1. To create awareness among medical students about the language barrier to motivate them to learn common medical terminologies in local languages.

Methodology:

A cross-sectional study was conducted among Year-III medical students at Shifa College of Medicine, Pakistan, from January-March 2020. Purposive convenient sampling was used. We enlisted names of common diseases and terminologies in English and local languages (Urdu, Punjabi, and Pushto) which patients are likely to use while giving history, and asked students to translate these terminologies to and from English to native languages.

Result:

Out of the 45 common medical terminologies enlisted in English, medical students translated 13% into Urdu, 2 % in English, and less than 1 % into Pushto. Out of twenty listed common diseases and medical terminologies in the Urdu language, medical students translated 9% into English. 93% of medical students expressed willingness to learn common medical terminologies in native languages.

Conclusion:

We propose that a list of common medical terminologies be added in study guides of medical students in all developing countries where English is not the spoken language but is the medium of instruction in medical institutions. Even in developed countries, such terminologies may be included in the medical curriculum because of a large number of immigrants.

Keywords: Language, communicating, Medical Education.

RELATIONSHIP OF GRIT WITH PERFORMANCE IN MULTIPLE MINI INTERVIEWS FOR SELECTION OF MEDICAL STUDENTS FOR UNDERGRADUATE STUDIES.

Sharjeel Mahmood, SamahaNisar, SaadSlahuddin, SumbalDildar.
Shalamar Medical & Dental College, Lahore.

Introduction:

Given the small number of studies examining noncognitive factors as predictors of medical school performance, this survey has been designed to evaluate the impact of GRIT, a personality trait of perseverance, as a noncognitive trait that could predict medical school performance and performance in multiple mini-interview (MMI). Testing these noncognitive factors by GRIT scores will add incremental validity in predicting performance in addition to academic measures such as MDCAT scores and MMI scores.

Objectives:

1. To evaluate the average level of grit among applicants of MBBS.
2. To explore whether GRIT is a predictor of performance in MDCAT &MMI.
3. To determine the gender predisposition of GRIT.

Methodology:

This cross-sectional study was conducted on 350 candidates that applied for admission and underwent the process of Multiple mini-interviews at Shalamar Medical and dental college, Lahore. A convenient sampling technique was used to collect data. The study instrument was an 8-item validated questionnaire which was distributed by sharing a link of Google forms by What's app and email. Percentages and mean were calculated. Student t-test was applied by using SPSS version 21.

Results:

The mean scores after scoring were 4.85 in 90% of the participants, which indicates maximum score on this scale (extremely gritty), and 1.0 in 10% of participants (the lowest score) on this scale. The difference in GRIT score between male and female students was not significant. A significant correlation was found between GRIT scores, MCAT &MMI scores.

Conclusion:

The current findings indicate a high level of GRIT among applicants for the MBBS program. GRIT was found to be a predictor of performance in MDCAT and MMI. However, no significant gender predisposition of GRIT was found among the participants.

Keywords: GRIT, Medical students, Multiple mini-interview, MDCAT Scores.

SUICIDAL IDEATION AMONGST MEDICAL STUDENTS OF PAKISTAN: A CROSS SECTIONAL STUDY.

Hania Latif Sami.

Shalamar Medical and Dental College, Lahore.

Introduction:

Thinking, planning or even unsuccessful attempts of suicide come under the definition of suicidal ideation. The most important risk factor is stress, to which medical students are predisposed to for reasons ranging from academics to personal factors.

Objectives:

1. To establish the risk factors & frequency of suicidal ideation amongst medical students.

Methodology:

A study was done to ascertain the frequency of suicidal ideation & its risk factors in medical students. Questionnaire was filled by the participants with a 100% response rate. Data was analysed with the help of SPSS version 17.0 and the descriptive statistics were calculated.

Results:

Out of 250 participants, 84% reported they have depression. 34% of the total students that participated claimed to have suicidal ideation in the previous year. 5.6% reported experiencing suicidal ideation once a week. 7.2% of participants reported that they might be capable of attempting suicide while 4.4% of participants reported that they are definitely capable of committing suicide. Of the total 2.4% reported having attempted suicide while 0.4% reported having attempted suicide more than once in their life

Conclusion:

The study showed the tendency of medical students to feel depressed & experience suicidal ideation is high. The most significant contributor to this trend is the stress due to the academic burden that the medical students bear.

Keywords: Suicidal ideation, Depression, Anxiety, Suicide, Medical students.

VIEWPOINTS OF STUDENTS OF ISLAMIC INTERNATIONAL MEDICAL COLLEGE REGARDING THEIR ENGAGEMENT IN MEDICAL SCHOOL CURRICULUM.

Muhammad Abdullah.

Islamic International Medical College, Rawalpindi.

Introduction:

ASPIRE Criteria for Recognition of Excellence in Student Engagement in a School have already been established by the ASPIRE Program, a project of AMEE. This study examined how students viewed their involvement in medical school's curriculum planning, evaluation and renewal.

Objectives:

1. To evaluate the extent of students' involvement in determining the specifics of their medical school curriculum.
2. To identify shortcomings in meeting the ASPIRE Criteria

Methodology:

This quantitative descriptive survey limited the responses of medical students to IIMC in the MBBS Program, 191 medical students participated in the online survey. This sampling was done by a non-probability convenience technique. The responses were collected over 8 days. Each section of survey catered a particular criterion of ASPIRE. Total of 34-questions were designed according to the Likert scale. Few questions (4) were open-ended.

Results:

Response rate was 38.2 %. Out of which, 46.5 % believed that their medical school adheres to the ASPIRE Criteria of Student Engagement. About 81.4% of students agreed that they should formally engage in their medical school; Students who believed that they participated in provision and evaluation of the school's education were 56.3%. Moreover, 53.8% implied they have opportunities to engage in the academic community and 31% indicated that students engaged in policy and decision-making activities at their school; rest disagreed or stayed neutral. Mentorship for research activities and a stronger representation in planning extracurricular activities were popular opinions.

Conclusion:

The ASPIRE Criteria of Student Engagement are perceived as a prime benchmark by medical students of IIMC and meeting these criteria can make medical education intuitive and beneficial.

Keywords: Curriculum; Engagement; Education

Public Health and Social Sciences

A STUDY ON KNOWLEDGE ASSESSMENT AND MEDICATION ADHERENCE IN PATIENTS WITH HYPERTENSION.

Hafsa Shamim, Shanzay Rai, Sameen Rehan. *Islamic International Medical College, Rawalpindi.*

Introduction:

Hypertension, a leading cause of end-organ damage and death earns immense importance as one of the endemic comorbidities of the 21st century. Hypertension which develops insidiously and progresses asymptotically significantly damages the cardiovascular and renal systems, as well as the eyes and brain. Major risk factors contributing to high blood pressure are high salt intake, stress, smoking and a sedentary lifestyle.

Objectives:

1. To assess patients' knowledge about hypertension.
2. To find association between patients' knowledge about hypertension and medication adherence.

Methodology:

A cross sectional online questionnaire was circulated among patients from Islamabad and Rawalpindi. A total of 127 responses were recorded from March to October (2020). HELM knowledge scale and a modified version of Morisky Medication Adherence Scale were used to assess knowledge and medication adherence respectively. Data analysis was done on SPSS 21 software and Google forms.

Results:

80.3% of patients had adequate knowledge. Nearly all patients knew that hypertension causes cardiovascular events, and exercise improves control. Around 40% patients were unaware that hypertension could not be cured. 85% believed that all patients should aim for 120/80. Spearman's co-relation showed a significant positive co-relation at the 0.05 level with correlation coefficient of 0.326.

Conclusion:

Most patients were knowledgeable about hypertension. Enlightened patients are likely to adhere to medication. Hence, with patient education programs, patient compliance will improve, resulting in a healthier population.

Keywords: hypertension, knowledge, medication adherence

ACCEPTANCE OF COVID-19 VACCINE: ARE PAKISTANIS' READY?

Rubaid AzharDhillon, Amna Malik.
Islamic International Medical College, Rawalpindi.

Introduction:

The COVID-19 pandemic completes more than a year with over 2.0 million deaths globally. Given the past reluctance towards polio-vaccination, a survey to assess the acceptance rate for the COVID-19 vaccine is imperative.

Objectives:

1. To measure COVID-19 vaccine acceptance among the community
2. To find out the reasons for reluctance towards COVID-19 vaccine
3. To evaluate the challenges that need to be overcome for effective vaccination.

Methodology:

A cross-sectional online survey was distributed during November-December 2020. Questions assessing the acceptance of a vaccine of different effectiveness and source of information for COVID-19 were asked. The sample size was calculated using Open-Epi and was estimated at 683 (CI: 95%, bound on the error of 3% and 50%-acceptability). Comparison of vaccine acceptance among different groups within socio-demographic was assessed by using the Chi-square or Fisher-Exact tests where appropriate. Logistic regression analysis was run to identify factors associated with acceptance rates.

Results:

Total 936 responses were received which showed 77.0% and 41.0% of participants willing to be vaccinated using a 95%-and-50% effective-vaccine respectively, given a cost and without cost, 85.0% and 56.0% of participants are willing to be vaccinated with the same effective-vaccines. Overall, 45.0% and 39.0% of respondents have trust in the national government and media sources respectively, with a majority (56.0%) considering healthcare professionals-and-hospitals the most reliable source of information.

Conclusion:

With the majority having faith in our healthcare professionals-and-hospitals, this sector should play an active role in promoting vaccination-campaigns while the national-government and media sources should gain public trust as they are crucial in our fight against the pandemic.

Keywords: COVID-19; Vaccine; Acceptance; Knowledge

ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICES OF HEALTH WORKERS TOWARDS COVID-19 VACCINATION IN PESHAWAR.

Umar khalil, Beenish Faraz, Fareena khan, Laila, Samreen akhtar, Kamil zaman, Malaika zia.
Pak International Medical college, Peshawar.

Introduction:

Vaccines are critical tools for bringing pandemic under control with effective testing and preventive measures.

Objectives:

1. To assess the knowledge, attitudes and practices of health workers in tertiary care hospitals of Peshawar towards Covid-19 vaccination.

Methodology:

This was a descriptive cross-sectional study conducted in Lady Reading Hospital, Hayatabad Medical Complex, Khyber College of Dentistry, Peshawar Institute of Medical Sciences Hayatabad and Rehman Medical Institute Hayatabad in February 2021. Population of this study was all health workers i.e. doctors, nurses and paramedical staff working in tertiary hospitals of public and private sectors. Sample size of 200 was conveniently selected. Response rate was 134. The collected data was analyzed through spss.v.22.

Results:

Out of 134 participants, 74 (55.2%) male and 60 (44.8%) females responded. 94% of respondents knew about the covid19 vaccination. 55.2% respondents agreed with media effects on choice of vaccination while 44.8% did not agree. Regarding payment for vaccination, 67.2% respondents replied in yes. Among 134 health workers 39 were vaccinated. Among 39 vaccinated health workers, 11 (28%) respondents had got side effects. Willingness for the 2nd shot of the vaccine was 90%.

Conclusion

In this study, men's knowledge was significantly higher than women. Attitude and practice could have been higher because there was consensus to the usage of vaccines among the specialists to prevent Covid -19.

Keywords: Knowledge, Attitude, Pandemic, Cross-Sectional studies, Health Care Provider, Vaccination, tertiary care hospital.

ASSESSMENT OF SYSTEMS FOR REPORTING AND MANAGEMENT OF PATIENT SAFETY EVENTS IN TERTIARY CARE HOSPITALS OF PESHAWAR.

Sumayyah Saqib, Somaiya Sher, Zarmina Ikram, Amna Tahir, Ayesha Khan, Tayyaba, Salwa Khattak, Omama Javed, Hina Shams, Hiba Khaliq, Kulsoom Asad, Maria Farooq, Hira Saeed.
Peshawar Medical College, Peshawar.

Introduction:

Patient harm is the 10th leading cause of morbidity and mortality worldwide with about 43 million adverse events taking place world-wide during hospitalization. Reporting of PSE is imperative for improving patient safety.

Objectives:

1. To assess the current status of reporting and management systems of PSE by doctors and nurses in tertiary care medical and dental hospitals (TCHs) of Peshawar from December 2019 to February 2020.
2. To do a comparison of public and private sector medical and dental hospitals' reporting systems on PSE with regard to frequency of error, presence of a reporting system, existence of a management policy and its implementation.
3. To explore the existence of any culture of patient safety in these institutions and to identify its essential characteristics.

Methodology:

A cross sectional study was conducted in 6 public and private sector TCH of Peshawar from December 2019 to March 2020. The study population was doctors and nurses, selected through multi-stage stratified random sampling technique. A self-administered questionnaire adapted from the internationally validated tool (the Survey to Solicit Information about the Culture of Reporting developed by the Institute for Safe Medical Practices) was used for the doctors & Interview based questionnaire was employed for nurses. Data were analysed using SPSS version 22.

Results:

A total of 476 doctors and nurses participated in the study with a response rate of 94.44%. The most frequently reported rate of PSEs was at least once per month (n=150, 31.51%). Majority of the respondents confirmed that they did have a PSEs reporting system (n=365, 74.8%), while (n=120, 25.2%) responded that they did not have any system. Public and private sector hospitals did not differ with regard to cultural dimensions of PSE reporting and management.

Conclusion:

The findings reveal that the frequency of PSE as perceived by the doctors and nurses of TCHs of Peshawar is high. The reporting of adverse PSE is low, ill-structured, mostly done through verbal communication.

Keywords: Patient safety events, Reporting, Management, Medical Errors.

CHALLENGES FACED BY FEMALE DOCTORS OF POF HOSPITAL AND WAH MEDICAL COLLEGE.

Sadia Arif, Hafiza Ummara Mazhar, Kashmala Naseer, Mina Zaupash, Muhammad Hamza Qureshi, Muhammad Irshad, Noor Ul Ain, Romeela Khan, Saqib Sattar, Shaista Zainab, Tanzeela Zafar, Waleed Nasir.
Wah Medical college, Wah.

Introduction:

Islam preaches about the gender equity and emphasis on equal rights of the women. Career has been understood as advancement so female doctors must be given equal opportunities.

Objectives:

1. To determine the challenges faced by female doctors of POF hospital and Wah Medical College during their career development.

Methodology:

This Cross-sectional study was conducted in POF Hospital and Wah Medical College Wah Cantt. The Study duration was September 2019 to March 2020. 130 female doctors were selected using convenient sampling. A self-administrated questionnaire was used for data collection which included demographic information and questions to assess the challenges faced by the female doctors in their work place. The questions to assess challenges were responded on 5 points Likert scale from strongly agree to strongly disagree. The data was analyzed using SPSS version 22, frequencies and percentages of qualitative variables were calculated.

Results:

Among the data of 130 female doctors 70 (53.85%) were clinicians, 38(29.20%) were academicians and 22(16.9%) were working as both clinicians as well as academicians. Out of them 56 (43.1%) disagreed to have administrative issues, 64 (49.3%) agreed to have work place issues, 98 (75.4%) disagreed to face disrespect from colleagues and 96 (73.9%) disagreed to experience harassment at their work place. Moreover, 75(57.7%) agreed to have flexible working hours, 58(44.6%) had no transportation issues and 66 (50.70%) agreed to get career improvement opportunities. Among 86 female doctors 61(71%) had day care issues.

Conclusion:

Most of the female doctors were satisfied with their working place and career but some had day care and transportation issues.

Keywords:Female doctors, Challenges, Career development.

FACTORS ASSOCIATED WITH PRECOCIOUS PUBERTY IN CHILDREN OF KARACHI.

Tayyaba Siddiqui, Sana Qasim, Hafiza Hafsa Abbasi, Muazzam Jahangir, Hk.Syed Zahoor-ul-Hassan Zaidi, Tibia Leena Hameed.

Faculty of Eastern Medicine, Hamdard University, Karachi.

Introduction:

Puberty is a developmental change during which a child's body progresses through a sequential stage to reach mature reproductive age, Timing of puberty has altered due to environmental, dietary and psychological factors.

Objectives:

1. To evaluate causes and factors that are affecting the puberty age.

Methodology:

The survey included children from schools of different social class in Karachi. A total of n=475 participants were selected through convenience sampling, included both genders between 8-18 years, researchers collected the data from interviews in the duration of 11 months.

Results:

Mean age of girls and boys was 14.3 ± 1.5 years and mean puberty age was 12.4 ± 2 years in both genders, majority were Females (60%). About 28% of the children developed puberty at the age of 10 ± 2 which is considered as precocious puberty. Factors that could be associated with precocious puberty are as follows: 79% of children consume carbonated drinks daily, 64% use plastic crockery, 43% consume farm chicken in their daily diet, 37% prefer indoor activities in leisure time and 32% use microwave oven for warming the food.

Conclusion:

In the current studies researchers concluded that the hormonal changes are the most probable cause of the precocious puberty, many other factors are also focused that can cause changes in normal physiological process of the body these factors have to be noticed to address this issue, our study cover so many new aspects which might be so helpful for researchers in future.

Keywords: Puberty, farm-chicken, precocious puberty

FEELING OF LONELINESS AMONG MEDICAL STUDENTS OF PESHAWAR.

Maaz Farooq, Maria Rehman, Lubna Sardar, Ayesha, Ajwa Karim, Hira Tariq, Saif Ali Khan, Abid Hussain, Ijaz Alam Jan, Muhammed Atif, Ubaid Khan.
Pak International Medical College, Peshawar.

Introduction:

Loneliness is an unpleasant event due to inadequate social relationships that one desires.

Objectives:

1. To assess the prevalence of loneliness among medical students in Peshawar.

Methodology:

A descriptive cross-sectional study was conducted on a sample of 400 medical students of PIMC, KMC, KGMC, RMC and NWSM Peshawar; between the age group of 15-30 years. Data from equal numbers of males and females was collected. A standardized questionnaire was used to assess loneliness using the UCLA scale of loneliness (version 3). Data was entered and analyzed using SPSS version 22.

Results:

Out of 400 participants 272 responded (50% males and 50% females; 60% hostelites and 40% day-scholars). The prevalence of loneliness was calculated which turned out to be 39% (19.2% in males and 20.2% in females; 22% in hostelites and 16% in day-scholars). One-sample T-test was applied and the value for loneliness calculated to be { $t = 13.9$ (with 95% CI: 1.87 - 2.49)}, on the basis of gender { $t = 28.4$ (with 95% CI: 1.41 – 1.62)}, and on the basis of boarding { $t = 26.7$ (with 95% CI: 1.29 – 1.50)}; with a p-value of 0.000 that shows the results are statistically significant.

Conclusion:

Findings suggest that the degree of loneliness among young medical students is relatively high. Males and females are equally affected; however, the degree of loneliness among borders is slightly greater than day-scholars.

Keywords: loneliness, medical students, cross-sectional studies.

FREQUENT USE OF BEVERAGES AND ITS IMPACT ON MENSTRUAL DISORDERS.

Sanam Rafaqat Ali, Zahoor Ul Hassan Zaidi, Hira Shakeel, Syeda Sumbul Fatima.
Faculty of Eastern Medicine, Hamdard University, Karachi.

Introduction:

The menstrual disturbance is the most common condition in every woman nowadays. The most common beverages containing (Caffeine) consume chemical substances. It is present in soft drinks, cold drinks, coffee, tea, chocolate, and hot chocolate, and many other drugs that can disturb the menstrual cycle by the inhibition of hydrolysis of cyclic adenosine. It also affects on uterus both increased and decreased estradiol, decreased level of progesterone, and reduce ovarian weight other menstrual irregularities Amenorrhea, Oligomenorrhea, and PCO's. It can also bring several hormonal changes that can cause a physical and emotional effect that may contribute to psychological issues.

Objectives:

1. To decrease the risk of infertility in women by decreasing the intake of beverages in daily routine.

Methodology:

During the 2019 academic year, a cross-sectional study was conducted by administering a questionnaire about menstruation and self-reported habitual use of carbonated and energy drinks to 200 premenopausal women with the known medical disease who were working or studying. All data were managed and analyzed with SPSS 22 software for window 10. Prevalence was calculated as the percentage (frequency) of their minimum and maximum variables.

Results:

Therefore, caffeine consumption is related to abnormal cycle of menstruation and Amenorrhea, or oligomenorrhea & also effects on temperament of female uterus. Phlegmatic (72%) and Biliious (67%) temperaments are the most common temperament found in it. Most women (51.5%) were aged 13-20years, had a Muslim religion (99%), and were single (91%). Regular menstruation was reported by 74%, an average duration (3-7days) by 91.5%, and an average volume by 61.5%. The prevalence of menstrual symptoms are abdominal bloating 53%, mood swings 75%, back pain 77%, dizziness 54%.

Conclusion:

Caffeine consumption is related to an abnormal cycle of menstruation and amenorrhea or oligomenorrhea and also affects the temperament of the female uterus.

Keywords: Caffeinated drinks, Irregular menstruation, Amenorrhea, Oligomenorrhea, Psychological issues, Temperamental assessment

GENERAL AWARENESS AND PRACTICES IN THE PAKISTANI POPULATION REGARDING IMMUNITY.

Rubaid Azhar Dhillon, Amna Malik.
Islamic International Medical College, Rawalpindi.

Introduction:

Due to the increasing burden on the health system, there is a constant need to improve the general immune status of the population since the immunization coverage is low in Pakistan. This study was conducted to reveal the public perception and efforts regarding the improvement of immunity.

Objectives:

1. To identify common practices among public to boost immunity
2. To identify changes in knowledge and behaviour to boost immunity after COVID-19 outbreak
3. To help identify a safe healthy lifestyle.

Methodology:

A cross-sectional online survey distributed via social media during December-January 2020. Data collected and analysed through SPSS v25. Likert scale was implemented in questions to get a better range of understanding. A p-value of 0.05 or less was considered significant.

Results:

Approximately 37% participants showed improvement in knowledge and behaviour regarding immunity due to COVID-19 and 18% indicated having low immunity due to insufficient knowledge prior to COVID-19. About 32% participants indicated that they only learn about emerging health concerns if they are at risk.

Conclusion:

The government needs to conduct health educational campaigns to raise awareness regarding immunity and proper guidelines to create a healthy environment. Also, half of the study participants indicated low immunity due to financial constraints hence the government should provide some support to those who need it.

Keywords: Immunity, COVID-19, Knowledge.

IMPACT OF CHILDHOOD TRAUMA ON DEPRESSION AND ANXIETY OF MEDICAL AND DENTAL STUDENTS OF PESHAWAR.

Iqra Nawaz khan, Shamailah Gulab, Saba Gul, Aiman Khan, Aneela Zubair.
Peshawar Medical College, Peshawar.

Introduction:

Childhood traumas are traumatic events that occurs in childhood and include violence and abuse, which leads towards depression and other mental health issues.

Objectives:

1. To find out the prevalence of childhood trauma, depression and anxiety, and their relationships among medical and dental students.

Methodology:

A cross sectional study was performed (including Medical and Dental students) from February to March 2021. All the students from 1st to Final year, consenting to participate were included in the study. Convenience sampling technique was used. Hospital Anxiety and Depression (HADS) scale, Mobile Childhood trauma questionnaire were used. Data was analyzed using SPSS v.25.

Results:

The mean age of the sample (n=288) was 20.31±1.507 years. The Cronbach alpha reliability was 0.723 for Childhood Trauma questionnaire and 0.820 for Hospital anxiety and depression scale. Majority of the students were female (n=183, 63.5%), from 1st year (n=173, 60.1%) medical side (n=237, 92.3%) and belongs to nuclear family system (n=218, 75.7%). Most of the students were Middle born (n=126, 44.0%) and have 4 siblings (n=61, 21.2%). Majority of the students exposed to Minimal physical abuse (n=198, 68.8%), followed by emotional abuse (n=171, 59.4%). Half of the students have minimal emotional and physical neglect (n=159, 55.2%, 144, 50%) respectively. Majority of the students have no anxiety (n=142, 49.3%) and depression (n=192, 66.7%). Using Pearson correlation, both scales showed strong positive correlation (r=.319, p=0.000). No significant gender and institution wise difference were found on childhood trauma, its sub-scales and on anxiety and depression (p=.0.000) respectively.

Conclusion:

The study concluded the strong positive correlation between childhood trauma, anxiety and depression.

Keywords: Childhood Trauma, Anxiety and Depression, Students.

IMPACT OF MEDICAL AND CULTURAL MISCONCEPTIONS ABOUT BLOOD DONATION ON DONOR/ NON-DONOR RATIO OF UNDERGRADUATE STUDENTS OF RAWALPINDI/ ISLAMABAD.

Zahra Zafar, Naddya Nadeem, Zobia Majeed.
Islamic International Medical College, Rawalpindi.

Introduction:

Blood Transfusion is a routine medical practice and the most remarkable contribution a person can make towards saving life. According to WHO, 2 - 2.5% of a country's population must donate blood however, in Pakistan less than 1% population donates blood most of which are family/ replacement transfusions. A number of factors are responsible, from fragmented infrastructure to medical and cultural misconceptions.

Objectives:

1. To determine the extent of medical and cultural misconceptions among undergraduate students of Rawalpindi/ Islamabad.
2. To determine the impact of these misconceptions on Donor/Non-Donor Ratio of the target population.

Methodology:

A cross sectional study was carried out among the undergraduate students of Rawalpindi/ Islamabad in November 2020. A 25 item, self-administered questionnaire was used. Sample Size was 414 and respond rate was 403 with 96% confidence limit. The data was analyzed using SPSS-21. Confidentiality of the respondents was ensured.

Results:

92.8% students believe that donating blood is healthy for the donor but only 35% are regular donors. (Donor to Non- Donor ratio= 7:13). 65% never donated blood; not getting opportunity being the top reason (50%). 27% believe that regular donation affects a person's weight while 25.6% believe that donating can lead to risk of infections/ diseases. As for cultural / religious misconceptions, 1.7% students state that blood donation is forbidden while 6% state that females can only donate to blood relatives or females as per their cultural/ religious limitations. Only 60% responded that they would donate blood if called upon, 55% from which conditioned an emergency situation in order to do so.

Conclusion:

Despite majority being medically and culturally enlightened, donor number and attitude is disappointing and needs to be explored further to save as many lives as possible.

Keywords: Blood donors, Blood Transfusion, Emergency.

IMPACT OF PLAYER UNKNOWN'S BATTLEGROUNDS MOBILE (PUBGM) ADDICTION ON DEPRESSION, ANXIETY AND AGGRESSION AMONG UNDERGRADUATE MEDICAL & DENTAL STUDENTS OF PESHAWAR.

Marwan Khan, Abdullah Kamil Khalil.
Peshawar medical college, Peshawar.

Introduction:

Player Unknown's Battlegrounds Mobile (PUBGM) is a multiplayer online game, where around 100 players skydive onto a landmass and hunt for arms and ammunitions to assassinate others while simultaneously attempting to escape themselves from execution. The final player or team to withstand all the hurdles throughout the game wins the war of the battlefield. In 2018, World Health Organization (WHO) acknowledged online gaming compulsion as a grave mental health problem.

Objectives:

1. To find the frequency of PUBGM addiction and its relationship with Depression, Anxiety and Aggression among students.

Methodology:

A cross sectional study was performed (on Medical and Dental students) from February to March 2021. Students from 1st to 2nd year were included in the study. Convenience sampling technique was used. Hospital Anxiety and Depression (HADS) scale, Mobile Gaming Addiction and Aggression questionnaire were used. Data was analysed using SPSS v.25.

Results:

The mean age of the sample (n=176) was 19.88±1.056 years. The Cronbach alpha reliability was 0.803 for Gaming addiction, 0.841 for Hospital anxiety and depression scale and 0.850 for Aggression scale. Majority of the students were female (n=106, 60.2%), from 1st year (n=122, 69.3%) medical side (n=149, 84.7%). Few students have Online Gaming Addiction (n=25, 14.2%), and were addicted to PUBGM (n=24, 13.6%). Most students have no anxiety (n=91, 51.7%) and depression (n=113, 64.2%). Half of the population have Aggression issues (n=89, 50.6%), mostly verbal aggression (n=99, 56.3%). Using Pearson correlation, all three scales showed strong positive correlation (p=0.000). Significant difference was found between male and female students on online gaming addiction (p=.008), whereas no significant difference was found institution wise (p=.089), PUBGM with anxiety, depression (p=.264, p=.505) and Aggression and its subscale (p>.000) respectively.

Conclusion:

The study concluded the positive correlation between online gaming addiction, anxiety, depression and aggression.

Keywords: Anxiety, Depression, Students.

KAP STUDY AMONG PARENTS OF THALASSEMIA PATIENTS IN PESHAWAR.

Muhammad Inziam Chughtai, Roshni Khan, Sadia Wazir, Areebah Yousafzai.
Pak International Medical College, Peshawar.

Introduction:

Beta thalassemia is a hereditary disorder characterized by a genetic deficiency in the synthesis of beta-globin chains. It is the most common inherited disorder in Pakistan, and thus warrants proper attention from authorities regarding general awareness in the public and proper preventive measures.

Objectives:

1. To determine the level of awareness about thalassemia among parents of children with Thalassemia Major.

Methodology:

A total of 100 parents of children with thalassemia major from 3 different thalassemia centers were interviewed according to a predesigned structured questionnaire. Informed verbal consent was taken from all the participants. The data was analyzed using Microsoft Excel Version XX.

Results:

Out of the 100 respondents, 44% had no formal education; while only 27% had obtained a graduated degree or higher. The economic status of the parents was also assessed, with 70% having a monthly household income of less than Rs.25000. Most of the parents were married to their cousins (75%), and only 45% considered consanguinity to play a role in the prevalence of thalassemia. 43% of the parents considered thalassemia an inherited disorder. Only 15% knew prenatal detection of thalassemia. 50% of the parents did not have any knowledge about pre-marital screening for thalassemia. Only 21% of the parents were aware of bone-marrow transplant as proper treatment. A majority of the parents (91%) did consider blood screening important before blood-transfusion. 80% of the respondents supported legislation for pre-marital screening for thalassemia. However, only 64% said pre-marital screening is allowed according to religion, with 11% answering in the negative and 25% saying that they do not know.

Conclusion:

Parents' knowledge regarding thalassemia is lacking, particularly regarding the nature of the disease, role of consanguinity, pre-natal & pre-marital screening. The majority was in favor of legislation for pre-marital screening, but there were conflicting views about whether it is allowed according to religion. Thus, a community-based approach, involving all segments of society, should be adopted to prevent thalassemia.

Keywords: thalassemia, parents' awareness, inherited disorder

KNOWLEDGE OF HAND HYGIENE AMONG HEALTH CARE WORKERS AT POF HOSPITAL, WAH CANTT.

Mahnoor Nadeem, Hamna Durrani, Aqsa, Muniba Khanum, Muneeba Khalid, Shujat Ali, M. Ahmed Mughal, Syed Mubassir Abrar, Mahrukh Rizwan, Ayesha, Hassan Malik, M. Ahmed Kamran.

Wah Medical College, Wah.

Introduction:

Hand hygiene is regarded as one of the most important strategies in limiting infections in healthcare settings and hospital acquired diseases. Scientific approach is put in to establish an optimal technique of hand hygiene which is highly effective in eradicating germs and most economical with regards to consumption of resources.

Objectives:

1. To determine the knowledge of health care workers about hand hygiene.

Methodology:

A Cross-sectional was carried out at POF hospital, Wah cantt for 6 months. A sample of 165 was calculated by using WHO sample size calculator. All the available Nurses and Doctors were taken into the study. WHO standard hand hygiene knowledge questionnaire was used for data collection. Questionnaires were distributed among health care workers after taking informed consent and they were asked to fill it at the moment and were taken back. Data was entered and analyzed in SPSS version 22.0. Frequency tables and charts were formed accordingly.

Result:

In our study only 25 (15.2%) people had good knowledge of hand hygiene with a mean knowledge score of 15.2 ± 2.5 . 44 (26.7%) participants knew that germs already present on or within patients are the most frequent source of infections in a healthcare facility. 78 (47.3%) knew that the main route of cross transmission of germs between patients in a healthcare facility is dirty hands of the health care workers.

Conclusion:

Our study concluded that there is a serious lack of knowledge about hand hygiene in the health care workers. Special training and motivational workshops are required to inculcate this habit for better infection control in hospital settings.

Keywords: Hand hygiene, Health care, Infection control, Cross infection, Doctors.

KNOWLEDGE, ATTITUDE AND PERCEPTION OF PAKISTANIS' TOWARDS COVID-19; A LARGE CROSS-SECTIONAL SURVEY.

Rubaid Azhar Dhillon, Amna Malik.
Islamic International Medical College, Rawalpindi.

Introduction:

The coronavirus disease has created havoc globally, therefore it was decided to conduct a study to evaluate the knowledge, attitude and perceptions regarding COVID-19 as public understanding is vital to help facilitate the control of this outbreak.

Objectives:

1. To assess knowledge of COVID-19 among community
2. To assess Preventative protocols followed for COVID-19
3. To improve awareness of COVID-19.

Methodology:

A cross-sectional online survey distributed during 1st-12th June 2020. Descriptive statistics were analyzed using SPSS-v25. Adequate knowledge was assigned as a score of > 4 (range: 0–8) and good perception as a score of > 3 (range: 0–5). Chi-square test was used to determine the significance of difference in knowledge and perception of COVID-19 with socio-demographic characteristics. Logistic regression analysis was run to identify factors associated with adequate knowledge and perception.

Results:

Total 1200 responses collected, majority had adequate knowledge (93.3%) with a mean score of 6.59 ± 1.35 , and good perception (85.6%) with a mean score of 4.29 ± 0.82 . Significant differences in knowledge and perception were observed among genders, age groups, education and between students and employees in the healthcare and non-healthcare department. A multivariate analysis revealed a higher educational status and female gender to be significant predictors of adequate knowledge and perception. $P < 0.05$ was considered as significant.

Conclusion:

The participants demonstrated an overall adequate knowledge and good perception towards COVID-19. There is a need to follow the preventive protocols and dissemination of correct information through conducting educational interventions.

Keywords: COVID-19, Knowledge, Attitude, Perception

PARENT'S PERCEPTION AND PRACTICES OF DIGITAL MEDIA EXPOSURE AMONG PRE SCHOOL CHILDREN.

M.Bilal, Aiman Iqbal, Amna Zeb Toor, Ayesha Usman, Abdul Hasher, Aneeq khan Nayyar, Akhtar Ali, Fatima Nasir, Farwa Javaid, Fawaz khalid, Mehreen Shafqat, Rida Fatima.

Wah Medical College, Wah.

Introduction:

Children these days are spending more time on digital technology than exploring their own mind and surroundings.

Objectives:

1. To evaluate perceptions and practices of the parents about Digital Media Exposure among preschool children
2. To evaluate the effect of gender, age of the child, literacy and working status of the mothers on children time spent on digital media

Methodology:

Cross sectional study conducted in Wah Cantt from September 2019 to March 2020 on parents of the children < 5 years of age. Data was collected from 200 parents or guardians by convenient sampling technique through structured questionnaire and analysed by SPSS version 22. Chi square test was used to compare the categorical variables.

Results:

Maximum parents agreed that digital media exposure is not good for children, decreases children social interaction and physical activities, effects physical and mental health, rules are mandatory for limiting time and content of DME but 32% have given a separate mobile to their child. 45.0% children are using it > 2 hours. 47.5%of families leave their child unattended on his/her own. Children of 2-5 years of age are spending more time on digital media than < 2 years (P- 0.034) however there is no difference in male and female children (P- 0.9) . Educational status of mothers showed no relationship with the child time spent on digital media (P- 0.5). Children of working mothers are spending more time (P-0.019)

Conclusion:

Parent's practices are not according to perception about media exposure as it's an easy way to keep the child busy.

Keywords: Technology, preschool children and digital media, parent's perception, mobile devices, electronic media

PREVALENCE OF ADULT ATTENTION DEFICIT/HYPERACTIVITY DISORDER (ADHD) AMONG MEDICAL POPULATION AT IIMC AND ASSOCIATED HOSPITALS: A CROSS-SECTIONAL STUDY.

AamenaAkhtar, Mahnoor, AneelaRubab.
Islamic International Medical College, Rawalpindi.

Introduction:

Attention Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by inattention, hyperactivity and impulsive behavior. Over the years it has been known that ADHD can persist into adulthood causing problems including overwhelming emotions and failing to meet professional potential. Neuroimaging has shown basal ganglia abnormalities and cortical areas. This study aims to screen out the IIMC students at risk of having ADHD so that they can reach their professional potential by diagnosing and managing the disorder.

Objectives:

1. To know the frequency of male and female at risk of having adult ADHD at IIMC and its associated hospitals.
2. To find common attribute among adult ADHD participants (inattention, hyperactivity and combined-type).

Methodology:

A cross-sectional descriptive study was conducted at IIMC Rawalpindi and its associated hospitals from April to May 2019 after approval from ERC. A total of 211 subjects were screened by using Adult ADHD Self Report Scale (ASRS-v1.1) performa. Data analysis was done through SPSS version 21.

Results:

The overall prevalence of ADHD was found to be 2.84% (p -value <0.05) among the medical population with inattention being the predominant attribute. Females (3.6%) were found to be more prone than male (2%) but the difference was insignificant with a p -value of 0.414. The common attribute among males was inattention whereas the combined type i.e. inattention and hyperactivity combined was common among females with an insignificant p -value of 0.414.

Conclusion:

This study concludes that some of the medical students were found to be at high risk of having adult ADHD recommending the initiatives for awareness and screening of adult ADHD.

Keywords: prevalence, medical students, attributes, screening, hyperactivity, inattention

QUALITY OF LIFE OF MEDICAL AND NURSING STUDENTS: A COMPARATIVE STUDY.

Mohsin Mumtaz, Asmat Batool, Ayesha Bint Amin, SyedaTazeen Fatima, Umber Sarwar, Umm e Laila Chaudhry, Wafa Amjad, Muhammad Farhan, Muhammad Faisal Wazir, Muhammad Rafay Khan, Awais Saeed, Sanaullah, Asad Abbas.
Wah Medical College, Wah.

Introduction:

Quality of life is an encompassing term dealing with multiple aspects of life including physical, social, environmental & psychological domains. It is a measurement of a gap between what people wish to have & what they really possess in their lives.

Objectives:

1. To compare the quality of life among medical & nursing students
2. To evaluate association of various demographic factors with quality of life.

Methodology:

A Cross-sectional study was conducted in Wah Medical College & Institute of Nursing, Wah Cantt. The sample of 188 Medical students was selected using systematic random sampling technique while 94 nursing students were selected using convenient sampling technique. A questionnaire comprising of demographic information and 25 questions based on WHOQOL-BREF 2 questionnaire for assessing quality of life. These questions responded on 5 points Likert scale. Data was analysed by using SPSS version 19; frequencies & percentages of categorical variables were calculated. Independent t test was applied on mean scores of all four domains of QOL as well as on the demographic factors associated with quality of life & the p-value of < 0.005 was considered significant.

Results:

Among all four domains the significant difference was found only in environmental domain. ($p= 0.001$ and significant difference in quality of life was also found among students living with or without family ($p= 0.013$))

Conclusion:

It was established that the quality of life of medical students is better than that of nursing students. However, the social life of medical students is poorer may be due to their daily bustling routine.

Keywords: Quality of life, medical students, nursing students, cross-sectional study

STRESS LEVEL AMONG UNMARRIED FEMALE NURSES WORKING IN PRIVATE HOSPITALS OF PESHAWAR.

Sara Phailboos, Irum Afsar Ali, Anna Emmanuel, Sumaira Musharaf, Safira Bibi.
Rufaidah Nursing College, Peshawar.

Introduction:

In psychology, stress is defined as an extreme level of effort and tension. Among the working population; working women face serious challenges that affect not only themselves but also their families and careers. Mainly professional stress is referred to when the work requirement is greater than the capacity of a nurse or any other employee to do work according to the demand of the job. Nurses play a leading role when providing care to the patients and continuous availability towards patient care make them exhausted and vulnerable to anxiety, depression and stress.

Objectives:

1. To measure the stress level among unmarried female nurses working in five private hospitals in Peshawar.

Methodology:

A descriptive cross-sectional study was conducted in Peshawar along with a non-probability convenient sampling technique. A sample size of 226 unmarried female nurses was calculated through Raosoft software from five different private hospitals. IBM SPSS Statistics-20 has been used for data analysis.

Results:

All the nurses were female and unmarried between the ages of 25 to 30 years that have been employed in five private hospitals of Peshawar, and it is concluded that nurses experienced a moderate level of stress with a percentage of 88.9%. Furthermore, it has also been a finding that most of the stressed females were unmarried.

Conclusion:

About 88.9% of moderate levels of stress was recorded among unmarried female nurses.

Keywords: Occupational Stress, Occupational Burnout, Caregiver Burnout, Maritally Unattached

VACCINATION COVERAGE, POLICIES AND PRACTICES FOR HEPATITIS B AMONG TERTIARY HEALTH CARE WORKERS OF PESHAWAR.

Maryam Sohail, Ramin Rahil, Tanzeela Banuri, Salma Rashid, Aeman Daud Sethi, Maryam Jehangir, Kanza Farooqi, Aleeha Ihsan, Nayab Afridi, Noor e Sahar Syed, Zohaa Aman, Haleema Saadia, Zuhra Attaullah, Suraya Nawaz.
Peshawar Medical & Dental College, Peshawar.

Introduction:

Viral hepatitis causes an estimated 1.4 million deaths annually. Hepatitis B is a preventable and treatable disease. In Pakistan approximately, 5 million people are affected with Hepatitis B and thousands of new patients are added annually due to lack of prevention, immunization and treatment resources.

Objectives:

1. To evaluate the Hepatitis B vaccination coverage in-health-care workers, working at tertiary health care centers of Peshawar.
2. To compare the Hepatitis B vaccination coverage among different cadres of health care workers working at these hospitals.
3. To check the current policies and practices in these hospitals related to Hepatitis B vaccination and post-exposure prophylaxis for these HCWs.

Methodology:

An analytical cross sectional study was conducted in 6 tertiary care hospitals of Peshawar. A total of 432 subjects including doctors, nurses and supporting staff of five different departments of each hospital, were interviewed using a self-structured validated questionnaire. The data collected was entered and analyzed in SPSS version 19.

Results:

Out of 441, 204 (46.3%) HCWs were vaccinated. 195 (44.2%) HCWs stated that it was one of their job requirements to be vaccinated. 115 (26.1%) HCWs mentioned that their hospitals provided financial support for getting vaccinated and 140 (31.7%) HCWs also mentioned that financial support to those who get Hepatitis B during their service was provided by their hospitals. 177 (40.1%) HCWs affirmed that there were policies of their hospital regarding post exposure prophylaxis. Out of 441 HCWs, 120 (27.2%) received sessions/seminars on Hepatitis B vaccination.

Conclusion:

The vaccination coverage in HCWs is quite low, i.e. 46.3%. Nurses and supporting staff have comparatively lesser rate of coverage than doctors. The private sector tertiary care hospitals have comparatively better policies than the public sector.

Keywords: Hepatitis B, Vaccination, Vaccination coverage, Policy.

The End