

11th

**UNDERGRADUATE
MEDICAL
RESEARCH CONFERENCE
27th - 28th March, 2018**

**To create leaders in
health sciences research**

ABSTRACT BOOK

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11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

MESSAGE FROM THE DEAN, PESHAWAR MEDICAL COLLEGE

It gives me an immense pleasure to write for the Abstract Book of 11th Undergraduate Medical Research Conference, which is regular academic feature of Peshawar Medical College and Peshawar Dental College. I am glad to say that Alhamdulillah, this conference has, over the years, become a National event in the calendar of undergraduate medical students and we, at our institution, definitely need to be proud of it.

Research has been an integral part of our curriculum in Peshawar Medical College and Peshawar Dental College. The idea behind introducing research at students' level in Peshawar Medical College and Peshawar Dental College is to incorporate the research culture, including the ethical aspects associated with it, to students as early as possible so that they do not have false fears regarding conducting of research. This is definitely an important first step and the credit for this must be given to those responsible for nurturing the undergraduate research culture in Peshawar Medical College and Peshawar Dental College.

Our students have presented papers in National and International conferences and have published papers in indexed journals, which is a source of inspiration for all of us.

I wish this event to be successful and hope that all the undergraduate research projects prove to be interesting for the researchers and the policy makers. However, this definitely depends on the input of individuals conducting these researches because there is no short cut to achieve excellence.

I congratulate all the members of the UMR team including the faculty members who supported in different capacities for making this 11th UMR conference possible.

Allah bless us all.

PROF. DR. NAJIB-UL-HAQ
Dean PMC

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

MESSAGE FROM THE PRINCIPAL, PESHAWAR MEDICAL COLLEGE

All Praises to Allah who has blessed us on this day when Peshawar Medical College is holding its 11th Annual UMR Conference. Allah created man and provided him with the tools for acquiring knowledge, namely hearing, sight and wisdom. Allah says (what means): "And Allah has brought you out from the wombs of your mothers while you know nothing. And He gave you hearing, sight, and hearts that you might give thanks (to Allah)" [Quran, 16:78] The Prophet made seeking knowledge an obligation upon every Muslim. On the one hand Islam places great emphasis on learning, on the other; all those factors which are necessary to make progress in learning have been provided by Allah. One of these special factors is the freedom of research. To fulfill this religious obligation our institution is striving hard to provide conducive and friendly environment to medical students, to prepare themselves as future researchers. These research oriented young medical trainees will INSHALLAH definitely achieve excellence in patient care and other contemporary fields of their profession on completion of their training. All students and faculty members specially Director UMR Dr. Afshan Hussain Khattak deserve heartiest congratulations for organizing this event. May ALLAH bless them with all kinds of successes. Aameen

Regards,
PROF. DR. SAJJAD AHMAD
Principal, PMC

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

MESSAGE FROM THE DIRECTOR UMR

I am extremely thankful to Allah for giving me this opportunity to conduct the Eleventh UMR Conference in PMC. It is a matter of great fortune to see a tiny seed planted back in 2006 becoming a fruitful tree with high reaching branches and shadows. UMR is not a department today, UMR is an educational philosophy. We are presenting more than one hundred scientific papers from all over Pakistan. Our Abstract Book is Google indexed and soon to be indexed in My Journal. We are hosting plenaries and verbal sessions on diverse medical topics. Major innovations by UMR over past year are introduction of Skill Stations and Peer Tutoring. UMR conducts Skill Stations about medical skills such as Basic Life Support and ECG interpretation. We taught more than five hundred students last year. The number is expected to double this year. Most interesting aspect of this exercise is that tutors are all first year medical and dental students. We presented the data from last years Skill Stations was presented by PMC students in Malaysia. I am very happy to report that Four original researched about peer tutoring and simulated teaching scenarios are accepted for publication in UTM, Malaysia this year. We thank Allah. You are welcome to visit our Team Malaysia and Publications display outside. UMR has come a long way and has a longer way to go. I wish all of you a useful and beneficial experience with UMR.

DR AFSHAN HUSSAIN KHATTAK
DIRECTOR UMR

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MESSAGE FROM THE CHAIRPERSON EDITING COMMITTEE

AssalamAlaikum Readers,

At the outset, I would like to take this opportunity to thank every single member of all the UMR committees and our Director who have put in such an effort to make this research conference a success. My sincere gratitude goes to each member of the editing committee who put in countless hours to make sure this abstract book is made with elegance, precision and finesse. It has been an honour to lead this group of fine ladies and gentlemen and I wish them the best for their futures.

A special message I want to use this platform to send to my junior colleagues is that research, if done with passion and the willingness to keep learning can lead to a lot of good. It will not only help you in your future goals but will give you a broader view on important lessons such as teamwork and communication. I pray that Peshawar Medical College keeps the trend of creating research pioneers of the future Insha'Allah.

Regards,
SULEMAN KHAN AFRIDI
Final Year MBBS

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Yusra Medical and Dental College, Islamabad

DENTAL SCIENCES

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

ASSESSMENT OF AVAILABILITY OF DENTAL EMERGENCY DRUG KIT IN DENTAL HOSPITALS OF PESHAWAR

**Maleeha Saif, Sana Zeb, Hafsa Zia, Ayesha Siddiqa, Maryam Sheikh,
Beena Kanwal Khan**
Peshawar Dental College, Peshawar

Introduction

As quality of health care is improving and life expectancy is increasing, dentists are required to treat a growing number of medically compromised patients. Some emergencies end in disaster even in hospital e.g. someone may have a heart attack while being treated in the dental ward.

Objectives

- To assess the availability of dental emergency drugs kit in wards of dental hospitals.
- To determine the level of knowledge and ability in the management of medical emergencies amongst dental house officers and training medical officers.

Methodology

An analytical cross-sectional study was conducted that consisted of a self-made questionnaire and checklist. The questionnaire had 8 quantitative questions while the checklist consisted of the list of drugs present in a dental emergency kit. Consent was taken from all participants. A total of 195 questionnaires were filled by house officers and training medical officers. Collected data was analyzed using SPSS version 19. Chi square test was also applied to check the significance of the collected data.

Results

The results of our study showed that dental emergency drug kit was present only in 2 wards out of 21 wards. And there is highly non-significance ($p=0.945$) 77.4% of availability of dental emergency drug kit in dental hospitals of Peshawar. The level of knowledge of dental house officers 50% ($n=99$) and training medical officers 49.2% ($n=96$) towards dealing with medical emergencies on dental chair.

Conclusion

Dental kits are also not present in most of the wards at all times. The house officers and training medical officers did not have complete knowledge to deal with dental emergencies.

Keywords

Emergency Drugs, Medical Emergencies, Survey.

FREQUENCY OF EARLY CHILDHOOD CARIES IN CHILDREN VISITING PESHAWAR DENTAL COLLEGE & HOSPITAL

Maham Barkat, Barriah Shahid, Faiza Khursheed, Mehreen Pervez, Maria Rehman
Peshawar Dental College, Peshawar

Introduction

Dental caries in deciduous tooth is also known as early childhood caries. Dental caries is defined as a multifactorial microbial infectious disease caused by Streptococcus Mutans, which results in destruction of teeth by producing acid. Other factors are dietary habits, socioeconomic status, oral hygiene habits & frequent intake of Medications. Severe early childhood caries (S-ECC) refers to caries in children younger than 3 years of age.

Objectives

To find out the pattern of early childhood caries in deciduous teeth of children at Peshawar Dental College & hospital.

Methodology

Cross-sectional study was performed. Data was collected from the OPD (outpatient department) of Peshawar Dental College (PDC) & hospital of the year 2017 (secondary data). Total 178 children of age 2-6 years, including both (gender) male & female were examined. Data was analyzed using SPSS-20.

Results

According to the data collection from the OPD of PDC, out of 178 children 37.3% were female and 62.7 % were male. Among children of 2 years of age, 1.7 % were affected. In 3 years of age, 12.4% were affected, in 4 years of age, 11.3 % were affected, in 5 years of age, 36.7% were affected and in 6 years of age, 37.95% were affected. Anterior teeth affected more (15.8%) as compared to posterior teeth (75.7%). Both affected (8.5%).

Conclusion

According to the data collected from OPD of PDC & Hospital, the posterior teeth were more carious than anterior teeth as only those children visited the hospital that complained of pain & other problems like pulpitis. They did not visit dentists for their routine checkup.

Keywords

Early Childhood Caries, Frequency, Deciduous Teeth.

FREQUENCY OF SYSTEMIC DISORDERS IN PATIENTS VISITING ORAL & MAXILLOFACIAL SURGERY WARD AT PESHAWAR DENTAL COLLEGE

Saba Bilquees, Kanwal Rani, Rimsha Wisal, Hafsa Wali, Maryem Jehan
Peshawar Dental College, Peshawar

Introduction

Dental treatment may affect & be affected by systemic conditions therefore it is of utmost importance to identify patients with systemic diseases by oral health care professionals so that appropriate modifications in the treatment can be done accordingly. A comprehensive medical history is therefore necessary before initiating any dental treatment.

Objectives

- To determine the frequency of systemic disorders.
- To determine the gender wise distribution of systemic disorders.
- To determine the commonest systemic disorder.

Methodology

This cross-sectional study was conducted at Oral and Maxillofacial Surgery Ward of Peshawar Dental College from 10th February till 8th March 2018. The data was collected through self-made questionnaires completed by the dentists with patients' cooperation and verbal consent. The 643 patients included in the study were selected randomly regardless of age and gender. Patients were inquired about systemic disorders including hypertension, diabetes mellitus, hepatitis, anemia, gastric acidity, myocardial infarction, arthritis, allergy, gastric ulcers, kidney stones, UTI, migraine, hypothyroidism, epilepsy and endocarditis.

Results

Among 643 patients, 149 (23%) suffered from systemic disorders. Hypertension 54(36.2%), diabetes mellitus 34(22.8%), hepatitis 11(7.3%), anemia 7(4.6%), gastric acidity 7(4.6%), myocardial infarction 7(4.6%), arthritis 6(4%), allergies 4(2.6%), gastric ulcer 4(2.6%), kidney stones 3(2%), UTI 3(2%), migraine 3(2%), epilepsy 2(1.3%) and 1(0.6%) case of endocarditis. Out of these 149 patients, 61 (41%) were males and 88 (59%) were females. Hypertension was found to be the commonest systemic disorder.

Conclusion

Approximately 1/4th of the patients were having systemic disorders and the ratio of females having systemic diseases was observed to be higher than males. Hypertension according to this study, is the commonest systemic disorder.

Keywords

Systemic Disorders, Hypertension, Oral and Maxillofacial Surgery Ward

**THE IMPACT ON SELF-ESTEEM AND QUALITY OF LIFE IN PATIENTS
SEEKING ORTHODONTIC TREATMENT**

Rashah Khalid, Gulalay Noor, Kashmala BinteInam, Marghalara Noor.
Peshawar Medical and Dental College, Peshawar

Introduction

Malocclusion is a tooth developmental anomaly that is characterized by improper relation dental arch and mispositioning of teeth. It is one of the most common oral disorders that cause a negative impact on the self-esteem, oral conditions and social behavior of patients. In addition, individuals with malocclusion are not satisfied with their aesthetics resulting in inappropriate social, emotional and functional problems. There is an increasing tendency nowadays for patients to seek orthodontic treatment. Aesthetics are important in people's lives and facial appearance has a profound influence on personal attractiveness.

Objectives

To evaluate the impact of orthodontic treatment on self-esteem and quality of life of patients.

Methodology

This comparative study was carried out on a sample consisting 100 patients (71 females and 29 males) aged between 15 to 25 years (mean 20) requiring orthodontic treatment. A Questionnaire about Quality of Life (QoL) based on oral health impact profile (OHIP-14) was used to determine self-esteem and QoL score. Questionnaire was carried out in two stages, T1 (start of treatment) and T2 (during alignment phase). To compare score changes between T1 and T2, the data obtained was assessed with paired t test.

Results

Out of 100 patients, 27% decrease was seen in speaking difficulties, 73% improvement was seen in teeth alignment, 61% improvement was seen in impaired mastication and 10% of patients were concerned about their oral hygiene both before and during their alignment phase. Apart from that, out of the 100 patients, 49% patients mentioned increase in social acceptance, 44% increase in good emotional wellbeing and social relationships and 61% increase was seen in patient's satisfaction with their smile.

Conclusion

Orthodontic treatment causes a significant increase in self-esteem and QoL providing psychological benefits for patients in need of the treatment.

Keywords

Self-Esteem, Orthodontic, Quality of Life.

MEDICAL **EDUCATION**

CORRELATION OF ACADEMIC PERFORMANCE OF MEDICAL STUDENTS WITH THEIR ATTENDANCE

Hajra Khan, Hafiza Aaminah Asif, Hilia Noor

Rawalpindi Medical University, Rawalpindi

Introduction

Attendance has always been a matter of major concern to relevant authorities. Students however often pay little heed to their falling attendance.

Objectives

- Address conflict in views between students and administration.
- Determine the correlation of total marks obtained in 1st professional examinations of 3 subjects individually and as a whole with total attendance of students of their second academic year.

Methodology

This co-relational study was conducted at Rawalpindi Medical College from August 2016 to February 2017. 317 Students of second academic year were included and their standardized percentages of attendances along with academic results for subjects; Physiology, Biochemistry and Anatomy for first 2 years separately and collectively was recorded. Pearson's correlation test at 5% level of significance and linear regression analysis was performed.

Results

Highly statistically significant positive correlation was observed between total attendance and total marks (Pearson's correlation coefficient $r=0.50$, $p\text{-value}=0.00$). The regression analysis showed with R-square change 0.25, $F=106.85$ and beta 0.50 ($p=0.00$) that for every 1 increase in attendance there was increase of 0.5 marks. Subject wise analysis also showed highly statistically significant positive correlation with $r=0.46$, $r=0.48$, $r=0.38$ for Anatomy, Physiology and Biochemistry, respectively ($p\text{-values } 0.00$).

Conclusion

The academic performance of medical students, in terms of marks obtained is dependent on their attendance not only as an aggregate of all subjects but also in individual subjects of Anatomy, Physiology and Biochemistry.

Keywords

Correlation, Performance, Medical, Students, Attendance.

PEER MENTORING; THE NEW MOLD TO PERSONAL DEVELOPMENT

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Introduction

The practice of using peers incidentally or purposefully in clinical education at undergraduate level is well-established tradition and commonly practiced, but lacks definition in implementation, this study focus on importance of peer mentoring and its implementation in medical education for shaping curriculum in a better way.

Objectives

To explore the student's perceptions about "Peer Mentoring" in shaping their personal development.

Methodology

It was a qualitative study in which semi structured interviews were conducted with first year medical students(mentees),after their peer mentoring session with senior 4th year medical student(Mentor). Twenty five students were randomly selected and exposed to peer mentoring sessions. After the completion of these sessions, 8 out of the 25 mentees were further selected through purposive sampling and were interviewed, audio recorded, transcribed and analyzed manually in order to identify the themes. Member checking was done. Study was done at Islamic International Medical College.

Results

All the interviewees gave positive response towards peer mentoring. They believed that better sense of direction, relevant discussion, no hesitation barrier and more openness towards the mentor all would contribute to the development of better mentoring program. Gaining knowledge regarding what goals to set and how to achieve them will clearly help the students through their careers.

Conclusion

The themes identified while analyzing the interview transcripts guided that Peer mentoring program should be considered in the undergraduate curriculum. Furthermore, it was evident from the response that "Peer mentoring" technique was much appreciated amongst students.

Key Words

Peer Mentoring, Education, Implementation, Better Mentoring Program.

PERCEPTION VS POSSESSION OF KNOWLEDGE AMONG MEDICAL STUDENTS FROM CONVENTIONAL AND MODULAR SYSTEMS OF MEDICAL EDUCATION IN KHYBER PAKHTUNKHWA: A PILOT STUDY

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Introduction

Perception of knowledge is that which one thinks he knows and possession is that which he actually knows. In the field of medicine, possession of knowledge is essential along with confidence in oneself. Confidence in one's knowledge depends on the perception of one's knowledge. Medical students should have both good perception and adequate possession of knowledge. Integrated modular educational systems are somewhat new in KPK, the effects of this system are researched often and results compared with the conventional ways of education.

Objectives

To determine the perception and possession of medical students in KPK.

To compare perception possession ratios of conventional and modular system students.

Methodology

A cross sectional study was conducted in 4 medical colleges of KPK. A self administered questionnaire was formulated and distributed to a total of 100 students out of which 50 were from modular system and 50 from conventional system. The questionnaire would test possession of 5 organ systems and general embryology with a scale of 5 and would then test possession with a total of 12 MCQs. Perception possession ratios were calculated and compared.

Result

Mean knowledge perception for modular system students was 61% while their knowledge possession was 41%. Knowledge perception for conventional system students was 74% while their knowledge possession was 56%. The ratios of possession and perception are 0.67 and 0.75 for modular and conventional system students respectively.

Conclusion

possession, perception ratio was better for non-modular students. This is a pilot study; further search with more samples will provide more solid grounds for our claims.

Keywords

Modular System, Conventional System, Knowledge Possession, Knowledge Perception

PERCEPTION OF EDUCATIONAL ENVIRONMENT AND ITS IMPACT ON ACADEMIC PERFORMANCE OF MEDICAL AND PHARMACY STUDENTS OF

KARACHI

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Introduction

Educational environment determines the success or failure of an institution. It includes the perception regarding infrastructure, learning opportunities, teacher skills and attitude, interaction with peers and many other factors.

Objectives

1. To evaluate perceptions of medical & pharmacy students about their educational environment and to identify any differences among gender and faculties.
2. To assess the internal consistency of DREEM questionnaire among health professional students.

Methodology

A cross sectional, institution based study was done during March to June 2017. Proportionate quota sampling technique was used. DREEM questionnaire was administered to both medical and pharmacy undergraduate students. Data was analyzed by SPSS V-22. Independent sample t-test was used to identify gender and faculty related differences between perceptions of educational environment. Internal consistency coefficient (Cronbach's alpha) was also calculated to test the reliability of DREEM questionnaire.

Results

Out of 600 students, 50% were selected from each faculty in which 327 (54.5%) were male students and 273 (45.5%) were female. Total mean score of DREEM was 130.1/200 (65.05%). Highest score was found in the domain of student's academic self-perception (97.1%) and lowest in students' perceptions of atmosphere (47.7%). A statistically significant difference ($p < 0.05$) was found between student's social self-perception and gender. A high level of reliability was found for the total DREEM inventory with an alpha coefficient of 0.82.

Conclusion

The educational environment of the university is more positive than negative, with no significant differences among medical and pharmacy students.

STRESS MANAGEMENT DURING EXAMS- IS IT DONE CORRECTLY OR NOT?

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Introduction

Along with the preparations for exams, stress management is equally vital for making best use of one's capabilities during exams. If one is not capable of coping up with stress of exams, he/she may end up failing vital exams. Thus, stress management is of critical importance for the assurance of success.

Objectives

The objectives of our study was to highlight different behavioral adaptations of undergraduate level students to stress attacks during exam periods and also to figure out the effectiveness of techniques they are using in their academic performance.

Methodology

A survey based cross-sectional study was conducted with a sample size of 100 students to whom a 7 item self-made questionnaire was distributed and was filled by different departments of undergraduate level. The duration of study was 1 month. Data was analyzed using SPSS 21.

Results

Out of the 100 people who took part in our study, 44.4% were males while 55.6% were females. The study revealed that 53.8% people slept for 4-6 hours a day while only 11.5% could sleep above 10 hours during exams. 43.3% people took proper meals 3 times a day while 16.3% starved themselves. A 25.5% of participants stated that they get aggressive due to stressful outbursts of pressures. 20-30% people used to study at day time whereas 40.4% people preferred studying at night. However, for 60% of participants these adaptations were ineffective. 34.6% people tried to overcome stress by over eating, 29.8% preferred partying with friends and only 1.0% found music soothing. 77.9 % people were satisfied with their previous performance in professional exams as a majority scored between 65%-80%.

Conclusion

The results show that by majority stress management is done incorrectly by sleeping less and over eating themselves. There is an urgent need to correctly guide students to manage their stress pressures so that it does not take a toll on their healthy lifestyle.

Keywords

Stress, Exams, Results

MEDICINE
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ANTI-MICROBIAL SUSCEPTIBILITY PROFILE OF MULTI DRUG RESISTANT ACINETOBACTER AND PSEUDOMONAS AGAINST COLISTIN AND TIGECYCLINE

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Introduction

Acinetobacter and Pseudomonas are the most prevalent microorganisms in settings like The Intensive Care Units of developing countries. Antimicrobial resistance in these microorganisms against rare antibiotics like Colistin and Tigecycline has been reported.

Objectives

To determine antimicrobial resistance of MDR (Multi-Drug Resistant) Pseudomonas and Acinetobacter against Colistin and Tigecycline in patients of Medical Intensive Care Unit of a Tertiary Care Hospital.

Methodology

Descriptive study was conducted in Medical Intensive Care Unit of Holy Family Hospital Rawalpindi, for a period of one year from April 2016 to April 2017. A total of 136 clinical isolates from blood samples, tracheal suction catheter tips, Endotracheal tube tips, Dialysis catheter tips and CVP line catheter tips were included using consecutive sampling technique. Antimicrobial susceptibility was determined by Modified Kirby-Bauer disc diffusion method against Colistin and Tigecycline. Data was analyzed using SPSS v22.0. Descriptive statistics were applied.

Results

Out of 136 included isolates, 76 (55.9%) isolates were obtained from female, while 60 (44.1%) from male patients. 100 isolates were obtained from catheter tips and 36 from blood. 106 (77.9%) isolates were culture positive for MDR Acinetobacter and 30 (22.1%) for MDR Pseudomonas. Similarly, 42% isolates of MDR Acinetobacter were resistant to Colistin while 13% were resistant to Tigecycline. 13% of clinical isolates of MDR Pseudomonas were resistant to Colistin while 20% were resistant to Tigecycline.

Conclusion

Increasing Anti-microbial resistance of Multi Drug Resistant clinical isolates of Pseudomonas and Acinetobacter against Colistin and Tigecycline is alarming.

Keywords

Multi Drug Resistance, Pseudomonas, Acinetobacter, Colistin, Tigecycline

ASSESSMENT OF KNOWLEDGE REGARDING CRIMEAN CONGO HEMORRHAGIC FEVER AMONG DOCTORS OF A TERTIARY CARE HOSPITAL

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Introduction

Crimean-Congo Hemorrhagic Fever (CCHF) is a potentially fatal disease caused by Congo Virus. This virus can be transmitted by Hyalomma tick bite, infected animal, human blood or tissue. Farmers, Veterinarians and Health care professionals are at higher risk. In a country like Pakistan with an abundant migration of people across the borders with poor preventive knowledge of disease, can be a potential threat for developing this sort of epidemic. OBJECTIVE: To assess the knowledge of Crimean-Congo Hemorrhagic Fever among the doctors of a tertiary care hospital.

Methodology

A cross sectional study was conducted on 85 respondents at Holy Family Hospital, Rawalpindi. Non probability consecutive technique was applied. Doctors were interviewed using structured questionnaire. Prior consent was taken and anonymity was maintained. Statistical Data was analyzed using IBM SPSS.

Results

Among respondents, 63.5% were females and rest of them were males 36.5%. 62.4% respondents were having average knowledge while 36.5% were having good knowledge of CCHF. Only 1.2% were having poor knowledge. Sources of knowledge were Internet (32.9%), Electronic media (24.7%), Books and articles (23.5%) and colleagues (18.8%).

Conclusion

Essential knowledge on CCHF among Health Care Professionals is not at par with that required for an effective prevention, control and management and needs to be improved.

Keywords

Congo Virus, Hemorrhagic Fever, Tick, Blood Borne, Health Care Professionals.

FREQUENCY, GENDER VARIATION AND CAUSE OF STROKE IN PATIENTS ADMITTED IN LADY READING HOSPITAL, PESHAWAR IN 2017

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Introduction

Stroke is sudden death of brain cells due to lack of oxygen supply, caused either by blockage of blood flow (Ischemic stroke) or by rupture of an artery to brain (Haemorrhagic stroke). According to WHO, it is the second most leading cause of death in the world, killing about 6.24 million people yearly.

Objectives

To evaluate, number of patients admitted with stroke, gender variation in those patients and cause of their stroke.

Methodology

A cross-sectional study was performed from January, 2017 to December, 2017. Data was collected from the existing records of Neurology ward, LRH, Peshawar. Patients admitted with stroke were included in the study. Total 871 patients were recorded. Data was analyzed through MS Excel.

Results

Total 871 patients of stroke were admitted in the year 2017, out of which, 475 (55%) were male while 391 (45%) were female. 618 (71%) cases presented with Ischemic stroke, while 253 (29%) with Haemorrhagic stroke. Results further showed that among patients of ischemic stroke 370 (60%) were more than 60 years old, while amongst Haemorrhagic stroke patients, 19 (63%) were more than 60 years old. Amongst Ischemic stroke patients, 73% were hypertensive, 31% suffered from Diabetes Mellitus, 6% had Hyperlipidaemia, 19% smoked cigarette, 18% were Ischemic heart disease patients and 15% had a previous stroke history while amongst Haemorrhagic stroke patients, 200 (79%) were hypertensive, 27(11%) had neuropathies, 17 (7%) had Aneurysm & AVM and the remaining 5 (2%) had brain tumor. In 2017, out of the total 2,177 admissions to the Neurology ward, 871 (40%) were stroke patients.

Conclusion

Our study shows that stroke is more common in males than in females. Ischemic stroke is more common than Haemorrhagic stroke. The most common co-morbidity was hypertension, second was diabetes mellitus and third was smoking.

Keywords

HEMATOLOGICAL CHANGES IN DENGUE FEVER

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Introduction

Dengue is a disease with a wide clinical spectrum and variety of presentations, ranging from asymptomatic to undifferentiated fever (viral syndrome) to more severe forms such as severe dengue (SD) or Dengue hemorrhagic fever (DHF). Hematological and biochemical changes have been attributed to the dengue fever.

Objective

The objective of this study was to assess the hematological parameters of patients with dengue fever and their efficacy as indicator to predict the severity of the disease.

Methodology

Descriptive retrospective study was conducted in Department of Infectious Diseases, H Family Hospital Rawalpindi, from February 2016 to April 2016. A total of 318 seropositive dengue patients were included using consecutive sampling technique. Patients were classified into two groups: severe dengue (SD) and dengue hemorrhagic fever (DHF). Following hematological parameters were considered as hematological profile: RBC Count, WBC Count, Hemoglobin, Hematocrit, MCV, MCH, MCHC, Platelet Count, RDW, PDW, Lymphocyte %, Neutrophil %. Data was analyzed using SPSS v 22.0. Independent Sample "t" test at 5% level of confidence was applied to develop a relation between hematological parameters and severity of disease.

Results

The Data was normally distributed. Mean age for SD and DHF was 33.46 and 31.1 respectively. The difference was statistically insignificant ($P > 0.05$). There was a significant relation between WBC count, Platelet Count, MCV and the severity of the disease with the value 0.04, 0.05 and 0.00 respectively.

Conclusion

Highly statistical association was found suggesting that these parameters can be used as indicator to predict the severity of the disease.

Keywords

Dengue Fever, Severity, Hematological Parameters.

MONTHLY VARIATIONS IN STROKE OCCURRENCE; CORRELATION WITH WEATHER

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Introduction

Stroke is the sudden death of brain's cells due to poor blood supply. Stroke is a worldwide disease and is one of the leading causes of morbidity and mortality globally. Symptoms depend on the area of brain affected. Diagnosis is based on CT scan or MRI along with history and examination. Although investigations have been carried out to find out the association between seasonal and monthly variations and stroke incidence but the results are not clear.

Objective

The main purpose of this study was to know about the association between seasonal and monthly variations and stroke occurrence and also about the effects of temperature.

Methodology

Retrospective study was performed using the records of Khyber Teaching Hospital, Peshawar, Pakistan. 428 stroke events were recorded from January 1, 2017 to December 31, 2017. Descriptive statistics were used to explain the relationship between the seasonal and monthly variations and number of stroke events. Chi square test was used to determine the significance of the results. It was used to check the significance of gender wise and age wise distribution of different types of strokes.

Results

Most of the events were recorded in January (55 out of 428 i.e. 12.8%) 95% CI = 40.52-30.7. While in August, their number was comparatively low (23 out of 428 i.e. 5%). The same pattern was followed by ischemic stroke (12.9%) while hemorrhagic stroke peaked in February (9%). The effects of seasonal variations were not significant.

Conclusion

Different patterns of seasonal and monthly variations and the occurrence of stroke and its types were shown along with the changes in average weekly temperature with its peak in January while the seasonal variations had no significant effect on the occurrence of stroke.

Keywords

Stroke, Temperature.

SENSITIVITY AND SPECIFICITY OF STRAIGHT LEG RAISE (SLR) IN THE DIAGNOSIS OF SCIATICA

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Introduction

Sciatica is a clinical condition characterized by radicular pain along the course of sciatic nerve. It is caused by several medical conditions like lumbar disc herniation, degenerative disc disease and prolapsed disc. Preliminary diagnosis is based on Straight leg raise (SLR) test. Confirmatory test for diagnosing Sciatica is MRI lumbosacral spine.

Objective

To determine the validity of SLR test in the diagnosis of Sciatica.

Methodology

It was a cross-sectional study with randomized convenient sampling. A total of 58 cases were studied. A self-structured questionnaire was designed and filled after informed consent. Physical tests were performed and MRI of the patients' Lumbosacral spine was conducted. Comparison of SLR and MRI findings was done. MRI was taken as Gold Standard. The sensitivity and specificity of SLR were calculated via respective formulas.

Result

Sensitivity and specificity of SLR were calculated which were 96% and 25% respectively. Positive predictive value and negative predictive value were 88% and 50% respectively.

Conclusion

SLR test is sensitive enough to be used as a primary diagnostic test however it is not specific enough to be confirmatory test.

Key Words

Sciatica, Straight Leg Raise

ASSESSMENT OF QUALITY OF LIFE (QOL) IN PATIENTS WITH CHRONIC LIVER DISEASE

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Introduction

WHO defines quality of life as an individual's perception of their position in life in the context of the culture systems in which they live. The exact prevalence of cirrhosis worldwide is unknown but it is a common cause of morbidity, and mortality in developing countries.

Objectives

To evaluate disease specific quality of life (QOL) in patients with chronic liver disease and to find out the distribution of disease in different domains of QOL.

To assess whether QOL in chronic liver disease differs by etiology and severity of disease.

Methodology

A cross-sectional study was conducted on 51 patients, already diagnosed cases of chronic liver disease, in a hepatology clinic at Peshawar. Their QOL was measured with a specific chronic liver disease questionnaire (CLDQ). It covers 29 items and is designed to measure the six domains of QOL i.e abdominal, systemic symptoms, fatigue, activity, emotional function and worry. It has its own standard scoring system where each item is rated on a 7-point likert scale.

Results

51 participants were recruited in the study; 29 (56.86% males) & 22 (43.13% females). Majority of the patients (39.21%) were of age group 30-40 years. Out of these, 18 (35.2%) were diagnosed as cirrhotic, while 33 (64.7%) as non-cirrhotic with hepatitis B/C viral infections. The QOL was better in patients without liver cirrhosis as compared to those with cirrhosis (70.8% vs 68.3%) ($p < 0.05$). Amongst 18 (35%) cirrhotic patients, QOL was found to be better in compensated liver cirrhosis (Child Class A = 76.8%) than decompensated liver cirrhosis (Child Class B/C = 66.75%) ($p < 0.05$). The QOL was most affected in the domains of emotional function (score < 5) abdominal symptoms (score < 6) and fatigue domain (score < 3) of CLDQ.

Conclusions

QOL is significantly impaired in liver cirrhosis, especially in emotional, abdominal and fatigue domain of CLDQ.

Keywords

Quality Of Life, Chronic Liver Disease, Liver Cirrhosis

PREVALENCE OF MALNUTRITION AMONG PAKISTANI PATIENTS **(A DESCRIPTIVE STUDY USING GRAZ MALNUTRITION SCREENING TEST)**

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Introduction

Malnutrition is highly prevalent among 20-60 % hospitalized patients upon admission. European Society for Clinical Nutrition and Metabolism (ESPEN) defines malnutrition as a state of nutrition in which a deficiency or excess (or imbalance) of energy, protein and other nutrients causes measurable adverse effects on tissue body form (body shape, size and composition) and function as well as clinical outcome. Despite high prevalence rates of malnutrition in hospitals, awareness of medical and nursing staff is still rather low.

Objectives

To determine and compare risk of malnutrition among adult Pakistani in-patients through GRAZ screening tool.

Methodology

A descriptive study was conducted among 250 admitted patients in medical and surgery wards of Khyber teaching hospital (KTH) and lady Teaching Hospital (LRH) of district Peshawar. Convenient sampling technique used for selecting patients and stratified into age groups. Data was entered and analyzed using SPSS version- 20.0.

Results

A total of 250 randomly selected hospitalized patients in medicine and surgery wards of Khyber teaching hospital (KTH) and lady teaching hospital (LRH) were screened. The groups were stratified into 18-38, 39-58, 59-78 and above 78 years. Risk of malnutrition was high in admitted female patients of LRH (76.4 %) than males 23 (41 %). Malnourished males (39.1%) belonged to 39-58 and females (36.5%) were found malnourished in age group 39-58 years. In contrast, among 125 patients in KTH, similar high risk of malnutrition was observed in females 35 (52.2%) while 29 (49%) of males were malnourished. Most males (48.2 %) were found malnourished in age group (59-78). Females (25%) were found malnourished most in age group (38-78) and (59-78) years.

Conclusion

Malnutrition was highly prevalent among hospitalized adult female as compared to males.

Keywords

KNOWLEDGE, ATTITUDE AND PRACTICE OF MEDICAL STUDENTS **REGARDING VITAMIN D**

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Introduction

Vitamin D deficiency is becoming more and more prevalent with major burden falling on Asian countries and in younger age group. Knowledge, attitude and practice of an individual greatly influence the vitamin D status of their body.

Methodology

A cross-sectional descriptive study was carried out on 340 MBBS students of a public sector medical university, selected through systematic random sampling. A developed, valid and reliable questionnaire (D-KAP-38) taken from a study conducted in Tehran was distributed to the participants to gather information about their knowledge, attitude and practice regarding vitamin D. The form and structure of this questionnaire is such that all of the 38 questions are categorized into four sections. Section A and B consisted of general knowledge and nutritional knowledge questions respectively, while section C and D consisted of questions regarding attitude and practice respectively. The collected data was analyzed using SPSS version 23, frequencies and cross tabulations were made. Moreover, the significance of results was determined using Pearson Chi-square test.

Results

Out of 340 participants, 53.8% students had good general knowledge with greater proportion (55.6%) in age group 24 years ($p=0.7$). About 47% students had good nutritional knowledge with higher percentage in males than females ($p=0.01$). About 33% participants had good attitude with higher proportion in females than males ($p=0.01$). Only 16% participants 'strongly agreed' to the fact that use of sunscreens prevents sun exposure required for vitamin production. Only 8.8% students had good practice and this percentage was higher in females than males ($p=0.00$). Moreover, consumption of fortified milk was more (11.2%) in those with income within Rs.50, 000 to 1 lac ($p=0.008$).

Conclusion

Findings of this study show alarming trends in practice of participants regarding vitamin D as very few participants had good practice. Awareness programs including seminars and symposiums if conducted at regular intervals may improve students' knowledge and attitude. Thus, this will not only improve their practice regarding vitamin D but also of those whose health depends on them.

Keywords

Vitamin D, Knowledge, Attitude, Practice, Sun Exposure

PNEUMONIA - IMMUNIZATION STATUS, NUTRITIONAL STATUS AND ITS OUTCOMES

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Introduction

Pneumonia is the leading cause of death in children worldwide. Pneumonia kills an estimated 1.1 million children under the age of five years each year. Pneumonia is an acute illness in which the alveolar air spaces of the lung become inflamed and filled with fluid and white blood cells, giving rise to the appearance of consolidation on the chest radiograph. Prevention of pneumonia in children is an essential component of National Immunization Strategy to reduce child mortality and morbidity.

Objective

To evaluate the immunization status, nutritional status and clinical outcome in children presented with Pneumonia in Railway General Hospital, Rawalpindi from 1st October, 2017 to 28th Feb, 2018.

Methodology

In this descriptive study 80 patients (2 months to 3 years of age), with clinical diagnosis of pneumonia i.e. fever, cough and breathing difficulties were examined. Relevant information regarding age, sex, immunization status, nutritional status and clinical presentation was recorded. Immunization status of the patients was checked by examining the EPI card which was available or parental enquiry if EPI card was not available. They were managed according to the standard protocol of the hospital.

Results

About 80 pediatric patients with diagnosis of pneumonia were included in the study, out of which fifty one (63.8%) were male patients. Mean age of the patients was 9 months. Fifty three (53.8%) patients were well-nourished and 37 (46.3%) were undernourished. Out of 80 patients 85.2% had received pneumonia vaccination. Among vaccinated patients 57.3% patients had received three doses of pneumonia vaccine and 80.88% patients had received two doses of pneumonia vaccine.

Conclusion

There is a need to improve the nutritional status of the children and good coverage for pneumonia vaccine. The EPI program to immunize the children against pneumonia should be strengthened and more accurate to reduce the outcome in the form of pneumonia.

Keywords

FREQUENCY OF URINARY TRACT INFECTIONS, CAUSATIVE AGENTS AND THEIR CURRENT ANTIMICROBIAL RESISTANCE PATTERN

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Introduction

Urinary Tract Infections are the one of the most common infectious disease in the general population.

Objective

The objective of this study was to determine the frequency of urinary tract infections, various pathogens and their antimicrobial resistance.

Methodology

This descriptive cross sectional study was conducted in Out-Patient department of Urology of Anazir Bhutto Hospital from January 2017 to June 2017 after ethical approval from Institutional Research Forum of Rawalpindi Medical University. 1000 patients that were clinically suspected for urinary tract infections were included in this study. Recipients of corticosteroid therapy or with a history of intake of broad spectrum antibiotics in previous 15 days were excluded. Culture mediums used were MacConkey Agar & CLED. Modified Kirby-Bauer disc diffusion method was used for determining the antimicrobial susceptibility against penicillins, Cephalosporins, Aminoglycosides, Carbapenams and Fluoroquinolones was determined. Data was analyzed using SPSS v22.0 and descriptive statistics were applied.

Results

Total of 530 (53%) isolates were found to be culture positive for E.coli (77.4%), Klebsiella (14.4%), Enterobacter (6.0%), Pseudomonas (3.8%), Staphylococcus saprophyticus (3.4%), Proteobacter (1.1%) and Morganella (0.4%). Antimicrobial resistance against Ampicillin, Ciprofloxacin, Augmentin, Gentamycin, Ciprofloxacin, Enoxacin, Ofloxacin, Levofloxacin, Ciprofloxacin, Cefoparazone, Cefotaxime, Ceftazidime, Cefixime, Ceftriaxone, Cefipime, Nitrofurantoin, Sulzone and Cotrimoxazole was alarmingly high.

Conclusion

Surveillance of trends in antimicrobial resistance pattern is highly important.

Keywords

Urinary Tract Infections, UTI, Agents, Anti-Microbial Susceptibility.

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FREQUENCY OF POSTMENOPAUSAL SYMPTOMS AMONG MIDDLE AGED WOMEN PRESENTING IN RAILWAY GENERAL HOSPITAL'S OPD AND ITS IMPACT ON THEIR LIFESTYLE

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Introduction

All postmenopausal women go through major changes after cessation of menstruation, which may present with different symptoms affecting the quality of life. This study was conducted to quantify symptoms which were gynecological, psychological, vasomotor and urogenital in origin, and how they are related to current adopted lifestyle.

Objective

To assess the impact of lifestyle on occurrence of postmenopausal symptoms among middle aged women.

Methodology

Qualitative study was conducted at Railway General Hospital, Rawalpindi. The duration was from December 2017-February 2018. Sample size was 50 and response rate was 100%. Out of which 45 had spontaneous menopause and 5 had surgical resection. Data analysis and percentages were calculated for each group using SPSS 21.

Results

70% women suffered from hot flushes, 68% from urinary incontinence, 88% from mood swings, 86% from joints pain, 76% from loss of libido, 34% from vaginal itching and 74% had weight gain.

Conclusion

Vasomotor, urogenital, psychosocial and orthopedic issues were more pronounced in participants with sedentary lifestyle and poor dietary habits which constituted about 80% of our study population.

Keywords

Postmenopausal Symptoms, Middle Aged Women, Health Status, Impact on Lifestyle

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TREND OF PRELACTEAL FEEDING AND ITS REASON IN MOTHERS REPORTING AT TERTIARY CARE HOSPITAL

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Peshawar Dental College, Peshawar

Introduction

Breast milk is the ideal diet, recommended to be exclusively given during the first 6 months of a baby's life. A ritual known as Tahneek, which is the introduction of any food or drink to the baby before commencing breastfeeding, has been reported in Muslim culture. This can be referred to as Prelacteal feeding (PLF).

Objective

To find out the frequency of mothers who use PLF and explore their reasons for using PLF.

Methodology

A cross sectional survey was conducted in Lady Reading Hospital Peshawar during February and March 2018 in Pediatrics and Obstetrics & Gynecology Wards. Mothers were invited to complete a self-made PLF questionnaire, which consists of 16 questions, in addition to recording their demographic details, after informing them about the objectives of the study and details of the study itself. The data was analyzed using SPSS V-20 describing frequency and percentages.

Results

The mean age of the sample (n=164) was 27.9±5.9 years. Most of the females belonged to rural areas (n=93, 56.7%) and were illiterate (n=77, 46.9%). Only 30 (18.3%) were working women. PLF was given to the neonates as the 1st food by 86 (52.4%) mothers. The reasons for its use with most common reasons were Religious Beliefs (n=23, 26.7%), followed by lack/delay of milk production (n=16, 18.6%). The most common type of PLF was honey with warm water or green tea (n=36, 41.9%), followed by Ghutti (n=32, 37.2%).

Conclusion

More than half of the neonates received PLF, with more than a quarter due to religious beliefs.

Keywords

Prelacteal Feeding, Hospital, Mothers, Babies.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

PREDICTIVE SCORING FOR CLOMIPHENE CITRATE RESPONSE BASED ON PATIENTS' CLINICAL AND HORMONAL PROFILE

Muhammad Nauman Tariq, Hajra Shakil

Rehman Medical College, Peshawar

Introduction

Clomiphene citrate(CC) is the drug of choice in WHO Group II subfertile women (normoestrogenic, normogonadotropic) with a success rate of over 70% worldwide.

Objectives

To compare the physical and hormonal profile of responders and non-responders and to formulate and assess a predictive score for CC response.

Methodology

WHO Group II subfertile women who underwent CC therapy, in year 2016, were selected into two groups; Responders(n=30) who ovulated and Non-responders(n=30) who remained anovulatory. Tubal and uterine subfertility were excluded. Physical and endocrine parameters were noted from the patients' infertility cards and analyzed.

Results

In Responders, 80% patients having normal BMI, all had normal TSH levels, 93.3% had regular menstrual cycles, and 16.7% had hirsutism. In Non-responders, 90% had BMI>24.9, 43.3% had abnormal TSH levels, 30% had irregular menstrual cycles, 40% had hirsutism. Predictive score was formulated considering these statistically significant variables; score 0 for normal BMI, TSH=0.4-4.2 µU/ml, absent hirsutism, regular menstrual cycle each. Score 1 (2 in case of obese) for an abnormal parameter. Final scores ranged from 0-5. All responders had a score from 0 to 2 while 70% non-responders had a score ≥2 (p<0.05).

Conclusion

Our conclusion was that greater the value on the predictive score, lesser the chances to ovulate on CC therapy. Response prior to therapy can be predicted, enabling intervention, hence modifying the treatment modalities for anovulation.

Keywords

Clomiphene, Ovulation, Hirsutism.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

ASSOCIATION OF THALASSEMIA MAJOR WITH CONSANGUINEOUS MARRIAGES

Ansar Abbas Olakh, Anwar Ul Mustafa, Arfat Siraj
Islamic International Medical College

Introduction

Beta Thalassemia is the one of the commonest genetic disorder worldwide. It is one of the types of hemoglobinopathies which results from either deficient synthesis or complete loss of one of the beta chains of hemoglobin. Thalassemia is inherited in an autosomal recessive pattern so children presenting with Thalassemia major or minor might have inherited this genetic disorder from their parents having defective genes causing these symptoms.

Objective

The main objective of the study is to establish an association of cousin marriages with thalassemia major in the patients presented in Railway General Hospital Rawalpindi.

Methodology

A case control study was carried out in Railway General Hospital, Rawalpindi. This included a sample of 80 cases and 80 controls with the duration of the study being six months. Questions regarding literacy rate of the parents of the patients as well as on their knowledge of autosomal diseases were asked using a self generated questionnaire. Data was analyzed using SPSS version 20.

Results

Total 160 cases and controls were analyzed with 1:1 ratio. Out of the total, 96(60%) were male children while 64(40%) were female children. Fathers' literacy rate was 54% and mothers' literacy rate was 18%. 66% parents of the cases had knowledge regarding the disease. Association of cousin marriages with thalassemia major was significant with an odd ratio of 2.25(CI 95%, P value 0.05). Rest of the variables had no significant association with thalassemia major.

Conclusion

Consanguineous marriages are an important risk factor in the transmission of thalassemia from parents to their children; therefore, avoidance of cousin marriages can prevent thalassemia in children. It is more prevalent in those families where cousin marriages are frequent therefore there is a strong association between cases of cousin marriages with thalassemia major in this city. Awareness among general public about the disease is almost negligible. Counseling for non-cousin marriages and pre-marriage chromosomal studies can prevent thalassemia transmission in children.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

DEMOGRAPHIC CHARACTERISTICS AND FREQUENCY OF COMPLICATIONS IN CHILDREN WITH MEASLES

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Peshawar Medical and Dental College

Introduction

Measles is an acute highly communicable disease, caused by RNA virus of the genus Morbillivirus in the family Paramyxoviridae. More than 40 million cases occur throughout the world. In Pakistan the estimated measles deaths are 81000 annually among children up to 5 years of age.

Objectives

To determine the vaccination status and frequency of complications in children with measles.

Methodology

This study was a cross-sectional study conducted at the department of paediatrics at Lady Reading Hospital (LRH) Peshawar over a period of 1 month (February 2018). 50 children, all below 14 years of age were included in this study. Information regarding demographical data, complications and vaccination status was acquired through a questionnaire and data was analyzed by SPSSV.20.

Results

50 children were examined from LRH paediatrics wards. Only 13 children were vaccinated and 37 children were not vaccinated. The frequency of cases was more from FATA and Karak. The frequency of complications were, Pneumonia (n=43)55.1%, Gastroenteritis (n=11)14.1%, Conjunctivitis (n=5)6.4%, Diarrhea (n=5)6.4%, Otitis Media (n=3)3.8%, Encephalitis (n=3)3.8%, Dysentery (n=2)2.6%, Pneumothorax (n=1)1.3%, Croup (n=1)1.3%, Pleural Effusion (n=1)1.3%, Oral Thrush(n=1)1.3%, Myocarditis (n=1)1.3% and Febrile Fits (n=1)1.3%.

Conclusion

Pneumonia is one of the major complication in measles and maximum parents were not aware about measles vaccination.

Keywords

Measles, Pneumonia, Vaccination.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

FREQUENCY OF DEPRESSION AND ITS FACTORS AMONG INFERTILE WOMEN IN KARACHI, PAKISTAN

Inam Ullah Bukhari, Muhammad Azeem Altaf, Naseebullah Khan,
Khalil-Ur-Rehman Khan, Usman Khan, Anita Iqbal, Nimra Tariq, Ramsha Laiq, Nusrat.
Hamdard College of Medicine & Dentistry, Hamdard University, Karachi

Introduction

Infertility is a severely distressing experience for many couples. Depression is considered as one of the main psychological disorders associated with infertility and it may significantly affect the life of infertile individuals.

Objective

To determine the frequency and predisposing factors of depressive disorders among infertile women.

Methodology

This case-control study was carried out during 2017 among 200 equally divided fertile and infertile women attending the clinics and hospitals in Karachi. A Self-administrated questionnaire was given to the participants. Beck Depression Inventory (BDI) was used to assess level of depression. Mean BDI score was measured and its relation with different variables was explored, such as age, educational level, duration of infertility, pressure from family members, miscarriages and support from husband.

Results

The study reported that 84% of the infertile women and 46% of the fertile women had depression. Mean BDI scores between infertile and fertile women was statistically significantly ($p < 0.001$). Among infertile women, 17% had mild, 12% borderline, 31% moderate, 19% severe and 5% had extremely severe depression, whereas it was 26%, 9%, 6%, 4% and 1% respectively among fertile women. Duration of infertility and threats from husbands were found to be significant factors for depression among infertile women.

Conclusion

Depression was more common and severe in infertile women than fertile women. Duration of infertility and threats from husbands were found to be significant factors for depression among these women. Counseling and intervention at an early stage may help in psychological relief for the patients.

Keywords

Depression, Infertility, Woman

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

HEALTH CONDITIONS OF CHILDREN AND THEIR SOCIOECONOMIC DETERMINANTS IN SLUMS: A STUDY OF PESHAWAR LOCALITY

Maarij Ullah Shah, Saeed Jan, Asghar Ali
Rehman Medical College, Peshawar

Introduction

Slum dwellers, particularly their children are faced with problems of deteriorating health. This study was conducted to explore the health issues of children and their social determinants in slums.

Objectives

1. To determine the social problems of slum dwellers of Tadjabad, Peshawar
2. To explore the socio-economic conditions of children in slum areas of Peshawar.
3. To analyze the spectrum of diseases among children (5-13 years of age) living in Tadjabad.

Methodology

This was a descriptive cross sectional study conducted during April-June 2016 on children aged 5-13 years from 40 households. We sampled 130 Children in Tadjabad, a slum area of Peshawar. Data was collected from the head of households using self-made structured questionnaires that contained variables related to living conditions, vaccination, dietary intake, sanitation, ventilation, source and quality of water. The data was analyzed by Statistical Package for Social Sciences (SPSS) version 20.

Results

Of the 40 households sampled (130 children), it was found that 27 children (20.7%) were suffering from various diseases. Most prevailing disease among them were Gastrointestinal Tract diseases followed by Respiratory Tract diseases and Malaria. Majority of the slum dwellers and their children followed a vegetarian diet with infrequent intake of meat (8.30%) and dairy products (25%) due to poor economic status, thereby in a state of malnutrition and susceptible to diseases.

Conclusion

Children aged 5-13 Years living in the slum area of Tadjabad, Peshawar were in poor health status due to various socio economic factors.

Keywords

Slums, Children Health, Socio Economic Determinants, Peshawar.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

FREQUENCY OF DEPRESSION AND ITS FACTORS AMONG INFERTILE WOMEN IN KARACHI, PAKISTAN

Inam Ullah Bukhari, Muhammad Azeem Altaf, Naseebullah Khan,
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Conclusion

Depression was more common and severe in infertile women than fertile women. Duration of infertility and threats from husbands were found to be significant factors for depression among these women. Counseling and intervention at an early stage may help in psychological relief for the patients.

Keywords

Depression, Infertility, Woman.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

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Maarij Ullah Shah, Saeed Jan, Asghar Ali
Rehman Medical College, Peshawar

Introduction

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Objectives

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2. To explore the socio-economic conditions of children in slum areas of Peshawar.
3. To analyze the spectrum of diseases among children (5-13 years of age) living in Tatabad.

Methodology

This was a descriptive cross sectional study conducted during April-June 2016 on children aged 5-13 years from 40 households. We sampled 130 Children in Tatabad, a slum area of Peshawar. Data was collected from the head of households using self-made structured questionnaires that contained variables related to living conditions, vaccination, dietary intake, sanitation, ventilation, source and quality of water. The data was analyzed by Statistical Package for Social Sciences (SPSS) version 20.

Results

Of the 40 households sampled (130 children), it was found that 27 children (20.7%) were suffering from various diseases. Most prevailing disease among them were Gastrointestinal Tract diseases followed by Respiratory Tract diseases and Malaria. Majority of the slum dwellers and their children followed a vegetarian diet with infrequent intake of meat (8.30%) and dairy products (25%) due to poor economic status, thereby in a state of malnutrition and susceptible to diseases.

Conclusion

Children aged 5-13 Years living in the slum area of Tatabad, Peshawar were in poor health status due to various socio economic factors.

Keywords

Slums, Children Health, Socio Economic Determinants, Peshawar.

ABUSE AS A DETERMINANT FOR DRUGS DEPENDENCY IN CHILDREN ENROLLED IN DOST FOUNDATION, PESHAWAR

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Introduction

Childhood abuse can lead to drug addiction later in life. This study was conducted to highlight abuse as a factor leading to drug dependency in children at a drug rehabilitation centre.

Methodology

A descriptive cross sectional study was conducted at Dost Foundation, Peshawar, Khyber Pakhtunkhwa, Pakistan, from October 2016 to May 2017, using interview based questionnaires on 100 male children under the age of 17 years being rehabilitated. Permission from Department of Medical Research, Rehman Medical College and Dost Foundation, Peshawar was taken to conduct this study. Data was collected by convenience sampling after informed consent. SPSS version 20.0 was used for descriptive statistical analysis; for comparisons Chi square and T tests were used with $p \leq 0.05$ denoting significance.

Results

The response rate was 90%; it included 48 children (53.3%) who were abused, Age 12 years was the most susceptible age to start using drugs for the first time, and Naswar (39%) was the most common initiative drug to addiction. Drugs most commonly abused by children were Cannabis and Cigarette (25.6%), and Cannabis and Naswar (21.1%); Cannabis alone contributes 18.9% usage.

Conclusion

Abuse as well as parental and social influences may be important determinants of drug abuse in young children.

Keywords

Drug Dependence, Abuse

PUBLIC
HEALTH

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

A SURVEY ON FREQUENCY OF RESPIRATORY DISORDERS AMONG TEXTILE WORKERS OF KARACHI

**Ali Raza, Umar Mir, Abdul Hashim, Kokab Mehboob, Nida Shoukat, Hamna Khaliq,
Kamran Khan, Salman Shoukat, Syed Abbas Tayyab, Abbas Gul, Rabail Fatima,
Khalid Khan, Asad Jamal**

Hamdard College of Medicine & Dentistry, Hamdard University, Karachi

Introduction

Textile industry is the back bone of Pakistan's economy. However, it exposes workers to several occupational risks which leads to occupational diseases including byssinosis, pneumoconiosis, and occupational asthma. The environmental and occupational hazards among textile industry workers results in pulmonary morbidity and mortality, thus a burden on overall economy.

Objective

To find out the frequency of respiratory disorders among textile workers of Karachi.

Methodology

A cross sectional survey was carried out at four textile industries of Karachi during 2017. Respiratory questionnaire from the European Commission of Respiratory Disorders was used. Spirometry was carried out to assess bronchial asthma, obstructive lung diseases and other respiratory disorders among textile workers of Karachi. Ethical permission was taken from ethical committee of Hamdard University, Karachi. Descriptive results were tabulated for different variables.

Result

Out of 300 textile workers, whistling from the mouth was found in 60(19.9%), awakening from sleep due to chest tightness 70(23.3%), awakening from sleep due to breathing difficulty 62(21%), awakening from sleep due to excessive cough 110(36.5%), breathlessness during usual walk 91(30.2%), attack of asthma 58(19%), asthma diagnosed by a physician 61(20%) and obstructive lung diseases in 68(22.6%) of the workers.

Conclusion

A significant proportion of textile workers were suffering from bronchial asthma and obstructive lung disease. There is dire need to address this issue and to implement the basic principals of occupational health and safety to reduce respiratory morbidity and mortality.

Keywords

Bronchial asthma, Obstructive lung diseases, Textile workers

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

ASSOCIATION OF DENGUE OUTCOMES WITH PRESENTING SYMPTOMS IN PESHAWAR

Muhammad Usman, Tariq Shah, Nabeel Hayat, Shahid Mukarram, Salman Khan
Peshawar Medical College, Peshawar

Introduction:

Dengue is an endemic febrile disease caused by a flavivirus. A recent estimate shows that 390 million infections occur annually due to dengue, out of which 96 million present clinically. There has been a recent outbreak of dengue in Peshawar, KPK. It is an emerging major public health problem. Our study will help in early and proper diagnosis.

Objectives

Evaluate the outcomes of dengue cases and assess the association of demographics, length of stay and presenting complaints with the outcomes of dengue.

Methodology

A cross sectional study was carried out in which Secondary data were collected from the hospital records via a performa. All admitted patients were included. Cases with incomplete data were excluded. The data were entered in MS excel 2007 and analyzed using SPSS version 20 software. Ethical approval was taken prior to the study.

Results:

There were a total of 631 diagnosed cases of dengue during 2017. Among these, 1.1% died, 77% recovered while 21.9% discharged at will or left against medical advice. 64.7% were males and 35.3% were females. 97.9% had a presenting complaint of fever while 34.4%, 33.1% and 16.3% presented with vomiting, general body aches and nausea, respectively. In patients 2-17 years old, 1.5% died while 80.6% recovered. In 51 years and older, 4.6% died and 74.7% recovered. 5.6% died and 47% recovered within 2 days of admission while 1.1% died and 82% recovered with 5 or more days of admission.

Conclusion:

There is a significant association between outcomes of dengue with age, length of stay and presenting symptoms. Most of the deaths occurred within 2 days of admissions probably because of late diagnosis. Fever was the most common symptom, followed by vomiting and general body aches. Most of the deaths occurred in old age, while recovery was highest in 2-17 years old.

Key words:

Dengue, Outcomes, Fever.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

AWARENESS AND VACCINATION STATUS AGAINST HEPATITIS B INFECTION IN RELATIVES OF PAKISTANI AND AFGHANI PATIENTS HAVING HEPATITIS B INFECTION

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Peshawar Medical College, Peshawar

Introduction

Pakistan government has given refuge to many Afghan people due to continued civil war and political instability in Afghanistan. Because of the poor living conditions in the camps many health issues were faced by the Afghan population, hepatitis B and C among them. This study was conducted to compare the awareness and vaccination status against Hepatitis B infection in relatives of Pakistani and Afghani patients having Hepatitis B infection.

Objectives

1. To access the vaccination status in relatives of Afghani and Pakistani patients having Hepatitis B.
2. To access the awareness level between Afghani and Pakistani patients.
3. To find out reason for absence of vaccinations.

Methodology

A cross-sectional study was conducted in a private clinic of Hepatology from 15th February 2018 to 5th of March 2018. Ethical approval from the ethical review board was taken. It had a total of 80 patients, both Afghani and Pakistani who were interviewed via informed consent using a structured questionnaire to find out the awareness and vaccination status of their close family members. The data was entered and analyzed in SPSS V-19.

Results

80 patients were part of the study; 40 Afghan (50%) and 40(50%) Pakistani. Out of 80, relatives of 43 (53.8%) were vaccinated and 37(46.3%) were not vaccinated. Among the vaccinated 25(58.1%) were Afghan and 18(41.8%) were Pakistani. And among the non-vaccinated 15 (40.5%) were Afghan and 22(59.4%) were Pakistani. The reasons for no vaccination were found majorly to be lack of awareness, also non-availability of the vaccination.

Conclusion

Afghans, despite of being displaced due to the political crisis they had better awareness and vaccination status than Pakistanis.

Keywords

Hepatitis B, Vaccination, Afghani Patients

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

AWARENESS ABOUT RISK FACTORS OF ORAL CANCER AMONG PAN EATERS AND GENERAL POPULATION OF RAWALPINDI AND ISLAMABAD

Mustafa Shahid, Zain Siknander, Aqeel Ahmad, Tayyab Tahir, Zuhaib Tahir,
Asim Irshad, Syed Sharjeel Ibrar, Obaid Ur Rehman, Noor Ahmed, Kaleem Ullah,
Junaid Ahmed

Yusra Medical and Dental College, Islamabad

Introduction

Oral cancer, also known as mouth cancer is any cancerous growth located in oral cavity. It is fairly common and very curable if found and treated at early stage.

Objectives

To determine the awareness about risk factors of oral cancer among general population and pan eaters of Rawalpindi and Islamabad.

Methodology

A cross sectional study was conducted among 300 subjects between ages 20-60 years from all over Rawalpindi and Islamabad. The study duration was 6 months and sample was selected through convenience sampling. Structured close ended questions were administered to collect data and data was analyzed by SPSS V-22.

Results

It was found that 45.97% were pan eaters and the rest 54.03% were among the general population who were not pan eaters. It was found that 58% of the general population did have some knowledge about the risk factors of oral cancer. While 40% of pan eaters did not know about the risk factors of oral cancers. 50.91% of the total subjects informed us that they had knowledge of different symptoms of oral cancer.

Conclusion

The current study concluded that awareness about risk factors of oral cancer is greater among general population in comparison to pan eaters. The general population has a better understanding of the signs and symptoms of oral cancer.

Keywords

Awareness, Oral cancer, Pan eaters, Risk factors.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

AWARENESS OF RISKS AND COMPLICATIONS OF OBESITY IN SCHOOL GOING CHILDREN IN PESHAWAR

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Introduction

The word obesity originates from the Latin word "Obesitas" which means "fat or plump". It was not until the 20th century that obesity became common—so much so that in 1997 the World Health Organization (WHO) formally recognized obesity as a global epidemic. In June 2013 the American Medical Association classified obesity as a disease. Childhood obesity is increasing in Pakistan. Obesity occurs when there is more energy rich food intake and not enough physical activity. Not realizing the dangers, parents often encourage the children to eat as much as possible and whatever is preferred by the child.

Objectives

1. To assess the level of awareness of obesity in school going children.
2. To assess the level of awareness of risks and complications of obesity in school going children.

Methodology

It was descriptive cross-sectional study. Consecutive sampling technique was employed and was distributed in the form of questionnaires among children of 12-16 years of age (from class 7 to 10). The Questionnaires were created by the Authors specifically created for this topic. The Questionnaires were not re-used from another source. Questionnaires comprised of open and closed ended questions. The duration was about 4 months. The response rate was 100%. The sample size was 237 students (both boys and girls). The schools were located in different areas of Peshawar and have not been named to maintain anonymity. Data was interpreted by Microsoft Excel and also by SPSS-21.

Results

The result shows that about 83% of children were aware of the meaning of obesity and 72% knew that obesity is an illness and it can cause problems in their bodies. About 56% of children thought that obesity can be controlled by exercise.

Conclusion

Conclusion is that majority of the children were aware of the obesity and its risks and complications. More awareness can spread via marathons and seminars etc. Parents, school administration and canteen staff should be educated and instructed to select healthy food options for the children.

Keywords

Awareness, Risks, Complications, Obesity.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

BACTERIOLOGICAL ANALYSIS OF WATER SAMPLES OF PESHAWAR UNIVERSITY REGION

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Centre of Biotechnology and Microbiology, University of Peshawar

Introduction

Water plays an important role in regulating human body homeostasis as well as work as an intermediate in many metabolic pathways. Billions of people are suffering from numerous waterborne diseases due to consumption of poor quality of water. According to World Health Organization guidelines, water should be tested regularly for public health concerns.

Objectives

The aim of this study was to carry out bacteriological analysis of water samples collected from various sources of the water supply found in the Peshawar University area.

Methodology

Almost 10 samples were taken from different drinking water sources of Peshawar University area such as departments, hostels, and cafeteria which were then inoculated into Nutrient agar by Pour plate method and then incubated at 37°C. Isolated colonies were identified by using several biochemical tests such as Gram reaction, Catalase, Citrate and Indole test.

Results

Our results revealed that almost 6 (60%) of drinking water supply was contaminated with *Escherichia Coli*, *Pseudomonas*, *Bacillus Cereus*, and *Salmonella* which should not be present in 100ml of water according to the WHO requirements while the rest of 4 (40%) found out to be satisfactory.

Conclusion

Hence it is concluded that, most of the drinking water supply that does not meet WHO requirements and has a high risk of contamination of fecal coliforms, resulting in water that is unfit for human consumption.

Keywords

Fecal Coliforms, Water Borne Diseases, Contaminated Drinking Water.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

FREQUENCY AND AWARENESS OF SECOND HAND SMOKE EXPOSURE AMONG PREGNANT WOMEN VISITING TERTIARY CARE HOSPITALS OF PESHAWAR

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Introduction

Second hand smoking (SHS) is breathing someone else's cigarette smoke for at least 15min/day for at least 3 days /week. In spite of the magnitude of the problem in Pakistan little attention has been paid to this important public health issue specifically awareness.

Objectives

To estimate the frequency of second hand smoking among pregnant women visiting Gynaecology OPD at 4 teaching hospitals and to assess their level of awareness regarding hazardous effects of second hand smoking on foetus.

Methodology

A cross sectional study was conducted in tertiary hospitals of Peshawar (Kuwait Teaching Hospital, Mercy Teaching Hospital, Lady Reading Hospital, Hayatabad Medical Complex). A non-probability serial sample of total 410 pregnant women was taken who visited Gynaecology OPD of these hospitals. A structured questionnaire was used by trained interviewers to collect the information regarding SHS. An instructional manual was provided. Informed written consent was also taken. Data is analysed using SPSS v19.

Results

Our study showed that out of 410, 52.7% of the women were 15-25, 40.7% 26-35, 6.6% were 36-45 of age. 40.5% were illiterate, 18.3% took primary education, 14.4% secondary education, 8.5% higher education & 18.3% went to madrasa. 90.8% were house wives & 9.8% were working women. 36.3% were exposed to SHS, among them 33.9% were exposed at home & 2.2% were exposed at work place. 27.2% fell into the category of smokers and 11.7% were non smokers. Source of exposure to SHS for 17.3% was their husband, for 7.7% their father/in law, for 7.8% brother/in law, 2.9% son, 2.2% others. 40.7% are aware of the hazardous effects of SHS, 25.9% says it has no effect, 33.4% don't know about any effect. Source of awareness of adverse effects of SHS is media for 24.6%, Doctors for 7.3% & education or logic for 13.2% of pregnant women exposed to second hand smoker.

Conclusion

Our study concludes that most pregnant women were exposed to SHS, most of them were housewives.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

HEARING IMPAIRMENT AMONG EARPHONE USERS: A CROSS-SECTIONAL SURVEY IN KARACHI

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Introduction

Living in today's world of exceedingly advanced technology, we are used to the extravagances and comforts of life. Although the advancement in technology makes life easier, various health hazards including increased use of earphones, especially by youngsters, imposes adverse effects on human ears.

Objective

The objective of the study is to evaluate the hearing impairment among medical students of Hamdard University using earphones attached to cell phones.

Methodology

A cross sectional study was conducted during 2017. All students studying in third, fourth and final professional years that used earphones were included. Convenience purposive sampling technique was used. A self-administered questionnaire was distributed among the participants and Otoscopy was performed after their consent. Pure Tone Audiometry test was performed on students selected after physical examination.

Result

Out of the total 300 participants 141(47%) reported difficulty in hearing. Among them 128 (45%) were found to have mild hearing loss (low frequency loss) and 7(2%) were found to have conductive and sensorineural hearing loss. Ten participants (5%) had hard wax in their ears. Although 249(83%) participants believed in hazards of excessive use of headphones, they still used it for longer periods of time.

Conclusion

Mobile earphone use was common among students and many of them were found to have hearing impairment. Further large-scale studies are needed to validate our findings.

Keywords

Audiometry, Hearing loss, Medical Students.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

IMMUNIZATION STATUS, COMPLICATIONS AND OUTCOMES OF MEASLES PATIENTS.

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Introduction

Measles is one of the most contagious viral diseases caused by a RNA virus with only one antigenic type. It is more common in preschool age and spreads through respiratory tract by droplet infection. Measles is a leading cause of childhood mortality with 139,000 measles deaths yearly in developing countries due to underlying malnutrition and overcrowding (WHO). The classical signs and symptoms of measles include 4-5 days of fever, the three C's i.e. cough, coryza, conjunctivitis and maculopapular rash.

Objective

To evaluate the immunization status, complications and clinical outcome in children admitted with measles Railway General Hospital from 1st September, 2017 to 28th February, 2018.

Methodology

In this descriptive study, 150 patients (8 months to 12 years of age) with clinical diagnosis of measles i.e. high grade fever, maculopapular rash, coryza, cough and conjunctivitis with its complications were included. Relevant information regarding age, sex, immunization status and clinical presentation were also recorded verbally. Immunization status of the patients was checked by examining the EPI card where available or via parental enquiry if EPI card was not available. All the relevant investigations like CBC, serum electrolytes and X ray chest were carried out beside the history and clinical examination. All the patients were observed for complications like encephalitis, pneumonia, diarrhea, otitis media and corneal ulcers. They were managed according to the standard protocol of the hospital.

Results

Of the 150 pediatric patients with diagnosis of measles included in the study, 89(59.33%) were males and 61(40.66%) were females. Mean age of the patients was 25 months. 78(52%) patients were well-nourished and 72(48%) were undernourished. Out of 150 patients 62 % (93) had received measles vaccine. Among vaccinated patients 8 (5.33%) patients had received two doses of measles vaccine and 85(56.67%) had received one dose. Majority of the patients (88%) had developed complications with pneumonia (43.33%) followed by diarrhea (23.33%) being the commonest. Six patients (4%) expired during the duration of study.

Conclusion

There is a need to improve the nutritional status of the children and good coverage for the measles vaccine.

Keywords

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

KNOWLEDGE ABOUT DIABETES AMONG DIABETICS IN WAH, PUNJAB

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Areeba Gul

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Introduction

Diabetes mellitus (DM) has become a major health problem across the globe. The prevalence of Diabetes Mellitus in Pakistan is 7.6%. For proper management of Diabetes, patients need to be aware of nature of the disease, its risk factors, treatment and complications.

Objectives

1. To assess the knowledge about Diabetes among Diabetics in a hospital in Wah.
2. Compare knowledge with the literacy of the Diabetic patients
3. Determine the effect of knowledge and regular follow up of the diabetics on control of their blood sugar.

Methodology

A cross-sectional study was conducted in six months at POF Hospital, Wah Cantt on 255 diabetic patients selected by convenient sampling. A structured Diabetes knowledge Questionnaire (DKQ) was used to collect data and data was analyzed by using SPSS V-19. Chi-squared test was carried out to see the effect of literacy on knowledge. The effect of regular follow up on the control of blood sugar was also assessed by Chi-square taking the pre determined p-value at 0.05.

Results

Overall, 39% of the diabetics have good knowledge of diabetes, 31.4% have average knowledge. The mean score was 11.35 ± 2.996 . Literacy has a significant association with good knowledge. Those having good knowledge of diabetes and who are regular in follow up had controlled blood glucose showing significant results with a p value of 0.02 and .005 respectively.

Conclusion

Generally, diabetic patients presented in the POF Hospital had good knowledge of diabetes. Those having good knowledge and go for regular follow up had controlled blood glucose reflecting importance of regular follow up.

Key words:

Patients, Education, Diabetes, knowledge, HBA1C

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

KNOWLEDGE AND INTERVENTIONS TAKEN BY THE PEOPLE OF AN EPIDEMIC AREA TO PROTECT THEMSELVES FROM DENGUE

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Introduction

Dengue is an infectious disease caused by a virus. The virus is transmitted by a type of mosquito (*Aedes aegypti*) that usually bites during daytime. The dengue virus belongs to the Flaviviridae family of viruses that can cause diseases in humans. Dengue is the most common infection caused by viruses that is transmitted by mosquitoes (these are known as arbo viral illnesses).

Objectives

To determine if people living in dengue epidemic area of Rawalpindi have sufficient knowledge to protect themselves from dengue virus.

Methodology

A cross-sectional study was conducted among the residents of Gulshan Abad, Rawalpindi. Simple random samples were taken. The sample size was of a 100 participants. A self-made questionnaire was given to the sample and was classified into people who have satisfactory knowledge and people who do not.

Results

Among the sample of 100 participants, 64 didn't have satisfactory knowledge and 36 had satisfactory knowledge on the basis of the questionnaire provided.

Conclusion

It is concluded by analyzing the data that majority of the participants (64%) in an epidemic are did not have satisfactory knowledge. With knowledge comes prevention, governments should arrange programs to educate people to protect themselves from dengue.

Keywords

Aedes Aegypti, Flaviviridae Family of Viruses, Dengue.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

KNOWLEDGE, ATTITUDE AND PRACTICES (K.A.P) OF HAND HYGIENE AMONG SECONDARY SCHOOL CHILDREN IN DISTRICT PESHAWAR

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Introduction

Poor hygiene practices and inadequate sanitary conditions play major roles in the increased burden of communicable diseases within developing countries.

Objectives

1. To evaluate components of hand washing facilities.
2. To compare knowledge, attitude and practices regarding hand hygiene among secondary school children.

Methodology

A cross sectional study was conducted among 200 students of secondary level schools of KPK. Data was collected from 1st Dec, 2017 to 15th Feb, 2018. A validated questionnaire was used and data entered and analyzed in SPSS V-19. Chi square was applied for individual knowledge, attitude and practices components, $p < 0.05$ was the cut-off value considered to be significant.

Results

Excellent understanding of the knowledge components (p value= 0.00), very good attitudes (p value=0.00) and excellent practices among students (p values=0.00) regarding hand hygiene. Comparisons among rural and urban students showed no significance in all three components (p value= 1) along with no significant results among private and public school students (p value= 1).

Conclusion

The school children depicted excellent knowledge, attitude and practices regarding hand hygiene. No significant difference was seen with respect to the tested attributes amongst the children.

Keywords

Hand Disinfection, Hygiene, Secondary Schools, Children, Check List, Knowledge, Attitude.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

KNOWN RISK FACTORS OF ROAD TRAFFIC ACCIDENTS INVOLVING LIGHT TRANSPORT VEHICLES IN THREE MAJOR TRAUMA CENTERS OF PESHAWAR

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Introduction

Road Traffic Accidents (RTA) is a major public health problem in developing countries amounting to 85% deaths and 90% disabilities.

Objectives

To document the various known risk factors of RTAs and explore the relationship between environmental and human factors of RTA in Peshawar.

Methodology

A cross-sectional study was conducted in the Department of Accident & Emergency, Surgical Wards, Orthopaedic Wards, and Neurology Wards of Khyber Teaching Hospital, Lady Reading Hospital and Hayatabad Medical Complex, Peshawar, KP from February to April 2016. Data were collected from patients involved in road traffic accidents using a self-made questionnaire based on convenience sampling. Data were analysed for descriptive statistics using Statistical Package for Social Sciences (SPSS) version 15.0. Chi Square test was used for comparisons keeping $p \leq 0.05$ significant.

Results

A total of 286 cases of RTA involving Light Transport Vehicle (LTV) were reported, the highest number occurring in age group 21-25(22.2%) years. Drivers (36.7%) were the most injured individuals during a RTA; most (59.1%) accidents occurred in clear weather. Highest number of accidents occurred in the mornings on weekdays, and on weekends in the afternoon (40.2% each). Cell phones use was found in 25.7%, followed by driver being lost in thoughts (15.2%).

Conclusion

The most common factors leading to RTAs were the use of mobile phones and loss of mindful driving, along with other contributory factors such as the morning of a weekday, and younger age group.

Keywords

Road Traffic Accidents, Trauma Centre, Cell Phone, Risk Factors.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

MULTI-DRUG RESISTANT LISTERIA MONOCYTOGENS ISOLATED FROM DAIRY PRODUCTS OF PESHAWAR, PAKISTAN

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Introduction

Human's consumption of raw milk and dairy products in rural areas give rise to many foodborne infections which causes the death of millions of people around the world. These infectious agents, most of the times are bacteria which are present in these products. Listeria monocytogens is one of the pathogenic bacteria resides in unpasteurized milk and their products which cause listeriosis in humans, and became very difficult to treat due to antibiotic resistance showed by them.

Objectives

To isolate Listeria monocytogens from different dairy products manufactured in remote areas of Peshawar, Pakistan and to determine their resistance profile to several antibiotics.

Methodology

Total 110 samples of different dairy products were analyzed by plating on non-specific bacteriological medium and the isolated colonies were identified using biochemical techniques (Catalyse test, Oxidase test, Indole test, Lactose and Sucrose fermentation test). After identification, their antibiotic sensitivity was carried out by Agar Disk Diffusion Method.

Results

In this study, estimated 17 colonies of L. monocytogens were isolated in which most of the colonies were resistant to numerous antibiotics except Ofloxacin and Cephalosporins.

Conclusion

From our results, it is concluded that the listeria monocytogens resistance is evolving which can create many problems in choosing the right treatment for the individuals suffering from listeriosis.

Keywords

Antibiotic Resistance, Listeriosis, Agar Disk Diffusion Method, Listeria Monocytogens, Dairy Products.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

PREPAREDNESS OF MEDICAL STUDENTS AND STAFF NURSES OF A TEACHING HOSPITAL FOR MANAGEMENT OF A POSSIBLE DENGUE OUTBREAK

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Introduction

Preparedness for Dengue fever outbreak cuts down mortality and morbidity from this mosquito borne disease having a usual fatality rate of 1-5%.

Objective

The present study explored the extent of preparedness of medical students and staff nurses for management of a possible dengue outbreak in Peshawar, Khyber Pakhtunkhwa.

Methodology

The comparative cross sectional study was conducted at Rehman Medical College and Rehman Medical Institute from April to May 2017. The sample consisted of 200 subjects, equally divided into medical students and staff nurses, selected by simple random sampling. Data was collected after informed consent through a self-administered questionnaire containing sections on knowledge, attitude and practices regarding Dengue. A scoring system was devised to assess preparedness for control of Dengue outbreak. Data were analyzed by SPSS version 22.0 for descriptive statistics; comparisons were done by Chi Square test and Independent Samples T test, keeping $p \leq 0.05$ as significant.

Results

The mean score of knowledge of medical students was 60.38 ± 15.28 while that of nurses was 68.20 ± 10.37 ($p < 0.001$); the mean score of attitude of students was 83.67 ± 21.96 , while that of nurses was 94.75 ± 13.07 ($p < 0.001$); the mean score of practice of students was 74.04 ± 11.78 , while that of nurses was 81.74 ± 15.82 ($p < 0.001$). The mean overall score of all three categories for students was 67.26 ± 9.68 , while that of nurses was 73.52 ± 8.70 ($p < 0.001$).

Conclusion

Preparedness for a dengue outbreak was adequate, particularly for staff nurses.

Keywords

Dengue; Infection Control, Environment and Public Health, Public Health Practice, Pest Control, Aedes, Disease Outbreaks.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

PREVALENCE OF SHISHA (WATER-PIPE) AND CIGARETTE SMOKING AMONG COLLEGE STUDENTS OF RAWALPINDI / ISLAMABAD

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Introduction

About 1.3 billion people are regular cigarette and shisha smokers worldwide and every day between 8,200 and 9,900 young people start to smoke, risking rapid addiction to nicotine. Therefore, it is important to understand the factors that might influence their smoking habits. Our study aims to assess the influence of factors that encourage college students to smoke cigarettes and shisha.

Objective

To assess the prevalence of tobacco smoking among college students of Rawalpindi and Islamabad.

Methodology

A cross-sectional study was conducted for a period of six months. A random sample of 576 male college students; of ages ranging from 15-30 years were interviewed using a self-structured questionnaire selected through simple random sampling technique. The data were analyzed using SPSS version 22.

Results

In this study, we found 26.7% of students had ever tried smoking, whereas 24% of college students reported that they are now habitual smokers. Among different age groups, the prevalence of current smoking was 19.2% in 15-17 years, 26.5% in 18-20 years and 65% in 21 years and above. The main reason to smoke in the majority of students (76%) was peer pressure.

Conclusion

This study showed that smoking is strongly associated with age and that social and educational variables appear to play a significant role in smoking among college students.

Keywords

Cigarette smoking, College students, Prevalence, Shisha.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

QUALITY OF LIFE OF PRIMARY CARE GIVERS OF SPINAL CORD INJURY (SCI) PATIENTS

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Introduction

Spinal cord injury (SCI) is a devastating condition, requiring extensive amounts of care. The primary caregivers of SCI patients have to face a lot of emotional and physical stress due to their arduous and technical duties. SCI quality of life (QOL) of caregivers should be assessed in order to identify the characteristics and factors associated with the strain that they are experiencing.

Objective

To determine the QOL of primary caregivers of SCI patients and compare the QOL of private and public health sectors.

Methodology

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

Results

The mean age of the sample (n=150) was 31.47±9.1 years with majority of Male caregivers (n=93, 62%). The Cronbach's Alpha Reliability of WHOQOL-BREF in our study was 0.886. One of the domain i.e. environment, of the scale was significantly better in caregivers of SCI in private health sector (p=.027). There was no significant difference amongst genders or public/private sector, in terms of overall QOL.

Conclusion

This scale can be effectively used in our population. The domain of environment was significantly better in male caregivers of private health sectors of Peshawar.

Keywords

Quality of Life (QOL), Spinal Cord Injury, Primary Caregivers.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

RISK FACTORS ASSOCIATED WITH THE RECENT OUTBREAK OF DENGUE FEVER IN PESHAWAR

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Introduction

Dengue fever is a rapidly emerging arthropod born viral disease threatening to become an international public health problem. It is receiving attention all over the world for its epidemic expansion and high mortality rate. Globally, approximately 50-100 million cases of dengue fever occur and 500,000 people suffer from dengue hemorrhagic fever and dengue shock syndrome with 20,000 deaths annually. Pakistan is at high risk of being hit by large epidemics because of many factors and conditions that promote the spread of infectious diseases and consequently every year a large number of epidemics occur in different parts of the country. It appears to be emerging in Peshawar in recent years.

Objective

The objective of this study was to look into the risk factors associated with the development of the recent outbreak of dengue fever in Peshawar.

Methodology

This cross sectional descriptive study was carried out at three teaching hospitals of Peshawar during January to October 2017. Data was collected from 336 patients who came to different units of the hospitals with suspected Dengue fever. A self-constructed questionnaire was used to collect data from the conveniently selected subjects.

Results

Out of the total of 336 patients, 196 were adult males, 120 were females and 20 children. Age of the patients ranged from 13 to 53 years with a mean of 33 ± 12 years. Dengue Serology was positive in 224 (67.69 %). Source of water supply was found associated with dengue seropositivity ($p=0.002$) but no significant statistical association of seropositivity was found with demographic variables.

Conclusion

Source of water is a determinant of contracting dengue fever owing to it a breeding media for Aedes Aegypti mosquitoes. All other phenomena associated with use of water and sanitation needs to be part of long term control of dengue that will also contribute to controlling other diseases with the same determinants.

Key words

Dengue, Dengue Hemorrhagic Fever, Dengue Shock Syndrome, Water Sources,

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

SPECTRUM OF PARASITES IN STOOL OF PRESCHOOL CHILDREN IN PEDIATRICS WARD OF REHMAN MEDICAL INSTITUTE, PESHAWAR, KHYBER PAKHTUNKHWA, PAKISTAN

Nouman Naveed Anthony, Spogmay Hamayun, Rashid Khan, Wareesha Shaukat
Amirzadah, Mahnoor Anjum, Athar Ahmad, Chaand Bibi
Rehman Medical College, Peshawar

Introduction

Infective diarrhea is the 3rd leading cause of mortality among children under five years in the developing world. It kills about 1.6 million children below 5 years annually.

Objectives

This study was conducted to determine the spectrum of parasites in diarrheal stools by evaluating the stool sample lab reports of children less than 5 years of age admitted in Pediatrics ward Rehman Medical Institute (RMI), Peshawar, Khyber Pakhtunkhwa, Pakistan in year 2016.

Methodology

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

Results

Out of 1278 children under 5 years with diarrhea, most children (655, 52.0%) were $\leq$ two years of age; 238(19.6%) had parasites in stools, of which the most common was Entamoeba histolytica (108, 8.4%) followed by Giardia lamblia (107, 8.38%). In addition, ova and cysts were found in 161 (12.6%) of children.

Conclusion

One third of children aged below 5 years admitted to Pediatrics ward RMI had diarrhea associated with parasitological infections.

Keywords

Diarrhea, Mortality, Bacteria, Parasites, Child, Preschool, Entamoeba Histolytica, Giardia Lamblia.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

AWARENESS OF BREAST CANCER AMONG WOMEN OF PESHAWAR

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Introduction

Breast cancer is the most common invasive cancer and the second main cause of death in women.

Objectives

1. To determine the level of awareness of Breast Cancer among educated and uneducated women of Peshawar.
2. To compare the level of awareness among educated and uneducated women of Peshawar.

Methodology

A cross sectional study among 200 females of 15-49 years in Peshawar was conducted from December 2017 to March 2018 with stratification of educational status (Educated=100, uneducated=100). Fertile age women of 15-49 years were included in the study where as extreme of ages i.e. below 15 years and above 49 were excluded. Data was collected through self-structured questionnaire which was entered and analyzed in SPSS Version- 19 by computing descriptive statistics of all the variables. Ethical considerations were duly taken of.

Results

Among the study population 11% were in 15-19 and 30% belong to 20-24 year group. Married females were 57.5% while 42% were single. Illiterate were 50% with equal percentage as educated. Among the educated 29% were university students, 77% housewives and 2% were doctors. 74% of the population knew about breast cancer while 25% were ignorant. Source of information was mainly from friends and family as 47%. Lump was reported as important sign (44%) with negligible (1%) knowledge about rest of the factors. Radiation exposure and non-breast feeding was listed as important risk factors (8.5%, 18.5%).

Conclusion

Deficient knowledge, fair attitude and poor practices regarding breast cancer. Educated females have more awareness than uneducated females.

Keywords

Awareness, Breast cancer, Knowledge, Attitude, Practice.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

EFFECT OF BODY LOTIONS ON HUMAN SKIN BACTERIAL MICROFLORA

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Introduction

Human skin is protected from intrusion of external substances by skin flora and the most dominant group are bacteria which protect us from different pathogens by colonizing on the skin by competitive exclusion phenomena. Sometimes, this microflora gets disturbed by the chemical components contained in skin care products.

Objectives

The aim of this study is to determine the effect of the body lotion on the protective capabilities of the bacterial community in human forearm skin.

Methodology

Different types of lotions were applied on the left forearm of 20 participants while right forearm remained untouched. Samples were taken from both arms using sterilized cotton swabs and then inoculated in nutrient agar media. A variety of bacterial colonies were seen which were identified by various biochemical method, in accordance with Bergey's manual of systematic bacteriology.

Results

The participant's right forearm had a comparatively higher amount of bacterial colonies on their skin, as compared to the left forearm. The moisturized cream area contained microorganisms such as Penicillium and some colonies of dermatophytes such as Trichophyton spp, Microsporum spp. While the bacterial colonies that were observed in the non-lotioned area, had Pseudomonas aeruginosa, Staphylococcus aureus, S. epidermis, S. saprophyticus, Bacillus spp, and Propionibacterium spp.

Conclusion

Thus, it is concluded from the study that body lotion's chemical components are responsible for causing fluctuations in skin bacterial communities that can lead to many human skin diseases.

Keywords

Skincare Products, Human Skin, Microflora, Skin Diseases.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

MULTI-DRUG RESISTANT LISTERIA MONOCYTOGENS ISOLATED FROM DAIRY PRODUCTS OF PESHAWAR, PAKISTAN

Imtiaz Afridi, Rab Nawaz, Babar Nawaz, Sani Samson, Qaisar Khan,
Muhammad Zeeshan

Centre of Biotechnology and Microbiology, University of Peshawar

Introduction

Human's consumption of raw milk and dairy products in rural areas give rise to many foodborne infections which causes the death of millions of people around the world. These infectious agents, most of the times are bacteria which are present in these products. Listeria monocytogens is one of the pathogenic bacteria resides in unpasteurized milk and their products which cause listeriosis in humans, and became very difficult to treat due to antibiotic resistance showed by them.

Objectives

To isolate Listeria monocytogens from different dairy products manufactured in remote areas of Peshawar, Pakistan and to determine their resistance profile to several antibiotics.

Methodology

Total 110 samples of different dairy products were analyzed by plating on non-specific bacteriological medium and the isolated colonies were identified using biochemical techniques (Catalyse test, Oxidase test, Indole test, Lactose and Sucrose fermentation test). After identification, their antibiotic sensitivity was carried out by Agar Disk Diffusion Method.

Results

In this study, estimated 17 colonies of L. monocytogens were isolated in which most of the colonies were resistant to numerous antibiotics except Ofloxacin and Cephalosporins.

Conclusion

From our results, it is concluded that the listeria monocytogens resistance is evolving which can create many problems in choosing the right treatment for the individuals suffering from listeriosis.

Keywords

Antibiotic Resistance, Listeriosis, Agar Disk Diffusion Method, Listeria Monocytogens, Dairy Products.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

THE KNOWLEDGE AND PRACTICES OF BREAST SELF-EXAMINATION AMONG THE FEMALE HEALTHCARE WORKERS IN TWO TERTIARY HOSPITALS OF KHYBER PAKHTUNKHWA

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Introduction

In the recent past, breast cancer cases have surged. It is the most common cancer in women. Although with time many treatments have been invented. One way to really be on the safer side of the fence is to focus on its prevention and look for early symptoms. The major corner stone technique for early detection of breast cancer is breast self-examination, especially in low and middle income countries. The practice of breast self-examination has been seen to empower women, taking responsibility for their own health.

Objectives

To find out about the knowledge and practices of female healthcare workers of two tertiary care hospitals of Peshawar about breast self-examination techniques assigned by WHO, with regard to explaining them to their patients and to assess their awareness about early breast cancer symptoms.

Methodology

We conducted a cross-sectional study, in April 2017 at Lady Reading Hospital, Peshawar and Charsadda DHQ Hospital, Charsadda. The sample size was 70 comprising the female healthcare work force of both hospitals selected through probability sampling. Self-administered questionnaires were distributed among the study participants and the study was conducted in March and April 2017. Data analysis was through SPSS 22.

Results

The result shows that knowledge levels about BSE were generally same in both hospitals i.e. 67% of the participants had knowledge of BSE. However, the practice levels which respond to practically teaching patients about breast self-examination levels were more in DHQ Charsddda(26%), compared with LRH(21.4%).

Conclusion

Female Healthcare workers of both hospitals have shown equal levels of knowledge of breast self-examination. Practices for breast self-examination have shown that health care workers in Charsadda DHQ Hospital, Charsadda have better practice levels than Lady Reading Hospital, Peshawar.

Keywords

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

THE TELE-MEDICINE LANDSCAPE IN PAKISTAN- WHY ARE WE FALLING BEHIND?

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Introduction

Tele-medicine is the provision of healthcare using information and communication technology based methods. In the past decade, the sector has grown exponentially and become a billion-dollar industry in the developed world. Unfortunately, Pakistan has not been able to obtain much benefit from these advancements.

Objective

To explore the awareness regarding the concept, application and usefulness of telemedicine among the doctors and medical students (4th and 5th year) in Pakistan.

Methodology

It was a quantitative study in which a self-made questionnaire was distributed among 200 doctors and medical students from different parts of the country. And their responses were collected and deduced into results.

Results

The survey showed an appalling state of knowledge of the field. 63% of them were not familiar with the concept to telemedicine at all. 100% of the doctors were not aware if there are any laws surrounding the field. 77% had no idea if there are any telemedicine programs running in the country. 47% responded that almost half of the patients who visit their OPDs have minor complaints which could have been handled outside the hospital using telemedicine consultations. 70% of the doctors believed that SMS campaigns used to disseminate health education and preventive measures of diseases can help have a positive impact on the health of the population. 90% were of the opinion that connecting Basic Health Units in rural areas with urban centers through telemedicine will significantly improve the outcomes of patients in the rural areas.

Conclusion

A very small number of the surveyed doctors were aware of the concept of telemedicine which clearly shows how far behind we are as a nation in this prospect. It is no surprise that given the lack of infrastructure for telemedicine, the medical community is also not familiar with its latest developments.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

IMMUNIZATION STATUS OF CHILDREN AND ITS ASSOCIATION WITH MATERNAL EDUCATION

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Introduction

The Expanded Programme on Immunization was implemented in Pakistan in 1978 in collaboration with WHO and UNICEF. Pakistan being a developing country is still struggling to meet its goals. Educational status and knowledge of the mother has a key role in the success of immunization programme.

Objective

To assess the immunization status of children and to assess the impact of maternal level of education on the immunization status of children between the ages of 15-36 months at RMU Allied Hospitals.

Methodology

A cross sectional study was conducted on 380 respondents visiting paediatrics outpatients department of RMU Allied Hospitals. Mothers of the children of age group 15-36 months were included in the study via non-probability consecutive sampling technique and were interviewed using a questionnaire structured by authors and approved by institutional research forum of RMU. Statistical data was analyzed using SPSS version 23. The Chi square test was applied determining statistical significance. The level of significance was set at $p < 0.05$.

Results

303 (79.7%) of the children were fully immunized, 66 (17.9%) were partially immunized and 11 (2.9%) had not received any immunization. 115 (68.04%) children of illiterate mothers, 145 (87.7%) children of mothers with education up to matriculation and 43 (93.47%) children of mothers with higher education were fully vaccinated.

Conclusion

Vaccination status of children presenting at RMU allied hospitals was quite satisfactory. Mothers who have attained a higher degree of education are more likely to completely vaccinate their child as compared to those with a lower level of education or those who are uneducated ($p < 0.05$).

Keywords

EPI, Immunization status, Vaccination, Maternal Education.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

FREQUENCY OF HELMET USE & ASSOCIATED RISK FACTORS OF ROAD TRAFFIC ACCIDENTS (RTAS) AMONG MOTORBIKE USERS IN KARACHI, PAKISTAN

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Introduction

Road traffic accidents (RTA) are one of the major causes of mortality and morbidity both in developed and developing countries. The motorbike riders, especially the people who do not use helmets are more prone to head and neck injuries.

Objective

To determine the frequency of people using helmet and to assess the risk factors related to motorbikes accidents in Karachi, Pakistan.

Methodology

This was a cross sectional study from January to June 2017. People that used motorbikes were included. Information on socio-demographic status, variables regarding attitude of the rider for helmet use and their experiences of injuries and accidents was gathered through a self-made questionnaire. Data was analyzed in SPSS V-22.

Results

Out of the total 505 respondents, 183(36.2%) did not use helmets during riding, 174(34.5%) always wore helmets and 148(29.3%) often/rarely used helmets while riding a motorbike. The reasons for not wearing a helmet included reduction of vision 57(11.3%), cause of irritation 61(12%) and a burden on their heads 24(4.8%). Nearly fifty percent (n=251/505) participants had an accident while riding in last 12 months, out of which 198(79%) got injured while the rest remained unharmed. Those who had faced an accident, only 60(12%) were wearing helmets. The injuries included bone fracture in 63(25%), and permanent walking disability among 21(4.2%) of the participants.

Conclusion

A majority did not wear helmets. Despite having injuries due to accidents by a motor bike, a large number of people did not wear helmets while riding.

Keywords

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

RACE

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

AWARENESS OF HEALTH CARE PROVIDER ABOUT LOOK ALIKE AND SOUND ALIKE (LASA) DRUGS IN PESHAWAR.

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Introduction

Look Alike Sound Alike (LASA) medications involve medications that are visually similar in physical appearance or packaging and spelling. Medications with confusing names and similar product packaging may lead to potentially harmful medication errors. The World Health Organization's International Non Proprietary Names Expert Group works to develop international non proprietary names for pharmaceutical medicinal substances for acceptance worldwide.

Objective

The objective of this study was to assess the awareness about Look alike and Sound Alike drugs presently being prescribed in two major hospitals of Peshawar.

Methodology

A prospective study was performed in Mercy and Kuwait Teaching Hospitals, Peshawar. The sample size was 50. We devised a self-made questionnaire. Data was analysed through MS Excel version 16, ethical consideration taken from participants of the study.

Results

The study had a total sample of 50 consisting of medical personnel including House Officers, Training Medical Officers, Pharmacists, with both hospitals having an equal (25) sample size. We came to know in these health care providers only 22(44%) had little knowledge about LASA drugs. However, there is a good overall knowledge about high risk drugs and life threatening complications that have been known LASA drugs. 40(80%) participants had adequate knowledge about these LASA drugs and its complications.

Conclusion

It shows that healthcare providers need more information regarding LASA drugs and its complications as they may be harmful to patients if prescribed without adequate knowledge.

Keywords

LASA Look Alike Sound Alike Drugs, Awareness.

**BEFORE AND AFTER STUDY USING WHO HAND WASHING CHECKLIST
AMONG SECONDARY SCHOOL CHILDREN IN KHYBER PAKHTUNKWA**

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Introduction

A large fraction of the world's illness and death is attributable to communicable diseases. Hand washing with soap has been reported to reduce diarrheal morbidity by 44% and respiratory infections by 23%. However, globally, the rates at which hands are washed with soap range from only 0-34% of the time.

Objectives

To compare hand washing steps before and after intervention in relation to WHO checklist among rural and urban school children.

Methodology

A non-randomized uncontrolled trial was conducted in four randomly selected secondary schools. The study participants (n= 200) provided oral consent. Students were asked to demonstrate hand washing steps as per their understanding, after this, the researcher demonstrated hand washing steps as per WHO standards. After 8 weeks, they visited the schools and asked the students to wash their hands as per WHO criteria. Data was entered and analyzed in SPSS V-19 by computing descriptive statistics and Wilcoxon sign test.

Results

Most of the hand washing steps as per WHO standard were highly significant after the intervention (with p value ranging from 0.000-0.003). Steps that are same universally and in routine as well were not significant.

Conclusion

Children hand washing practices were significant after the intervention even after 8 weeks.

Keywords

Hand Disinfection, Hygiene, Secondary Schools, Children, Check List.

**SOCIAL
SCIENCES**

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

CAREER PROSPECTS AND AWARENESS REGARDING THE FIELD OF BIOTECHNOLOGY AND MICROBIOLOGY AMONG PESHAWAR UNIVERSITY STUDENTS

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Introduction

Revolutionary biological sciences such as Microbiology and Biotechnology are taking over the million dollar industries due to their imminent applications as well as their importance in the well-being of living organisms. Its scope still remains a question for students when they opt for their career after graduating from their respective areas of interest.

Objectives

To determine the factors involved in electing this field, their career preferences, attitude and knowledge regarding biotechnology and microbiology profession among biological sciences students.

Methodology

The study was conducted in Peshawar through a pre-validated questionnaire which was given to the students enrolled in Biotechnology and Microbiology Department. Sample of 600 students was randomly selected. Their responses were automatically generated and analyzed through SPSS 17.0.

Results

Out of 600 Participants, 480 students filled the questionnaire; therefore the response rate was 80%. 312 (65%) students out of 480 respondents were not aware of the scope of biotechnology and microbiology before getting admission in Bachelors of Microbiology and Biotechnology. Out of all the respondents, about (25%) half of the students paid heed to research while the remaining students (10%) were either uninterested or uncertain about their options.

Conclusion

A restricted number of students (51%) were willing to pursue careers in Biotechnology and Microbiology after their graduation. Family influence was the particular factor (74%) involved in the selection area succeeded by personal interest (20%) and income (06%).

Keywords

Biological Sciences, Career, Preferences, Questionnaire, Statistical Package for Social Sciences.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

IS GOING TO PSYCHIATRIST STILL A SOCIAL STIGMA?

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Maryam Amin

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Introduction

Despite the revolutionary development in lifestyles and medical facilities, going to a psychiatrist has always been stigmatized to some extent due to which mental instabilities have clawed deep into the society.

Objective

The objective of this study was to highlight some major reasons as to why going to a psychiatrist is taken as a disgrace and clarify those misconceptions.

Methodology

A survey based cross sectional study was carried out by conducting Focused Group Discussions with students and faculty. For the task a self-made 10-item questionnaire was distributed amongst a sample size of 100 participants of which 64% were male and 36% female. This study was done and finalized over a period of two months. Data was analyzed using SPSS 21 software.

Results

According to the results, 48% people feared social rejection and addiction to prescribed medications as major reasons for not going to a psychiatrist. 39.6% people were of the view that males find it harder to go to a psychiatrist as they take it as a downfall or stigma to their jobs. 48.5% of the population under investigation revealed that psychogenic behaviors are often taken as evil spirits taking over them, hence, the medical aspects were over looked. 47.5% people said that individuals adopt psychological behaviors merely to get a relief from responsibilities. So, due to these reasons going to a psychiatrist is still considered to be a stigma.

Conclusion

Study revealed major reasons behind not going to a psychiatrist. Due to some mythical reasons people have kept mental health low in priorities. There is a need to widen our perspectives regarding seeking mental counseling and also help others entrapped in the same turmoil as mentally stability guarantees a tranquil society.

Keywords

Psychiatrist, Fear, Rejection.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

IS LOSING HOPE BETTER THAN BEING HOPELESS?

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Introduction

Hope and hopelessness are opposite poles of same spectrum. One can raise a sense of problem solving abilities while others focus on anticipation of future consequences, the feeling of futility and passive abandonment of oneself to fate. We know that hopelessness is a strong predictor in constructing an overall negative exception regarding future while higher hope consistently is related to better outcome in academics and psychological adjustments.

Objectives

1. To detect the role of hope in reducing impact of hopelessness.
2. To determine level of interest for aimed goals.
3. To determine whether or not we are trying enough to wade through our problems.

Methodology

A descriptive cross sectional study was conducted through self-made questionnaires. Data was entered and analyzed in SPSS V-21. The study involved 300 participants of age 20-40 years old, held from 1st January 2018 to 8 March 2018.

Results

Out of the 300 participants, 75.2% of participants were well motivated to achieve their goals while 24.8% failed to generate alternative pathways to achieve a proposed goal or to formulate new ones thus leading to an increased risk of suicidal idealization while facing stress.

Conclusion

Hopeless people with passage of time become less motivated and slowly and gradually they lose their own interest for their aimed goal therefore we have to work on the psychological problems in order to make those people identify themselves and measure their initial interim towards hopelessness so that we can help them pursue goals for which they are best suited.

Keywords

Hope, Hopelessness.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

RELATIONSHIP BETWEEN CYBERBULLYING AND COMMON MENTAL DISORDERS AMONG MEDICAL & DENTAL STUDENTS OF PESHAWAR

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Introduction

Cyberbullying is an area of serious concern among young people using internet, around the globe. Those facing cyberbullying are prone to be negatively affected and can suffer from depression and anxiety.

Objectives

To find out the frequency of cyberbullying and its impact on anxiety and depression among the medical and dental students of Peshawar.

Methodology

This Cross-sectional study was conducted in February and March 2018 and included about 200 students of Peshawar medical College, Peshawar Dental College, Khyber Medical College, Khyber Dental College, Kabir Medical College, Rahman Medical and Dental College. They were invited to complete Cyberbullying behavior questionnaire (CBBQ) (31 questions) and Hospital Anxiety and Depression scale (14 items) with subscales of Anxiety and Depression.

Results

The mean age of the sample (n=200) was 20.9±1.3 years. Majority were females (n=128, 64%) and were from Private sector medical schools (n= 148, 74%). A total of 36 (18%) students reported to have been cyberbullied. Out of these, 22 and 15 were psychological cases of anxiety and depression, respectively (p=0.615 and 0.550, respectively). The Cronbach's Alpha Reliability of CBBQ in our study was 0.825. According to the responses of CBBQ, attitude towards cyberbullying, cyberbullying behavior and internet addiction was reported more by females and by students of private sector medical schools, but none of the results showed statistical significance (p>.005).

Conclusion

Cyberbullying behavior is getting commoner in our setup and is shown to be associated with both anxiety and depression. CBBQ can be effectively used in our population because of its reliability.

Keywords

Cyberbullying Behavior, Hospital Anxiety and Depression Scale, Medical Students.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

SPIRITUAL HEALTH OF MEDICAL STUDENTS AND THEIR COPING SKILLS IN CRISIS SITUATIONS: A CROSS-SECTIONAL SURVEY

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Introduction

Spiritual health is an important factor in the well-being of a person. It is the youngest element of health as approved by World Health Organization in 1998.

Objectives

To investigate spirituality among medical students and to identify the coping strategies used in crisis situations.

Methodology

A cross sectional study was done during 2017 at Hamdard College of Medicine & Dentistry, Karachi. Simple random sampling technique was used for data collection. Spiritual Health Assessment Scale and Brief COPE scale was used to measure the level of spiritual health and varying coping strategies practiced by students. Descriptive analysis was done for all independent variables using SPSS V-22. Overall spiritual health score was obtained. Independent t-test was used to determine the association of domains of spiritual health with gender. P-value < 0.05 was considered as statistically significant.

Results

Out of total 511 students, male students were (58.3%) and mean age was 21 ± 1.8 years. Students found to have good spiritual health were (51.1%). Statistically significant differences was observed between male and female students doing gratitude, act according to moral values, introspection, knowing purpose of own life, own strengths, solutions to deal with weaknesses, performing yoga to achieve and maintenance of spirituality. Students using active coping were (28.6%), seeking instrumental support (28.5%), substance use (56.6%), turning to religion (36.8%) and humor (34.4%).

Conclusion

The study reveals that most of the medical students have good spiritual health. Common coping strategies includes active coping, turning to religion and substance abuse.

Keywords

Brief COPE, Spiritual Health, Medical Students.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

A SURVEY ON EFFECTS OF INTERNET USE BY PATIENTS ON DOCTOR PATIENT RELATIONSHIP

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Introduction

Using the internet as a source of medical information has become increasingly popular. The increasing shift towards giving patients more responsibility for their health is likely to induce cultural changes in healthcare delivery. The fluctuating nature of information has important implication in healthcare and effects on doctor-patient relationship.

Objectives

1. Assess the use of internet for health information by patients.
2. Determine consequences of internet use on doctor patient relationship.

Methodology

A cross sectional study was conducted in Peshawar. 300 validated questionnaires were distributed to doctors. It was pretested to ensure that the tool was easy to complete, all areas of interest be covered and no ambiguity be left.

Results

189 Doctors completed the questionnaire (response rate 63%). 88% of respondents had come across with patients that use internet while 12% did not. 83% said that patients discuss this information with them. Respondents perceived that 59.3% of these patients had visited them for opinions. Doctors reported 16% patients also wanted a change in medication, 14.8% a test, or referral to a specialist (8.5%). 44% doctors responded that patients prioritize internet information over their knowledge while 56% disagreed to this. 46% doctors felt offended by such patients while 53% did not. Most doctors (51%) believed that the health information on the internet was not accurate but it was relevant (52%). 67% agreed that hazards were possible due to internet information but incidence was rare (43%). The participants rated health information on the internet, the response was, 47.6% satisfactory, 32.6% poor, 12.3% good while 5.3% said it was excellent.

Conclusion

Internet use by patients has little effect on patient-doctor relationship, however, vigorous leadership in these areas will be needed to be truly beneficial.

Keywords

Internet, Health Information, Primary Care, Physician- Patient Relationship.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

CHILDHOOD TRAUMA AND DEPERSONALIZATION DISORDER

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Introduction

Depersonalization disorder (mental illness) is the patient's experience of unreality in one's self or detachment from one's surroundings. The person feels as if they are an external observer of their own thoughts, opinion or body and frequently feels a loss of control over their thoughts or actions. This disorder is considered uncommon; such experiences occur in about 1–2% of the general population throughout life.

Objective

The aim of this study was to scientifically investigate the correlation between childhood trauma and the development of depersonalization disorder.

Methodology

A case control study was conducted which included twenty five subjects with DSM-IV depersonalization disorder and twenty five being healthy volunteers who were free from any type of the psychiatric illness. A self-made questionnaire was designed and the subjects of comparable age and gender were made to go through the Dissociative disorders and the Childhood Trauma Interview that measured childhood abuse, accidents, natural disasters, domestic violence, torture (Physical, emotional and physical neglect), war and some of the worse drug experiences. Results were analyzed using SPSS 20.0.

Result

Total 50 cases and controls were analyzed with 1:1 ratio. The outcome of the study showed domestic violence in maximum severity with 78 % of the score. The moderate ranges between 30 %, 40 % and 24 % for accidents, torture and child abuse respectively, were identified as the cause of depersonalization. However, 3 % of the total data results showed the cause for depersonalization to be child abuse. Although different types of trauma were modestly correlated, only a few of these relationships were statistically significant that underscored the importance of comprehensive consideration of different types of trauma in research studies.

Conclusion

Childhood trauma and, in particular, domestic violence and emotional abuse plays a major role in the pathogenesis of depersonalization disorder. Related to other types of childhood trauma, emotional abuse is a quite neglected entity in psychiatric research and merits more attention.

Keywords

Childhood, Trauma, Abuse, Emotional Depersonalization Disorder.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

COMPARISON OF ATTITUDE TOWARDS THE POOR BETWEEN PRECLINICAL AND CLINICAL MEDICAL STUDENTS IN PAKISTAN

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Introduction

In Pakistan, 39% of the population lives in multidimensional poverty. Face to face encounter changes perspective, therefore, it was expected to see the difference of attitude between clinical and pre clinical medical students towards poor.

Objective

To investigate the developing change in the attitude of preclinical and clinical medical students towards the poor.

Methodology

A cross-sectional comparative study was conducted in various medical colleges of KPK. The duration of the study was 2 months (Feb, 2018-March, 2018). First and second year were together classified as pre clinical and third through final year were classified as clinical students. Validated and shortened form of 5 point Likert scale (5=strongly agree and 1=strongly disagree) ATP (Attitude towards Poverty) scale was used in both paper and online format after ethical approval. 252 students voluntarily filled the questionnaire. The scale assessed three factors; Personal Deficiency, Stigma and Structural perspective. Analysis was done via SPSS ver. 19 which included descriptive statistics and t-tests.

Results

The responses from Pre-clinical (57.9%) and clinical students (42.1%) were significantly different for the three factors. Personal deficiency subscale (7 items, scored 7-35) showed mean score of 24.5 and 20.9 for pre-clinical and clinical students respectively. Stigma subscale (8 items, scored 8-40) showed mean score of 25.8 and 25.1 for pre-clinical and clinical students respectively. Structural perspective subscale (6 items, scored 6-30) showed a mean score of 15.6 and 16.0 for the pre-clinical and clinical students respectively. P value was less than 0.05 for all the factors hence the results were significant.

Conclusion

As lower scores meant a more favorable attitude towards the poor, hence it was good to see that negativity towards poverty decreased as students proceeded to the clinical side. However, it was seen that structural explanation of poverty such as being poor is beyond one's control was considered less positively by the clinical students.

Keywords

Poverty, Poor, Preclinical Versus Clinical, Attitude

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

CAUSES AND EFFECTS OF SLEEP DEPRIVATION AMONG MEDICAL STUDENTS OF RAWALPINDI AND ISLAMABAD

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Introduction

Being the future of healthcare, it is of paramount import that students of medicine receive adequate hours of sleep to ensure better learning and efficient functioning. Sleep deprivation is becoming increasingly common globally in the general populace and not just medical students.

Objective

To identify the causes and effects of sleep deprivation among medical students of Rawalpindi/ Islamabad.

Methodology

A cross-sectional study was conducted among 524 medical students from different medical colleges of Rawalpindi/ Islamabad. The medical students ranged from all years of MBBS and were selected through convenience sampling. A structured close-ended questionnaire which included the Epworth sleepiness scale (ESS) was administered to collect data which was analyzed using SPSS version 23.

Results

Respondents with higher than normal ESS scores were considered to be sleep deprived. 89.5% respondents that were stressed by academic even during non-exam days had higher than normal ESS scores. 81.8% respondents that consumed tea before bed had higher than normal ESS scores. 83.5% of respondents consumed coffee before bed had higher than normal ESS scores. 90.3% of respondents that consumed energy drinks before bed had higher than normal ESS scores.

Conclusion

The current study concluded that the increased burden of academics on medical students, the consumption of caffeinated drinks before bed, sleep disorders, heartburn and usage of gadgets before bed lead to reduced sleep and hence sleep deprivation.

Keywords

Causes, Effects, Medical students, Sleep deprivation.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

FREQUENCY OF ANXIETY AND DEPRESSION IN PATIENTS WITH HEPATITIS C AT RAWALPINDI MEDICAL UNIVERSITY (RMU) ALLIED HOSPITALS

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Introduction

Anxiety and depression have been associated with chronic diseases. Anxiety disorders affect a person's ability to lead a normal life. Depression itself is a risk factor of some diseases. In countries like Pakistan psychiatric diseases like anxiety and depression are not screened routinely in patients with chronic hepatitis C.

Objective

The objective of this study was to evaluate the frequency of anxiety and depression in patients with Hepatitis C in RMU Allied Hospitals Rawalpindi, Pakistan.

Methodology

This was descriptive cross sectional study in which 201 patients were selected by non-probability convenience sampling. A structured questionnaire assessing anxiety and depression was adopted utilizing Hospital Anxiety and Depression Scale (HADS) for scoring with the process being standardized under the supervision of a consultant psychiatrist.

Results

The study encompassed 201 participants with 61.7% females and 38.3% males. 50% females had either anxiety or depression; or had both whereas 35.1% males had either anxiety or depression; or had both. 17.8% respondents had anxiety only while 12.3% had depression. 30.8% respondents had both anxiety and depression.

Conclusion

In RMU Allied Hospitals, patients with hepatitis C have high frequency of anxiety and depression especially for females. This reflects the necessity for social support as well as counseling and screening procedures for the affected population demographic.

Keywords

Anxiety, Depression, Hepatitis C.

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

FREQUENCY OF DOMESTIC VIOLENCE AMONG WOMEN OF VARIOUS SOCIO-ECONOMIC CLASSES OF PUNJAB

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Introduction

Domestic violence is a major threat to the health and rights of women globally. Pakistan is a low income and male-dominated society where domestic violence is a major issue. Since it is considered as a private matter, data on this issue is very scarce.

Objective

To determine the frequency of domestic violence among women of different socio-economic classes of Punjab.

Methodology

A cross-sectional study was conducted among 390 married women between ages of 20-55 from different socio-economic classes in different districts of Punjab. The study duration was 6 months and the sample was selected through convenience sampling. A self-structured close-ended questionnaire was administered to collect data and data was analyzed by SPSS version 22. Frequency distributions were calculated, chi-square test was used to ascertain the association between qualitative variables and p-value less than 0.05 was considered significant.

Results

Domestic violence was found more prevalent in lower social class (p-value=0.001). In lower class, 21% of women while in the upper class, 1.8% was slapped by their husband once in a lifetime. It was also found that husbands scored better with educational attainments (p-value=0.003). About 56.5% illiterate husbands while 32.8% husbands that were literate had criticized/embarrassed their wives in front of others. It was found that emotional violence is more than physical or sexual abuse, found to be statistically significant (p-value=0.000).

Conclusion

It was concluded that the majority of domestic violence victims belonged to lower socioeconomic classes and among wives of uneducated husbands. Out of all types of violence, emotional violence was the commonest one among the women of Punjab.

Keywords

Domestic Violence, Frequency, Socioeconomic Classes, Women.

SURGERY
& ALLIED

INCIDENTAL PARASITIC INFESTATIONS IN SURGICALLY REMOVED APPENDICES AND ITS ASSOCIATION WITH INFLAMMATION

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Introduction

Parasitic infestation of the appendix can cause appendiceal colic similar to the right lower quadrant pain of usual acute appendicitis by obstructing the lumen or causing a hypersensitivity reaction in the tissue. However, in the absence of any inflammatory reaction, such an infestation is considered to be a component of false acute appendicitis.

Objective

The objective of this study was to determine the frequency and type of parasitic infestations in surgically removed appendices based on histopathological findings in tertiary health care facility and to assess its association with inflammation.

Methodology

This cross-sectional study was conducted in Pathology department of Benazir Bhutto Hospital, Rawalpindi. 471 appendices removed in 2016 were included in the study and their histopathologic examination reports were observed. In cases with parasitic infestations, information regarding gender, age and presence of inflammation was gathered. Fisher's exact test at 5% level of significance was applied to compare presence of inflammatory infiltrates in appendices with and without parasites.

Results

Of the 471 appendectomies performed, 15 (3.18%) specimens were found to contain parasites, all of which were *Enterobius vermicularis* (pinworm). In those 15 cases, age of patients ranged from 9 to 45 years with a mean age of 19.07 ± 9.04 years. Out of those 15 patients, 11 (73.3%) were females and 4 (26.7%) were males (male to female ratio was 1: 2.75). Only 2 out of 15 cases (13.3%) with parasitic infection had inflammation, whereas in 456 of the remaining non-parasitic appendices, 324 (71.1%) were positive for inflammation. This difference was statistically significant with a p value < 0.05 .

Conclusion

Frequency of parasitic infestations in surgically removed appendices is low. Very few appendices with parasitic infestation are associated with inflammation as compared to appendices without parasites.

Keywords

11th UNDERGRADUATE MEDICAL RESEARCH CONFERENCE

PERCEPTIONS ABOUT ORGAN DONATION AMONG ADULT POPULATION OF RAWALPINDI AND ISLAMABAD

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Introduction

Organ transplantation is the most preferred treatment modality for end-stage organ diseases. The need for the transplants is higher than the availability. Prerequisites for the success of transplantation program include awareness and positive attitudes.

Objective

To determine the perceptions about organ donation among the adult population of Rawalpindi and Islamabad

Methodology

This cross-sectional study included 722 people from different socioeconomic strata of different localities of Rawalpindi/ Islamabad between the ages of 14 to 60 years. The study duration was 6 months and the sample was selected through convenience sampling. A self-structured closed-ended questionnaire was administered to collect data and was analyzed SPSS version 22.

Results

In this study, overall 94.5% people were aware of organ donation among them 33% have heard about it from social media. 27% of the participants showed the willingness if they get the opportunity, they would prefer to donate their organs. 72% thought it should be free of cost. 86% thought it was ethical to donate while 48.5% have a view that it is permissible in religion.

Conclusion

This study showed that the majority of people were aware of organ donation, but few of them were willing to donate. The majority had the view that organ donation should be for a noble cause and should be without any monetary benefits.

Keywords

Adult population, Organ donation, Perceptions.

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