



IBN-E-SINA UNIVERSITY, MIRPURKHAS

MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS
MUHAMMAD DENTAL COLLEGE, MIRPURKHAS
MUHAMMAD INSTITUTE OF PHYSIOTHERAPY
MUHAMMAD INSTITUTE OF BUSSNES ADMINISTRATION
MUHAMMAD COLLEGE OF NURSING

ABSTRACT BOOK **26th Annual Medical Symposium 2024**

THEME:

**ROLE OF UNIVERSITIES IN PROMOTING HIGHER
EDUCATION IN UNDERPRIVILEGED AREAS OF
PAKISTAN**

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MESSAGE

Prof. Syed Razi Muhammad

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MBBS (DOW) FRCS(EDIN), FRCS (Glasow)

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26th ANNUAL SYMPOSIUM OF IBN-E-SINA UNIVERSITY

MIRPURKHAS CONFERENCE 2024

Theme: ROLE OF UNIVERSITIES IN PROMOTING HIGHER EDUCATION IN UNDER PRIVILEGE AREAS OF PAKISTAN

It is great pleasure and honor to contribute to an academic activity in our esteemed institution. This year is particularly special as we are celebrating 26 years of Muhammad Medical College and 2nd inaugural year of Ibn-e-Sina University (ISU). It has been a great privilege to lead this institution along with the exceptional team of academicians, students, and staff for 26 ceaseless years.

Muhammad Medical College, Mirpurkhas, is uniquely positioned, with no other medical college within a 50 km radius. This means we have not been able to rely on retired, experienced faculty from nearby institutions. I am humbled and proud to share the fact that we have successfully developed our own faculty. We are celebrating our Silver Jubilee 2023 & 2024 and the start of the first ever University (Ibn-e-Sina University) of Mirpurkhas Division. The theme of the current symposium is

ROLE OF UNIVERSITIES IN PROMOTING HIGHER EDUCATION IN UNDER PRIVILEGE AREAS OF PAKISTAN

The symposium is preceded by multiple workshops on key topics including.

Title	Facilitator	Day
Communication Skills	Prof Farzana Majeed	One
Primary Surgical Skills	Dr Ali Raza Zia	
Micro Abrasion	Dr Jazib Memon	
Expanding Dental Education	Dr Sarang Suresh	
Medical Writing	Prof SM Tahir	Two
ECG	Dr Fasih ud Din Hussain	Three
Maternal Resuscitation	Dr Qamar un Nisa	
Professionalism in Healthcare	Prof Dr Zafar H Tanveer	Fourth
Mentoring	Dr Kiran Fatima	
BLS	Dr Hyder Ali Pehlواني	
Kinesiology Tapping	Dr Ramzana Chang	

I congratulate the entire faculty and specially the students for their hard work. Department of Community Medicine, Prof. Shamsul Arfeen Khan, Dr. Habib ur Rehman Chohan , Dr Zafar H Tanveer and Dr. Asadullah Palli has been exemplary as always. Among newly appointed faculty Prof. Farzana Majeed, Dr. Kiran Fatima and Dr. Doha Rajar have participated very actively. I am particularly delighted to see the active participation of junior classes of BDS and DPT actively participating.

CHRONIC HEPATITIS-B

CURRENT TREATMENT GUIDELINES

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MSC Gastroenterology, FRCP (UK)
CONSULTANT PHYSICIAN & GASTROENTEROLOGIST
Professor, Dean Faculty of Medicine and Allied
Ibn-e-Sina University

Epidemiology:

Hepatitis B infection is caused by the hepatitis B virus (HBV), an enveloped DNA virus. HBV infection can be either acute or chronic and may range from asymptomatic infection or mild disease to severe or rarely fulminant hepatitis. Acute hepatitis B is usually a self-limiting disease with a case fatality rate of 0.51%.

Chronic Hepatitis B (CHB) is defined by the presence of detectable HBsAg in the blood or serum for longer than six months and encompasses a spectrum of disease. Age of exposure is a key factor in determining the risk of chronic infection. Chronicity is common following acquisition in childhood.

Worldwide, an estimated 296 million people are chronic carriers of HBsAg.

Transmission:

HBV is spread predominantly by percutaneous or mucosal exposure to infected blood and body fluids, such as saliva, menstrual and vaginal discharge, seminal fluid, colostrum and breastmilk and serous exudates. HBV may also be transmitted from accidental inoculation of minute amounts of blood or fluid during medical.

Surgical and dental procedures or from sharp objects contaminated with infected blood; use of inadequately sterilized syringes and needles intravenous and percutaneous drug abuse; tattooing; body piercing; and acupuncture. HBV may be sexually transmitted.

Natural history:

The natural history of CHB is dynamic and complex. The spectrum of illness varies from asymptomatic infection to severe chronic liver disease and HCC. For some people, CHB does not lead to significant liver disease, but others have progressive liver fibrosis, cirrhosis, end stage liver disease and a markedly increased risk of HCC. Longitudinal studies of untreated people with CHB show an 820% cumulative risk of developing cirrhosis over five years.

Those with cirrhosis have an approximately 20% annual risk of hepatic decompensation, and the risk of developing hepatitis B related HCC ranges from <1% to 5%. Untreated people with decompensated cirrhosis have a poor prognosis, with 1540% survival at five years. Several host and viral factors may increase the rate of disease progression and risk of developing HCC.

People in endemic regions frequently present for the first time with complications of cirrhosis or even HCC because of late diagnosis.

Prevention through vaccination:

WHO has recommended that all infants receive 34 doses of HBV vaccine, with the first dose administered as soon as possible after Birth, preferably within 24 hours, and most of WHO Member States include HBV vaccine in their expanded program of Immunization policies.

Diagnosis and staging:

HBsAg-positive people need to be routinely assessed to guide management and indicate the need for treatment. This generally includes assessment of additional serological markers of HBV infection (HBeAg) measuring aminotransferase levels to help Determine liver inflammation. Other routine investigations include ultrasonography and Alpha-Fetoprotein (AFP) measurement for periodic surveillance for HCC and endoscopy for variation among people with cirrhosis.

Blood and serum markers for fibrosis, including APRI and FIB-4 as well as commercial markers such as Fibro Test, can be estimated or Transient elastography (FibroScan®) performed.

Antiviral therapy and the cure agenda:

Treatment with nucleoside analogues has been shown to delay the progression of cirrhosis, reduce the incidence of HCC and improve long-term survival. Therefore, at present, long-term (potentially lifelong) nucleos(t)ide analogue therapy is required in most cases. Evidence of significant fibrosis (=F2) should be based on an APRI score of >0.5 or transient elastography value of >7.0 kPaa and cirrhosis (F4) should be based on clinical criteria (or an APRI score of >1.0 or transient elastography (FibroScan®) value of >12.5 kPaa).

Who to treat among people with CHB:

Treatment is recommended for all adults and adolescents (aged ≥12 years) with CHB (including pregnant women and girls and non-pregnant women of reproductive age).

Evidence of significant fibrosis (=F2) based on an APRI score of >0.5 or transient elastography value of >7 kPa or evidence of cirrhosis (F4) (based on clinical criteria (or an APRI score of >1 or transient elastography value of >12.5 kPa), regardless of HBV DNA or ALT levels.

HBV DNA >2000 IU/mL and an ALT level above the upper limit of normal (ULN) (30 U/L for men and boys and 19 U/L for women and girls). For adolescents, this should be based on ALT>ULN on at least two occasions in a 6- to 12-month period.

First line antiviral therapy for CHB (adults, adolescent and children):

For all adults, adolescents and children (two years or older) for whom antiviral therapy is indicated, the nucleos(t)ide analogues that have a high genetic barrier to drug resistance tenofovir disoproxil fumarate (TDF) or entecavir (ETV) are recommended as preferred regimen. Entecavir (ETV) or Tenofovir Alafenamide Fumarate (TAF) (if available) are recommended for people with established osteoporosis and/or impaired kidney function, and for children (ETV for those aged two years or older) or adolescents (TAF for those aged 12 years or older as alternative regimen), for whom antiviral therapy is indicated.

Surveillance for hepatocellular carcinoma (HCC) among people with CHB:

Routine surveillance for HCC with abdominal ultrasound and alpha-fetoprotein testing every six months is recommended for people with cirrhosis, regardless of age or other risk factors.

MEDICAL TEACHER'S NONVERBAL BEHAVIOR AND ITS IMPACT ON STUDENTS AND EDUCATIONAL ENVIRONMENT

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Department of Physiology

ABSTRACT:

Background & objective:

Nonverbal communication has been overlooked in medical education. The purpose of this study was to explore student-teacher perceptions regarding impact of nonverbal behavior of medical educators on educational environment.

Methodology:

A mixed method-study with convergent parallel design was conducted among purposively chosen final year students (n=150) and medical teachers (n=73) from three dental colleges of Islamabad. A web-based survey concerning three domains of kinesics (Facial expressions, Gestures, Head movement and postures) was developed and validated before execution. Comparison of participant's responses to closed-ended questions was done by applying Fisher's Exact Test and open-ended questions were thematically analyzed.

Results:

Response rate of students and teachers was 46% and 63% respectively. Five out of nine closed-ended questions gave statistically significant difference among student's and teacher's responses ($p \leq 0.05$). Twenty-seven sub themes emerged from three domains of kinesics. Students revealed that happy mood of their teachers reduces boredom in the classroom and a teacher's smile lets them freely express anything, whereas anger produces fear among them. According to the educators a happy instructor inspires students to study and makes the environment friendly and an undemanding smile helps build a rapport with students. Moreover, positive gestures used by teachers encourage students to clarify concepts and upright posture brings energy and motivation to the classroom.

Conclusion:

Teacher's nonverbal behavior has a profound effect on educational environment. A smile on a teacher's face creates a friendly and fearless environment whereas anger creates barriers to communication. A happy teacher can generate a pleasant and motivating learning environment.

Keywords: Behavior, Education, Medical, Undergraduate, Environment

LIVING LIVER DONOR LIVER TRANSPLANTATION

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Clinical Fellowship in LTX & HPB (PAQSGIMS)

Abstract:

Liver transplantation is the definitive treatment modality for end-stage liver disease patients. In Pakistan, almost 5,000 patients require liver transplants every year. Unfortunately, all liver transplant centres in the country can perform only 500 to 600 liver transplants per year at full capacity. All patients with end-stage liver disease (ESLD) referred to liver transplant clinics do not qualify for liver transplantation because in the selection of patients for liver transplant contraindications are equally important as indications. Hepato-Renal Syndrome (HRS), portal HTN, hydrothorax, or porto systemic encephalopathy (PSE), SBP and GI bleeding need optimization before treatment. Different scoring systems and criteria are used to assess the prognosis and outcome of liver transplantation. However, each centre has its own selection criteria for liver transplantation. Unfortunately, Pakistan has no established deceased donor liver transplantation (DDLT) program; only living donor liver transplantation (LDLT) is available so patients need a living liver donor within their family. For donor selection all Pakistani centres follow the Human Organ Transplantation Authority (HOTA), recommendations. HOTA used the term "altruistic donor" meaning a selfless person willing to donate without materialistic incentives. Once donors meet basic criteria (ABO compatibility, age, BMI, and relationship with recipients), an interactive session is conducted privately to obtain altruistic consent. The donor's workup is performed in three steps.

1. History, clinical examination, and baseline laboratory investigations to rule out basic pathology or contraindications.
2. Radiological imaging (CT scan and MRCP) calculates liver attenuation index (LAI), t volumetry and Vascular anatomy is identified.
3. Extensive workup, including thrombophilia profile, autoimmune profile, iron and copper profiles, endocrinology tests, cardiology, pulmonology, and anesthesia department clearances.

After completing the three-step workup, an interactive session with donors and family members explains post-surgical mortality, mobility, ICU stay, surgery details, and obtains recorded video consent.

SELF-ASSESSMENT OF ACTIVE LEARNING AND CRITICAL THINKING DURING PROBLEM-BASED LEARNING: AN EXPLORATORY STUDY

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Abstract

Objective:

To assess whether Problem-Based Learning (PBL) enhances students' perception of their active learning and critical thinking skills with time, and to validate the self-assessment scale regarding active learning and critical thinking in the local context.

Methodology:

An exploratory study was conducted at the Bahria University Dental College (BUDC), Karachi, from February to September 2020. After approval from the institutional ethics review committee, the sample size was calculated sample using Open Epi calculator. The sample was raised using non-probability convenience sample technique. Included participants were the first and second year undergraduates of bachelor of dental surgery (BDS) and attended both face to face sessions of PBL. Participants attended only one session of PBL and were repeater was excluded. Data was collected using the self-assessment scale on active learning and critical thinking questionnaire which was administered twice after problem-based learning tutorials. Data was analyzed using SPSS 23.

Results:

There was a significant difference in the mean questionnaire scores of modules 1 and 3 of the first-year batch and modules 4 and 6 of the second-year batch ($p=0.001$). Cronbach's alpha value was 0.735 in the first-year cohort and 0.802 in the second-year cohort.

Conclusion:

Dental students' perception of active learning and critical thinking increased with time using problem-based learning as the tool. The self-assessment scale on active learning and critical thinking was also found validated in the local context.

Keywords: Active learning, Critical thinking, Dental undergraduates, Problem-based learning, PBL, Self-assessment.

ERC#: 11/2020 BUDC

ROLE OF INTERVENTIONAL RADIOLOGY IN GASTRO AND HEPATOLOGY

Dr Muhammad Yousuf Memon

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Ozone fellowship India

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CIRSE Europe ESR Europe

Interventional Radiology (IR) services are extensive which include head to toe Interventions. Role of IR is Gastro and a Liver disease is significant. Due to pandemics of Hepatitis liver is usually suffer from HCC which can be treated from our side by thermal ablation if less than 3 cms, more than 3 cms can still be treated by thermal ablation by putting simultaneously two or three needles together.

Thermal ablation can be done by 1 microwave 2 RFA generator. Small lesion still be treated by alcohol ablation, these ablations can be done ultrasound or CT guidance mostly, or preoperatively while open the abdomen as well.

Larger HCC can be treated by transarterial embolization (**TAE**) and transarterial chemoembolization (**TACE**), transarterial radio embolization (TARE). To down size the tumor and get necrosis of tumour as much as possible, these procedures can be repeated for several times if residual disease is present. For the treatment angiography suite is required. For ablation and palliative treatment, CHILD scoring is required of every patient at every session. CHILD A is most suitable candidates, CHILD B is also ok. But CHILD C cannot be due to decompensated liver. CHILD score can be calculated by LFT, PT INR, Serum albumin, ascites and enceph.

Another big problem is GI bleeders which can be easily embolized under angiography suite. Most of the time via endoscopy bleeders can be handles but out of them due to the presence of large amount of blood, food or stool endoscopic approach could not be succeeded small bowl bleed definitely need our services.

TIPS procedure is very much needed for many patient of CLD, can be done safely percutaneously, under GA with ICU and GI backup. Indications and contraindications are for HV PV stenosis stenting and venoplasty can be done. Embolization of rectal arteries is a good solution of hemorrhoids. Same thing like embolization of Lt: gastric artery is also good option for obesity treatment.

Ultrasound or CT guided following procedures can be done as well.

1. Ultrasound or CT guided Biopsies of Liver, GB mass, pancreas and gut masses.
2. Ultrasound guided ablation of small tumors specially in Liver
3. Ultrasound guided Sclerosis Cysts e.g. Hydatid
4. Ultrasound guided drain placement in collections and abscesses. 5
5. PTC, PTBD, CBD Stenting
6. Cholecystectomies.
7. Internalization of PTBD than refer back for ERCP and Stenting.
8. Ultrasound or CT guided celiac axis blocks for chronic intractable abdominal pain.

CHIKUNGUNYA VIRUS

Dr Nadeem Memon

Associate Professor of Medicine

Muhammad Medical and Dental College

Ibn-e-Sina University, Mirpurkhas

Abstract

Chikungunya virus belongs to the Togaviridae family and genus Alphavirus. Intermittent epidemics take place in towns and cities of both Africa and Asia. It is transmitted by bite of mosquitoes *Aedes aegypti* in urban areas and *Aedes albopictus*. In 2023 alone, over 210,000 cases were reported globally, with significant outbreaks in the Americas, Asia, and Africa. The following people are at a higher risk of contracting chikungunya viral fever:

- Elderly over 65 years of age, people suffering from hypertension, diabetes, cardiovascular disease, chronic kidney disease, people living near open drains and stagnant water, obese people and new-born babies.
- Factors such as climate change, urbanization, and the COVID-19 pandemic and its impact on vector control have contributed to the rising spread of the disease.
- It continues to be a public health concern in Pakistan, particularly in urban areas like Karachi.

As of October 2024, Karachi has seen a significant rise in cases, with around 140 confirmed cases from May to September, following a trend of increasing infections since the monsoon season.

- ✚ This mosquito-borne illness, follows an incubation period of 2–10 days, Results in symptoms like fever (often severe) with a saddleback pattern and severe arthralgia are accompanied by chills and constitutional symptoms and signs, such as fatigue, abdominal pain, myalgia, anorexia, conjunctival injection, headache, nausea, and photophobia.
- ✚ The rash is most intense on the trunk and limbs and may desquamate. Pain, myalgia, anorexia, conjunctival injection, headache, nausea, and photophobia.
- ✚ Migratory polyarthritis mainly affects the small joints of the ankles, feet, hands, and wrists, but the larger joints may be involved.
- ✚ Rash may appear at the outset or several days into the illness; its development often coincides with defervescence, which occurs around day 2 or 3 of the disease.
- ✚ The rash is most intense on the trunk and limbs and may desquamate.
- ✚ Chikungunya virus disease can be diagnosed by nucleic acid testing (PCR) during the acute phase of infection or by serologic testing (chikungunya virus-specific IgM antibody test) after the first week of illness.

Globally, there is currently no approved vaccine for chikungunya. The primary methods of control remain prevention through reducing mosquito breeding sites and personal protective measures against mosquito bites like Wear full-length clothes, Keep your windows and doors closed especially in the evening, do not keep stagnant water in or around your house and Install effective mosquito repellents like AutoMos mosquito repellent dispenser.

END-STAGE LIVER DISEASE AND LIVER TRANSPLANTATION

Professor Dr. Nasir Luck

MBBS, FCPS (Medicine) FCPS (Gastroenterology)

Head of the Department of Hepato-Gastroenterology SIUT

End-Stage Liver disease and Liver Transplantation in Pakistan Organ failure, particularly liver failure, poses a significant public health challenge globally and in Pakistan. This condition arises when the liver is irreversibly damaged, often due to chronic liver diseases or acute liver failure. Approximately 150,000 people die from organ failure each year, with over 70,000 deaths attributed to liver failure. In Pakistan, a person dies from organ failure every three minutes, highlighting the urgent need for effective interventions.

Indications for liver transplantation typically include end-stage liver disease (ESLD), which is characterized by symptoms such as jaundice, gastrointestinal bleeding, ascites, and hepatic encephalopathy. Patients in this terminal stage generally have a life expectancy of six months or less and are at risk for complications like liver cancer, making transplantation a critical treatment option.

Liver transplants can be sourced from two main types of donors: deceased (cadaver) donors and living donors. However, the availability of deceased donors in Pakistan remains a significant challenge. Economic barriers, inadequate health financing, and cultural and religious beliefs contribute to reluctance toward organ donation. Furthermore, a lack of education and awareness about the importance of organ donation exacerbates the situation, alongside deficiencies in the healthcare infrastructure that hinder effective transplant programs.

Contraindications for liver transplantation include active infections, severe cardiac or pulmonary disease, and certain malignancies, which may disqualify patients from receiving transplants.

Identifying and managing these contraindications is crucial for optimizing transplant outcomes. In response to the pressing need for organ donors, several campaigns have been initiated in Pakistan to promote deceased organ donation. However, these efforts face obstacles such as cultural stigmas and misinformation. Increasing public awareness and addressing misconceptions about organ donation are essential steps toward improving donor rates and ultimately saving lives.

By overcoming these challenges and promoting education on liver transplantation, Pakistan can enhance its approach to end-stage liver disease, improving outcomes for patients in need of life-saving interventions.

SOFOSBUVIR/VELPATASVIR WITH/WITHOUT RIBAVIRIN 12 & 24 WEEK THERAPY IN RETREATMENT OF HCV PATIENTS RELAPSED FROM MULTIPLE NS5A-INHIBITOR REGIMENS: A STUDY OF CIRRHOTIC AND NON-CIRRHOTIC COHORTS IN PAKISTAN

Sadik Memon, Fatima Nadeem, Madiha Zaki, Haris Rathore Asian Institute of Medical Sciences
Hyderabad, Sindh, Pakistan

Abstract:

Background: Patients who are HCV relapser (undetectable HCV RNA at EOT but detectable HCV RNA during follow up) to SOF/DAC or SOF/VEL are typically treated with specific strategies. Use of drugs from other classes which do not have cross resistance with the drug which have been already used

- Prolongation of the earlier treatment regimen.
- With or without addition of Ribavirin

Following above rules the success rate of achieving SVR rate ranges from 60-80% The most common reason of failure of DAAs known are Resistance associated Substitutions (RAS) in the NS5A regimen, with mutation like, A30K and Y93H being are the most significant For patient infected with RAS Y93H mutation increases the Velpatasvir EC₅₀ >200 fold and A30K 16-50 folds ?6Current International protocols for treating HCV relapser to DAAs are: GLECAPREVIR PIBRANTASVIR

SOF+VELPA+VOXILAPREVIR (SVR 60-80%) The / Retreatment studies conducted at Asian Institute of Medical Sciences, 12-week regimen of SOF/VEL With RBV(SVR-50%), 24-week regimen of SOF/VEL with RBV (SVR-71.4%), 24-week regimen of SOF/VEL without RBV (SVR-60%) provided moderate efficacy in patients who relapsed after multiple NS5A-inhibitor regimens, with a higher success rate in non-cirrhotic patients unlike 24-week regimen of SOF/DACLA with RBV (SVR-36.8%) in non-affording patients. The addition of RBV offered a modest improvement in response rates. However, nearly half of the patients failed to achieve viral clearance, underscoring the need for more effective retreatment options for this challenging population.

Conclusion: Study conducted at Asian Institute of Medical Sciences, analyzed retreatment patterns for SOF/VEL plus Ribavirin for 12 weeks (success rate 50%), SOF/VEL alone for 24 weeks (success rate 60%), SOF/DACLA with Ribavirin for 24 weeks (success rate 60%), & SOF/VEL plus Ribavirin for 24 weeks (success rate 71.4%), concluded that SOF/VEL plus Ribavirin for 24-weeks is the best possible treatment option with SVR achieved in 71.4% patients in Pakistan till further regimens are available.

INDICATIONS AND ENDOSCOPIC FINDINGS OF UPPER GI ENDOSCOPY (EGD) IN PATIENTS AT MUHAMMAD MEDICAL COLLEGE HOSPITAL MIRPURKHAS

Authors: Adnan Khalil, Abdul Basit, Amir Ayub, Muhammad Hasnain Tanveer, Muhammad Aun, Feroze Siyal, Mir Ghazanfar Talpur

Final year MBBS students Muhammad Medical College Mirpurkhas

Faculty Department of Medicine (MMCH)

Supervised by: Prof. Dr. Abdul Qadir Khan

Abstract

Objective: To evaluate the indications and findings of Upper GI endoscopy among patients at Muhammad Medical College Hospital Mirpurkhas.

Methodology:

It was a retrospective study design conducted at Endoscopic suit, Gastroenterology Department under Medicine and Allied Faculty Muhammad Medical College Mirpurkhas Hospital over a 6 months period from March to Aug 2024. All relevant data including age, gender, and indications for the procedure, and endoscopic findings were collected from register in endoscopy suite.

RESULTS:

A total of 113 patients were included in the study with a mean age of 30 years, in which male's patients comprised 51 (45 %) and female patient comprised 62 (55%). Indications of upper GI endoscopy included hematemesis 41.59%, dysphagia 33.62% and others 24.77%. The most common finding UGI bleeding is esophageal varices, gastritis and esophagi is. The most common findings of dysphagia include, esophageal growth, esophageal stricture and GERD and others include 24.77%.

Discussion: A recent study from other countries reported a high prevalence of dyspepsia in people < 40 years. This may be true for younger population as well, hence the need of further investigations including endoscopic procedures. Male to female ratio that study was found to be approximately 1:1, comparable to our Endoscopic Procedures the findings highly associated were Esophageal Varices concerning females more than males.

Conclusions:

Upper GI bleeding was the main indication for (UGIE) in the vast majority of patients. In addition to three common diseases such as esophageal varices, esophageal growth and esophageal stricture were the main findings of the upper GI endoscopy among the study population. Preventive measures should be adopted to cope with the situation and to prevent complications of esophageal and gastric diseases among the study population.

KEYWORDS: Esophageal Varices, Esophagitis, Gastritis, Indications.

PATIENTS SAFETY PROTOCOLS IN SURGICAL PROCEDURES AMONG THE STUDENTS AND DOCTORS OF ISU

Authors: Aqsa Samejo, Mehak Aleem, Maryam Aijaz, Maryam Wajid, Tehmina Batool
Supervision of Dr. Syed Razi Muhammad, Prof Dr. Aijaz Memon

Abstract

Background:

Patient safety in the context of surgical procedure is a critical aspect of healthcare that directly affects the patient's outcomes. Surgical errors, including wrong-site surgeries, retained foreign objects and postoperative infections remain significant contributors to patients harm. WHO and other global health bodies have identified patient safety as a fundamental healthcare priority.

Objective:

To observe the patients safety protocols in surgical procedures among the students and doctors of ISU.

Methodology:

It was an observational study conducted among students and doctors of Ibn-e-Sina University, Mirpurkhas after the approval of ethical committee of ISU. The total 100 students and doctors had participated in the study and dental college 100 Students and doctors filled a performa in October 2024. Data were entered and analyzed by using SPSS version 24.

Results:

The result about positive attitude in patients' safety protocols was that males are agreed with the percentage of 65.4% and the percentage of females was 34.6%.

Conclusion:

According to my knowledge among the doctors and students male doctors are more satisfied with their patients safety.

Keywords: Medical students, Positive attitude, Satisfaction.

INDICATIONS AND FINDINGS OF COLONOSCOPY IN PATIENTS COMING AT ENDOSCOPY SUITE, MEDICINE DEPARTMENT AT MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS, SINDH, PAKISTAN

Authors: Muhammad Arshad, Daniyal Rehman, Daud Saleem, Abdullah Chisti, Khair Muhammad, Hammad Shah, Allah Diwayo, Asfandyar Khan.

Students of (Final year MBBS) Muhammad Medical College, Department of Medicine, Ibn e Sina University, MPK Supervised by: s: Prof. Dr. Abdul Qadir Khan

Abstract

Background:

The new endoscopy unit at Muhammad Medical College Hospital, Mirpurkhas, Sindh, Pakistan is an emerging unit, established in 2004. Colonoscopy is a diagnostic as well as a therapeutic procedure performed to evaluate the large intestine (colon, rectum, and anus) as well as the distal portion of the small intestine (terminal ileum).

Objective:

To determine indications and findings of colonoscopy in patients coming at endoscopy suite, medicine department.

Methodology:

It was a descriptive study, conducted at Endoscopy Suite, Medicine Department at Muhammad Medical College Hospital, Mirpurkhas Sindh from January 2024 to August 2024. All patients referred for colonoscopy were assessed prospectively by the study investigators and a questionnaire was filled with all relevant data including age, gender, indications for the procedure and endoscopic findings.

Results:

A total of 41 patients were included in the study with a mean age of 41.05 years in which 58.53% were male and 41.46% were female. Most common indications were per rectal bleeding, followed by chronic constipation, perineal discomfort and bloody diarrhoea. Most common findings included haemorrhoids followed by polyps and altered lumen.

Discussion:

A recent study from other countries reported a high prevalence of per rectal bleeding in people among 40 years. This may be true for younger population as well, hence the need of further investigations including colonoscopic procedures. Male to female ratio that study was found to be approximately 3:2, comparable to our colonoscopic procedures, the findings highly associated were internal haemorrhoids concerning females more than males.

Conclusion:

Bleeding per rectum was the main indication for colonoscopy in the vast majority in our patients. Haemorrhoids and polyps were the main findings of the among the study population. Preventive measures should be adopted to cope with the situation and to prevent complications of lower gastrointestinal diseases among the study population. Patients presenting with iron deficiency anaemia and arectal mass on digital examination should have a priority over others in undergoing a colonoscopy. Performing a full colonoscopy should be the investigation of choice in symptomatic patients.

PERCEPTION OF WORKPLACE HARASSMENT AND ITS PREVENTION AMONG MEDICAL AND DENTAL STUDENTS OF IBN-E-SINA UNIVERSITY AND OTHER MEDICAL INSTITUTES

Ayesha Cheema , Rameen Seher, Mahnoor Memon, Muqadas Mehak, Aarti Kumari, Aqsa Asif, Asra Awan, Students of Final Year MBBS

Supervised by: , Prof. Dr. Syed Razi Muhammad, Prof. Dr. Aijaz Memon

Abstract

Background:

Workplace harassment is globally prevailing public health concern among health care students affecting their well-being, education and future careers. It includes physical, verbal, sexual and psychological abuse. This unacceptable situation has many avoidable determinants that need preventive measures to ensure safe and secure working environment.

Objective:

To observe workplace harassment and its associated factors among ISU and other medical institute's students.

Methodology:

This cross-sectional study was conducted at ISU and other institutes during September 2024. After approval from Ethical Review Board a pre-tested/semi structure psychometrically tested closed ended questionnaire was distributed among study participants. The data was collected, entered, analyzed by using SPSS version 26 and MS OFFICE 2019.

Results:

A total of 100 students, 38 were males and 62 females participated in study/research. Among these, 65 students were from ISU and 35 from the other institutes participated in research. Mean age was 22.45 ± 2.3 . Study shows that majority students at ISU (72.6%) have rarely faced such incidents as compared to other institutes (51.6%) and it affects both males and females students mentally and academically. A significant number of female students (83.6%) perceive that awareness about harassment should be part of curriculum and there should be a penalty/punishment fixed to prevent such incidents.

Conclusion:

Female experience more harassment than male and they are supportive of having proper curriculum training about prevention from harassment and there should be penalty for it. Also males and females students are almost equally affected academically and mentally by workplace harassment.

KEYWORDS: Harassment, Students, Workplace

EXPLORING PRIORITIES BETWEEN CAREER AND MARRIAGE AMONG MEDICAL STUDENTS AT IBN-E-SINA UNIVERSITY STUDENTS, MPK

Author: Huda hurmain, Farzeen chohan, Areesha ikram, Suman chohan, Palwasha khan, Umm-E-Hania
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Background:

Medical students often encounter substantial difficulties when trying to juggle the demands of their intensive educational program with other aspects of their lives. Understanding priority decisions between career advancement and marital commitments is crucial. The pressure to choose between career progression and personal commitments like marriage can result in conflicts, stress, and burnout. The pressure to excel academically and clinically can compromise personal relationships. Marriage and family planning may be delayed or sacrificed for career advancement. Gender roles and societal expectations add complexity to priority decisions.

Objective:

To investigate the priorities of medical students regarding their career and marriage, exploring the factors that influence their decisions.

Methodology:

A cross sectional study was conducted at Muhammad medical college and dental collage/ISU from March to October 2024 after approval from ethical board. A pre stated semi structure psychometrically close ended questionnaire was distributed among studied participants and the data was collected and analyzed and entered by using SPSS version 26 and MS office 2019.

Results:

Total of 115 students 51.30% male and 48.70% female. 48.69% students greater than 20 year of age and 18.3% less than 20 year of age participated in the study. The Study shows that majority of female participants prioritize both career and marriage. About 49.15% male participants prioritize career more than marriage. Total 53.90% students claim that financial stability is the major factor influencing them to prioritize career over marriage. Total 71.42% female and 49.15% male students think cultural norms have an impact on their decision-making. 36.5% people prioritizing career over marriage because of potential for increased financial stability (dual income). Total 46.1% students claim that they will not sacrifice their career for a stable marriage. 45.2% students said that they will delay marriage for career advancement

CONCLUSION:

Students often place equal importance on both marriage and career, but financial instability and societal pressure often lead them to prioritize their career over marriage. Males often prioritize their careers due to financial responsibilities, while females, despite focusing on their careers, tend to prioritize marriage because they struggle to balance work and personal life.

KEYWORDS: Career, Marriage, Medical students.

AWARENESS OF ARTIFICIAL INTELLIGENCE AMONG MEDICAL STUDENTS AND DOCTORS OF MMC MIRPURKHAS

Habiba, Mahnoor Khan, Fatima, GeetaKumari, Nikita Kumari, Aiman Fatima, Sania Batool, Rimsha Riaz
Student of Final Year MBBS

Supervised by: Prof. Dr Syed Razi Muhammad and Prof. Dr Aijaz Ahmad Memon.

Abstract

Background:

Artificial intelligence (AI) in healthcare has led to significant advancement and transformative development in various areas. Medical imaging and diagnosis benefits from AI ability to analyze and interpret complex imaging data, enabling most diagnosis. AI can identify subtle abnormalities potentially missed by the human eye, leading to earlier diagnoses and better treatment outcomes.

Objective: To observe the awareness of Artificial Intelligence among Medical students and doctors of Mohammad Medical College Mirpurkhas.

Methodology:

This cross sectional study was conducted from September to October 2024 at Ibn-e-Sina University MPK after approval from ethical review board. A self-administered questionnaire was distributed among students and doctors and data was collected. The data was entered and analyzed using SPSS version 26.

Results:

Total 150 subjects who responded to questionnaire were enrolled in this study. Among these, 80 were female and 70 were male students. Total 57% were of opinion that AI will be important in future medical practice, total 50% thought that it is accurate in diagnosis, 54% favored that it reduces human error in surgery and treatment, 47% thought that it is treatment, 42% assumed that it has a role in recovery and complications, 60% believed that it improves professionals, 70% favored MBBS students should receive formal training on AI technology during their study, 60% think that there will be improvement in next decades.

Conclusion:

Majority responded that with the help of AI technology, mortality rate, complication rate, hospitalization rate, re-admission rate and disease progression rate is reduced, which will lead to the improvement in Quality of Life Improvement and Patient Satisfaction.

Keywords:

Artificial Intelligence, Healthcare Innovations, Predictive Analytics, Personalized Medicine, Clinical Decision Support.

ASSESSMENT OF CHILDHOOD TRAUMA AND ITS EFFECTS AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Authors: M Ghufraan Ashar, Haroon Ejaz Khan, Rana Muhammad Waleed, Asad Kamal, Zia –Ur-Rahman, Hasham Jabbar

Supervised by: Prof Dr Syed Razi Muhammad, Prof. Dr. Aijaz Ahmed Memon

Abstract:

Background: The impact of childhood trauma on children's wellbeing and adult behavior is significantly studied worldwide. It exhibits how physical, sexual and emotional abuse disrupts one's life through analyzing coping strategies and behaviors adopted by childhood trauma victims following adversity exposure.

Objective: To recognize the childhood trauma events and their impact in later life by discovering and correlating with symptoms related effects.

Methodology:

The cross-sectional study was conducted among n=100 medical students of MMC from September 2024. Questionnaire was distributed online and the questions were close ended. Data entry and analysis was performed by SPSS version 22. The Study was conducted after the approval from Ethical review board of MMDC.

Results:

Out of 100 sample size, 79% were female and 21% were male. Among these 52% persons faced trauma in their childhood, majority in age group 10-15 years. Total 89.2% suffered from emotional abuse, whereas 50% suffered from emotional neglect and physical neglect. Total 33% participants were affected positively by trauma and 20% both positively and negatively. Total 53% people were affected in work performance and academics. From the total 22% coped up with trauma by speaking to friends and family, whereas 21% felt better by writing about their traumatic experiences.

Conclusion:

Childhood trauma victims exhibit low self-esteem, and experience depression and anxiety. Some even deny their trauma history. Early interventions may reduce trauma symptoms alongside sufficient and customized treatment strategies.

Keywords: Adult behavior, Child Hood trauma, coping strategies.

EXPLORING PRIORITIES BETWEEN CAREER AND MARRIAGE AMONG MEDICAL STUDENTS AT IBN-E-SINA UNIVERSITY STUDENTS, MPK

Author: Huda Hurmain, Farzeen Chohan, Areesha Ikram, Suman Chohan, Palwasha Khan, Umm-E-Hania
Student of Final year MBBS

Supervision: Prof. Dr. Syed Razi Muhammad, Prof. Dr Aijaz Memon

Abstract

Background:

Medical students often encounter substantial difficulties when trying to juggle the demands of their intensive educational program with other aspects of their lives. Understanding priority decisions between career advancement and marital commitments is crucial. The pressure to choose between career progression and personal commitments like marriage can result in conflicts, stress, and burnout. The pressure to excel academically and clinically can compromise personal relationships. Marriage and family planning may be delayed or sacrificed for career advancement. Gender roles and societal expectations add complexity to priority decisions.

Objective:

To investigate priorities of medical students regarding their career and marriage, exploring the factors that influence their decisions

Methodology:

A cross-sectional study was conducted from September to October 2024 at IBN-E-SINA University MPK. After approval from the ethical review board, the questionnaire was distributed among the students of IBN-E-SINA. Data was collected and analyzed and entered by using SPSS version 26 and MS Office 2019.

Results:

Total of 115 students, 51.30% male and 48.69% female. 78.3% students greater than 20 years of age and 18.3% less than 20 years of age participated in the study. The study shows that the majority of female participants prioritize both career and marriage. About 49.15% male participants prioritize career over marriage. 53.90% students claim that financial stability is the major factor influencing them to prioritize career over marriage. 71.42% female and 49.15% male students think cultural norms have an impact on their decision-making. 36.5% people prioritize career over marriage because of potential for increased financial stability (dual income). 46.1% students claim that they will not sacrifice their career for a stable marriage. 45.2% students said that they will delay marriage for career advancement.

Conclusion:

Students often place equal importance on both marriage and career, but financial instability and societal pressure often lead them to prioritize their career over marriage. Males often prioritize their careers due to financial responsibilities, while females, despite focusing on their careers, tend to prioritize marriage because they struggle to balance work and personal life.

KEYWORDS: Career, Marriage, Medical students.

MEAN AGE AND ETIOLOGY OF HCC IN PATIENTS OF MMCH IBN-E-SINA UNIVERSITY

Authors: Iqra Khalid , Fatima Rauf, Humaira Kousar , Ayesha Rao , Huma Aziz , Hafsa Channa,
Mehrunisa

Final year MBBS students Muhammad Medical College Mirpurkhas

Supervised by: Prof Dr Abdul Qadir Khan

Abstract

Objective:

To evaluate the mean age and etiology of Hepatocellular carcinoma in patients of MMCH

Methodology:

It was a retrospective study conducted department of medicine and allied health sciences of MMCH Mirpurkhas Pakistan from August 2024 to October 2024. Data is collected from files taken from administration department and OPD of medicine in MMCH, Mirpurkhas. The study investigators and a questionnaire were filled with all relevant data include age, gender, etiology and indications for procedure and clinical examination.

Results:

Out of total 100 patients, 70% of males were diagnosed with HCC while 30% of females were diagnosed with HCC. 50% of patients positive for HCV .30% of patients were positive for HBV and 20 % were positive with fatty liver disease. Overall 50 -55% of patients have HCV with Hepatocellular carcinoma. The mean age of patients of HCC was 58 years.

Conclusion:

In HCC commonest presentation is abdominal pain and hepatomegaly. HCV is positive in 50% of patients **with mean age of 50 -60 years.**

Keywords: Etiology, Hepatocellular carcinoma

COMPARING EMOTIONAL INTELLIGENCE ACROSS ACADEMIC DISCIPLINES: A STUDY AMONG UNDERGRADUATE STUDENTS AT IBN E SINA UNIVERSITY

Authors: Muhammad Junaid Yousuf, Syad Zaki, Rawal Hussain, Ahmed Anas, Muhammad Matin, Rais Shoaib, Usman Khan,

Supervised by: Prof. Dr. Syed Razi Muhammad Ibn-e-Sina University (ISU)

ABSTRACT

Background:

Emotional Intelligence is the capacity to be aware of, control and express one's emotions and to handle interpersonal relationships judiciously and empathetically. Emotional Intelligence ("EI") is an essential skill for medical professionals. It is a trait measured in terms of global emotional intelligence score.

Objective:

To determine the emotional intelligence level of different students of ISU and to compare it on the basis of age, residency, class, department, gender and accommodation

Methodology:

A cross-sectional study was conducted from March-August 2024 at ISU. All students n=314 were approached, a closed ended questionnaire was administered for collection of information regarding Emotional Intelligence of various students. Data were entered and analyzed by using SPSS version 26.

Results:

Total of 314 (n=314) participated in the study. The mean age of participants was 22.58 ± 0.74 years. 74.51% of the participants were females whereas 25.49% were males. The study found that females have higher scores of Emotional Intelligence as compared to males. Similarly, hostellers (72.2%) were found to have more Emotional Intelligence than non-hostellers. Year wise, students of 3rd year (64.2%) were more Emotionally Intelligent than others. On the basis of place of residence, the study found that students belonging to rural areas have higher emotional intelligence (56.1%) as compared to those who come from urban areas. Moreover, the students of MBBS department were more emotionally intelligent than other departments.

Conclusion:

Females, hostellers, 3 year students, residents of rural areas and students of MBBS had significantly higher levels of emotionally intelligence as compared to others.

KEY WORDS: Emotional Intelligence, Medical Students.

ASSESSMENT OF TUMOR CASES AT THE DEPARTMENT OF GYNAE AND OBS, MMCH/ IBN-E-SINA UNIVERSITY MIRPURKHAS

Authors: Muntaha Qasim, Geeta Kumari, Mehrunisa. Final Year MBBS.

Supervised by: Prof. Dr. Aijaz Ahmed Memon

ABSTRACT

Background:

Childbearing ladies experience the majority of diseases related with uterus and due to many conditions they are not well aware about the disease from which they are going through. Among these fibroid uteri is more common growth of the uterus. Uterine fibroids are the most common benign pelvic tumors of the female genital tract. Incidence rate is approximately 25%–30% and 75% occur in the entire life of women.

Objective:

To assess the tumor cases at the department of Gynae and OBS, MMCH/ Ibn-E-Sina university
Mirpurkhas

Methodology:

This hospital-based study utilizing patient records sourced from MMCH, approved by MS, and selected files through simple random sampling to ensure unbiased representation in the research sample.

Results:

This study sheds light on various aspects of tumor epidemiology. A total of 207 patients were entered into study and all were females. 95.7% were benign cases whereas 4.3% were malignant. Age distribution peaks in the 36-56 age range (74.4%). Most of the patients were hospitalized (65.7 %). Heavy menstrual bleeding was the most common symptom 64.3%. Among clinical diagnoses, Leiomyoma was the most common tumor (73.9%) followed by others category (27.5 %). These findings collectively highlight that majority of women in our area suffer from benign pelvic tumor, Leiomyoma.

Conclusion:

Majority of women presenting with heavy menstrual flow or lower abdominal mass are diagnosed as suffering from uterine fibroids and confirmed by histopathological diagnosis as Leiomyoma.

Keywords: Tumors, Gynecological, Fibroids

PREVALENCE OF SUICIDE IDEATION AND ASSOCIATED FACTORS AMONG MEDICAL STUDENTS OF IBN-E-SINA UNIVERSITY AND OTHER INSTITUTES

Muntaha Qasim, Sawera Saood, Fiza, Maryam Mukhtar, Seher Fatima, Rabia Lodhi,
Student of Final Year MBBS

Supervised by: Prof. Dr Syed Razi Muhammad and Prof. Dr Aijaz Ahmed Memon

ABSTRACT

BACKGROUND:

Suicide is considered to be among the leading causes of death among the youth worldwide. The incidence of suicide and its ideation among medical students is increasing, influenced by the demanding nature of medical education and the various associated psychological stressors.

Objective: To elucidate the actual prevalence of suicidal ideation, with a focus on the implications for mental health interventions.

METHODOLOGY:

A cross sectional study was conducted from September to October 2024 at IBN-E-SINA University MPK and other medical institutes after approval from ethical review board. A self-administered questionnaire distributed among medical students and data was collected and entered and analyzed using SPSS version 26.

RESULT:

A total of 200, the 49.5% students of ISU had suicidal ideas which was not significantly different from students of other institutions (47.5%). Although most of them denied that they would actually ever attempt it. The prevalence of suicide ideation was higher in females as compared to male students of ISU. 25% of students either had someone in the family or knew someone who had made suicidal attempt.

CONCLUSION:

It can be concluded that the suicide ideation is very high among the students, affecting almost half of them. It maybe due to the depressive atmosphere prevalent in the society, Alhamdulillah no actual incident has occurred in 26 years history of our institution. However, more counselling should be made available to the students to prevent any such possibility.

KEYWORDS: Suicidal thoughts, Mental health, Family history, Trauma, Depression, Students of MMC/ISU, Other institutes.

PREVALENCE OF PELVIC ORGAN PROLAPSE IN WOMEN AT MMCH

Authors: Raza Ali, Sakhawat Ali, Sameer Sheikh, Nisar Ahmed.

Supervised by: : Prof. Dr. Qamar-Un-Nissa, Department of Gynae/ Obs, MMC, Mirpurkhas

ABSTRACT:

BACKGROUND:

Pelvic organ prolapsed is one of the common gynecological problem among age and porous women UV prolapsed is a common pelvic floor disorder that occur when the muscles and ligaments that support the uterus and vagina become weakened, causing the uterus and vagina to sag or drop into the vaginal canal or outside the body. It may be referred to as pelvic organ prolapse. Symptoms may include protruding bulge or lump that can be felt inside or outside the vagina. Risk factors including menopause, heavy lifting, multiparity, prolong labour. Treatment depend on severity of symptoms may include pelvic floor exercise, pessary use or surgery.

OBJECTIVE:

To analyze, Risk factors for prolapse, indication for diagnosis and type of surgery's and complication Performed at Muhammad Medical College Hospital.

METHOD: A cross sectional study was done from June to august using study Performa required information was collected the patients admitted with uterine prolapse (case) at MMCH

RESULT: Our study show that Pelvic organ prolapse is common in Rural areas in Mirpurkhas 64.5% less then urban 35.8% and Vaginal hysterectomy Anterior repair and Posterior repair is the mostly performed (83%) gynecological procedure in MMCH. Least performed procedure is cystocele repair Majority of patient were found in age group of 40-50 year and parity was greater then 5 in 65%. Most common presenting complaint was something is coming out of vagina in 63.5% then other complain like lower abdominal pain and heaviness 15.2% and most common diagnosis was 3rd degree U.V prolapse rectocele and Cystocele then 2nd degree prolapse + Cystocele Majority of patients are multiparous and menopausal 75%

CONCLUSION: Our study concludes that Uterine prolapse is strongly associated with age, parity and place of delivery as the risk factor for uterine prolapse are easily preventable public health awareness programmed must be conducted on risk factors there by reducing the incidence of prolapse and decreasing the morbidity caused by it.

Key word: Epidemiological, parity, risk factor, uterine prolapsed

AWARENESS OF SELF BREAST EXAMINATION AS A METHOD OF DETECTING EARLY BREAST ABNORMALITY AMONG FEMALE STUDENTS @ IBN-E-SINA UNIVERSITY

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Supervised by: Prof. Dr. Syed Razi Muhammad Students of final year MBBS
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ABSTRACT

Background:

The breast self-examination is ways that can help in identify changes in breast such as lump, thickening, dimpling or any abnormality, that may indicate breast cancer in early stage, so chances of surviving are greatly improved. It can improve treatment outcome, decrease mortality rate, and promote health awareness and self-care. So the present study aimed to assess the awareness of self breast examination as a method of detecting early breast abnormality among female students @ Ibn-e-sina University.

OBJECTIVES:

To find out the level of awareness of Self-Breast Examination (SBE) among female students at Ibn-e-Sina. To assess the knowledge, and practices of Self-Breast Examination (SBE) among female students of MMC as a method of detecting early breast abnormalities.

Methodology:

A cross sectional study was conducted from August-September 2024 at Ibn-e-sina University, Mirpurkhas. All students n=225 were approached, a closed ended questionnaire , Data was entered and analysis by SPSS Version 24 and MS office 2016, analyzed using Excel, to assess the awareness of self breast examination as a method of detecting early breast abnormality among female students at Ibn-e-Sina University.

Results:

Majority of students think that breast self-examination can help identify breast abnormality early and they are self-aware about the major risk factors such as family history, unhealthy diet, hormonal imbalance. 65.2% students thinks that they should do it occasionally and 53.4% don't know how often they should do it because 80% of the students don't know the correct way to perform it because they haven't been taught about appropriate method of breast self-examination. Their first step in detecting any abnormality is seeking advice from their friend and family instead of a healthcare professional.

Conclusion:

The current study documents a lack of awareness of the significance of self breast examination as a method of detecting early breast abnormality among female students @ Ibn-e-sina University. Majority of students think that breast self examination can help identify breast abnormality early and they are self aware about the major risk factors such as family history, unhealthy diet, hormonal imbalance. Because they don't know the correct way to perform it, because they haven't been taught about standard method of breast self examination.

KNOWLEDGE AND ATTITUDE OF MEDICAL STUDENTS TOWARDS PLAGIARISM AT MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Tehseen Sajjad, Abubakar Rahim, Syed Muhammad Hassaan, Muhammad Mohsin Afzal, Jahangir Qamar

Supervised By: Prof. Dr. Syed Razi Muhammad, Prof. Dr. Aijaz Ahmed Memon (Faculty and Department of Surgery ISU)

BACKGROUND: Plagiarism is considered an unethical act and affects the integrity of the research or an article. It is defined as the use of someone else's idea without proper citation. Moreover, it bypasses any scientific literature. According to the studies, the prevalence of plagiarism in a developed country is relatively high than other developing countries. The aim was to explore the knowledge and attitude of medical students towards plagiarism in Muhammad Medical College, Mirpurkhas.

METHODOLOGY: This was a cross-sectional descriptive study carried from September 2024 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached; a closed ended questionnaire was administered for collection of information after telling the purpose of study. Data were entered and analyzed by using SPSS version 22. This study was approved by ethical and research committee of MMC, Mirpurkhas.

RESULTS: Total n=100 with 50% male and 50% female, mean age was 21 years. The majority of students (72%) agree that designating someone else's work as your own is plagiarism. Most of the students (65%) agree that copying other students assignments and pasting them as model is plagiarism. Half of the students (52%) think that beginners in the field of research should be forgiven for plagiarism since they are at the early stage of learning. The majority of students (79%) consider plagiarism as stealing. (67%) students think that young researchers who are just learning should receive less punishment for plagiarism.

CONCLUSION: Majority of the individuals was aware that plagiarism is against morality and showed a negative attitude towards its practice. The practice of plagiarism was associated with a lack of knowledge and awareness regarding this misconduct.

KEY WORDS: Knowledge, Attitudes, Plagiarism, Medical Students, MMDC.

UNRAVELING TUMOR RESPONSES: AN EMPIRICAL ANALYSIS OF TREATMENT OUTCOMES AT MMC

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Supervised by: Prof. Dr. Aijaz Ahmed Memon, Prof. Dr. Syed Razi Muhammad, Muhammad Medical College, Mirpurkhas

ABSTRACT

BACKGROUND Cancer, driven by contemporary lifestyle choices, stands as a leading cause of global mortality. Characterized by uncontrolled cell growth, it presents a diverse array of diseases, imposing a substantial burden on healthcare systems worldwide. Tumors, the hallmark of cancer, emerge from unchecked cellular proliferation, necessitating empirical studies to elucidate patterns and inform medical interventions, through advanced analytics, empirical research endeavors to enhance understanding and refine patient care strategies.

METHODS: This hospital-based study utilized patient records sourced from MMCH, approved by MS, and selected files through simple random sampling to ensure unbiased representation in the research sample.

RESULTS: This study sheds light on various aspects of tumor epidemiology. A total of 261 patients were entered into study. Age distribution peaks in the 47-67 age range (42.5%), emphasizing the importance of tailored interventions for different demographic groups. Gender distribution reveals a male predominance (63.2%). While tumor types exhibit a diverse array, with 65.1% as benign cases and 34.9% as malignant cases. Most of the patients were hospitalized (78.2%). Symptomatology showcases Urine Retention as the most prevalent (24.9%). Among clinical diagnoses, "Others" being the most prevalent category (40.2%) followed by Benign Prostatic Hypertrophy (32.6%) and Urothelial Tumours (8%).

CONCLUSION: The research underscores the intricate nature of tumor epidemiology, emphasizing the necessity for customized interventions that account for diverse demographic and clinical factors. Such tailored approaches are vital for enhancing patient outcomes in cancer management and care.

Keywords: Substantial, Unbiased, Intricate

PERSISTENT CHALLENGES: EXPLORING WHY ANEMIA IN PREGNANCY REMAINS UNRESOLVED IN 2024

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Talha Tariq, Sardar Salal Khan Buzdar

ABSTRACT

BACKGROUND: Anemia in pregnancy remains a major public health concern, particularly in low-income and rural populations. Despite advances in healthcare, a significant number of pregnant women continue to suffer from anemia, leading to severe maternal and fetal health risks.

METHODS: This cross-sectional study was conducted from August to September 2024. A total of 208 anemic pregnant women aged 20-45, attending hospitals and private clinics, were selected using convenience sampling. Data was collected through questionnaires and analyzed using SPSS and Excel.

RESULTS: The study identified key factors contributing to anemia, including low education levels, rural residence, poor dietary habits, irregular antenatal care, and short birth intervals. Cultural practices, such as chewing Paan, and low physical activity also negatively influenced health outcomes.

CONCLUSIONS: Anemia in pregnancy is influenced by multiple factors including socioeconomic status, healthcare access, and lifestyle choices. The findings emphasize the need for targeted interventions like enhanced antenatal care, nutrition education, and culturally sensitive health programs to reduce anemia rates and improve maternal health in 2024.

IMPACT OF SLEEP DEPRIVATION ON GLUCOSE PATTERNS AMONG THE STUDENTS OF MMC, IBN-E-SINA UNIVERSITY MIRPURKHAS

Authors: Muhammad Zeeshan, Ali Ahsan, Shahzad Akbar, Muhammad Adnan,
M Saad Saleem, Syed Hasnain Raza
Supervised by: Prof. Dr Muhammad Khalid Sheikh

Abstract

Background:

Sleep deprivation is a condition of not having an adequate sleep or quality of sleep. For most adults, the duration of sleep needed for quality health is 7 to 8 hours each night. It is a major concern affecting 30% of general population & 50% of medical students. It impacts on physical, mental health & academic performance as well. Lack of adequate sleep leads to major many health issues in life like depression, anxiety, obesity sleep apnea, chronic pain and fatigue.

Objectives:

To educate medical students about the risks of sleep deprivation on glucose metabolism this ultimately leads to major impacts on health. The present study also aimed to increase awareness about the importance of sleep for overall health and well-being.

Methodology:

It was a cross-sectional study among 100 Medical Students during September 2024. Inclusion criteria includes age, fasting blood glucose, HbA1c level BMI, family history and no history of diabetes in near past. Exclusion criteria include diagnosed diabetes, chronic illness, medications and psychiatric disorders. Data collection was through online with questionnaire displayed on our website. Data entry and analysis is done through software SPSS version 26. The Study was conducted after the approval with the collaboration of institute of Diabetes and Endocrinology Institute (MIDE), Ibn-e-Sina University Mirpurkhas.

Results:

Out of the 100 sample size 76 were males and 24 were female. The age group of the participant was between 21-25. 63 participants have average sleep of 5-6 hours/24h. More than 55 have difficulty in falling asleep. 24 participants have issue of snoring. 7 were diagnosed with prediabetes. Among the 7 diagnosed they have sleep deprivation with average HbA1C value was 5.9-6.2 with fasting sugar levels 110 mg/dl and RBS was between 126-199mg/dl. All participants had normal blood glucose level with normal sleep pattern one year back. Family history was 49% positive for diabetes and 51% -ve for diabetes.

CONCLUSION:

We concluded that sleep deprivation has impact on glucose metabolism and many other risks concerned with health such as lethargy, mood swings or feeling exhausted. Message: It is recommended that awareness should be given among students to have adequate sleep so as to avoid consequences of abnormal glucose metabolism.

FOURTH PROFESSIONAL MBBS

ASSESSING THE PUBLIC HEALTH IMPACT OF EMERGING ONLINE HEALTH MISINFORMATION DURING GLOBAL HEALTH CRISIS

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(4th Year MBBS Professional)

Supervised by: : Prof. Dr Syed Asif

ABSTRACT

BACKGROUND:

During the COVID-19 pandemic, over one in three people globally encountered false health information, leading to at least 6,000 preventable deaths, according to a 2021 study. Social media platforms flagged millions of misleading posts, contributing to vaccine hesitancy in South Asia, particularly in India and Bangladesh, where rates reached 20-30%. In Pakistan, 58% of the population was exposed to health misinformation on social media, underscoring the need for better public health communication.

Objective:

To assess the Public Health impact of emerging online Health information during global Health Crisis It aims to explore how demographic factors influence perceptions and responses to misinformation.

METHODOLOGY:

It's a cross-sectional survey conducted over period of three months. Data was collected from 213 participants using an online questionnaire after informed consent. Data analysis will use descriptive and inferential statistics.

Results:

There was total N=213 responded regarding influence on Public Health Behaviors: total 38% of participants reported that online health misinformation affects public health behaviors. A majority, 52%, admitted to acting upon misinformation they encountered online. Total 33% indicated their health-related decisions during major health crises, like COVID-19, were influenced by misinformation. Total 53% of respondents reported changing their health behaviors based on information found online.

Conclusion:

Health misinformation impacts behaviors and decision-making, with over half of participants acting on or changing behaviors due to false online information.

PREVALENCE OF SELF-CENTEREDNESS AND HAPPINESS AMONG UNDERGRADUATE STUDENTS OF AT MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS

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Supervised by: Prof. Dr. AB Rajar

Students of 4 th Year MBBS

ABSTRACT

Background:

The self-centered is someone who only thinks about himself. Self-centeredness used term as “ego-libido”(self-love) Happiness: “State being happy”. Happiness is an emotional state characterized by feeling of joy, satisfaction, contentment and fulfillment.

Objectives:

To find out the levels of happiness and self-centeredness among medical students of MMDC Mirpurkhas, and to examine relationship between happiness and self-centeredness among medical students of MMDC.

Methodology:

It was a cross sectional study design conducted at Muhammad Medical College /MPK from March 2024 to September 2024. Study population were the Girls and Boys of Muhammad Medical College. Data was collected by face to face interview was, which was conducted using closed ended. Statistical analysis was conducted by SPSS Version 22 and MS office 2019.

Results:

The students of rural areas are more happier than the urban, while there is no difference of self centeredness. Medical students are more happier than dental students and also level of self centeredness is higher. Students living with friends are more happier than living at home and hostlers. female students have higher level of happiness as compared to males

Conclusion:

Majority of students of MMDC are more self-centered and feel happiness in their lives. The females, senior students and Non-hostlers have higher levels of self-centeredness as compared to others. The high levels of happiness were found among rural, with friends and junior students.

PERCEPTIONS OF UNDER GRADUATE MEDICAL AND DENTAL STUDENTS REGARDING SOCIETAL PREFERENCE OF LADY DR. AS BRIDE /DAUGHTER IN-LAW

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Supervised by: AB Rajar, Asif Shah, Amjad Azam, Partab Puri, Palwisha, Aftab Ahmed
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Muhammad medical and dental college Mirpurkhas

Background:

In many societies, there is growing preference for women pursuing medical careers, particularly when it comes to choosing a bride or daughter in law. Additionally, women in medicine are often viewed embodying qualities such as dedication, compassion, and intelligence which are highly valued in familial roles. However, social expectations may also add pressure on these women to balance demanding career with traditional family responsibilities.

Objective:

To find out the views of undergraduate medical and dental students regarding societal preferences of lady Dr. as bride /daughter in-law.

Methodology:

This was a cross-sectional descriptive study carried from March 2024 to September 2024 among MMDC/ ISU. After approval from the ethical review board, the pretest questionnaire was distributed among the participants. The data was entered and analyzed by using SPSS version 26 and MS Office 19.

Results:

Total 210 students participated, 105 (50%) females and 105 (50%) male, ages from 19-25 years, mostly hostler, 45% belonged to rural residency participated. Total 48.57% female and 36.19% male believe that bride or daughter-in-law should be a lady Dr. 60.95% boys and 45.71% girls said that women's primary role is of caregiving; domestic responsibilities. Total 55.23% female and 51.4% male value education and professional achievement in bride; daughter in law. 47.61% male consider financial stability factor important while 36.19% female consider very important in a potential bride or daughter in law. Total 58.09% female and 48.57% male support of a woman pursuing higher education and getting career like medicine. 60.95% male and 37.45% female are comfortable with idea of female Dr contribution to family income. 42.85% male and 41.9% female anticipate a female Dr balancing her professional responsibilities with family obligations. 52.38% male and 35.23% female consider social status important. 50.47% male agree while 38.09% female are strongly agree with positive image and reputation of female Dr on family. 47.6% male consider important personal compatibility while 40% female consider it very important. Total 55.23% female and 47.61% male prioritize qualities like kindness, empathy and mutual respect in a female Dr as a bride or daughter in law.

Conclusion:

Most of female believe that bride or daughter-in-law should be a lady doctor and they value education and professional achievement and are strongly agree with positive image and reputation of family and they prioritize the qualities like kindness, empathy and mutual respect in female doctor as a bride or daughter-in-law.

CYBERCHONDRIA AND ASSOCIATED FACTORS AMONG UNDERGRADUATE STUDENTS OF MMDC / ISU

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Students of 4 th year MBBS

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ABSTRACT

Background:

In this modern & digital era everyone is addicted with internet irrespective to the age & sex, has a smart phone, tablet or laptop Searching for medical information on the Internet is common, as approximately seven-out-of-ten Pakistani's adults engage in this activity. IDIOT syndrome is also recognized by means of Cyberchondria, and expands with 'Internet Derived Information Obstruction Treatment'. When a person blindly trusts the information provided on the internet, and stops treatment, it is called Cyberchondria, or IDIOT (Internet Derived Information Obstruction Treatment) Syndrome.

Objective:

To find out the prevalence and to explore the factors associated with the Cyberchondria among the students of Muhammad Medical and Dental College.

Methodology:

The cross-sectional study was conducted from March 2024 to September 2024 among MMDC/ISU. After approval from the ethical review board, the pretest questionnaire was distributed among the participants. The data was entered and analyzed by using SPSS version 22 and MS office 2016.

Results:

Out of total 227, Females 116 (50.5%), Males 111 (49.5%) participated in the study.

Age group having age less than 20 have 86.88% higher sub-scales of Cyberchondria while age group having greater than 20 have 83.17%. 85.75 % MBBS students having higher sub-scales of cyberchondria than 77.7% BDS students. 89.35% rural population have higher sub-scales of cyberchondria than 80.48% urban population. Among sub-scales of cyberchondria the compulsion, reassurance and mistrust were found significantly higher among females as compared to males. The compulsion and excessiveness were found significantly higher among the hostlers than non-hostlers. The excessiveness, mistrust and distress were found significantly higher among rural as compared to urban.

Conclusion:

The rate of Cyberchondria was significantly higher among the females, age <20, rural population and MBBS students of MMDC/ISU.

Key Words: Cyberchondria/Idiot Syndrome

SOCIETY'S PREFERENCE FOR THEIR DAUGHTER-IN-LAW TO GIVE BIRTH TO A SON RATHER THAN A GIRL. A POINT OF VIEW OF UNDERGRADUATES AT IBN-E-SINA UNIVERSITY, MIRPURKHAS.

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Abstract

Background:

The preference for a daughter-in-law to give birth to a son rather than a daughter is often seen in today's society. Sons are often viewed as future financial supporters of their parents; daughters may be seen as less financially beneficial.

Objective:

To evaluate the society preference for their daughter-in-law to give birth to a son rather than a girl.

Methodology:

A cross-sectional study after approval from the ethical review board, was conducted from March 2024 to September 2024 among students of Muhammad Medical and Dental College/IBN-E-SINA UNIVERSITY, MIRPURKHAS. Pretested psychometrically validated questionnaire was distributed among participants after getting consent. The data was collected, entered and analyzed by using SPSS Version 26 and MS Office 2019.

Results:

Out of 150, 88(58.6%) girls, 62(41.4%) boys, 75.8% male and 80.6% female students agreed on the preferences of baby boy over girls, 38.7% male and 42% female agreed on cultural and traditional norms, 29% male and 22.7% female agreed on gender roles and patriarchy, 24.1% male and 26.1% female agreed on social security and support in old age while 8% male and 9% female agreed on economic factors, 77% male and 69% females are agreed for having at least one male child, 25.8% male and 44.3% female agreed with family legacy and name continuation, 25% female agreed on parental expectations 12.5% male and 6.8% female agreed on sibling relationship, 3.2% male and 3.4% female agreed on division of labor 11.2% male and 7.9% female parent-child bonding, 43.5% male gave preference to have a baby boy while 54.4% female gave no preference, 71% male and 65% female believe that gender roles are still significant in today's society, 32.2% male and 36.3% female agreed with division of labor, 25.8% male and 22.7% female agreed with decision-making, 64.5% male and 59.09% female believe that to a great extent cultural or traditional beliefs influence the preference for a male child, 62.9% male witnessed instances where gender preference affected family dynamic to a great extent while 45.45% female witnessed instances where gender preference affected family dynamic to somewhat extent.

Conclusion:

Majority of the students are agreed on preference of baby boy due to cultural, traditional norms, social security and support in old age, economic factors, family legacy and name continuation etc.

RISK FACTORS FOR PERSISTANT POST-VACCINATION SIDE EFFECTS IN INDIVIDUALS RECEIVING mRNA VACCINES IN SINDH, 2024

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Abstract:

Background:

Since 2021, mRNA vaccines like Pfizer-BioNTech and Moderna have been vital in controlling COVID-19 in Sindh. Common side effects include fever and fatigue, typically resolving quickly. Some mild cases of myocarditis and pericarditis, mainly in younger males, have been reported and are being monitored.

Objective:

To identify various types of persistent post-vaccination side effects in individuals receiving mRNA vaccines in Sindh in 2024 and to determine the associated factors contributing to these effects.

Methodology:

This cross-sectional study was conducted in Mirpurkhas from August to September 2024, involving a sample size of 205 individuals aged 18 and older who had received at least one dose of an mRNA vaccine. Data were collected through face-to-face interviews using a closed-ended questionnaire. The analysis employed descriptive methods to assess time, place, and person-related factors.

Results:

Among participants, 64% reported no side effects, while 36% did. Most participants were aged 18 to 29. Of those affected, 28% received the Pfizer vaccine and 8% the Moderna vaccine. Fatigue was the most common side effect, reported by 18%. Side effects were more frequent after the second dose, with 29% experiencing them compared to lower rates after other doses.

Conclusion:

In Sindh, 36% of individuals receiving mRNA vaccines reported persistent side effects, primarily fatigue, with those aged 40-49 most affected. Risk factors included female gender, older age, unusual physical activity, dietary habits, anxiety, and prior medical conditions. The urban population and those who received two doses experienced the highest impact.

VIEWS OF UNDERGRADUATES OF MEDICAL AND DENTAL STUDENTS ABOUT DESIRABLE QUALITIES OF FUTURE DOCTORS.

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Abstract

Background

The healthcare landscape is evolving rapidly, and the role of doctors is becoming increasingly complex. As the primary caregivers, doctors must possess a unique blend of skills, knowledge, and personal qualities to provide high-quality patient care. As a future healthcare leader, doctor must possess a unique blend of skills to provide high quality, patient-centered care.

Objectives:

To explore the views of undergraduate medical and dental students regarding desirable qualities of future doctor of MMDC/ ISU. To compare the desirable qualities of future with SDF of medical & dental at MMDC/ ISU.

Methodology:

A cross-sectional study was done from March to august using study Performa required information was collected the students of MMDC/ISU.

Results:

Between 83.83% and 86.63% of students find empathy crucial, while 2.51% to 5.62% don't. High percentages also value communication skills and clinical knowledge. Technical skills are rated very important by 88.93% to 93.26%, and 1.96% to 3.63% find them less important. Professionalism and teamwork are also highly valued. A likeable personality is deemed very important by 72.59% to 78.58%, and 2.83% to 6.94% disagree. Politeness affects patient satisfaction for 68.34% to 78.63%, with 3.42% to 4.09% disagreeing. Finally, 61.48% of MBBS and 41.93% of BDS students prefer the modular system to improve doctors skills, while 22.97% of MBBS and 35.48% of BDS students favor the annual system.

Conclusion:

This study concluded that essential desirable qualities of future doctors, including empathy, effective communication skills, comprehensive clinical knowledge, technical proficiency, professionalism, teamwork, a likeable personality, devotion to work, and emotional stability are very important. Furthermore, doctors' ambition and self-confidence are crucial for accurate diagnosis and effective treatment. The modular education system is recommended over traditional annual and semester systems.

Key Word: Empathy, Communication skills, Ambition, Modular

ASSESSMENT OF MENSTRUAL HYGIENE PRACTICES VISITED AT MUHAMMAD MEDICAL COLLEGE HOSPITAL, 2024: CROSS-SECTIONAL

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4 th Year students of Muhammad Medical College¹

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Abstract

Background:

Menstrual hygiene management is that aspect of health which is neglected by millions of female populations across the world, especially in developing areas where poor access to sanitary products, water, and education on hygiene hamper proper menstrual control. Females do not take care of their hygiene and suffer from urinary tract infections (UTIs), reproductive tract infections (RTIs), and genital health complications.

Objectives:

To assess the of hygiene practices regarding awareness of risks associated with neglecting hygiene, frequency of changing menstrual products and their disposal methods.

Methodology:

A survey was carried out at Muhammad Medical College Hospital from August to September 2024. A sample of 200 menstruating women and adolescent girls aged between 12 and 50 years was taken. Survey data were collected with self-completed questionnaires and face-to-face interviews to describe demographic traits, frequencies, and percentages.

Results:

Poor menstrual hygiene causes a variety of diseases. Sixty per cent of women are aware of health risks, but they do not adopt proper hygiene routines. Surveys show that 71.7% of women switch their menstrual products less than every 6 to 8 hours. This shows the high usage of conventional means that are not very clean, especially in rural settings where education is limited. Out of 188 respondents, 145 use washable cloths, while 43 use Sanitary towels. Inadequate practices were associated with educational level and rural residence.

Conclusion:

Women residing in rural areas of Mirpur Khas, particularly those from weaker economic backgrounds, still adopt less hygienic ways during menstruation due to a lack of knowledge and finite access to sanitation services.

PRACTICE AND ATTITUDE OF INFORMED CONSENT IN DAILY LIFE AMONG MEDICAL AND DENTAL STUDENTS/ ISU

Authors: Fakhra Siddique, Muqadas Ejaz, Hafsa Maryam

Supervised by: : AB Rajar², Asif Shah³, Amjad Azam³, Partab Puri Sb³, Palwasha³, Aftab Ahmad³
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Abstract

Background:

Informed consent is a cornerstone of ethical decision- making in everyday life. It ensures that individual is fully aware of implications, risks, and benefits of any action or decision they participate in, whether in medical procedure, legal agreements or even routine interactions.

Objective:

To find out the prevalence of practice and attitudes regarding informed consent in daily life among medical and dental students of MMDC/ISU.

Methodology:

The cross-sectional study was conducted from March 2024 to September 2024 among MMDC students. After approval from ethical review board of ISU the pretest questionnaire was distributed. The data was collected, entered and analyzed by using SPSS version 22 MS office 19.

Result:

Out of Total 200, Male 106(53%) Female 94(47%) Participated in study 37.14% male and 75.78% female agreed they are aware of term informed consent. 61% male and 44% female agreed that informed consent respects the individual autonomy. 81.9% male and 82.1% female agreed that there should be more prominence in university curriculum. 33.3 % male and 28.4% female reported that they feel complexity of information. 52.2% male and 53% female reported that they have knowledge about informed consent. 43.8% male and 50.5% female rated more about perception of informed consent. 52.3% male and 63.1% female reported that they have not received any training about informed consent. 55% male and 47% female reported that informed consent is very important in daily activities and interactions. 39% male and 45% female agreed that informed consent is more of a legal formality than a practice of ethical significance. 57.1% male and 63.1% female reported that they have not been asked about informed consent in any nonmedical circumstances. 46.6% male and 45.2% female reported that they feel confident in their ability to give informed consent. 41.9% male and 33.6% female reported that consent is sometime challenging in language barrier and cultural differences. 68.5% male and 55.7% female agreed that consent protects individual's autonomy dignity rights in research ethics & healthcare.

Conclusion:

Majority of medical students have awareness and practice of informed consent The females and urban belongings had more practice The participants agreed about necessity of informed consent is higher appreciated for medical treatment in decision making, conducting research, personal data, and for university courses.

Key Words: Attitude, Practice, Informed consent

RISK FACTORS FOR ANTIBIOTICS OVER-PRESCRIPTION IN PRIMARY CARE SETTINGS AND PRACTITIONER WORKING

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Mirpurkhas Students of 4 th Year MBBS

Abstract

Background:

Growing concern of antibiotic resistance due to over-prescription. High prevalence of antibiotics use in primary care settings .Link between practitioner working conditions and over-prescription

Objectives:

To investigate practitioner-related factors (workload, experience, knowledge).To assess systemic factors (guideline adherence, diagnostic tools availability).To examine patient-related pressure and expectations.

Methodology:

The study uses a cross-sectional design over a six-month period in a primary care setting with a sample size of 300 participants. Data collection involves both quantitative surveys to assess knowledge, behavior, and the working conditions of practitioners, and qualitative interviews to capture practitioners' perspectives on prescribing behaviors. Data analysis includes statistical techniques such as regression models to identify significant risk factors, multivariate regression, and correlation analysis.

Results:

Over study show that the Most frequent infections for which the Antibiotic used is skin infections 40% ,Respiratory infections (e.g., sore throat, bronchitis) 28%,Urinary tract infections 17%,Gastrointestinal infections 12% and for others is only 3%.

Conclusion:

Addressing the risk factors identified can significantly reduce antibiotic over-prescription in primary care settings, Lack of Medical education on antibiotic stewardship. Lack of diagnostic tools in primary care.

ASSESSMENT OF IMPACT OF OUT-OF-POCKET EXPENDITURE ON HEALTHCARE UTILIZATION AMONG LOW-INCOME HOUSEHOLDS

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Abstract

Background: Out of Pocket expenditure (OOPs) are an important metric in healthcare systems, influencing policy decisions to ensure equitable and affordable healthcare for all. Evidence-based information on OOPS delaying healthcare seeking is not well known which is associated with unfavorable outcome.

Objective:

To assess the impact of Out of pocket expenditure on healthcare utilization among low income households.

Methodology:

This is a cross-sectional study that was conducted from March to September 2024 at IBN-E-SINA University. The sample technique we use is online questionnaire and the sample size is 210 people. The data was collected, analyzed and interpreted by using the SPSS version 26 and MS Office 2019.

Results:

Out-of-pocket healthcare costs significantly influence medical decision-making, as shown by the chi-square value of 28.99 with a p-value of 0.004, indicating a statistically significant relationship. Health outcomes have worsened due to the inability to afford healthcare, with a chi-square value of 16.09 and a p-value of 0.0411, showing a significant association between income and worsened health outcomes. Ability to afford other necessary services is impacted by healthcare spending. Awareness of government or NGO programs that help with healthcare costs varies significantly across income groups, with a chi-square value of 18.37 and a p-value of 0.001. Borrowing money or selling assets to pay for healthcare is significantly related to income, with a chi-square value of 23.62 and a p-value below 0.001. Choosing less expensive, non-recommended treatments due to cost is statistically significant, with a chi-square value of 16.29 and a p-value of 0.0026

Conclusion:

It was suggested that strong, statistically significant relationships between household income and various aspects of healthcare decision-making, including healthcare affordability, health outcomes, and financial strategies to cope with healthcare costs.

RISK FACTORS FOR HYPERTENSION IN YOUNG ADULTS: A CASE CONTROL STUDY

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Abstract

Background:

An estimated 1.28 billion adults worldwide have hypertension, with most (2/3) living in low-income countries. The prevalence of hypertension in the Pakistani population is over 18%, with its prevalence in the rural population at 16.2% and in the urban population at 21.6%. Less than half of adults (42%) with hypertension are diagnosed and treated. Evidence-based information on risk factors associated with hypertensive patients, especially in the young population, is sparse in Sindh.

Objective:

To identify the factors (demographic, socioeconomic, clinical and other risk factors) associated with Hypertension in young adults and to find out awareness about causative agents and their impact.

Methodology:

It was a Cross-sectional analytical study conducted for six months. Survey, online questionnaire was distributed among 268 subjects. Inclusion criteria were age between 18-29 adults. Data Collection questionnaire had three sections: Socio-demographic factors. History of Hypertension, current co-morbid conditions.

Results:

The result of study indicates that factors associated with hypertension in young adults are stress, alcohol consumption, sleep, smoking, awareness about risk Factors and lifestyle changes are normal.

CONCLUSION:

Factors associated with hypertension in young adults are, stress, daily alcohol consumption, sleep, smoking. Awareness about risk factors and lifestyle changes were optimal.

THE ROLE OF TRADITIONAL HEALERS IN MENTAL HEALTH CARE: PRACTICES AND OUTCOMES

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ABSTRACT

Background:

Traditional healers are vital first-line mental health caregivers in resource-poor settings, with practices rooted in cultural and spiritual traditions. Understanding their role and intervention outcomes is crucial for integrating them into formal mental health systems.

Objectives:

To identify mental health conditions treated by traditional healers. To explore traditional healers' common practices and to assess treatment outcomes from patients.

Methodology:

It was Cross-sectional study conducted for (6 months) in Rural and urban communities of Sindh .Total 150 participants were approached via (Purposive sampling technique. Data collection method was Mixed methods by using (structured interviews, in-depth interviews, focus groups) .Data Analysis was used for quantitative data; thematic analysis for qualitative data.

Results:

The table shows the residence status of traditional healers based on a sample of 150 individuals. Out of these, 70% (105 individuals) reside in rural areas, while 30% (45 individuals) reside in urban areas. This indicates that the majority of traditional healers are located in rural settings.

Conclusion:

Traditional healers play a crucial role in mental health care in underserved areas, but their lack of formal training poses risks. Integrating them with formal healthcare systems can ensure more effective and holistic.

FACTORS AFFECTING CAREER CHOICE AMONG MMDC/ISU STUDENTS

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Abstract

Objective:

To investigate the level of family influence, school environment, peers and impact of gender on career pathways among medical students of MMDC/ISU

Methodology:

This was a Cross sectional descriptive study carried from March 2024 to September 2024 among MMDC/ISU. After approval from the ethical review board, the pretest questionnaire was distributed among the participants. The data was entered and analyzed by using SPSS version 22 and MS office 2019.

Results:

Out of 183, Males 78 (42.6%), Females 104 (56.8%) participated in the study. 82.08% Males and 78.84% Female students are agreed that parental level education have great impact on their career choice, 70.51% male and 82.69% female students are agreed that their family members are their models, 83.33% males and 82.69% female students are agreed that parental values and beliefs influence their career choice, 75.64% males and 81.73% female students are agreed that parental connectedness and -expectations are influential for their career choice , 70.51% males and 56.73% female students agreed that family business is factor in career choice, 82.05% male and 80.76% female students agreed that career experts should be invited to school for guidance, 83.33% males and 81.73% female students are agreed that their career confusion is cleared from career guidance in school, 65.38% male and 55.76% female students are agreed that location of school has bigger role in career choice, 79.48% males and 84.61% female students are agreed that they should tour different work places for their career exploration, 65.38% male and 54.8% female students are agreed that girls and boys have same motivation towards career guidance, 62.8% male and 70.19% females are agreed that gender mainly influence career choice, 56.41% male and 35.57% female students are agreed that males have higher career ambitions, 47.43% male and 37.5% female students are agreed that women's role is homemaker and men's role is breadwinner, 61.5% male and 53.84% female students are agreed that peer advice is essential to them, 62.8% male and 74.03% female students agreed that they rely on encouragement from students of their age, 66.66% male and 84.6% female students agreed that their interactions to fellow students is powerful tool for career choice, 46.15% male and 46.15% female students agreed that information given by peers is reliable.

Conclusion:

Female students are agreed that parental level education have great impact on their career choice. Male students agreed that family business is factor in career choice.

ASSESSMENT OF THE VISUAL OUTCOMES AFTER SENILE CATARACT SURGERY AMONG URBAN AND RURAL POPULATION IN SOUTHERN PAKISTAN

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Abstract:

Objective:

To assess the visual outcomes after senile cataract surgery among urban and rural population in Southern Pakistan.

Methodology:

The comparative cross-sectional observational study was conducted upon 100 patients of both genders with age more than 50 years, having senile cataract and presenting at studying at Zainab Eye hospital (Constituent of MMC). 50 patients belonging to urban population and 50 to rural area, were enrolled via purposive sampling. After taking informed written consent, postoperative visual outcomes were measured at 15th day, 1 month and 2 months interval. The study lasted 1 year and the data was analysed via SPSS v. 21.0.

Results:

The mean ages of participants were 63 + 11.4 Years. 73% of the participants were male with a mean age of 66 + 9.5 years while 27% of the participants were female with a mean age of 62 + 7.9 years. The prevalence of Mix cataract was found to be highest in nature, followed by nuclear type in rural and cortical type in urban population. After the cataract surgery, improvement in 15th day postoperative visual acuity was found in 62% of urban population in comparison to 76% among residents of rural area and after 2 months it was found to be 88% in urban population and 96% in rural population.

Conclusion:

After careful consideration, it can be concluded that the visual outcomes of cataract surgery is better in people belonging to rural population than those of urban population. The cause of the difference merits to be studied further to get accurate picture of the phenomenon.

Key Words: Senile Cataract, Urban and Rural Population

RELATIONSHIP BETWEEN DECISION MAKING STYLES AND LEVELS OF EMOTIONAL INTELLIGENCE AMONG UNDERGRADUATES OF IBN-E-SINA

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Abstract:

Objective:

To evaluate the levels of emotional intelligence, decision-making styles and their relationship among Medical and Dental undergraduates of Ibn-e-sina University based on some socio-demographic characteristic, such as age, gender, and residency.

Methodology:

The cross-sectional study has been done between March 2024 to September 2024 at IBU by using convenient sampling after approval of ethical review board.

Results:

Total n=180 were participated in this study. Systematic is the most common style of decision making seen in undergraduates and pretty good population is emotionally intelligent with the common sub-scale of relationship management. On the basis of mean value, Individuals who are good in relationship-management having systematic type of decision making style (age wise). Males who are self-aware (16.18), having systematic style (29.53). On the other hand, Females who are good in relationship management (16.71), having dependent style (32.66). Day scholars are good enough in relationship management (17.8), having dependent style (30.82) but the hostellers who are also good in relationship management (16.5), have systematic style (29.22). Urban populations have good relationship management (16.76) with systematic style (29.45). Similarly, Rural population is good in relationship management (16.47) but having spontaneous decision-making style (29.47). Age wise 20 years population is good in emotional intelligence (15.67) and good in decision-making (28.67). Gender wise females are emotionally intelligent (15.67) and have good decision-making (29.16) as compare to males. Day scholars are more emotional intelligent (16.47) and good decision makers (29.54) as compare to hostellers and those who live with friends. Urban population is good in emotional intelligence (15.04) as well as in decision-making (28.81) as compare to rural population.

Conclusion:

Decision-making is an essential part of daily interactions. Another valuable domain is emotional intelligence. Both strongly influence living style of an individual. There was significant impact of emotional intelligence on decision-making styles and capability.

RISK FACTORS FOR EARLY ONSET TYPE 2 DIABETES IN STUDENTS OF IBN-E-SINA UNIVERSITY

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Abstract

Background:

According to the International Diabetes Federation (IDF) 2021 statistics, approximately 537 million adults (20-79 years) are living with diabetes globally, which is about 10.5% of the world adult population. The number is expected to rise to 783 million by 2045

Objectives:

To identify the prevalence of risk factors for early-onset type 2 diabetes among medical students at Muhammad Medical College

METHODOLOGY:

It was a Cross-sectional study conducted between May and June 2024 at Muhammad Medical College. Total n=178 were approached via Structured questionnaire covering demographics, lifestyle, family history, and diet BMI measured.

Results:

A significant proportion of participants (45%) report that stress affects their eating habits, and nearly half (44.40%) have a family history of diabetes. Fast food consumption is relatively common, with (31.46%) consuming it 1-2 times a week. Almost (29%) students consume sugar drinks daily. Only 28.09% engage in daily physical activity, while a large portion (34.83%) rarely exercises and mostly students spend more than 6 hours sitting in a day. Total (65.17%) report a moderate level of stress. Almost (11%) students have blood test level in diabetic range and (29%) students are not familiar with risk factors of diabetes.

Conclusion:

Presence of Family history of diabetes and high BMI, both are the strongest demographic risk factors for early-onset type 2 diabetes in medical students. The high-risk behaviors like eating of fast food, drinking of soda and absence of exercise are also prevalent in the students.

MISSED VACCINATION APPOINTMENTS AMONG CHILDRENS 0-24 MONTH. CASE-CONTROL STUDY DESIGN

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Abstract

Background:

Vaccinations missed in children's are common and may lead to increased changes of preventable diseases in children. Childhood vaccinations help prevent mortality and morbidity.

Objective:

To understand the factors associated with missed vaccination appointments to rule out plans to help prevent these missed appointments.

Methodology:

It was a case-control study design conducted for six months among children aged 0-24 months attending healthcare facilities for vaccination center. Thorough Structured Questioners data was collected by parents or guardians. Association accessed between missed appointments and potential factors by were analyzed multivariate logistic regression.

Results:

It indicates that missed vaccination appointments are linked with factors like socioeconomic status, accessibility, parental factors with education and knowledge being most important and health system factors like reach to health care facilities.

Conclusion:

Missed vaccinations affect an individual for lifetime for certain diseases example poliomyelitis. Therefore, enhancing health education programs for parents, policy implications for improving vaccination coverage, improving healthcare accessibility and interventions to address identified barriers will certainly help reducing missed vaccination appointments and will certainly reduce the rate or morbidity and mortality.

RISK FACTORS FOR IRREGULAR SLEEP PATTERNS AND THE DEVELOPMENT OF ANXIETY DISORDERS AMONG MEDICAL STUDENTS

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ABSTRACT

BACKGROUND

Globally over 60% medical students are affected due to irregular sleep patterns and in Pakistan from among 60% about 44% are suffering from anxiety PROBLEM

OBJECTIVES

To find out prevalence and to determine risk factors for Irregular Sleep Patterns and the development of Anxiety disorders Among Medical Students

METHODOLOGY

A cross-sectional survey is conducted on medical students in Muhammad medical college during the 2024 academic year. The study utilized the 149questionnaire to estimate the proportion of irregular sleep causing anxiety problems among medical students.

RESULTS

GAD Scale: Anxiety levels, assessed using the Generalized Anxiety Disorder (GAD) scale, show that the vast majority of participants (97.32%, or 145 individuals) experience minimal anxiety. A small percentage of participants (2.01%, or 3 individuals) report mild anxiety, while only 0.67% (1 individual) has moderate anxiety Global PSQI Score: The global PSQI scores, which assess sleep quality, vary across participants. The highest proportion of participants (21.48%, or 32 individuals) have a PSQI score of 11, indicating a moderate level of sleep issues.

CONCLUSION

Young adults aged 22-24 female, with minimal anxiety and a mix of sleep quality. A significant number of participants experience sleep disturbances, often linked to academic stress. Most participants experience minimal anxiety, as indicated by the GAD scale, with very few reporting moderate or mild anxiety. The global PSQI scores reflect moderate sleep issues. These findings suggest that while anxiety levels remain low, sleep disturbances are prevalent, in relation to academic stress.

RECOMMENDATIONS

Implement regular sleep and anxiety screening programs to identify at-risk students early, especially focusing on females and final-year students. Train faculty members to recognize signs of sleep deprivation and anxiety in students and refer them for appropriate mental health support. Revise academic schedules and workload to reduce stress and support a healthy work-life balance for students across all years

KEYWORD

Sleep Irregular, Medical students, Academic stress, anxiety

PERCEPTIONS OF MEDICAL AND DENTAL STUDENTS REGARDING TO INCREASE THE PREVALENCE OF DIVORCE IN PAKISTANI SOCIETY

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ABSTRACT

BACKGROUND: Divorce (dissolution of marriage) is the termination of marital union, the canceling of legal duties and responsibilities, thus dissolving the bond of wedding between married couples under the rule of law of the particular country. Divorce is one the most serious social problem in the modern world it has become very common teaser and it affects all levels of society. Marriage has been viewed as a lifelong commitment, deeply rooted in cultural and religious beliefs. Hence this study aimed to assess the views of the medical and dental students towards increasing trend of divorce among Pakistani culture.

METHODOLOGY: This was a Cross sectional descriptive study carried from March 2024 to September 2024 among MMDC/ISU. After approval from the ethical review board the pretest questionnaire was distributed among the participants. The data was entered and analyzed by using SPSS version 22 and MS office 2019.

RESULTS: Out of 208, 104 (50%), Males and 104(50%) Females, ages 18-27 years, hostler 180 (86.5%) participated in the study. 40.38% Male, 35.57% Female and 34.61% Male, 37.5% Female agreed that Financial problems and Lack of communication are major factors in increasing the trend of divorce rate in Pakistan society. 36.53% Male, 33.65% Female and 26.92% Male, 22.11% Female agreed that Infidelity and Domestic violence are major factors in increasing the trend of divorce rate in Pakistan society. 33.65% Male, 28.67% Female and 40.38% Male, 45.34% Female agreed that Interference from in-Laws and Cultural shifts and modernization are major factors in increasing the trend of divorce rate in Pakistan society. 35.92% Male, 40.45% Female and 32.69% Male, 25.45% Female agreed that Legal changes making Divorce easier and Ill health are major factors in increasing the trend of divorce rate in Pakistan society. 68.2%, 69.8% and 62.1% agreed that Economic burden, Lack of interaction and Unfaithfulness are one of key factors in increasing the trend of Divorce rate in Pakistan. 54.3%, 64.44% and 56.7% agreed that Family violence, Interference from in-Laws and Unreasonable expectation are one of key factors in increasing the trend of Divorce rate in Pakistan. Majority of participant are agreed that the increasing rate of divorce can be reduced by Implementing premarital counseling, financial planning, improved communication, religious support.

CONCLUSION: It can be concluded that majority of students agreed that Financial problems, Lack of communication, Infidelity, Domestic violence, Interference from in-Laws, Unreasonable expectations, Cultural shifts and Modernization are the key factors in increasing the trends of Divorce among Pakistani society.

KEY WORDS: Increasing trend of Divorce, Factors associated, MMDC students, ISU Mirpurkhas.

PREVALENCE OF ANTISOCIAL BEHAVIOUR AMONG THE MEDICAL AND DENTAL STUDENTS OF IBN-E-SINA UNIVERSITY

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BACKGROUND: Antisocial personality disorder is a mental health condition that causes harmful behaviours without remorse. Antisocial behaviour refers to actions that go against social norms and can harm others, hence the aim of this study was to evaluate the pattern of antisocial behaviour among medical and dental students of Muhammad Medical and Dental college\ISU at Mirpurkhas.

MATERIAL AND METHODS: A cross-sectional study was conducted at Muhammad Medical and Dental College/ISU from March to August 2024. After permission from ethical review board. A closed ended questionnaire was administered for collection of information regarding prevalence of antisocial behavior among medical and dental students of ISU .Data was collected, entered and analysed by using SPSS version 26 and MS office 2019.

RESULTS: out of 190,89(46.84%)Male,101(53.15%)Female,110(57.84%)medical,80(42.1%)dental students participate in this research h.8.98% Male & 5.94% Female students, reported that they frequently lie or deceive others for personal gains or pleasure,10.48% Male & 9.9% female students displayed aggressive or violent behavior towards others,5.6% Male & 3.96%Female students have been expelled or suspended from school, 5.26%,4.2%, 2.63% and 13.1% students reported that they have difficulty in maintaining relations, having habit of manipulation, lack of empathy and instability respectively, 26.4% students have difficulty in controlling their anger and aggression, 26.4% students acts on impulse without considering consequences,29.8% students put their own or others safety at risk,34.8% students agreed to have conduct problems like aggression ,rule breaking before 15year,31.5% students exposed to violence neglect or abuse during childhood,32%students have disrupted family environment such as parental divorce,49.43% males and 43.82% females did not know the impact of their behavior on others while 26.96% male and 30.33% females manipulate others,12.35% male & 14.85% females have superiority complex while 92.13%male & 87.12% females rationalize their action after mistreating others.

CONCLUSION: This study reveals that the majority of medical and dental students are aware about the antisocial behavior meanwhile there is a need of awareness sessions by subject specialist

KEYWORDS: Antisocial Behavior, Medical & Dental Students, MMDC/ISU

LIFE SATISFACTION AND IT'S RELATIONSHIP TO GRATITUDE AMONG UNDERGRADUATE MEDICAL & DENTAL STUDENTS OF MMDC/ISU MIRPURKHAS

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ABSTRACT

BACKGROUND: Life satisfaction is an evaluation of a person's quality of life. It is assessed in terms of mood, relationship satisfaction, achieved goals, self-concepts, and self-perceived ability to cope with their life. Gratitude is defined as an ability to identify and appreciate the benefits gained from others and a yearning to respond with positive actions.

OBJECTIVES: To investigate the levels of life SATISFACTION and GRATITUDE and to compare levels of life satisfaction and gratitude across sociodemographic characteristics among medical and dental students at MMDC/ISU.

METHODS: A cross-sectional study was done from July to September using study Performa required information was collected from the students of MMDC\ISU.

RESULTS: 64.2% Male and 59.9% female students reported that they are satisfied with their lives while 30.56% boys and 32.1% girls are dissatisfied. 63.7% of total MBBS and 61.2% BDS Students are satisfied with their lives while 31.4% of total MBBS 31.7% BDS students are dissatisfied with their lives. 62.4% of MBBS 61.36% of BDS students are satisfied while 31.2% MBBS & 31.81% BDS students are dissatisfied with their lives.

CONCLUSION: The levels of life satisfaction among male students as compared to female students was highest. The level of life satisfaction was found higher among the total MBBS students than the BDS students. The level of life satisfaction was found higher among the age group from 19-24 than the age group above 24. The level of gratitude was found higher among female students as compare to male students. The level of gratitude was found higher among total MBBS as compare to BDS students. The level of gratitude was found higher among the age group from 19-24 as compare to age group above 24.

KEYWORDS: Life Satisfaction, Gratitude, Self-Concepts

IMPACT OF FAMILY EXPECTATIONS AND ACADEMIC BURNOUT AMONG MEDICAL STUDENTS

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ABSTRACT

BACKGROUND: Academic burnout is a major issue among medical students characterized by emotional exhaustion, depersonalization and reduced personal accomplishment. Family expectations may contribute to psychological stress medical student's face. The aim of this study was to investigate the impact of family expectations on medical students after being pressurized by their parents.

METHODOLOGY: This was a cross sectional study carried from March 2024 to September 2024 among medical students aged between 18 to 25 years. The sample technique we used is both online and physical questionnaire and the sample size is 216 people. After approval from the ethical review board, the pretest questionnaire was distributed among the participants.

RESULTS: Out of 216 students, Males: 85, Females:128 participated in the study. Out of 216 students 119 agreed that their family discussed their academic performance and future career plans frequently. Among these students 20% of them experienced stress/pressure related to their studies caused by their family's expectations while 22.5% of them experienced this often. 108 of them felt that not meeting their family expectations lead those to negative consequences. 58.8% student's don't use any coping strategies to manage any academic burnout. We discovered that 52.6% of students never discussed with their families about the impact of expectations on their academic life. 17 students out of 216 felt like their work is breaking them down while 49 of them felt this fewer times this year.

CONCLUSION: Family expectations play a significant role in contributing to academic burnout among medical students. Students facing greater family pressure are more likely to experience emotional exhaustion and reduced academic performance.

RECOMMENDATION: Encourage communication between students and families about realistic academic expectations. Implement burnout prevention programs at medical institutions.

MEDICATION ADHERENCE AMONG HYPERTENSIVE PATIENTS AND ITS ASSOCIATED RISK FACTORS IN MIRPURKHAS,SINDH (AUGUST-SEPTEMBER 2024) A HOSPITAL BASED CROSS SECTIONAL STUDY

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ABSTRACT

BACKGROUND: Hypertension is a major risk factor for cardiovascular diseases, with its global prevalence on the rise. Proper adherence to anti-hypertensive medication is crucial for effective management and reducing the risk of stroke and other cardiovascular issues. The WHO identifies poor Adherence as the leading cause of uncontrolled blood pressure, estimating that 50-70% of patients do not follow their medication regimen as prescribed

OBJECTIVES: To find the medication adherence among hypertensive patients using a Morisky medication adherence scale-8 (MMAS-8) by identifying the factors (demographic , socioeconomic , Clinical and other factors) associated with non-adherence.

METHODOLOGY: A cross-sectional analytical hospital based study, conducted at the hypertension clinic of civil hospital DHQ from August to September 2024. An informed consent was obtained from all Patients (face to face interview) with the pretested structured questionnaire was conducted to collect the socio-demographic clinical characteristic and adherence status of patients to anti-hypertensive medication using Morisky medication adherence scale-(MMAS-8). The patients who satisfied the eligibility criteria (hypertensive more than 3 years) was selected. The data of 200 patients was conducted.

RESULTS: Among 200 hypertensive patients 73% patients were low adherence to medication and 27% patients were high adherence to medication. Among 200 hypertensive patients (45.5%) were females and the mean age of the participant was 50 ± 10 years. Highest co-morbidity with low adherent to medication is blurred vision (19%) and the high adherent patients has the highest ratio of No co-morbidities (31.5%)

CONCLUSION: Low adherence to medications for Hypertension was observed in the current study and The result of study indicates that factors associated with lower adherence to anti-hypertensive medication are female gender, urban population and age above 50 years.

RECOMMENDATIONS: To improve medication adherence in hypertensive patients, use digital tools for monitoring, offer educational workshops, and provide personalized counseling. Facilitate peer support groups and enhance drug availability through community partnerships.

ASSESSMENT OF FACTORS INFLUENCING PRESCRIBING DECISIONS OF PRACTITIONERS IN MIRPURKHAS

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ABSTRACT

BACKGROUND: A prescribing decision refers to the process by which a healthcare practitioner chooses a specific medication, treatment or intervention for a specific patient. This decision of a practitioner plays a vital role in healthcare and its accessibility, significantly impacting patient outcomes, quality of life & healthcare costs and is the result of a multitude of intertwined factors which may be sub-categorized into patient-related, practitioner-related and environmental factors as well as pharmaceutical marketing strategies. The study was intended to assess the impact of all these factors on the practitioners' mindset and understand the effect on health care quality of Mirpurkhas.

METHODOLOGY: This is a cross-sectional study that was conducted from July to October 2024 at five medical institutions in Mirpurkhas. After approval from the ethical committee, informed consent was taken from the study participants (52 male & 28 female doctors). The data was collected using an interview-based Survey questionnaire and then analyzed and interpreted using SPSS ver25 and MS office 2019.

RESULTS: Based on the analysis, patient medical history (66.3%), severity of condition (70%) and patient socio-economic status (66.3%) and safety profile (63.7%) were found to be the most influential factors for the practitioners of Mirpurkhas when forming a prescribing decision. Married doctors were more considerate regarding safety profile (86.7%) & socio-economic status of the patients (85%) while the unmarried doctors were more cautious regarding the legal aspects of a prescribing decision (75%). Practitioners working in government sector were more influenced by pharmaceutical promotions (21.4%) and socio-economic condition of the patient (92.8%) and the private sector was least influenced by pharma promotions (12.6%) only. Practitioners' interaction with pharmaceutical representatives more than 5 times a month were influenced by the representative (46.1%) and gifts or perks (15.4%). Practitioners who attended pharmaceutical sponsored events were more influenced by pharma marketing material (44.9%), CME events (51%) and research studies sponsored by pharma companies (44.9%). Doctors frequently exposed to pharmaceutical marketing material such as pamphlets & brochures were influenced by the marketing materials (54.5%) and pharmaceutical representatives (54.5%) on their prescribing decisions as compared to those who rarely saw them (33.3%) influence by material and (25%) by pharma reps.

CONCLUSION: It can be concluded that mostly the doctors practicing in Mirpurkhas were found to be motivated by patient care related factors in their prescribing decision for e.g.; safety profile, patient socio-economics, medical history etc.

KEY WORDS: Pharmaceutical marketing, prescription, Clinicians, Mirpurkhas, MMDC

INFORMED CONSENT IN ISLAMIC ETHICS: PERSPECTIVES AND PRACTICES AMONG MEDICAL STUDENTS

Authors: Syed Fareed Shah, Danish Arif, Danish Sajjad Supervised by: : Dr. Ab Rajar, Dr. Palwasha, Students of 4th Year MBBS

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ABSTRACT

BACKGROUND: Informed consent is the voluntary agreement to a procedure or treatment based on a clear understanding of its risk benefits and alternatives. it ensures that the individual has the necessary information to make an informed decision. In Islamic point of view Informed consent is grounded in the principles of autonomy, dignity and mutual consultation.

OBJECTIVE: To assess the knowledge and application of informed Consent in Islam among Undergraduate Medical and Dental Students of MMDC-ISU

METHODOLOGY: Cross Sectional Study including students from MMDC-ISU was conducted from July 24 To September 2024 after informed consent and ethical approval was taken from MMC-ISU

STATISTICAL ANALYSIS: Data enter and analyzed by SPSS version 22 and MS Office 2019

RESULTS: 45.7% respond that they are somewhat familiar In Informed Consent 48.7% responds that Autonomy and Free Will in Islamic Principles are relevant to Informed Consent. 54.7% reported that Quran Is major source of Islamic Jurisprudence that provides guidance on Informed Consent. 89% agreed that The Principles of Informed Consent Is Supported by Islamic Teachings. 56.6 % respond that they don't receive any formal education on Principles of Informed Consent in Islam. 51.3 % respond that lack of awareness Is a major Challenge in Implementing Informed consent In Islam. 54.7% believe that there is no need for more clarity on Informed consent in Islam. 46.7% and 42.7% reported that the incorporation of Islamic Principles into the Practice of Informed consent Are highly important. 53.3% respond that they are familiar with Informed Consent in Context of Islamic Law.

CONCLUSION: More than half of the students very well know about the principles and contents of Informed Consent With regard to ISLAM.

ASSESSING THE FINANCIAL BURDEN OF OUT-OF-POCKET COSTS ON HYPERTENSION MANAGEMENT: (A CASE-CONTROL STUDY)

Authors: 1Areeba Riaz, 1Mehnoor Ahmed, 1 Neelam Pervez,

Supervised by: Dr Asif Shah, AB Rajar, Dr Palweesha, Dr.Amjad Azam, Dr. Partab Puri, Dr. Aftab Ahmad

Students of 4th year MBBS, 2 Professor, 3 Department of Community Health Sciences
Muhammad Medical and Dental College Mirpurkhas.

ABSTRACT

BACKGROUND:

Hypertension is a significant global health issue affecting over 1.28 billion adults, with 80% of health care cost in low- and middle-income countries (LMICs) being out-of-pocket(OOP). In south Asia, the hypertension prevalence is around 35% and OOP expenses exceed 60% of Management cost. Pakistan reports a 26% prevalence rate, with many cases undiagnosed and healthcare system largely reliant on OOP spending (56% of total health expenditures). Annual management costs range from PKR 30,000 to 50,000 per patient.

METHODOLOGY: This cross-sectional observational study was conducted over 6 months, following ethical approval. A pretest questionnaire was distributed to participants.

RESULTS:

Findings indicate the households, including those earning under PKR 20,000 monthly, reported spending over PKR 3000 on hypertension management, indicating financial strain. Higher-income households (over PKR 100,000) also spent more but could manage these costs without significant burden. The data highlights that low income households face considerable OOP costs, exacerbating financial hardship.

CONCLUSIONS:

Statistical analysis (Chi-square value=18.8170, p=0.0268) reveals a significant correlation between household income and healthcare spending, with hypertensive individual incurring greater financial burdens than non-hypertensive. This underscores the urgent need to address financial barriers to treatment adherence and improve healthcare care access and insurance coverage for hypertensive patients.

KEYWORDS: Hypertension, Financial burden, Management

PERCIEVED SOCIAL SUPPORT AMONG UNDERGRADUATE MEDICAL AND STUDENTS AT IBN-E-SINA UNIVERSITY MIRPURKHAS DENTAL COLLEGE

Authors: Hamza Farooq, Luqman Khan, Hamza Nawab,

Supervised by: : Prof. Dr. AB Rajar

Students of (4 th years MBBS) at Muhammad Medical College Mirpurkhas, Department of Community Medicine, MMDC

BACKGROUND: Social support is the perception that one is cared for, has assistance available from friends and significant others. Social support helps individuals to reduce the amount of stress experienced and to cope better in dealing with stressful life situations.

OBJECTIVE: To find out the pattern of social support among medical students with respect to gender, age locality and blood groups

METHODOLOGY: This was a cross-sectional descriptive study carried on march to September 2024 among students of MMDC Mirpurkhas. All students n=227 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, age, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed through SPSS.

RESULTS: Student n=227, Male 45.4 % and female 54.6% from which 65.2% from Urban and 34.8% of from rural areas. Age of participants 18-20yrs (73.9 %), 23yrs (24.3%),26yrs(0.9%),27 onwards(0.9%).Highest social support in family=65.2% and Lowest is=4.3%. Highest social support in Friends-36.5% and Lowest is=8.7%. Highest social support in Others = 43.5% and Lowest is= 13.9%.

CONCLUSION: Higher social support was observed in rural persons, in females and those who carrying (O+, AB+B+) blood groups.

KEYWORDS: Prevalence, Perceived social support, Medical students MMDC

BEYOND THE STETHOSCOPE“EMBRACING SOCIAL RESPONSIBILITY IN HEALTH PROFESSIONALS

Authors: Rehan Ahmed , Muhammad Usman , Muhammad Amaan, Ismail Zulifqar
(Students of Fourth year MBBS), Supervised by: : Prof. Dr. A.B Rajar
Department of Community Medicine, MMC, Mirpurkhas

ABSTRACT

BACKGROUND: Social responsibility among health professionals is crucial for promoting public health and ensuring equitable care. This concept encompasses ethical practices, community engagement, and advocacy for vulnerable populations..

OBJECTIVE: To explore the perceptions and practices of social responsibility among health professionals and identify factors that influence their engagement in socially responsible behaviors.

METHOD: A cross sectional study was conducted on Health professionals including Employees and students of different departments in IBN e Sina university , Mirpurkhas. A total of 277person from MBBS ,BDS and DPT responded to structured questionnaire. The structured questionnaire was developed and validated. The data was entered and analyzed on SPSS version 20. Our data consists of categorical variables only, therefore, we presented it with percentage.

RESULTS: The Results indicate that social responsibility is seen as highly important, with public health, environmental protection, and human rights identified as the most critical areas. Respondents believe medical education should focus on raising public health awareness and promoting community engagement. While many engage in community service and sustainability efforts, challenges like lack of awareness, resources, and systemic barriers hinder greater involvement. Most participants agree that universities should integrate social responsibility into their curriculum and provide more opportunities for practical involvement to support future healthcare professionals.

CONCLUSION: it can be concluded that the awareness and understanding of social responsibility is higher among healthcare professionals

The major segments from all sections includes personal attitudes , behavior and civic engagement were observed higher among all participants regarding social responsibility

RECOMMENDATION: It is recommended that medical schools and educational institutions prioritize integrating social responsibility into their curriculum through hands-on community engagement and public health initiatives. Offering more structured opportunities for volunteerism, civic involvement, and education on social determinants of health can empower future healthcare professionals to address societal challenges effectively.

KEYWORDS: Social responsibility, Medical education, Public health, Community engagement, Healthcare professionals, Social determinants of health, Volunteerism, Civic involvement, Educational institutions, Curriculum integration, Resources and funding, Mentorship, Social equity, Health disparities, Public health initiatives...

SECOND PROFESSIONAL MBBS

ANGER MANAGEMENT AMONG MEDICAL UNDERGRADUATE STUDENTS AND ITS IMPACT ON THEIR MENTAL HEALTH AND CURRICULAR ACTIVITIES

Authors: Saira Afzal 1, Neha Awan 1 , Dua 1 , Bisma 1 ,Azeema 1 , 1 Students of 2nd Year MBBS
Supervised by: : Professor Dr. AB Rajar 2 2 Professor of Community Medicine Ibn-e-Sina University

ABSTRACT

BACKGROUND: Anger is one of the most prevalent behavioural problems among the youth and those around them. Some theorists believe that anger is a maladaptive attempt at coping with a stressful environment, resulting in greater conflict and personal discomfort. This study was intended to determine the practice of students in good anger management skills and to what extent their anger can affect their studies, work, and social interactions at MMDC/ISU.

METHODOLOGY: This is a cross-sectional study that was conducted from March to September 2024 at IBN-E-SINA University. After approval from the ethical committee, informed consent was taken from the study participants. A simplified version of the Novaco Anger Scale and Provocation Inventory and the modified Patient Health Questionnaire- (PHQ-) 9 were incorporated into the questionnaire. The data was collected, analyzed and interpreted by using the SPSS version 26 and MS Office 2019.

RESULTS: Based on the data, 70% of students (111 students) admitted that they have bad temper on an “occasional” basis. Moreover, only 6 (3%) students said that they would “never” pretend to suppress or tolerate their emotions. 23% of medical students said that anger does not interfere with their work, study, or relationships at all.

CONCLUSION: It can be concluded that the anger was mainly by friends and family. Homelessness, disturbed sleep, less appetite and isolation were higher but the attitude towards coping with anger was positive. Most of the students agreed to counseling by professionals.

FIRST PROFESSIONAL MBBS

STUDENTS VOICES ON GENERATIVE ARTIFICIAL INTELLIGENCE CHATGPT, PERCEPTION, BENEFITS AND CHALLENGES IN MEDICAL EDUCATION @ IBN-E-SINA UNIVERSITY

Author: Noor- Ul- Huda, Rubaisha,
Students of 1st Year MBBS

ABSTRACT: Chat GPT stands for Chat Generative Pre-Trained Transformer and was developed by an AI research company, Open AI. It is an artificial intelligence (AI) chatbot technology that can process our natural human language and generate a response.[1] Chat-GPT is the first large language model (LLM) to reach a large, mainstream audience. Its rapid adoption and exploration by the population at large has sparked a wide range of discussions regarding its acceptable and optimal integration in different areas. In a hybrid (virtual and in-person) panel discussion event, we examined various perspectives regarding the use of Chat-GPT in education, Research, and healthcare.

OBJECTIVES:

To find out the perception of CHAT -GPT in medical education.

To find out the challenges in the medical education.

To find out the benefits in medical education

METHODOLOGY:

Questionnaire based observational study conducted on students of Muhammad medical college after informed and written consent and ethical permission from institutes Review board. Data was collected and analyzed and results were compiled.

CONCLUSION: Majority of students are aware about different aspects of Chat-GPT. like, limitations in handling complex task, can generate excellent outcome, can exhibit biases, Favorable in teaching and learning, better choice for career, excellent source of academic feedback, helps in assignments, transferring of skills such as teamwork, problem solving and leadership skills.

FIRST & SECOND PROFESSIONAL BDS

PREVALENCE OF HALITOSIS AMONG ISU, MPSSTUDENTS LINKED TO INADEQUATE ORAL HYGIENE

Authors: Muhammad Ali Abdullah, Muhammad Mustafa, Sudais Chohan,
1st Year BDS Students of Muhammad Medical & Dental College Mirpurkhas

Supervised by: : Dr. Amir Akbar Sheikh, Dr. Doha Rajar
Department of Community Dentistry

ABSTRACT:

BACKGROUND: Halitosis, a common oral health issue affecting 30% of the global population, is linked to poor oral hygiene practices. Lifestyle factors like irregular Brushing, poor diet, and neglect of oral care contribute to its persistence.

OBJECTIVES: This study investigates the prevalence of halitosis among ISU Mirpurkhas students and its association with oral hygiene practices.

METHODOLOGY: A cross-sectional survey was conducted involving 200 students after informed consent, at Muhammad Medical and Dental College-ISU, Mirpurkhas. Participants completed a structured questionnaire assessing their oral hygiene habits, frequency of tooth brushing, dental flossing and dietary practices, and self-reported halitosis. We have collected the data from the relevant area through Google form. Data were analyzed to determine the correlation between self-reported halitosis and oral hygiene practices.

RESULTS: 14.4 % Population suffered from halitosis, only 3.8 % agree that bad oral hygiene contribute to the halitosis, 3.4% participants confident affect only due to halitosis, 84% participants do not brush before sleeping / going to bed.

CONCLUSION: Halitosis overall bad breath is often a common contribution resulting from various factors, such as oral hygiene practices, life style changes and most important is dental education awareness.

KEYWORDS: Halitosis, Oral Hygiene, Dental Students, Prevalence, Oral Health, Education

ASSESSMENT OF DENTAL HYPERSENSITIVITY MANAGEMENT AMONG THE STUDENTS OF MMDC-ISU MIRPURKHAS

Authors: Bilal Rashid, Mubeen Ahmed, Sabeet Khan, Kahif Sayed

Supervised by: Dr Amir Akbar sheikh, Dr Doha Rajar

Department; Community Dentistry Muhammad Medical and Dental College MPK

ABSTRACT

OBJECTIVE: This research aims to evaluate the effectiveness of various treatment modalities of dental hypersensitivity management, focusing on patient comfort and satisfaction. The study seeks to identify best practices and recommend a personalized, multimodal approach for optimal outcomes.

METHODOLOGY: A survey was conducted involving 200 students at Muhammad Medical

And Dental College ISU MPS after informed consent. Participants completed a structured questionnaire assessing their oral habits, Period and severity of hypersensitivity, Frequency and type of tooth brushing and what was diagnosis of hypersensitivity done dentist. We have collected the data from relevant area through Google form. Quantitative analysis of patient-reported outcomes and clinical assessments was performed to compare treatment effectiveness.

RESULTS: The above graphs show the Dental Hypersensitivity of the students among the students MMDC-ISU, which shows that males feel more Dental hypersensitivity (60%) than females (40%).According to our study majority of the students feel sensitivity in their teeth because of cold food/Drinks, Breathing in cold air has the lowest hypersensitivity rate(0.6%). 39.9% students of MMDC told about their sensitive teeth that they feel sensitivity in their upper (Maxillary) teeth, while the posterior teeth show 4.3% sensitivity.The use of De-sensitizing toothpaste for dental sensitivity is very low in students (8.6%) as compared to homemade remedies (40.5%).

CONCLUSION: Dental hypersensitivity can be caused by various factors such as, using homemade remedies for cleaning teeth, not using De sensitizing toothpastes, Cold food/Drinks, Clenching of teeth (Bruxism).

KEYWORDS: Assessment, Hypersensitivity, Dental Students, Dental Education.

AWARENESS OF BEHAVIOURAL MANAGEMENT IN DENTISTRY AMONG UNDERGRDUATES AND GRADUATES

Authors: Maira Ihsan , Urooj Fatima , Alia

Supervised: Dr Amir Akbar sheikh, Dr Doha Rajar

ABSTRACT

BACKGROUND: Behavioral management techniques are crucial for dental practitioners in effectively managing patient anxiety and cooperation during treatment. Despite their significance, there is limited understanding of these techniques among dental graduates and undergraduates. This study assesses the awareness and application of behavioral management strategies within this group, drawing from prior research on dental education

METHODOLOGY: A cross-sectional study, conducted using surveys distributed to dental Students (both graduates and undergraduates) from multiple institutions. Questionnaire was designed to evaluate their knowledge of behavioral management techniques, including non-pharmacological strategies (e.g., communication, distraction) and pharmacological methods (e.g., sedation). Statistical analysis identified differences in awareness between the two groups

RESULTS: The findings demonstrated a moderate level of awareness of basic behavioral management techniques among participants. Graduates exhibited higher confidence in applying pharmacological interventions, while undergraduates primarily relied on basic communication strategies. Both groups expressed a need for greater exposure to behavioral management techniques within their education, particularly hands-on experience. A gap was noted between theoretical knowledge and practical application

DISCUSSION: These Results align with previous research highlighting challenges in integrating behavioral management into dental curricula. Graduates tend to develop better awareness and skills through clinical experience. However, earlier and more comprehensive training in behavioral sciences may help undergraduates manage patient anxiety more effectively and improve clinical outcomes

CONCLUSION: Strengthening behavioral management training within dental programs is essential. Addressing gaps in awareness and practical application will better prepare students to manage diverse patient behaviors and enhance patient care outcomes.

KEYWORDS: Behavioral management, anxiety management, patient-centered care. Behavior management techniques / Skills

GENDER DISCRIMINATION AGAINST FEMALE DENTAL SURGEONS AND UNDER GRADUATE STUDENTS OF MIRPURKHAS.

Authors: Memoona Siraj, Laiba Perwaiz, Aniza Mari, Nimra Shoukat 2nd Year BDS Students of Muhammad Medical & Dental College Mirpurkhas Supervised by: : Dr. Amir Akbar Sheikh, Dr. Doha Rajar. Department of Community Dentistry

ABSTRACT:

BACKGROUND: Gender discrimination remains a barrier to the full potential of dental surgery, Female dental surgeons often encounter unequal leadership opportunities, restricting their professional growth and accomplishments. The challenges faced by female dental surgeons, their reasons behind their interest in Oral and Maxillofacial Surgery (OMFS), and the distinctions in experiences between male and female practitioners are all examined in this study.

METHODOLOGY: A cross-sectional study was conducted at Muhammad Dental College, ISU, and Bhattai Dental College in Mirpurkhas, Sindh, Pakistan, from April to September 2024. Using convenience sampling, 300 doctors were included in the survey.

Data were collected via Google Forms and analyzed with SPSS v.24 (IBM).

RESULTS: Response rate 72.8% was female and 27.2% were males respectively. A total of 53.6% of female dental surgeons and undergraduates reported experiencing gender discrimination (GD), with 57% of female undergraduates identifying the lack of female role models in Oral and Maxillofacial Surgery (OMFS) as a key deterrent. Additionally, 30.5% of female practitioners felt denied leadership roles, and 25.8% reported pay disparities. Notably, 44.7% observed a patient preference for male surgeons, impacting diversity in dental surgery and patient care, while 37.3% reported not experiencing GD.

CONCLUSION: In conclusion, 53.6% of female dental surgeons reported experiencing gender discrimination, with 57% noting a lack of female role models in OMFS and 30.5% facing leadership denial. These findings emphasize the need for gender-inclusive policies and mentorship to improve career satisfaction and support diversity in dental surgery.

KEYWORDS: Gender discrimination, dental surgery, Oral and maxillofacial surgery, female dental surgeons, surgery, Pakistan, dental specialties.

DOCTOR'S EXPERIENCE WHILE TREATING PEDIATRIC PATIENT

Authors: S. Muhammad Mujtaba & Abdullah Riaz

Supervise: Dr. Doha Rajar Department of Community Dentistry

ABSTRACT

METHODOLOGY: A basic question are with multiple choice answers was conducted, via goggle forms

RESULT: 50.8% of the total responses where male and the rest 49.2 where female Doctors.59.5% Doctors where 27+.Mostly have graduated.59.8% of the Doctors where not sure that if the Doctors personal behavior plays a role in the treatment but 11.5% were sure.39.3% Doctors say that the patient is afraid of the environment of the clinic/ hospital, while 33.3% say that patient is afraid of the instruments, but 10.6% also say that the patient is afraid of the Doctor.87.2% Doctors say that, the patients family is not always present at the time of the treatment,10.9% say that the family is present.54.8% Doctors say that even the family doesn't play a critical role in the treatment, while 33.6% say that the family does.64.5% Doctors are not sure if they would like to treat the patient again if once the patient was not good to treat, while 24% would not.60.7% of the doctors may be afraid of the family of the patient if the treatment has not gone well, but 28.3% would be afraid of the family. The comfort of the patient doesn't seem to be the priority of the Doctor, because 60.7% Doctors do not make any strategies to make the patient comfortable, while 26.5% would give the patient his/her favorite things.60.1% Doctors say that clinics cleanliness attracts the patients sometimes, while 37.4% say yes cleanliness does attract patients.76.9% Doctors would only treat patients of their own culture, while 11.9% wont.70.4% Doctors say that patients dressing affect way of treatment sometimes, but 18.7% say NO.

KEYWORDS: Treatment, Comfort and Clinic

RAISING AWARENESS ABOUT ETHICAL IMPLICATIONS OF GENETIC TESTING IN ORTHODONTICS AND COSMETIC DENTISTRY AMONG DENTAL GRADUATES AND UNDERGRADUATES IN PAKISTAN”2ND YEAR BDS.

Authors: Sajid Ali, Muhammad Noorullah Shah Supervised: Dr Amir Akbar Sheikh, Dr Doha Rajar

ABSTRACT:

BACKGROUND: The growing integration of genetic testing in orthodontics and cosmetic dentistry has raised ethical concerns, particularly regarding patient privacy, consent, and potential discrimination. This study aims to raise awareness about these ethical implications among dental graduates and undergraduates in Pakistan, focusing on their understanding and attitudes toward the use of genetic testing in clinical practice.

OBJECTIVE: To assess the knowledge of dental students regarding genetic testing in orthodontics and cosmetic dentistry. To evaluate their awareness of the ethical challenges, including privacy, informed consent, and genetic discrimination

METHODS: A cross-sectional survey will be conducted among 2nd-year BDS students, as well as dental graduates and undergraduates across various institutions in Pakistan. A structured questionnaire will be used to gather data on their knowledge, attitudes, and ethical concerns related to genetic testing. Data analysis will involve statistical methods to identify trends and gaps in awareness. The findings will help inform future educational programs aimed at improving ethical literacy in this emerging field of dentistry.

RESULTS: 59.8% Population is very familiar with The Genetic Testing in Orthodontics and Cosmetic Dentistry 54.9% Population have encountered or studied cases involving Genetic Testing in Orthodontics or Cosmetic dentistry 58% population believe that Genetic Testing can be used as a standard practice with proper ethical guidelines.

CONCLUSION: The findings reveal gaps in knowledge regarding critical issues Such as patient privacy, informed consent, and genetic discrimination. This research highlights the necessity of integrating ethical considerations in to the curriculum to ensure responsible and in formed use of genetic testing in clinical practice. Ultimately, such measures will help safeguard patient rights and promote ethical standards in this evolving field.

KEYWORDS: Genetic Testing ,Orthodontics, .Cosmetic Dentistry,.Ethical Implications

THE VAPING EFFECT ON PLAQUE FORMATION AND ORAL HEALTH IN YOUNG ADULT

Authors: Syeda Maheen afshan. minahil 1st Year BDS Students of Muhammad Medical & Dental College Mirpurkhas

Supervised by: Dr. Amir Akbar Sheikh, Dr. Doha Rajar Department of Community Dentistry

ABSTRACT

BACKGROUND: Vaping, the inhalation of aerosol produced by electronic cigarettes, has raised concerns about its effects on oral health. Plaque, a sticky biofilm of bacteria, forms on teeth and can lead to gum disease and cavities. This study focuses on the impact of vaping on plaque formation and oral health among young adults.

METHODOLOGY: A cross-sectional study was conducted involving 200 participants aged 19-24 years, divided into two groups: vipers and non-vipers. Participants were recruited from medical and dental colleges, and their vaping habits and oral health were assessed. Data were collected using preformed to gather demographic information, vaping frequency, and clinical assessments of plaque formation. Statistical analysis was performed using Graph Pad Prism9, with chi-square tests to determine significance ($p < 0.05$).

RESULTS: The study found a significant association between vaping and plaque formation, with higher plaque incidence among vipers compared to non-vipers. Male participants showed a greater tendency for plaque formation than females.

DISCUSSION: Vaping may lead to increased plaque due to the drying effects of nicotine and the residue from e-liquid adhering to teeth. These findings highlight the need for increased awareness of the oral health risks associated with vaping.

CONCLUSION: Vaping is linked to increased plaque formation and potential negative effects on oral health in young adults. Public health policies should address these risks, and further research is needed to explore long-term outcomes.

KEY WORDS: Vaping, plaque formation, oral health, young adults, e-cigarettes

DENTAL MYTHS AND MISCONCEPTION

Authors: Zoha Khan ,Esha Faraz , Dua Zehra ,Zainab Zafar , HemaKumari 1st Year BDS Students of Muhammad Medical & Dental College Mirpurkhas

Supervised by: : Dr. Amir Akbar Sheikh, Dr. Doha Rajar Department of Community Dentistry

ABSTRACT:

OBJECTIVES: This study aims to measure dental myths, investigate their influence on health behaviors, and identify factors contributing to their persistence. It aims to dispel misconceptions about dental health, such as therapies, tooth decay, and nutrition, and promote long-term oral health improvement by increasing public awareness and improving oral hygiene practices.

METHODOLOGY: The study used a cross-sectional survey to assess dental myths and misconceptions among participants. It used qualitative and quantitative data collection techniques to investigate false beliefs and their impact on oral hygiene practices. A stratified random sampling method was used, with a minimum of 500 participants. Descriptive statistics were used to analyze misconceptions.

RESULTS: Among the 508 participants in the study, 84% believed that brushing teeth twice was recommended, while only 15% disagreed. A little over 92.2% of people said there was a connection between general health and dental health. 89% believe that as people age, tooth loss is inevitable.

CONCLUSION: This study emphasizes how important it is to dispel dental myths in order to increase public awareness of oral health practices. Enhancing oral hygiene and improving general health outcomes can be achieved by raising awareness and disseminating accurate information.

KEYWORDS: Dental Myths, Dental home remedies, Dental misconception

DPT

PREVALENCE OF DEPRESSION IN UNDERGRADUATE STUDENTS IN IBN-E-SINA UNIVERSITY MIRPURKHAS

Authors: Fiza Eman, Haleema, Hamna, Amna Mumtaz, Asma , Arishba , Reena

Supervised by: : Dr Ramzana Chang, Co-Supervised by: : Dr Vivika , Statician: Miss Sadia

ABSTRACT

BACKGROUND: Depression is a worldwide problems which reflects the mental health of population ,a lot of researches have reported depression among medical students as they are going to suffer from stress, Factor associated with depression of undergraduate medical student are poorly understood the purpose of study is to determine the prevalence of depression in undergraduate medical student, depression is a significant mental health consult affecting undergraduate medical students of ISU Mirpurkhas. Impacting academic performance, social relationships, emotional, disturb and overall wellbeing.

METHODOLGY: A cross sectional study was carried out in Undergraduate students of Ibn-e- Sina University Mirpurkhas a sample of 200 medical students participants and questioners use by patient health questioner 9 (PHQ9) was use for screening or assessing the severity of depression data were collected via online forms and were analyzed using as SPSS Version 20 .

RESULT: The Overall prevalence of depression among the medical students 40 %..A majority of participants are aware of depression, with 80% reporting some level of awareness. 65% of students feel stressed during exams, and 55% attribute their stress to living away from home, indicating that external factors contribute significantly to their mental health. Only 20% have experienced suicidal thoughts or self-harm, but 40% report difficulty in decision-making and frequent irritability, which are also signs of emotional distress. Lack of sleep and concentration issues are prevalent, affecting around half of the respondents, showing the widespread impact of academic and social pressures on mental health.

CONCLUSION: Depression is prevalent in Undergraduate students of Ibn-e-Sina University and its effecting the studies, mental health of students. further should be done to analyzed the reasons and factors and counselling sessions should be offered for students health.

KEY WORDS: Depression , undergraduate students , Mirpurkhas region

PREVALENCE OF LOW (LUMBAR) BACK PAIN AMONG UNDERGRADUATE STUDENT OF IBN-E-SINA UNIVERSITY MIRPURKHAS

Authors: Huda Abdullah , Laiba Liaquat, Karina Shameen Mehfooz ,Preh Qadir Meera Bai, Joti

Supervised by: : Dr Ramzana chang, Co-Supervised by: : Dr Zoha, Statician: Miss Sadia

ABSTRACT

BACKGROUND: Low back pain is one of the most common health problem it can create significant impact in the life of young generation low back pain effected 619 million people globally estimated their number of cases will increase 843 million by 2050. Undergraduate students specially related to Health with long study hours, posture and lifestyle suffer from lumbar back pain and their progress get compromised. The aim of our study was to determine the prevalence of low back pain among the medical students and understanding the causes of low back pain.

OBJECTIVE: The objectives of this study were to determine the prevalence of Low back pain among medical students of Ibn-e-Sina University and to investigate the potential factors associated with LBP prevalence.

METHODOLOGY: A cross sectional study was conducted among 150 Medical students in Ibn- e - Sina University Mirpurkhas . For data collection a custom-designed questionnaire was developed specifically for this research, consisting of 24- close-ended questions and open ended questions. The data was analysed by using SPSS Version 20 summarized by descriptive statics which was presented using frequency tables and expressed as percentages, means and standard deviation.

RESULT: The study sample comprise 150 medical students in which (female 76%, male 23%). giving a response rate is 98% the mean age of participants was (21_23) overall of 65% undergraduate student of medical university had LBP . 50 % student having LBP is due to academically stress and study related posture

CONCLUSION: The Results indicate that a majority of students experience lower back pain, with many attributing it to prolonged study-related postures. Physiotherapy is seen as the most effective treatment. Additionally, while some students reported missing classes due to pain, the majority did not. These findings suggest that ergonomic interventions and physiotherapy could be beneficial for students experiencing lower back pain, especially those who spend long hours studying.

KEY WORDS: low back pain, under graduate students, prevalence, medical students

PERCEPTION OF MEN'S FOR WORKING WOMEN IN IBN-E-SINA MIRPURKHAS

Authors: Musawir ,Ishfaque, Mashood, Bheem Supervised by: : Dr. Ramzana Chang

Co- Supervised by: : Urooba Fatima Statistician: Sadia Ursani (Forth year DPT)

BACKGROUND: This research is to investigate men's attitudes towards working women's regarding to perception, thinking process, equality, professional relationships, entrepreneurship and society values to study and calculate the deconstructing masculine perspective towards women's according to men. Our main motive is to scrutinize the complex dynamics of men's perception towards working women, elucidating the intricacies of implicit bias and societal norms to identify the pervasive barriers that hinder women's care.

METHODOLOGY: A cross-sectional study was conducted, undergraduate students and post graduate students was included in study at Ibn –e- Sina University Mirpukhas. inform consent was obtained prior to study using customized questions data was entered and analyzed using SPSS software version 20.

RESULTS:100 men with different socio- economic background participated in study 50 % Men believe gender equality on working place of ISU, 50% thinks men should support women in career. 45 % thinks Societal expectations influence women's career choices. 40 % men agreed Organizations should prioritize gender diversity in leadership. Its surprising 30% men perceive Men can effectively advocate for gender equality without understanding women's experiences and only 50% male feel comfortable under women leadership.

CONCLUSION: From the data, it can be concluded that male perspectives on working women are generally positive, particularly regarding the necessity of gender equality and support for women's career advancement. However, there is still some hesitation when it comes to gender diversity in leadership and the ability of men to advocate for gender equality without fully understanding the challenges women face.

KEYWORDS: Men's attitudes, working women, gender equality, societal norms, unconscious bias, professional relationships, workplace dynamics, entrepreneurship, societal values.

AWARENESS OF PHYSIOTHERAPY FIELD IN INTERMEDIATE STUDENTS OF MIRPURKHAS

Authors: Wahija Kamran 1 , Laiba Fatima 2 ,Ttuba Zia 3 , Simra Ansari 4 , Uneeba Afzal 5 ,Syeda Fatima Zrhra 6 , Jeevanta Solanki 7

Supervised by: : Dr Ramzana Chang, Co-Supervised by: : Dr.Shumaila, Statician: Miss Sadia

ABSTRACT

BACKGROUND: Physiotherapy profession dealing with the problems related to human motion and movement and maximizing. Many studies showed that there is lack of awareness and lack of counselling among intermediate students about physiotherapy field to choose as their profession. There is need of a physiotherapist to make doctors aware about fields of physiotherapy, treatment modalities and evaluative approaches through different education programs. The aim of this research to spread awareness among intermediate students about physiotherapy field and through counselling inform them that how this profession is beneficial for their career.

METHODOLOGY: A quantitative survey design was used. 100 intermediate students participated in this study by convenience sampling technique. For data collection a custom-designed questionnaire was developed specifically for this research, consisting of 11 close-ended questions. These questions focused on assessing students' general knowledge and awareness of the DPT program. Data was analyzed using the Statistical Package for the Social Sciences (SPSS) version 32 and summarized by descriptive statics which was presented using frequency tables and expressed as percentages, means and standard deviation.

Result: The Results of this study showed that 10% of intermediate students have well knowledge and awareness about physiotherapy profession, 30% students have little awareness, and 35% students have no any awareness and knowledge about physiotherapy profession.

CONCLUSION:

The Results of this study showed that in Intermediate college students had lack of awareness regarding physiotherapy as a profession. Social media was a source of awareness for them.

KEY WORDS: Awareness, Physiotherapy, Intermediate

CASE REPORT

CASE REPORT OF PATIENT PRESENTED WITH ABDOMINAL DISTENSION AND LARGE BOWEL OBSTRUCTION TREATED BY COLOSTOMY WITH MULTIPLE ANAL BIOPSIES AND DILATION.

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Large bowel obstruction is a serious condition that occurs when flow of intestinal contents through large intestine is blocked. This can lead to abdominal pain, bloating, vomiting and constipation. It can be a life threatening condition if left untreated. The diagnosis typically involves physical examination, abdominal X-ray, and CT scan. Large bowel obstruction often requires surgery to relieve obstruction and remove underlying cause. A Colostomy is a lifesaving surgical procedure that creates an artificial opening in the abdomen allowing waste to pass through colostomy bag. The decision to perform colostomy depends upon severity of obstruction, underlying cause and patient's overall health. Early Diagnosis and Treatment are crucial for preventing Complications and ensuring Favorable outcome.