



MUHAMMAD MEDICAL COLLEGE  
MIRPURKHAS  
ANNUAL MEDICAL SYMPOSIUM  
15-16 SEPTEMBER 2011  
**9th**  
IMPROVING RELATIONS  
THEME: AMONG DOCTORS,  
MEDIA AND COMMUNITY

## ABSTRACT BOOK



# 9<sup>th</sup> ANNUAL MEDICAL SYMPOSIUM 15-16 September: 2011 *2011*

*Theme:*

**IMPROVING RELATIONS AMONG DOCTORS,  
MEDIA AND COMMUNITY**

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**MUHAMMAD MEDICAL COLLEGE  
MIRPURKHAS**

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**9<sup>th</sup> Annual Medical Symposium**

**15<sup>th</sup> - 16<sup>th</sup> September 2011**

**Muhammad Medical College, Mirpurkhas, Sindh**

**Theme: Improving Relations among Doctors, Media and Community**

**Program:- Day One (15<sup>th</sup> September 2011)**

**9:00 10:30 AM- Scientific Session I - Seminar by PMA**

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Anaemia in Gastroenterology</li><li>• Left Ventricular Failure</li><li>• Dengue Fever</li><li>• Toxic effects of Anti-Psychotics drugs</li><li>• Effect of Ciprofloxacin on adult albino rat</li><li>• Comparative study in primigravida and mutigravida anaemic women in interior Sindh Pakistan .</li><li>• Evaluation of fourth Year Students</li><li>•</li></ul> | <p>Dr. Abdul Qadir Khan<br/>Prof. Noor M. Memon<br/>Dr. Jewando Khan<br/>Dr. G. R. Bhurgari<br/>Dr. Aslam Channa<br/>DR. Mir M. Sahitoo</p> <p>Dr. Noor Ali Samoo<br/>Dr. Ayesha Memon<br/>Dr. Afra Samad</p> |
|--|---|

10:30 12:30 PM	Scientific Session II - Annual Scientific Meeting of Society of Surgeons (Mirpurkhas Chapter)
12:30 1:30 PM	Scientific Session III (Hot topics in Medicine by

**Day Two (16<sup>th</sup> September 2011)**

9:00 10:30	Scientific Session IV - Original Papers by students / junior doctors
10:30 12:00	Opening of scientific posters and Exhibition
12:00 13:30	Theme / Inaugural Session <ul style="list-style-type: none"><li>• Recitation from Holy Quran</li><li>• Welcome and summary of scientific work at MMC Prof. S. Zafar Abbas</li><li>• Theme Speech Prof. Dr. S. Razi Muhammad</li><li>• Guest Speaker Dr. Samrina Hashmi (PMA Sindh &amp; Karachi)</li><li>• Guest Speaker DCO Mirpurkhas</li><li>• Vote of Thanks Prof. Ghulam Ali Memon (Principal, MMC)</li></ul>

13:30 14:00

Prize announcements and distributions

14:00 15:30

Namaz / Lunch

15:30

End

## Special Welcome Note for Symposium 2011

As Chairman Scientific Committee for the last 7 Annual Medical Symposia of Muhammad Medical College, Mirpurkhas, I have mixed feelings on the occasion of holding 9<sup>th</sup> Annual Medical Symposium.

Holding and organizing all the previous symposia is a wonderful success story. Scientific Symposia are extremely important for any modern medical college who believes in imparting upto date knowledge, with a particular emphasis on local medical problems and their solutions. It helps design medical curriculum appropriate to the requirements of a nation. Medical Students and Junior Doctors in particular get experience of doing research work and presentations in front of audience which comes to attend these symposia from all over Pakistan. At the same time, it allows medical professionals to share the latest knowledge and information relevant to their specialities with each other. Yet very few medical colleges (in public and private sectors) in Pakistan have been organizing scientific symposia for this long on such a regular basis. We at Muhammad Medical College & Hospital Mirpurkhas take pride in the fact that we have been holding high quality symposia every year for the last 9 years. In fact, we started organizing these symposia even when our first batch was still in the college and not a single batch had passed out yet. Organising such high quality symposia has been made possible only with the help of our medical students and junior doctors. Of course the guidance and support of senior teachers has been of paramount importance in this respect. Organising Committee of these symposia and Administration of the College have been instrumental in sorting out all problems. Organising such high quality symposia even in the big cities with all the facilities is not an easy task, particularly on a regular annual basis. Doing this for many years without a break in the remote area of Mirpurkhas with little in terms of infra-structure was many folds more difficult. However, with the help of all concerned, including support of pharmaceutical companies, we have been successful in doing this for the benefit of our students and that of all doctors, particularly those who reside in and around Mirpurkhas with little or no access to the programs like these in bigger cities and institutions. These symposia, and other seminars which we have been holding here, have meant that for the first time in the history of this region, these doctors had the opportunity to hear the state-of-art lectures on hot medical topics from speakers of national and international reputation here at their door-steps.

So, in view of all above, organization of these symposia has not been easy. However, this year has been particularly difficult. We have been holding these annual symposia every year in August / September or occasionally in October, after students have come back from their summer vacations and had ample time to prepare their projects without clashing with their other academic activities. However, the Lunar Calendar and Gregorian Calendar have overlapped this year such that Ramadhan and Eid festivals did not allow us to hold symposium in August or early September this. Moreover, College's Academic Calendar also did not allow us to hold it at above mentioned times.

But much more troubling than all these factors has been the terrible weather in Mirpurkhas in particular and rest of the province in general. Torrential rains have broken all the records this year. Floods have uprooted even well built houses in many localities. A large number of villages have wiped off the surface and do not exist any more. All kinds of cultivation in this fertile soil have been totally destroyed. Farmers are struggling to keep their cattle alive. In fact, they have been struggling to keep their own lives and those of their families intact. To date, banks of several canals have broken or over-spilled, resulting in worsening of the already terrible situation. Further rainfalls have been forecasted over next many days. As always, Muhammad Medical College & Hospital has been working day and night to help the victims of the floods. We have done a number of camps, mainly to look after the medical side of the problems, but have also distributed food rations, cloths and cash to as many flood victims as we could reach. Our dynamic leadership and hard-working workers have reached out to most difficult areas of the region where people had seen their livelihood washed away in the rains. Professor Syed Razi Muhammad and Mr. Syed Taqi Muhammad personally supervised and carried out relief activities. However, despite our best efforts under difficult condition and despite the generous support from our friends both within and outside the country, the suffering has continued, and is likely to go on until Mother Nature decides to provide some relief. Under these circumstances, we had 3 options cancel symposium this year, postpone it and re-schedule it when the weather gets better and stabilizes, and stick to the already announced dates which have been widely circulated nationally and internationally. We pondered over all these options and discussed them with all, including students and junior doctors who have been involved in their projects for the symposium. It was thought that cancelling the programme was not an acceptable option at all! Majority felt that postponing the symposium would also actually risk cancelling it as the Academic activities, including tests and exams dates would approach and may preclude holding the symposium. The hard-working and enthusiastic students and junior doctors therefore mostly favoured organizing it on the announced schedule to ensure continuation of this important scientific and academic activity without break. We are therefore holding this symposium as planned. However, we are doing so with simplicity and in a professional manner. Our thoughts are with the victims of the flood, and our prayers are with them. We also pray that Almighty Allah provides the people maximum relief and further enhance the thirst of scientific knowledge and humanitarian work in our students and workers.

Professor Dr. Syed Zafar Abbas  
Chairman Scientific Committee  
9<sup>th</sup> Annual Medical Symposium  
Muhammad Medical College  
Mirpurkhas

**Welcome address and theme speech on “Improving  
Relationship between doctors, media and public”**

**By: Prof. Dr. Syed Razi Muhammad**  
MBBS, FRCS(ED), FRCS (GI), Dip. Urology (London)  
Managing Trustee, Muhammad Foundation Trust

Respectable Chief Guest, guests of honour, doctors, members of media, honourable dignitaries, Principal and faculty members of Muhammad Medical College, Students, Ladies & Gentlemen.

On behalf of Muhammad Foundation Trust and Principal and Faculty members of Muhammad Medical College, I welcome you all on this memorable day of our 9<sup>th</sup> annual symposium.

Medicine has traditionally been considered the most attractive and respectable profession since we know the human history. Greeks and Roman civilisations had very high regards for doctors. Hazrat Issa (Jesus Christ) a.s.is remembered to heal the people and raise the dead with “Qum bay isnullah”. Muslim Physicians like Avicenna and others hold very high regards in the history. Developed countries often spend between 17-25% of their budgets on health.

However, there have been some adverse attitudes too. Egyptians at the times of Fir'ons buried the physicians with the king after his death. Medicine has been considered synonymous with magic and surgeons with barbers, as Royal College of Surgeons of Edinburgh was Royal College of Surgeons of Barbers & Surgeons. Some surgical procedures such as circumcision and drainage of abscesses are still done by barbers in sub-continent.

Some form of regulation for doctors has always been present. But throughout history, these regulations have been by the Physician himself, such as famous Hippocrates oath. Few hundred years ago, some bodies were formed, consisting of doctors, to decide who can practise medicine and which institution is fit to grant a degree to enable a person to practice medicine. However, these bodies are still being regulated by doctors.

In the last century, the society meaningfully employed legislations to make doctors accountable for their actions. Malpractice and negligence suits begun to fill the courts. United States spearheaded the process, followed by Western Europe. This process provided the aggrieved family members, a mean to find if they were wronged, and compensated. Naturally, bodies to defend and insure doctors also came into being.

In developing world also the legal fraternity has been present but its application leaves much to be desired. The lacuna thus created leaves a number of unsettled cases where patient himself (if survives), family members and the doctors and hospital members (if assaulted) feeling that they have been deprived of justice.

The lacuna has been attempted to be filled with a section of society that has recently attained a very powerful role in Pakistan, i.e. electronic and press media. Whereas they have played a positive role of enhancing awareness in public, there have been many incidences where unfair reports have caused

medical community. The report such as “a child dies due to negligence of doctors” raises doubts about the responsibility of reporting and regulation of media itself. No one doubts the fact that only regulatory bodies and court are authorised to decide who is guilty and who is not. Then there is the wise notion of “innocent unless proved otherwise”. We have also heard that you cannot punish a person on the basis of doubt until his guilt is fully established beyond doubt. There is a hadees saying “better to forego a 100 culprit than to punish a single innocent”.

The fact is that doctors are also part of the society and suffer from temptations like any other member of society. If the society starts ignoring laws, ethics and moral values, some doctors, may fall victim to such attitude. Some journalist will also continue to benefit themselves and their channel/newspaper by issuing thrilling news items without full confirmation just to excite the public. In this day and age of “breaking news”, they really break the true process of confirming before issuing the news. Then there is a fact that “a child has died due to negligence”, will draw more audience/ readers than “a child has died and relatives have claimed, hitherto unconfirmed, negligence on part of doctor”.

There have always been and will always be deaths. All surgical procedures have some incidence of complications (morbidity) and death (mortality). If a patient suffers from an untoward result and there is a doubt whether the doctor actually was at fault or not, a regulatory body or court is the right forum who tries to establish through a panel of experts:

- Did the condition of the patient warrant this procedure (e.g. according to guidelines, such as “NICE” guidelines)?
  - Was the doctor qualified and registered to perform the act?
  - Was the complication suffered, a known complication of the procedure?
  - Did the patient properly consent to the procedure?
  - Did the doctor recognise the procedure and did what is given in guidelines to be done?
  - Were the morbidity and mortality rates of the doctor within acceptable range and comparable to average rates?

Only after establishing these, and other appropriate facts about particular disease and procedure, can a group of experts advise the regulatory authority such as a medical council or a court of law if the doctor can be at fault.

The extensive reporting about doctors and hospitals has brought some unpleasant feelings among doctors, members of media and society. This can have very adverse effect on many things. One of the problems caused by this unpleasant relationship is reluctance on part of doctors and hospitals to treat a serious patient and such seriously ill patients get referred elsewhere. This is dangerous to the patients but doctors are human being who dislike mobs damaging their cars & hospitals and endangering their reputation and lives and sometimes even the lives of their dear ones.

Ladies and gentlemen, this is why Muhammad Medical College has taken the lead to invite you to discuss relationship between these three sections of society i.e. doctors, media and public. I hope we can identify the problems and find ways to solve them.

Thank you very much.



**ABSTRACT**  
ORAL PRESENTATION  
SCIENTIFIC PROGRAM -I

# MORPHOLOGICAL STUDY OF SODIUM TUNGSTATE EFFECTS ON LIVER AND KIDNEY OF STRPTOZOTOCIN INDUCED DIABETIC RABBITS.

## Authors:

Afra Samad  
Mohammad Tayyib

## Institution:

Post Graduate Medical Institute, Lahore.

## ABSTRACT

Diabetes mellitus (DM) is major health problem, which is recognized by WHO to reaching epidemic proportion. Pakistan is a south Asian country with population of approximately 160 million and prevalence of the disease is high. In a study it has been seen that 12% of people. Above age of 25 are suffering from DM and an additional 10% have impaired glucose tolerance test (IGT). The development of new therapies that are able to improve glycemia management and even to cure diabetes is obviously of great interest. A drug, which can restore pancreatic beta cell function, will be a breakthrough in the management of this disease. Research is going on for the last century but a non-toxic substance administered orally, which can restore beta cell function, is yet a dream. Previous studies have shown sodium Tungstate (ST) to be an effective oral anti- diabetic agent, in both short- and long term treatments, in several animal diabetes mellitus models.

Sodium tungstate has been found to correct hyperglycemia in insulin- and non insulin dependent models of diabetes when administered in drinking fluid with a low degree of toxicity. Thus it provides a potential treatment for diabetes.

The aim of the study was to study the morphological effects of sodium tungstate administration on liver and kidney of streptozotocin (STZ) induced diabetic rabbits.

## Study Design:

It was an experimental interventional study in rabbits.

## Place and duration of study:

The animals were kept in the animal house of Postgraduate Medical Institute (PGMI), 6-Abdul Rehman Chughtai Road, Lahore and further processed in the pathology department of PGMI. The study was carried out for 04-weeks, after inducing the DM in rabbits with STZ.

## Patients and Methods:

For this purpose, 30 rabbits of 30 weeks of age with average weight of 1.5 kg were selected and divided into three groups of ten animals each with equal number of males and females. Twenty animals were given a single intraperitoneal injection of streptozotocin (STZ) (50mg/kg body weight) in 0.9% NaCl with 100mmol/l sodium citrate. These animals were monitored for hyperglycemia 24-48 hours after injection of STZ. The blood glucose levels of all the rabbits were divided into 2 groups. These groups were identified by placing small tattoo mark in the non-vascular space of left pinna of the ear as follows, two marks for diabetic animals with STZ treatment. Group A included ten healthy rabbits receiving normal diet Group B included ten diabetic rabbits fed on normal diet and distilled water. Group C included ten diabetic rabbits fed on normal diet and solution of 2mg/ml of STZ in distilled

**Results:**

The treatment was carried out for 04 weeks. Blood glucose level was measured every third day. After the end of 4 week animals were sacrificed according to protocol and liver and kidneys were dissected out and put in 10% buffered formalin solution. Gross examination of liver and kidney were done and sections were taken. The sections were further processed in automatic processor. Histological examination was done on H & E, Triculin silver stains. So following conclusions were drawn from the study.

- The blood glucose level of Group C became near normal with treatment as compared to Group B without treatment.
  - There is decrease in weights of rabbits in Group B at the end of 4<sup>th</sup> week and gain in weights of rabbits in Group A & C and difference was significant statistically.
  - Regarding weight and size of liver and kidney of rabbits, non-significant results are seen in diabetic rabbits without (B) and with (C) sodium tungstate therapy.
  - The microscopic features of liver revealed comparable difference in Group B & C with control group (A)
  - Regarding NAS Score of liver no diagnosis of NASH.
  - Fibrosis staging of liver showed non significance results in diabetic rabbits without (B) and with (C) sodium tungstate therapy.
  - The microscopic features of kidney in all groups revealed non significant changes as compared to the control Group (A).

Hence on the basis of these findings, it is concluded that sodium tungstate is a good anti-diabetic agent when administered orally without significant toxic effects. At therapeutic level, sodium tungstate causes no morphological changes in kidneys and livers of the experimental rabbits.

# TOXICOLOGICAL PROFILE OF TYPICAL AND ATYPICAL DRUGS IN PSYCHOTIC DISORDERS

## **AUTHORS:**

Dr. Ghulam Rasool Bhurgri  
Dr. Ghulam Mustafa Dahri  
Dr. Muhammad Ali Qazi  
Dr. Hussain Bux Korejo

## **ABSTRACT**

### **OBJECTIVES:**

To evaluate the safety of antipsychotic drugs in psychotic patients at Sir. C.J institute of Psychiatry, Sindh (Southern Province of Pakistan).

### **METHOD:**

Patients were selected from OPD, male and female wards of Sir, Cowasjee Jehangir Institute of Psychiatry, Hyderabad. Total two hundred patients were enrolled in the study, out of them 192 patients continued throughout study and eight lost follow-up the study. The side effects were noticed according to UKU (side effect scale). Same criteria was followed for both drugs in the study, assessment was done on 07, 14, 28, and 42 days.

### **RESULTS:**

Adverse effects of two drugs presented, rigidity and tremors were the most common adverse effect, in haloperidol 14.6% and 12.5% and in Risperidone 4.2% and 4.2% respectively. Overall Risperidone in our study proved efficacious and economical drug in psychotic patients. On the other hand haloperidol was also effective and cost effective but produced more side effects.

### **CONCLUSION:**

The results of our study are also in accordance with Borton (2005) where the target behaviors of psychosis improved in 94% of patients given Risperidone, 65% given Haloperidol. Extra pyramidal symptoms were reported in 7% of patients on Risperidone, 22% taking Haloperidol, safe effective doses often cause unacceptable side effects. This study showed rigidity and the tremors the most common adverse effect in Haloperidol 14.6% an 12.5% respectively and in Risperidone 4.2% and 4.2% respectively.

## COMPARATIVE STUDY IN PRIMIGRAVIDA AND MULTIGRAVIDA ANAEMIC WOMEN IN INTERIOR SINDH PAKISTAN.

### AUTHORS:

Sahitoo MM  
Chang Farzana  
Akhound AA  
Burgri GR

### INTRODUCTION:

Various epidemiological studies both material and international shows mortality and morbidity ratio is high in female pregnant anemic women in Pakistan as compare to other developing countries. Higher mortality among women in the sub-continent may be attribute to their lower status resulting in unfavourable health treatment given to them. It is also observed that higher mortality among women especially multigravida as compared to primigravida factors are high rate of frequent child bearing, malnutrition factors literacy rate, family stress and lack of health education (1.2) keeping in above view, the comparative study was scheduled at PMC. Hospital Gynae & Obs ward Nawabshah. Dist: Shaheed Ba-Nazirabad, Pakistan.

### OBJECTIVE:

To evaluate anamias in 3<sup>rd</sup> Trimester of pregnant anaemic women in interior Sindh Pakistan.

**METHODOLOGY:** This cross-sectional study was carried out on 200 pregnant anemic women on 3<sup>rd</sup> trimester of pregnant at PMCH. Gynae & Obs ward Nawabshah. All anemic pregnant women with Haemolytic anaemic, Normal MCV and taking iron are excluded from study.

### RESULTS:

1. Haemoglobin level in Primigravida women "group A" and Multigravid "group B" anaemic women.

S. No	Haemoglobin mg / dl	Mean $\pm$ SD	Range	Total Pt:
1	Primi group A	7.85 $\pm$ 1.33	3.1 $\rightarrow$ 10.9	100
2	Multi group B	6.26 $\pm$ 1.65	3.2 $\rightarrow$ 10.4	100

Group A Group B P < 0.001 HS

**Table No: 1.** Show Mean  $\pm$  SD of Hb% in group "A" and group "B" were 7.85  $\pm$  1.33 and 6.26  $\pm$  1.65 with range 3.1 – 10.9 and 3.4 – 10.4 mg/dl respectively

**On comparison** of primi group A and Multi group B and difference between two groups was found highly significant statistically

2. MCV level in primigravida group A and Multigravida group B in pregnant anaemic women.

S. No	MCV FL	Mean $\pm$ SD	Range	Total Pt:
1	group A	63.95 $\pm$ 4.71	54 $\rightarrow$ 73.7	100
2	group B	62.08 $\pm$ 4.92	48 $\rightarrow$ 73.7	100

Group A Vs Group B P < 0.001 HS

Mean  $\pm$  SD MCV in group A & group B were 63.95  $\pm$  4.71 and 62.08  $\pm$  4.97 with range 54 – 73.7 and 48.2 – 73.7 FL response On comparison group A and group B show  $\downarrow$ ed MCV in group B and difference between two groups were found HS as show table II.

3. RDW levels in Primi group A and Multi group B.

S. No	RDW	Mean $\pm$ SD	Range	Total Pt:
1	group A	19.83 $\pm$ 3.05	14.0 $\rightarrow$ 27.4	100
2	group B	21.31 $\pm$ 3.33	14.0 $\rightarrow$ 29.2	100

Mean  $\pm$  SD of RDW in group A & group B were 19.83  $\pm$  3.05 and 21.31  $\pm$  3.33 with range 14.0 – 27.7 and 14 – 29.2 respective. On comparison group A and group B show  $\downarrow$ ed RDW in primi group A and difference between two group is HS as show in Table III

### CONCLUSION:

In interior Sindh Pakistan both Primi & Multigravida women are at similar and high risk of developing iron deficiency among, especially health measures need to be taken to control its major health problem in interior Sindh as a whole Pakistan especially rural areas like Tharparker and Mithi.

**EVALUATION AT DEPARTMENT OF COMMUNITY MEDICINE AND  
HEALTH SCIENCES OF FOURTH YEAR MBBS MEDICAL STUDENTS  
BATCH 2010**

Authors:

Dr. NOORALISAMOON APDoCHS MMCMPK.

**ABSTRACT**

**INTRODUCTION :**

Progress evaluation of a medical student is as important as assessing knowledge and basic skills. Like medical schools use a global approach called 360 ° evaluation ? , to evaluate medical students' education and skills, performance may be evaluated by diversity of individuals who interact with students. The evaluation gives rather panoramic view of medical students.

The department of Community Medicine and Health Sciences has developed an easy and practical method of evaluating medical Students performance. The evaluation instrument is single page document listing parameters of progress & performance on basis of rating confidential codes on their actual acquired achievements. The use of this progress cord greatly facilitates the evaluation of medical students in basic Community Medicine & Health Sciences educational studies, practical, clipping file , continued academic tests , semester results and research project study & over all performance of the students.

**Aim:**

**Strengthen internal evaluation process.**

**Objectives:**

- \*Determine attendance rate
- \*Establish test rating
- \*Develop field visits scale
- \*Format practical journal & clipping file skills scale
- \* Determine participation rating in research project studies
- \*Formulate over all performance grading

**Study Design:**

Descriptive observational cross sectional study was conducted on 93 students at Department of Community Medicine & Health Sciences Muhammad Medical College Mirpurkhas.

**Material and Methods:**

At Muhammad Medical College developed, approached, finalized and pre tested performance evaluation instrument i-e Progress Chart Record {P C R } at department of Community Medicine & Health Scinces on medical students of fourth year MBBS batch 2010. This progress chart record {PCR} includes education seekers attendance , continued academic tests results ,semester scores , carried field visits , performance of practical journals ,formation of clipping file, & participation in research project studies efforts and over all performance achievements .Ethically confidentiality was kept through coding and scores rating categorized. Monitoring was used to confirm improvement in students' performance. Like 360 evaluation reflects rating as 0 or 1 = Bad , 2 = Poor , 3 = Fair, 4 = Good , 5 = Excellent ., after that one is able to obtain or show clear view / picture of a medical student in a year. Or as a class we see the annual performance in a glance.

## **Results :**

A quality improvement process was seen and showed the out comes through systemic review of progress record of 93 students in which males were 49 i.e. 52.68 % & females 44 i.e. 47.31 % , conducted lectures classes 218, determined attendance rating as, Bad : 7.52 % Poor: 25.8 % Fair: 31.1 % Good: 20.4 % Excellent: 15.05 % , established test scoring, Bad : 2.15 % Poor: 21.5 % Fair: 34.4 % Good: 39.7 % Excellent: 2.15 % , established semester scoring, Bad : 1.07 % Poor: 4.30 % Fair: 47.31 % Good: 40.86 % Excellent: 6.45 % , Developed field visits scale : Bad : 8.60 % Poor: 36.5 % Fair: 0 % Good: 54.8 % Excellent: 0 % , formatted practical journal & clipping file skills scale : Bad : 6.45 % Poor: 12.9 % Fair: 13.9 % Good: 62.3 % Excellent: 4.30 % , determined participation in research

project study work : Bad : 10.74 % Poor: 9.67 % Fair: 45.5 % Good: 17.2 % Excellent: 18.2 % , formulated over all performance grading : Bad : 7.52 % Poor: 39.7 % Fair: 33.33 % Good: 13.9 % Excellent: 5.37 % , with average 19.2 , range maximum 27 minimum 3, while annual result reflected 86% success.

## **Conclusion:**

Students need improvement to attend the classes with regularity and punctuality.

Students need improvement to actively participate in continued academic tests & semester examination.

\*Determine attendance rate 66 %

\*Establish test rating 73 %

\*Acquired semester scoring 94 %

\*Develop field visits scale 94 %

\*Format practical journal & clipping file skills scale 81%

\* Determine participation in research project studies 81%

\*Formulate over all performance grading 53%

## **Recommendations:**

Process identifies areas of improvement, develop & carry out action.

- Assignment activity should be added to play part I internal evaluation
- Ensure lectures entry in departmental register

**TO DETERMINE MORPHOLOGY AFTER CIPROFLOXACIN & ZINC  
CHLORIDE IN ADULT ALBINO RAT AND FETAL  
CONCEPTUS.**

**AUTHOR:**

Dr. Haji Muhammad Aslam Channa (M.Phil. Anat Associate Professor  
Department of Anatomy

Muhammad Medical College  
Mirpurkhas)  
(MBBS Senior lecturer Department of

Dr. Shaukat Awan  
Anatomy

Muhammad Medical College  
Mirpurkhas)

**ABSTRACT**

**Background/objective:**

Administration of quinolone Therapy is controversial during growing age as stated by earlier workers. The fluoroquinolones are currently not indicated for young children because of arthropathy & adverse effect as new bone shown by studies. However the effects of ciprofloxacin & ZnCl<sub>2</sub> on pre-natal conceptus has remained undocumented.

**Propose of study:**

The present study is therefore design to compare the effects on conceptus after maternal ingestion of ciprofloxacin and ZnCl<sub>2</sub> by prospective experimental animal study model using wistar albino rats.

**Methods:**

Ciprofloxacin & ZnCl<sub>2</sub> was administrated to pregnant female albino rats. Ciprofloxacin with a dose of 20 mg/kg bodyweight & ZnCl<sub>2</sub> 120 µg/100gm bodyweight two times therapeutic dose for 10 days. (from day -8 to day 18 of pregnancy.) Each animal was weighted on day 1, day 8 & day -18 of pregnancy. Abortion resulted on day 18<sup>th</sup> of pregnancy. Each group of pregnant animals were sacrificed on day -18 of gestation by over dose of either anesthesia, abdomen opened, uterus & both cornua containing conceptus identified, removed., there weight recorded, crown rump length was measured & was compared with similar value of control animals. The results were statistically analysed to find out the significance.



**Result:**

The ciprofloxacin induces a mordanting effect as obviated by increased basophillicia. Our study reveals that ciprofloxacin administered in maternal, decreased maternal body weight to  $38.4 \pm 0.9$  gm. However simultaneous ZnCl<sub>2</sub> maintained the body weight to  $41.4 \pm 0.7$  gm, while ZnCl<sub>2</sub> increased the body weight to  $46.5 \pm 2.25$  gm. The body weight & crown rump length (CR Length) in concept us decreased by  $4.52 \pm 0.10$  gm &  $3.06 \pm 0.09$  cm respectively. That ciprofloxacin & ZnCl<sub>2</sub> administration maintained the body weight & CR length by  $5.46 \pm 0.09$  gm &  $3.79 \pm 0.13$  cm respectively. That ZnCl<sub>2</sub> administration increased the body weight and CR length by  $6.71 \pm 0.05$  gm and  $4.15 \pm 0.08$  cm respectively.

**Conclusion:**

The ciprofloxacin & ZnCl<sub>2</sub> pre-natal administration Affected the mean body weight & CR length reduction in body weight & length of rat concept us & ZnCl<sub>2</sub> maintained body Weight & CR length leading to growth of the rat concept us.

**Keywords:**

Ciprofloxacin, ZnCl<sub>2</sub>, body weight of animal, crown rump length (CR Length), rat concept us.

**ABSTRACT**  
S.S.II Society of Surgeons

## **Frequency & Presentation of Allergic Fungal Rhinosinusitis in Muhammad Medical College Mirpurkhas**

### **Authors:**

Arsalan Ahmed, Noor Ahmed,  
Salman Matiullah Shaikh,  
Muhammad Saleem Marfani

### **OBJECTIVE:**

The objectives of my study are to:

1. "Evaluate the frequency of fungal involvement in patients presenting with nasal polyposis"
2. "Determine the most common symptoms in Allergic fungal rhinosinusitis patients"

### **METHODS:**

This **Descriptive** study was carried out in E.N.T. department at Muhammad Medical College Mirpurkhas from November 2010 to August 2011. All the Patients of any age and sex presenting with nasal polyposis were included except malignant conditions of nose and paranasal sinuses, immunocompromised patients or on immunosuppressant drugs and any co-morbidity like diabetes, chronic renal failure, chronic liver diseases etc.

### **RESULTS:**

Out of 23 patient (13 males & 10 Females) 14 were fungal stain positive, out of 14 cases 11 had Aspergillosis (6 female & 5 male) while other three fungal stain had Rhizopus, Blastomyces and trichphytosis in 1 each. The mean age was 28.83 years (Range 7- 75 years) in the patients presented with nasal polyposis. Nasal obstruction, post nasal drip and hyposmia / anosmia were the most common presenting symptoms.

### **CONCLUSION:**

Allergic Fungal Rhinosinusitis usually presents in young individuals, having nasal obstruction, post nasal drip and hyposmia / anosmia. Aspergillosis was found as most common fungal organism in these patients.

### **KEY WORDS:**

Rhinosinusitis, Allergic, Aspergillus, Nasal polyposis.

# DIAGNOSTIC ACCURACY OF ALVARADO SCORING SYSTEM IN ACUTE APPENDICITIS

## Authors:

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Arshad Hussain Abro,  
Shahnawaz Abro,  
Noshad Ahmed Shaikh, and  
Abdul Sattar Memon

## ABSTRACT

### OBJECTIVE:

Acute appendicitis is one of the commonest surgical emergency. There are different scoring systems in use to diagnose the appendicitis. Aim of this study was to document the diagnostic accuracy by application of Alvarado Scoring System in clinical practice for acute appendicitis.

### DESIGN:

Descriptive case series.

### SETTING:

Surgical Unit-II, Liaquat University Hospital Hyderabad, Sindh Pakistan; from January 2003 to September 2004.

### METHODS:

All the patients with suspected appendicitis were admitted in the ward. A profroma was designed and relevant findings were documented. These were observed regarding the increase or decrease in severity of symptoms and hence the change in the initial score according to Alvarado Scoring System was documented at the time of admission. Decision regarding surgical intervention was made on the basis of change in the score.

### RESULTS:

A total of 227 patients with clinical features suggesting acute appendicitis was admitted in the ward. Among them, 150 (66.07%) were males and 77 (33.92%) were females. Age ranged from 10-62 years. Main symptoms at presentation included pain in right iliac fossa 67.8%, fever 66.9% and nausea and vomiting 49.7%. Thirty two patients were received with Alvarado Score of 1-4 and three out of them required surgery. Thirty five patients were in the score of 5, twenty three out of them required surgery. One hundred sixty patients were in the score of 6 and above, all of them required surgery. Out of 185 patients who underwent surgery, 178 patients had appendicitis. The negative appendicectomy rate was 3.78%.

### CONCLUSION:

It is concluded that according to Alvarado the patients with score up to 4 probably do not require surgery and among the patients with score up to 5, most of them need surgery while the patients with the score of 6 and above will require surgery.

### KEY WORDS:

Appendicitis. Appendicectomy. Alvarado scoring system.

# **OUTCOME OF 82 CASES FASCIO-CUTANEOUS FLAP FOR COMPLICATED WOUND LEG WITH EXPOSED BONES**

## **Author:**

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ASSOCIATE PROFESSOR PLASTIC SURGERY  
L.U.M.H.S.JAMSHORO/ HYDERABAD

## **ABSTRACT**

### **INTRODUCTION**

Management of complicated wounds with exposed bones, joints, fractures, or implant is challenging for plastic surgeon. complicated wounds needs to be covered with vascularized flaps, such as fascio-cutaneous flap, muscle or myo-cutaneous or free flap.

### **PATIENTS AND METHOD**

This is four year study done at Liaquat University Of Medical And Health Sciences Jamshoro/hyderabad between 2008 and 2011. Majority of cases were referred from orthopaedic surgeon or done in collaboration with orthopaedic surgeon

### **RESULT**

Total 82 cases were seen 4 years, among them 63 were male and 19 were females, . 30 to 50 year patients was the major affected group Various types fascio-cutaneous flaps was done for complicated woundes such as ponten flap retrograde peorneal flap, island and pedicled fascio-cutepus flap, sural flap. Results will be produced with photographs

### **CONCLUSION**

FASCIO-CUTENEOUS flap iscomperatively simple and can cover expose bone at any level of leg. sural flap is ideal for lower leg, hee complicated wounds

# PROTON PUMP INHIBITORS OVER PRESCRIBED IN A RURAL COMMUNITY?

## Authors:

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Rehmatullah Soomro

(Associate Professor of Surgery, MMCH)

Sadaf Shaffi

This paper has been published in Pak J Med Sci April June 2011 Vol. 27 No. 2 300 302

## ABSTRACT

### Objective:

There are specific licensed indications for the use of Proton Pump Inhibitors (PPIs). However it is over-prescribed globally. We performed a study to find out the uses and misuses of this expensive drug in our rural and financially poor population.

### Methodology:

Prospective survey of patients successively admitted patients over a month were interviewed. Of them 144 (58%) were females. Mean age was 42 years (range = 10 100 years). Ninety (36%) were using PPIs for which there was a licensed clinical indication in 44 (49%), where as 46 (51%) had no definite indications. Fifty three patients (59%) who were taking PPIs were either self prescribing or were prescribed by an unqualified medical practitioner. Of these, 34 (64%) did not appear to have a valid indication. Of the remaining, 15 patients were prescribed PPI by a specialist, and 22 by a qualified general practitioner.

### Conclusion:

Over half of patients (51%) in our setting are using PPIs with no definite indication. Over 2 / 3 (64%) of those were prescribed either by unqualified practitioner or bought over-the-counter, had no licensed indication.

### Key Word:

Proton Pump Inhibitors, Dyspepsia, Indications.

## CAN AN EXPERIENCED UROLOGIS DO A BETTER TURP

### Authors

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Ghulam Akbar Arain.

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This paper has been published in Pak J Surg.2010; 26(2): 138-141

### ABSTRACT

#### Objective:

To evaluate the influence of the urologist's experience on the surgical results and complications of transurethral resection of the prostate (TURP).

#### Patients and Methods:

This was a prospective study done between May 2008 to May 2009. Sixty-seven patients undergoing transurethral resection of the prostate without the use of a video camera were randomly allocated into two groups according to the urologist's experience: a junior urologist with moderate experience of transurethral resections of the prostate (Group I 34 patients), a senior urologist with vast transurethral resection of the prostate experience (Group II 33 patients); The following parameters were recorded: the weight of resected tissue, the duration of the resection procedure and how many patients among each group needed a second TURP.

#### Results:

The weight of resected tissue per minute was approximately four times higher in group II than in groups I. Also the resection time was significantly low in group II. Significant number of patients needed a second TURP in group I.

#### Conclusion:

The senior urologist was capable of resecting four times more tissue per time unit than the more inexperienced surgeons. Therefore, a surgeon's experience may be important to reduce the risk of secondary TURP due to recurring adenomas or adenomas that were incompletely resected.

#### Key Words:

Transurethral resection of prostate, BPH, prostetic adenoma.

## POST-OPERATIVE COMPLICATIONS, OBSERVED IN OUR WARD; A RECENT SIX MONTH REVIEW

### Authors:

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Jawaid Rajput, (Professor of Surgery)

Ahmed Ali Laghari (Professor of Surgery)

This paper has been published in Ann HamdUni 2010; 1(1): 23-27

### ABSTRACT

#### Objective:

To find out post-operative complications during hospital stay of patients in a general surgical ward at a tertiary care teaching hospital of Karachi.

#### Design:

Descriptive retrospective analysis.

**Duration:** Six months, from January 1, 2008 to June 30, 2008.

**Patients and Methods:** The records of all patients who underwent surgery between January 2008 to June 2008 were reviewed regarding postoperative complications developed during hospital stay. The following data were collected: age, sex, presentation at time of surgery (emergency or elective), surgery performed, complications during postoperative period and outcome. All data was analyzed with the help of SPSS-10 software.

**Main Outcome Measures:** Surgery performed, post-operative complications.

#### Results:

A total of 501 patients were admitted during the study period. Total 411 surgeries were performed. 258 (62.8%) were elective and 153 (37.2%) were emergency procedures. Hernia repair was the most common surgery performed in 92 (22.4%) patients, followed by appendectomy in 64 (15.6%) and cholecystectomy in 54 (13.2%) patients. Complications were documented in 122 (29.6%) patients. Most common complication observed was post-operative pyrexia in 75 (18.2%) patients, followed by postoperative nausea and vomiting (PONV) in 48 (11.6%), wound infection in 47 (11.4%), respiratory tract infection in 29 (7.0%) patients. During the study period 4 patients (0.9%) died in the postoperative period.

#### Conclusion:

This study revealed that the commonest postoperative complication was fever followed by PONY, wound infection and respiratory tract infection. It is important that the resident staff should be aware of these complications and how to manage them because these are better yardstick to measure the quality of care.

#### Key words:

Herniorraphy, appendectomy, cholecystectomy, postoperative nausea, postoperative pyrexia, wound infection.



## **FISTULA IN ANO: OUR EXPERIENCE AT A RURAL BASED TEACHING**

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Rehmatullah Soomro  
Shabnam Rani  
Naseer Ahmed

(Professor of Surgery)  
(Associate Professor of Surgery)

This paper has been published in Pak J Surg 2010; 26(4): 297-300

### **ABSTRACT**

#### **Objective:**

To observe the outcome of conventional techniques for the treatment of Fistulae in Ano, both low and high types at rural based hospital.

#### **Patients and Method:**

It was a prospective study carried out at the Department of General Surgery and Urology, Muhammad Medical College Hospital, Mirpurkhas from August 2006 to July 2008. During these two years 47 cases were admitted and operated for fistula in Ano. Patients of all age group were included in the series. Surprisingly no female patient reported during the study. Result were analyzed.

#### **Results:**

Total patient dealt with were 47. All were males. Fistulae of low type were found in 36 (76.59%) whereas that of high type was found in 11 (23.04%). Among the low (n-11) type 30 were single (83.33%) and 6 were multiple (9.52%). Among the high (n-11) type 7 were single (63.6%) and 4 were multiple (36.3%) Age group varied from 2 years to 54 years (mode: 32-38). Histopathology performed in all cases, which revealed tuberculosis in 2 cases (4.2%). No malignancy was found. All low type fistulas in Ano were dealt with by Fistulotomy. The cure rate was found to be 100%. All cases healed successfully

#### **Conclusion:**

For low type fistula in anofistulotomy is a simple method with satisfactory therapeutic results. For high type fistula in ano cutting Seton is a well-accept method with high rate of success.

#### **Key Words:**

Fistula in ano, Fistulotomy, High fistula in ano

# **BLOOD TRANSFUSION ARRANGEMENTS AND USE OF BLOOD IN ELECTIVE SURGICAL PROCEDURE**

**Authors:**

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Dr. Sara Ahmed Ali

Dr. Muhammad RizwanJaved

This paper has been published in Professional Med J Apr-Jun 2011; 18(2): 212-214.

**ABSTRACT****Objective:**

To evaluate Blood Ordering and Transfusion ratios for elective surgical procedure.

**Study Design, Setting & Duration:**

This was a prospective study carried out at Muhammad Medical College Hospital, Mirpurkhas from January 2007 to December 2007.

**Patients & Methods:**

A total of 1032 patients were included, both male & female. All patients who underwent elective surgical procedures in Surgical Unit, Muhammad Medical College Hospital, Mirpurkhas from January 2007 to December 2007 were included in this study. Blood units cross matched and units transfused intra-operatively and post-operatively were recorded apart from patient demography and hepatitis, profile.

**Results:**

A total of 1032 patients underwent elective surgical procedures during the study period. Total 1500 blood units arranged, among these only 74 units of blood were transfused. This means only 4.9% of blood was utilized while 95.1% of blood was not utilized. Cross-match to transfusion ration (C/T) = 20.27. Transfusion probability (Tp) = 7.1 and Transfusion index (Ti) = 0.07.

**Conclusion:**

For elective surgical procedures, there is no need for routine cross matching of blood. However, one must confirm the availability of blood for Hepatitis B and Hepatitis C reactive patients, and for cases, where the bleeding is inevitable like transvesical / transurethral removal of prostate.

**Key Words:**

Blood transfusion, Elective surgery, Cross match, Cross-match to transfusion ratio, Hepatitis B & C, Transfusion probability, Transfusion index.

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**ABSTRACT**  
Poster Case Report

## PLEXIFORM NEUROFIBROMATOSIS

### ABSTRACT

#### AUTHOR:

PROF. DR. GHULAM ALI MEMON PROF. & PRINCIPAL, MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

#### INTRODUCTION, MATERIAL & METHOD:

I am reproducing two cases of (R.N) One on the upper trunk on Rt. Side which underwent Malignant change which was Very aggressive & finally the young man died due to secondaries.

And second case involving the scalp & face, she has undergone multiple surgical procedures since 1985, But the Tumor is recurring again & again infiltrating the deeper structures & causing considerable deformity.

#### CONCLUSION:

This Disease is a rare entity with high rates of Recurrence, complications & transformation into malignancy.

**ABSTRACT**  
Original Paper

## **YIELD OF GI CONSULTANT REFERRED ENDOSCOPIES IS HIGHER THAN NON-GI CONSULTANT REFERRERS.**

### **Authors:**

Abdul Ghaffar (Final Year)

Syed Zafar Abbas (Professor of Medicine/ Gastroenterologist)

### **Institution:**

Section of Gastroenterology, Department of Medicine , MMCH

### **ABSTRACT**

#### **Background**

GI Endoscopies, particularly upper GI is a common GI investigation. Both GI and Non GI physicians and Surgeons refer patients for this test. Some doctors feel that a GI consultant is more likely to arrange this test because of a lower threshold for doing investigations in their own field. This should result in more “negative” (normal) endoscopies if they were arranged by GI physicians

#### **Aims:**

To determine the “yield” of endoscopies arranged by GI consultants Vs non-GI consultants.

#### **Patients & Methods:**

Retrospective study of the endoscopy record of consecutive 100 patients referred by GI consultants and comparison of the proportion of positive findings with those patients referred by non-GI doctors. Hospital Ethics Committee gave approval to carry out this study (No. 100911/REC/007).

#### **Results:**

Out of 100 consecutive endoscopies referred by GI consultants, 38 proved normal compared to 57/ 100 of endoscopies referred by non-GI doctors. The patients in both groups were sex matched (52 % VS 51% males in both groups respectively) but non age-matched (40 years VS 30.5 years).

#### **Conclusion:**

Significantly larger proportion of endoscopies referred by GI consultants show a pathology showing a “ low threshold” for arranging this test by them is just a myth, and the reality is quite the opposite.

## AN AUDIT OF COLONOSCOPY AT MMCH

### **Authors:**

Abdul Ghaffar (Final Year)

Syed Zafar Abbas ( Prof. of Medicine/ Gastroenterologist)

### **Abstract**

#### **Background:**

Colonoscopy is an important investigation in GI practice. It is a highly skilled procedure. At MMCH this is performed regularly but no data is available as yet on its various issues.

#### **Aims:**

To perform an audit of colonoscopy done at MMCH

#### **Patients & Methods:**

Retrospective study of 93 diagnostic colonoscopy procedures consecutively performed at MMCh. Approval of Hospital's Ethics Committee was obtained (No. 100911/Rec/010).

#### **Results:**

Out of 93, there were 57(61%) male patients. Average age was 39 years (range 9 to 78 years). Commonest 3 indications were Bleed Per Rectum (n=31;33%), Bloody Diarrhea (n=15;16%) and Abdominal Mass (n=9;10%) Olympus Videocolonoscope CL 100 was used for all colonoscopies. Success in completing the examination (Caecal intubation rate) was 83/93 (89%). Out of those where examination could not be completed, 6 were found to have impassable obstruction making per protocol analysis for completion rate 83/87 (95%). Further 4/93 patients had poor bowel preparations. Commonest 3 colonoscopic diagnosis were colorectal cancer (n=13;14%), procto colitis (n=12;13%) and hemorrhoids (n=7,7.5%). In addition 3/93 patients (3%) had colonic polyps and 1 patient each had fissure in ano, fistula in ano and diverticulosis 40 patients (43%) had a normal examination.

#### **Conclusion:**

Colonoscopy is an important investigation for lower GI and a large proportion turn out to show a significant pathology.



## **SYMPTOM OF DYSPHASIA HAS HIGH PROBABILITY OF SIGNIFICANT PATHOLOGY.**

### **Authors:**

Abdul Ghaffar (Final Year).

Syed Zafar Abbas (Prof. of Medicine / Gastroenterology).

### **Institution:**

Section of Gastroenterology, Department of Medicine, MMCH.

### **ABSTRACT**

#### **Background:**

Over 50% of all upper GI endoscopies referred in the western countries prove normal. In another study being presented in this symposium by our group, we have shown that 47.5% of all endoscopy referrals show a normal finding. However, some presentations, including dysphagia, are described as “sinister” and are recommended to have low threshold to investigate.

#### **Aims:**

To determine the “yield” of endoscopy for patients presenting with dysphagia.

#### **Patients & Methods:**

Retrospective study of our endoscopy records of 105 patients consecutively presenting with dysphagia hospital Ethics Committee approved this project (No. 100911/REC/008).

#### **Results:**

Out of 105 patients who presented with dysphagia, 72 were women. Average age of all patients was 51 years (range = 16 to 80). A total of 69 patients (66%) were found to have abnormalities of which 42 (40%) were found to have oesophageal malignancy.

#### **Conclusion:**

Dysphagia is a sinister symptom and a large proportion of its sufferers turn out to have pathology, including malignancy.

## UPPER GI BLEED AUDIT

### Authors

Abdul Ghaffar (Final Year)

Syed Zafar Abbas (Prof. of Medicine / Gastroenterology).

### Institution:

Section of Gastroenterology, Department of Medicine, MMCH.

### Abstract

#### Background :

Acute upper GI bleed (AGIB) is a common emergency. It requires specific treatment of which upper GI endoscopy (UGIE) based treatment can be life saving.

#### Aims:

To perform an audit of our practice at endoscopy unit of MMCH for this problem.

#### Patients & Methods:

Retrospective analysis of endoscopy record of all 74 patients who presented with AGIB over last year. Hospital Research ethics committee approval was taken (No.120911/Rec/012).

#### Results:

Out of 74, there were 34 women and 40 men. Average age was 44 years (range 19-70). This was 42 (range 19-67) for women and 50 (range 24-70) for men. Bleeding esophageal varices (BOV) was the commonest finding (40/70; 54%), followed by no abnormality found (n=12; 16%), bleeding duodenal ulcer and bleeding gastric varices (n=4 each; 5% each). Endoscopic variceal band ligation (EVBL) was the commonest procedure performed (n=34). Histoacryl injection was used for Bleeding Gastric Varix in 3 patients 3 patients had Ethanolamine oleate injected in BOV and 1 patient had adrenaline 1:10,000 unit injected in Bleeding DU.

#### Conclusions:

Acute UGIB is a common GI emergency. BOV is the commonest cause and EVBL is the commonest form of endoscopic treatment used in our setting.

## **OESOPHAGEAL MALIGNANCY IS COMMON AMONG WOMEN PRESENTING WITH DYSPHAGIA.**

### **Authors:**

Abdul Ghaffar (Final Year)

Syed Zafar Abbas (Prof. of Medicine / Gastroenterology).

### **Institution:**

Section of Gastroenterology, department of media MMCH.

### **ABSTRACT**

#### **Background:**

Dysphagia is a sinister symptom, as also shown by another paper presented by our group in this symposium. However, it is a common symptom and when presented by a young female patient, many believe it to be a likely “functional” problem.

#### **Aims:**

To determine the association of dysphagia with malignancy and to determine various demographic and clinical features of oesophageal cancer.

#### **Patients & methods:**

Retrospective analysis of endoscopy records of 105 patients consecutively presenting with dysphagia and to further analyse the records of patients found to have oesophageal malignancy. Hospital Research Ethics Committee approval was obtained to conduct this study (No. 100911/REC/009).

#### **Results:**

Out of a total of 105 patients (72 females [ 68.5%]) presenting with dysphagia 42 (40%) were found to have oesophageal malignancy there average age was 45 years (range 22-65) out of these 42,31 (74%) were females with average age of 40 years (range = 22 to 60) of them 23 (74%) were = 45 years of age the average age of 11 males patients was 54 years (range 40 to 80 of which 3 (27%) were = 45 years of age. Histological findings records were available for 35 patients. Commonest histological finding was squamous cell carcinoma and high grade dysplasia.

#### **Conclusion:**

Dysphagia is a sinister symptom in both sex groups, in females, including young age group this symptom MUST be investigated as a large proportion of this group turns to have malignancy.

# AN AUDIT OF BLADDER OUTFLOW OBSTRUCTION AT MMCH

## Authors:

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Dr.Syed Razi Muhammad (Professor of surgery)

## Institution:

Department of surgery Muhammad Medical College, Mirpurkhas.

## ABSTRACT:

### Background:

Bladder outflow obstruction (BOO) is a common Medical problem. We performed an audit of BOO find out different aspects of this disease at MMCH, MPS.

### Objective:

To find out the causes, main symptom, treatment and outcome of bladder outflow obstruction (BOO).

### Methodology:

A retrospective review of patients records of all patient's admitted with BOO over one year period. Approval to carry out the study was given by Hospital's research ethics committee (No. 130911/Rec/019).

### Results:

From July 2010 - June 2011, 96 patients were admitted in MMCH with bladder outflow obstruction out of which 91(94.79%) were male and 5(5.20%) were female. There age range was 3-103 year. Average age was 61 years. Main causes were BPH 55/96 (57.29%), Vesical calculi 14/96(14.58%), Ca prostate 10/96(10.41%), Urethral stricture 7/96(7.29%) U.Trauma5/96(5.20%), Urethral stone 3/96(3.12%) and Bladder atony2/96(2.08%). The mean ages with causes are 68 years for BPH, 54 years for vesicle calculi 62 years for Ca prostate, 38 years for urethral stricture 23 years for urethral trauma, 21 years for urethral stone, 45 years for Bladder atony. There was an overlap of symptoms in many patients, However; the main symptoms were hesitancy of urine in 67 patients (69.79%), poor stream in 53 patients (55.20%),burning micturation in 45 patients (46.87%) and Dribbling of urine in 31 patients (32.29%). Treatment performed at MMCH were TURP 42/96(43.75%), Conservative 30/96(31.25%), cystoscopy (± optical urethrotomy) 9/96(9.35%), TVP 8/96(8.33%) and cystolithotomy 7/96(7.29%). Outcome was DC 48/96 (50%), DOR 33/96(34.37%), LAMA 15/96(15.62), Referral 0/96(0%) and Death0/96(0%).

### Conclusion:

Study concluded that most common cause of BOO is BPH with average age 68 years. Main symptoms was hesitancy of urine. The commonest treatment option chosen was TURP. 50% patients were safely DC, and a further 34.4% were discharged on request.

### Key Words:

Bladder Outflow Obstruction, Benign Prostate Hyperplasia, Retrospectives Study

# **EFFECTS OF LOADSHEDDING ON MEDICAL STUDENTS AT A PRIVATE MEDICAL COLLEGE**

## **Authors:**

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M. Zohaib Azhar Buzdar	(4 <sup>th</sup> Year MBBS)
M. Mateen Muzaffar	(4 <sup>th</sup> Year MBBS)
Imran Hashmi	(4 <sup>th</sup> Year MBBS)
M. Shoaib Afzal.	(4 <sup>th</sup> Year MBBS)

## **Supervisor:**

Dr. Noor Ali Samoon.

## **ABSTRACT**

### **Background:**

Loadshedding has been a prevalent problem in Pakistan for many years now. It has affected people of all ages, profession and social status. This study has been conducted to assess the effects of loadshedding on students of Muhammad Medical College.

### **Aims and Objectives:**

To assess the difficulties faced by medical student due to the excess of loadshedding and to get suggestion for solving/coping with these problems.

### **Study Design:**

Descriptive cross-sectional. Convenient sample of 45 students of Mohammad Medical College. Approval of this project was obtained from Research Ethics Committee (130911/REC/024)

### **Results:**

Our study received 21 Male participation and 24 Female participation out of 45 total. The data showed that work of 91% students is disturbed, 86.5% students feel dehydrated, 84% are irritated, Sleep of 77.7% students is disturbed, 82% feel suffocation and 75.5% students feel anxiety due to loadshedding.

### **Conclusion:**

Almost if not quite all students are disturbed by loadshedding and therefore it is a problem that must be solved in order to achieve better environment for education.

### **Recommendation:**

Some students suggested the construction of Kala-Bagh Dam to combat the shortage of electricity some suggested that we must save electricity by switching off extra lights, fans and other appliances that use electricity. Few suggested that there must be a proper system to control the theft of electricity and the culprits must be punished. Construction of wind mills was also stated as an option.

**All Cause Admission in Different Departments of Muhammad Medical College Hospital  
(MMCH) Mirpurkhas.**

**(1<sup>st</sup> August, 2009 to 31<sup>st</sup> July, 2011)**

**Author:-**

Prof. Dr. S. Razi Muhammad (Department of Surgery)

Prof: Dr. Syed Zafar Abbas (Department of Medicine)

Dr. Atif Ali (Registrar Department of Medicine)

**Institution:-**

Muhammad Medical College Hospital (MMCH)Mirpurkhas

**ABSTRACT**

**Background:-**

There are many diseases that human beings suffer. Some of them require hospital admissions. The burden of O.P.D and inpatients varies widely in different parts of world according to difference in environment, genetic and other factors.

In our country there are limited resources to deal with diseases. The data regarding hospital admitted patients is very important in making plans and decisions related to health economics and also helps greatly in planning disease preventions.

**Aim:-**

To determine the burden of diseases of patients admitted at MMCH in all departments.

**Method:-**

Retrospective study of computerized records of all admissions in MMCH during the **2009-2011 (1<sup>st</sup> August, 2009 to 31<sup>st</sup> July, 2011)**. Hospital Research Ethic Committee approval was obtained (No.021010/REC/031)

**Results:-**

**5936** patients were admitted in different departments of MMCH.

**2837 (47.7%)** of them were males.

**3099 (52.2%)** of them were females.

Their ages varied from new born to **102** years.

Age Group	No. of Patients	Percentage
15 – 44 years	n=2540	42.2%
45 – 64 years	n=1843	31%
> 65 years	n=1015	17%
1 – 14 years	n=404	6.8%
<01 year	n=150	2.5%

There were **543 (9.1%)** deaths in hospital during study period.

**Commonest 10 Diagnosis : Total (n = 5936)**

S/No.	Diseases	No. of Patients	Mortality
01	C.L.D	n = 1042 (17.5 %)	n = 151 (14.4 %)
02	Diabetes Mellitus	n = 535 (9.0 %)	n = 25 (4.6 %)
03	C.V.A	n = 327 (5.5 %)	n = 64 (19.5 %)
04	G.I.T Disease	n = 300 (5.0 %)	n = 23 (7.6 %)
05	P.T.B	n = 294 (4.9 %)	n = 26 (8.8 %)
06	Malaria	n = 251 (4.2 %)	n = 00 (0 %)
07	Ischemic Heart Disease	n = 165 (2.7 %)	n = 14 (8.4 %)
08	Acute Hepatitis	n = 186 (3.1 %)	n = 00 (0 %)
09	C.O.P.D	n = 186 (3.1 %)	n = 07 (3.7 %)
10	Carcinoma	n = 158 (2.6 %)	n = 42 (26.5 %)

**Commonest 5 Medical Diagnosis :n = 3834 (64.5 %)**

S/No.	Diseases	No. of Patients	Percentage
-------	----------	-----------------	------------

01	C.L.D	<i>n</i> = 1042	27.1 %
02	Diabetes Mellitus	<i>n</i> = 535	13.9 %
03	C.V.A	<i>n</i> = 327	8.5 %
04	G.I.T Disease	<i>n</i> = 300	7.8 %
05	P.T.B	<i>n</i> = 294	7.6 %

**Commonest 5 Surgical Diagnosis :*n* = 1102 (18.5 %)**

S/No.	Diseases	No. of Patients	Percentage
01	Renal Stone / Failure	<i>n</i> = 157	14.2 %
02	B.P.H	<i>n</i> = 132	11.9 %
03	Cholelithiasis	<i>n</i> = 131	11.8 %
04	Hernia	<i>n</i> = 104	9.4 %
05	Intestinal Obstruction / Perforation	<i>n</i> = 96	9.7 %

**Commonest 5 Gyn / Obs Diagnosis were :*n* = 584 (9.8 %)**

S/No.	Diseases	No. of Patients	Percentage
01	Full Term Pregnancy	<i>n</i> = 210	35.9 %
02	Fibroids	<i>n</i> = 46	7.8 %
03	U.V Prolapsed	<i>n</i> = 43	7.3 %
04	Anemia in Pregnancy	<i>n</i> = 41	7 %
05	Per term Labour	<i>n</i> = 27	4.6 %

**Commonest 5 Pediatric Diagnosis :*n* = 416 (7.0 %)**

S/No.	Diseases	No. of Patients	Percentage
01	Gastro Hepatology	<i>n</i> = 115	27.6 %
02	Low Birth Weight	<i>n</i> = 90	21.6 %
03	Respiratory Disease	<i>n</i> = 68	16.3 %
04	C.N.S Disease	<i>n</i> = 62	14.9 %
05	Sepsis	<i>n</i> = 56	13.4 %

**Commonly Involved System :*n* = 5936**

S/No.	Diseases	No. of Patients	Percentage
01	G.I.T / Hepatology	<i>n</i> = 1529	25.7 %
02	Surgery	<i>n</i> = 1102	18.5 %
03	C.N.S	<i>n</i> = 654	11.0 %
04	Chest Disease	<i>n</i> = 632	10.4 %
05	Gyn / Obs	<i>n</i> = 584	9.8 %
06	Endocrine	<i>n</i> = 555	9.3 %

**Commonest Causes of Death :*n* = 543 (9.1 %)**

S/No.	Diseases	No. of Patients	Percentage
01	C.L.D	<i>n</i> = 151	27.8 %
02	C.V.A	<i>n</i> = 64	11.7 %
03	Chest Disease	<i>n</i> = 50	9.2 %
04	Renal	<i>n</i> = 48	8.8 %
05	Neurological	<i>n</i> = 45	8.2 %
06	Carcinoma	<i>n</i> = 42	7.7 %
07	Diabetes Mellitus	<i>n</i> = 25	4.6 %
08	G.I.T	<i>n</i> = 23	4.2 %
09	Ischemic Heart Disease	<i>n</i> = 14	2.5 %
10	Miscellaneous	<i>n</i> = 81	14.9 %

**Conclusion:-**

According to study in MMCH, Liver and GIT diseases are the most common indications for hospital admissions (***n*=1529; 26 %**) & also the most common cause of death (***n*=174; 32 %**). Health care providers should keep these facts in consideration for provision and distribution of resources to combat diseases more efficiently and effectively.

## **DOES ADMISSION IN A MEDICAL SCHOOL HAS AN AFFECT ON PROPOSALS OF GIRL STUDENTS?**

### **Author:**

Ayesha Mukhtar.	(Final Year MBBS)
Rabia Ali.	(Final Year MBBS)
Khadija Safdar.	(Final Year MBBS)
Shafqat Abbas	(Final Year MBBS)
Dr. Muhammad Syed Razi.	(Professor of Surgery MMC)

### **Introduction:**

It is a common practice that girls admitted in a medical college are more in demand when it comes to proposals. We selected 100 female students (out of roughly 250 female students )of Muhammad Medical College to see how many of them are married ,engaged or had a proposal under process

**Selection Criteria:** Random

**Type of Study:** Cross sectional

Colleges Research Ethics Committee Approved this study (No. 140911 /Rec/047)

### **Results and Conclusion:**

of 100 students, 67 were resident of Punjab,31 sindhi, 2 Khaber Pakhton and non from Balochistan . 48 girls declared Punjabi as there mother tongue, 16 each sindhi and siraiki, 14Urdu, 4 pushto and 2 Blochi . 40 girls were from 1<sup>st</sup> Professional MBBS (1<sup>st</sup> &2<sup>nd</sup> year), 17 from2nd Profession MBBS (3<sup>RD</sup> Year) ,22 from 3<sup>rd</sup> professional (4<sup>th</sup> year ) , 21from final year Profession (5year). We found that 7 girls were married , 19 Engaged and 57 had a proposal under process17 girls were unmarried and unengaged who had no proposal yet . 44 girls considered that this high number of girl student having married , engaged or a proposal was done to their having Medical student s where as 56 did not think so . However 57 girls thought that the proposal , engagement or marriage would still be there even if they where not Medical student s, 43 did not share this view Among these married or engaged (26 in no) half were engaged /Married to Doctors i.e (50%) , 3(11.5% ) to Business man ,2 each(7.7%) to army officer , engineer and Landlord , where 3 (11.5%) were engaged/married to men with other profession. When asked if the chances of proposals and marriage were higher for Medical students , 85% said yes and 15% no . However 54% thought this was unfair practice (46% did not ) . Interestingly , 68% of girls said that if they were Men , they would choose a Medical student / lady doctor as there wife . 73% of girls surveyed thought that the long duration of MedicalCourse may have detrimental effects on proposal



## DO WE UNDER USE OR UNDER PRESCRIBE B-BLOCKERS IN CIRRHOTICS WITH PORTAL HYPERTENSION?

### Authors:

Hafsa Shaikh (Hospital Pharmacist)  
Syed Zafar Abbas (Prof. of Medicine / Gastroenterology)

### Institution:

Department of Medicine, MMCH.

### ABSTRACT

#### Back ground:

B-blockers are known to lower portal blood pressure, which can prevent complication such as upper GI bleed (UGIB) in cirrhotics.

Unfortunately some of their side effects or intolerance sometime restricts its usage. Some believe that despite no such problems. B-blockers are often underutilised / underdosed.

#### Aims:

To determine the adequate usage of B-blockers in portal hypertension.

#### Patients & Methods:

Retrospective analysis of case notes of 100 consecutively admitted patients with a complication of portal hypertension. Propranolol was defined as underdosed if used at <160mg/day and Carvedilol if used <50mg/day. Approval to conduct this study was obtained from Hospital Research Ethic Committee (No. 130911/Rec / 018)

#### Results:

Out of 100 patients, 54 were men and 46 women. Their average age was 50 year (20 to 85), 26 were given Propranolol and 2 Carvedilol, Nitartes only was given to 1 patient and Nitartes with Carvedilol to 1 patient. No patient was given these drugs at maximum recommended doses, 70 were not prescribed any such drug at all, of the 30 which were not given these medicine at full recommended doses, 8 (27%), had a side effect to restrict dose whereas 22 (73%), did not have any reason mentioned. Out of 70 patients who were not prescribed a B-blocker, no reason was described in 50 (71%) other had a clinical reason.

#### Conclusions:

Only a minority of Portal hypertensive patients are prescribed a B-blocker and a majority are either not prescribed at all. or are underdosed.

# DO WE UNDER UNDERPRESCRIBE OR UNDERDOSE DIURETICS IN ASCITES?

## Authors:

Hafsa Shaikh (Hospital Pharmacist)  
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## **Institution:**

Department of Medicin, MMCH

## **ABSTRACT**

### **Background:**

Diuretics is the main stay of drug treatment of ascites which has several causes. Unfortunately some of the side effects or other intolerance of diuretics produced its usage either completely or does not allow physicians to use it in full doses. However, some feel that despite the lack of these restrictive factor, these drugs are not prescribed as needed.

### **Aims:**

To determine whether diuretic are prescribed in maximum required doses in hospital admitted in patients.

### **Patients & Methods:**

Retrospective analysis of case notes of 100 consecutively admitted patients. Hospital Research Ethic Committee approval was obtained (No. 130911/Rec /017) to conduct this study. If Spironaclarone was used at a doses of less than 400mg/ day or Furesmide at less than 160 mg/day with ascites still present, it was defined as under dosing.

### **Results:**

Out of 100 patients, 51 were men and 49 women , with the average 52 years (rang 10 to 90) ,57 patients were given a diuretic. 30 (53% were given Spironolactone alone, 13 (29%) Furesmide alone, 8 (14%) Spiromide (combination tablet.of Spironolactone and Furesmide) and 6 (11%) were given a combination of above.

No patient was given diuretics at maximum recommended doses. 4 (7%) of them were clinically judged not to need a higher than prescribed dose, 45 (79%) suffered a side effect or intolerance, whereas 8 (14%) had no clinical reason mentioned for underdosing. Out of 43 patients who were not given a directic a clinical reason was mentioned in 30 (70%) patients, no clinical reason was identifiable in remaining patients.

### **Conclusions:**

57/100 of all patient with ascites were given a diuretic on discharge, but only 7% of them were thought to have reached maximum benefit on the prescribed doses 70% of pateints who were not prescribed a diureetic had a clinical reason mentioned.

# A CROSS-SECTIONAL STUDY OF MEDICAL ETHICS IN SURGICAL AND MEDICAL WARDS

## **AUTHORS :**

Hassan shoaib (Final year)  
Ishfaque ahmad (Final year)  
Humaira aslam (Final year)  
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## **Institution :**

1. LAHORE GENERAL HOSPITAL, LAHORE  
2. SERVICES INSTITUTE OF MEDICAL SCIENCES, LAHORE  
3. DHQ HOSPITAL, CHINIOT  
(STUDY PERFORMED BY STUDENTS OF MMC)

## **ABSTRACT**

### **Aims and Methods :**

A survey was undertaken to assess the knowledge, attitude and practice of medical ethics among both surgical and medical residents & interns in three Government sector hospitals of Punjab, Pakistan. 2 of them being regular teaching institutes.

115 participants were approached & filled the questionnaires, out of which 100 were included in the study, 15 questionnaires were excluded as the information provided was either incomplete or incomprehensible. 74 of the 100 respondents were male. 84 were residents, registrars and specialists and 16 were interns.

### **Results :**

78 respondents had heard about the code of ethics formulated by PMDC. Only 44 out of 100 had read the code either partially or fully. 46 out of 100 respondents reported that they took consent from patients before surgery or examination. Only 14 respondents reported having been taught ethics in medical college & only 3 respondents did not feel the need for having ethics taught at undergraduate level.

31 out of 100 gave correct answers on questions about patient's autonomy. Only 16 respondents gave positive answers on questions based on non-malfeasance.

73 respondents were surrounded by uncertainty over decision making.

51 respondents out of 100 thought that Euthanasia should be accepted as standard medical practice despite religious taboos. 84 practitioners were more prone to obtain better results, than to rule out the harm the treatment might cause to that patient.

48 practitioners believe that conflict of interests should be allowed to have influence on judgment.

There was no significant difference in responses between male & female medical & surgical team members respectively.

### **Conclusion :**

Knowledge of medical ethics & its application on surgical & medical floors is extremely poor. Overall, this study reflects the current situation of ethics by doctors in Pakistan where ethics is not taught as a subject at undergraduate level. Though the PMDC guidelines clearly state that medical students must be taught ethics & evaluated, most of medical colleges have not made it a mandatory part of their curricula. The only guidance our students & clinicians get on ethics is through seminars & workshops.

## AN AUDIT OF CVA AT MUHAMMAD MEDICAL COLLEGE HOSPITAL

### Authors:

M. Azam (4<sup>th</sup> Year)  
Farrukh Nouman (4<sup>th</sup> Year)  
Naeem Shaikh (4<sup>th</sup> Year)  
Wajhea Gull (4<sup>th</sup> Year)  
Zubaida (4<sup>th</sup> Year)  
Sameena (4<sup>th</sup> Year)  
Shahnella (4<sup>th</sup> year)  
Lubna (4<sup>th</sup> Year)

### Fasiltator

Dr. Khalid Hussain Abbasi  
Dr. Noor Ali Samoo  
Dr. S. Zafar Abbas

### Institution:

Department of Community Medicine MMCH, Mirpurkhas.

### ABSTRACT

#### Background:

Cerebrovascular accident (CVA) is a common problem. In an audit done and presented last year (8<sup>th</sup> Annual Medical Symposium, MMC), it stood 5<sup>th</sup> Commonest diagnosis among admitted patient (15%) at MMCH, and 3<sup>rd</sup> commonest cause of all cause mortality in any department (10%) we at need to audit our patients at MMCH.

#### Aims:

To find out the demographic and clinical details of all patients admitted at MMCH in 12 month.

#### Methods:

Retrospective audit of file notes of all patients admitted in 2010. This study was approved by Hospital's Research & Ethics Committee (No. 240811/REC/001).

#### Results:

39 patients (24 males, 15 females) were admitted with diagnosis of CVA in study period. There average age was 57 years (range 14 to 90). CT Scan confirmed had infarction 27 (69%) whereas 12 (31%) had haemorrhage.

#### Conclusions:

CVA is a devastating illness which affect order age group and carries a significant mortality.

## AN AUDIT OF NEUROLOGY ADMISSIONS

### **Authors:**

Dr. Khalid Hussain Abbasi

Dr. S. Zafar Abbas

### **Institution:**

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### **ABSTRACT**

#### **Background:**

A 10 bedded ward dedicated to Neurological patients was opened at MMCH about a year ago. The case-mix of this ward is not yet analysed.

#### **Aim:**

To evaluate the case-mix of patients admitted in Neurology ward over last one year.

#### **Methods:**

Retrospective study of the case notes of all 100 patients consecutively admitted to Neurology ward. Approval of Hospitals Research & Ethics Committee was obtained (No. 250811/REC/002).

#### **Results:**

out of 100 patients, 61 were males. Average age of all patients was 55 years (range 8 years to 100 years). Commonest 3 diagnosis were

1. Cerebrovascular Accidents (n =31) ,
2. Epilepsy (n= 12),
3. meningitis (n=10).

Twelve (12) patients died during admission of which 9 had CVA 2 had meningitis and 1 had epilepsy.

#### **Conclusion:**

CVA is the commonest cause of admission in Neurology ward, but other diagnoses are also not uncommon. There is a mortality of 12% among all neurology patients of which CVA contributed most (9).

# ASSESSMENT OF GIRLS STUDENTS FACING SEXUAL HARASSMENT IN MEDICAL INSTITUTES

## Authors

Khawar Zaman (final year)      Anbreen Rehman (2<sup>nd</sup> year)  
Usman Ghani (final year)      Bakhtawar Hassan (1<sup>st</sup> year)  
Arslan Ali (final year)      Samman Butt (2<sup>nd</sup> year)  
Zeeshan Ahmed (final year)      Maimoona Bilal (2<sup>nd</sup> year)  
Dr.Syed Razi Muhammad (professor of surgery)

## ABSTRACT

### **Introduction**

Sexual harassment is any unwelcome or physical conduct of the bases of gender. Sexual harassment may be verbal or physical or visual.

### **Background**

Sexual harassment is a growing problem in the medical institutes of Pakistan. Sexual harassment is known to affect number of female medical students in medical institutes.

### **Objectives**

To find out prevalence and knowledge about the sexual harassment in female medical students.

### **Study Design**

A cross section study of sample size of 100.the questionnaire was self administrated. The study was carried out in 3 medical colleges of Pakistan including student's from 1<sup>st</sup> to 5<sup>th</sup> year. Research ethic committee approval was obtained (No:140911/REC/025)

### **Results**

59% female students of medical institutes claimed to understand the meaning of sexual harassment, while 41% students admitted that they did not know the meaning of sexual harassment. 54% had personal experience of sexual harassment, while 46% did not face it. The commonest culprit were teachers.29 (53.7%) and fellow male students 21(38.8%) while 3(5%) did not name the culprit. Among teachers the commonest time of harassment was during viva exams, 19 (65.5%) where as 10(34.5%) faced it during teaching.14 (25.9%) of the affected students informed someone about it, where 40(74%) did not inform about it. Among them 8(57%) informed this to fellow students,2(14.2%)informed it to their mothers,4(28.5%)informed this some other family member.43 students(77%)claimed to have sever adverse effect of this. among them 27(62.7%)were depressed,14(32.55%)felt threatened, while 2(4.65%)developed serious suicidal thoughts,25%students claimed to know about the harassment laws, while 75%did not know.

### **Conclusion**

Much awareness is required in female student about this matter and administration must take serious steps to overcome this situation.

### **Keywords**

Female Sexual harassment, crosssectional study,

## HEPATITIS D HOW BIG IS THIS A PROBLEM IN OUR HEPATITIS B INFECTED PATIENTS?

**Authors:**

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Prof. S. Zafar Abbas

**Institution:**

Department of Medicine, Muhammad Medical College Hospital, Mirpurkhas

**ABSTRACT**

**Background:**

Hepatitis B infection is common in our part of the world. Our group has previously shown its prevalence to be % of all people tested ( ) in our region (pjms;(23(5):713-716). Anecdotally, delta virus is also prevalent in our region, which has treatment and outcome implications. However, there is no data on this, partly because of the non-availability of its testing locally and because the other out of city labs charge significantly heavily for this investigation.

**Aims:**

To determine the prevalence of delta virus in patients chronically infected with hepatitis B (CHB) as shown by a positive HBsAg test.

**Methods:**

Retrospective study of the laboratory records of consecutively presenting patients with CHB who were tested for delta virus antibodies (Anti-HDV) by ELISA in our laboratory. Approval for this study was obtained from Hospital Research Ethics Committee (No. 070911/REC/011).

**Results:**

26 patients (22 males, 4 females) were tested for Anti-HDV. Their mean age was 36 years (range 22 to 71). 3 (11.5%) were tested positive all of them were males. The mean age of those testing positive was 49 years.

**Conclusion:**

In this small study (which will be continued in the future), a significant proportion (11.5%) of patients were found to be Anti-HDV positive.

## All cause surgical admissions at Muhammad Medical College Hospital

### Authors:

Naila Noor

Supervisor:

Prof. S. Razi Muhammad

### Institution:

Department of Surgery, Muhammad Medical College Hospital, Mirpurkhas.

### ABSTRACT

#### Background:

In the environment of limited resources, it is of obvious importance to know the disease burden in any department. In the field of medicine, the situation can change quite significantly in this regard and every institution needs to update its data.

#### Aims:

To determine the current disease burden and activity in the department of Surgery at Muhammad Medical College Hospital, including mortality.

**Methods:** Retrospective study of the case notes of all consecutively admitted patients to the department of Surgery over 6 months (January 2011 to June 2011). Approval for this project was obtained from Hospital Research Ethics Committee (No. 070911/REC/004)0

**Results:** 560 patients were admitted during the study period. 343 (61%) were males and 217 (39%) females. Their median age was 30 years. Commonest 10 diagnoses were as follows:

Sr. No.	Diagnosis	Number of patients (%)	Men	Women
1	Cholelithiasis	97 (17%)	15%	85%
2	BPH	70 (12.5%)	100%	-
3	Renal Calculi	61 (11%)	30%	70%
4	Vesicle Calculi	57 (10%)	84%	16%
5	Appendicitis	44 (9%)	82%	18%
6	Goitre	38 (7%)	8%	92%
7	Fistula / Fissure in ano	36 (6%)	91%	9%
8	Inguinal Hernia (all Right sided)	28 (5%)	78%	22%
9	RTA	20 (4%)	85%	15%
10	Perforation	15 (3%)	60%	40%

Median duration of stay was 10 days (range 0 – 31). Commonest surgical procedures performed were:



Sr. No.	Procedure	Number of patients (%)
1	Cholecystectomy	97
2	TURP	70     41
3	Pyelolithotomy	61
4	Cystolithotomy	57
5	Appendectomy	44
6	Throidectomy	38
7	Fistulectomy	36
8	Herniorraphy	28
9	Nephrectomy	20
10	Amputation	15

30/560 (5%) patients admitted died during the admission. The commonest cause of death was Renal Failure (n=10).

Conclusion: Urological diseases continue to constitute the largest group (over 1/3 of all) of diseases, whereas cholelithiasis is the single commonest disease requiring admission in this rural tertiary care hospital. This is reflected in the number of surgical procedures performed. Hospitals like ours therefore require more resources and teams trained in these areas than others. However, there is a significant proportion of other surgical problems that need attention on a regular basis.

# **PATTERN OF HEALTH DISEASES IN COUSIN MARRIAGES AMONG THE FAMILIES OF MEDICAL STUDENTS**

## **Authors:**

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salah ud din khan	(4 <sup>th</sup> Year MBBS)
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Fatima Akbar	(4 <sup>th</sup> Year MBBS)
Sohaib Mushtaq	(4 <sup>th</sup> Year MBBS)

## *Super visor*

Dr.noor ali samoon, prof.dr.abdur raheem syal

## **Facilitator**

Dr.aftab

## **ABSTRACT**

### **Introduction**

Over a billion people worldwide, live in a region a where most of marriages are consanguineous, first cousin marriages specially are popular. Discussion of this phenomenon is confused by its facts that its causes are social and economic while its outcome tend to be measured in term of child health, international variation in infants motility and varying genetic factor within given communities. Second cousin marriages are at greater risk of birth defects. Genetic screening can be done to prevent the problems later in life.

### **Aim/objectives**

To determine disease pattern in cousin marriages

### **Study design**

Cross sectional-convenient sampling of 250 subjects.

### **Results**

There were 105 (42 %) males and 145(58 %) females participants. They reported the presence of diseases as follows among cousin marriages in their families. Hypertension(n=98;39.2%), diabetes(n=77;30.8%), cancer(n=24;9.6%), heart diseases(n=22; 8.8%), blood disease (n=18;7.2%), others (n=11;4.4%), students in favour of cousin marriages(n=115; 46%) & students against of cousin marriages (n=135;54%)

### **Conclusion**

Hypertension, diabetes, cancer, heart diseases rates are alarming prevalent among cousin marriages.

### **Recommendation**

Pre marriage health counselling should be encouraged to ensure healthy communities.

Prior to wedding if possible & socially acceptable, genetic screening may done to avoid genetic problems.

## KNOWLEDGE ABOUT USAGE OF DAILY CALORIE REQUIREMENTS AMONG DOCTORS

### Authors:

Romanamehwish (Final Year)  
Aneeqaishtiaq (Final Year)  
Farzanabatool (Final Year)  
Uroojhabib (Final Year)

### Supervisor:

DrsyedRazi Muhammad

### Back ground:

Daily calorie requirement is essential unit of balance diet for both sex.

### Aims:

To assess the knowledge about the daily calorie requirement among doctors at mmch

### Methodology:

Cross sectional study done from august 2011-sep 2011 at MMCH. Semi structured questionnaire were distributed to the 60 doctors, response was obtained from 50(83%). Among them male 34(68%), female 16(32%). Incidentally all were married. Ethical approval was taken from Hospital's Research Ethics Committee (ref no. 140911/REC/031).

### Results:

Among respondent, 70% have knowledge about daily calorie requirement, and 58% of them take food according to the daily calorie requirement. 84% prefer to take break fast daily but 12% don't take break fast 4% took break fast every now and then. 62% take vegetable and fruits in lunch, 48% of them prefer white meat while 30% of the respondent prefer to hotling less than once a month, 30% once a month, 24% prefer hotling once a week while 16% were favour in hotling more than once a week.

### Conclusion:

Although doctors are believed to instruct the patient about balance diet but our study show some of them are still have no idea about daily calorie requirements.

### Remarks:

There should be seminar, work shops about awareness of balanced calorie diet among doctors as well as society.

## **TO DETERMINE THE ATTITUDES OF CHILDLESS COUPLES AND THEIR COMMUNITY AROUND THEM**

### **Authors:**

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Sohaib Mushtaq	(4 <sup>th</sup> Year MBBS)

### **Supervisor:**

Prof . Dr.Abdur Rahim Siyal, Dr. Noor Ali Samoon

### **ABSTRACT**

#### **Introduction:**

Families with couples having no children is one of alarming family issues around the world

Especially in south Asia.The couples having no children tend to face several problems within and outside the family. They suffer from different psychological issues and attitude of family and community around them.

#### **Aims/Objective:**

To determine the attitudes of the childless couples and their community

#### **Study Design**

Cross sectional-the sampling was convenient random type of 100 couples.

#### **Result**

There were 37% males and 63% females participants.34%were between ages 20 and 30,41% between 16% between 40 and 50,5% 50 and 60 and 4% over 60 years of age.

Among the Males Businessman 37%,job holders 56%,others are 7%

Females-housewives 69%,working women 31%

Couples not having child for 10 years-74%

Couples not having child for 20 years-20%

Others-6%

No. of miscarriages-19%

The form of treatment they were taking were

Medical 47%

Homeopathic8%

Hikmat 5%

Religious-5%

No treatment 3%

Others-32%

Contraception used 14%

Genital problem 10%

Tb 5%

Diabetes mellitus 1%  
 Hypertension 7%  
 13% want second marriage  
 11% have adopted child  
 Behavior      supportive    desire for child    emotional stress    careless divorce  
 Husband      19%                    29%                    30%                    2%                    7%  
 Wife            20%                    38%                    22%                    7%                    nil  
 34% in laws behavior is irretative

**Conclusion:**

Our study shows majority of child less couples are jobless  
 47% had taken medical treatment.  
 Disease prevalance in childless couples were hypertension, T.B, DM.  
 34% in laws behavior is irretative  
 87% Couples are not in favor of second marriage.  
 29% to 38 % couples are still in desire of child

## PREVALENCE OF A DISEASE AMONG PARENTS OF STUDENTS OF MMC

### **Authors.**

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Zohaib Hassan	(3 <sup>rd</sup> year MBBS)
Junaid Ramzan	(3 <sup>rd</sup> year MBBS)
Jibran Khalil	(3 <sup>rd</sup> year MBBS)
Aqsa kiran	(3 <sup>rd</sup> year MBBS)

### **Supervisor:**

Prof.Dr.Syed Razi Muhammad (Department of surgery)

### **Institution:**

Department Of Medical Education, MMC

### **ABSTRACT**

#### **Background:**

Many illnesses are inherited and others are not. Healthy life is the aim of all humans. However suffering from disease is inevitable.

#### **Aims:**

To determine the prevalence of any illness among parents of students of MMC.

#### **Subjects and Methods:**

Cross sectional survey of 111 randomly selected students attending their classes at MMC on 13<sup>th</sup> Sep. 2011. Approval of undertaking this survey was obtained from MMC's research ethics committee.(No.130911/rec/020)

#### **Results:**

Average age of parents was 46 years. (Range-40-65). Out of 222 parents of 111 students 159(71%) has a long term (chronic) illness. Commonest 4 diseases are Hypertension (n= 67; 30%), Diabetes Mellitus (n=47; 21%), Asthma (n=31;14%) Ischemic heart disease (n=27;12%) and a combination of HTN/DM is (n=11;5%). Out of 159 patients, 148(93%) are on some treatment for their illness.

#### **Conclusion:**

71% of all parents have a chronic illness and 93% of them are on treatment.

**AN AUDIT OF PAEDIATRIC PATIENTS AT MMCH.**  
(JULY 2010 TO JUNE 2011)

**AUTHORS:**

Muhammad shahzad Mahmood	(Final Year M.B.B.S)
Syed Ahmad Raza	(Final Year M.B.B.S)
Muhammad Amanullah Khan	(Final Year M.B.B.S)
Aiman Ilyas	(Final Year M.B.B.S)

**INSTITUTION:**

Department of Pediatrics , MMCH.

**ABSTRACT**

**BACKGROUND:**

Medicine is an ever changing field. Requirement keeps changing in terms of resources accordingly. It is therefore important to keep the needs (clinical and otherwise) of every department up to date.

**AIMS:**

To determine the disease burden of patients requiring admission in the department of pediatrics.

**PATIENTS & METHODS:**

Retrospective study of the case notes of 151 patients successively admitted in paed ward at MMCH. Approval of Hospital Research Committee was obtained to conduct the study. (100911/REC/005) .

**RESULTS:**

Out of the total of 151 patients, there were 93 Male, 58 Female of varying ages up to 12years. Commonest age group was under 1 month (n=59; 39%), Commonest 5 diagnosis were Acute Gastroenteritis(n=36;24%), pre-term delivery (n=32 ;21%) , ARI(n=14;9%), Sepsis(n=11;7%)And Birth Asphyxia(n=9;6%). There were 4 deaths (3%) during the admission.

**CONCLUSION:**

Acute Gastroenteritis is the commonest cause of admission in this financially deprived community.3% of patients admitted died due to pre-term delivery and sepsis.

## ASSESSMENT OF CHALLENGES/ ISSUES FACED BY MMC STUDENTS AND NON MEDICAL YOUTH.

### Authors:

Muhammad shahzad Mahmood	(Final Year M.B.B.S)
Syed Ahmad Raza	(Final Year M.B.B.S)
Muhammad Amanullah Khan	(Final Year M.B.B.S)
Jam Kasif Imran	(Final Year M.B.B.S)
Aiman Ilyas	(Final Year MBBS)
Dr.Syed Razi Muhammad	(DEPARTMENT OF SURGERY)

### Institution:

Department of medical education, MMC

### ABSTRACT

#### Background:

Youth all over the world have a certain view of life and its challenges. It however varies from community to community, And also within a community depending upon a number of factors such as level of education and socioeconomic condition of a community.

#### Aims:

To determine the challenges faced by our youth. Approval of Hospital Research Committee was obtained to conduct the study. (100911/REC/013).

#### Subject & Methods:

A cross-sectional survey of MMC Youth (n=145) and Non-medical youth (n=75) performed. They were asked to identify Top 3 challenges they feel are the most important for them.

#### Results:

Out of total 220 respondent 118/220 (54%) felt lack of jobs is the most important problem faced by youth. Other two problems are poverty (98/220; 44.5%) and mobile phone misuse (84/220; 38%).

Out of total 145 respondent of MMC student 76/145(52%) felt mobile misuse is most important problem faced by youth. Other two problems are jobs (51/145; 35%) and terrorism (33/145; 23 %).

Out of total 75 respondent of Non-medical youth 67/75(89%) felt jobs is most important problem faced by youth. Other two problems are poverty (66/75; 88 %) and prize hikes (26/75; 35 %).

Many respondent 73/118( 62 %) said jobs opportunity must be increased with good salaries. Most of respondents of MMC students 53/76(70%) who suggest mobile phone misuse is one of top most important problem and suggest night packages and SMS packages should be taken away.

#### Conclusion:

Our youth is concerned about lack of adequate job facilities, Lack of salaries and misuse of mobile phone as the most important youth issue.



# ASSESMENT OF PERSONALITY PROGRESS AND EXPERIENCE ABOUT STUDY & LIFE AT MMC AS A MEDICAL STUDENT

## **AUTHORS:**

Muhammad Shahzad Mahmood (Final Year M.B.B.S)  
Aiman Ilyas (Final Year M.B.B.S)  
Maimoona Bilal (2<sup>nd</sup> Year M.B.B.S)  
Anam Liaqat (1<sup>st</sup> Year M.B.B.S)

Dr.Syed Razi Muhammad

## **INSTITUTION:**

Department of medical education

## **ABSTRACT**

### **AIMS/BACKGROUND:**

This study is designed for medical students of Muhammad Medical College to self-evaluate their progress made in MMC and to rate their satisfaction with all aspects of the learning environment. To gain better understanding of total experience of students at MMC. To provide evidence based information to assist the process of continuous improvement, with objective of enriching the quality of student experience.

### **METHODS:**

Cross-sectional survey. Approval of Hospital Research Committee was obtained to conduct the study. (100911/REC/006).

### **RESULTS:**

100 students were surveyed. Majority of the students felt, there was a significant personal improvement at MMC. Overall students were satisfied with learning environment as shown in the talk in our poster.

### **CONCLUSION:**

Majority of MMC students satisfied with learning environment, although a significant minority feels there is a room for improvement.

## WHAT DOES MEDIA THINK OF DOCTORS

### Authors:

Tahir Ahmed	(Final Year)
Watan Yar	(Final Year)
Abdul Ghaffar	(Final Year)
Bilal Hassan	(Final Year)
M. Umar Yaqoob	(Final Year)
Dr. Saqib Baloch	
Mr. Wahid Pehalwani	(Senior Journalist Press Club MPK)
S. Zafar Abbas	(Professor of Medicine / Gastroenterology)

### Institution:

Department of Medical Education MMC.

### ABSTRACT

#### Background:

Last few years have seen many adverse media reports of medical incidences over ¼ of all doctors surveyed by our group, reported separately in this symposium, feel the media reporting was fair. Also reported separately in this symposium by our group is the survey which showed that despite a small decline, doctors are still the most trusted professionals in our society. However, views of journalist on this is not known.

#### Aims:

To determine the views of journalists of Mirpurkhas on whether or not the trust of doctors has decline in our society.

#### Subject & Methods:

Cross sectional survey of members of press club Mirpurkhas. Hospital Research Ethics Committee's approval was obtained (No. 120911/REC/016).

#### Results:

16 responses were received. All (100%) journalists felt that doctors image among people has declined significantly. Among them 9 Urdu media reporters and 7 were Sindhi media reporters. All respondents felt that perception among people is that there is a significant element of greed which has created in doctors community, which has resulted in this decline of trust.

#### Conclusions:

According to this short survey, journalists are unanimous in their opinion that the trust of medical profession among common people has declined in the recent past.

# DOCTORS-STILL THE MOST TRUSTWORTHY PROFESSION IN PAKISTAN!

## Authors:

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Abdul Ghaffar (Final Year)  
M. Umar Yaqoob (Final Year)  
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Watan Yar (Final Year)  
Dr. Saqib Baloch  
Syed Zafar Abbas (Professor of Medicine / Gastroenterology)

## Institution:

Department of Medical Education, MMC.

## ABSTRACT

### Background:

There is perceived general attitude of lack of trust in our society. Even the historically most trusted professions are perhaps facing a distrust by the general population. As per recurrently published data and surveys from the west, including royal college of physicians of London's recruited famous firm MORI's report, physicians are still the most trusted professionals. Our group did a survey in 2009 (Abstract book which also showed doctors as the most trusted profession in Mirpurkhas (vote by 41%). However, many say that medical profession has seen negative press because of some high profile adverse medical incidences- locally and nationally.

### Aims:

To determine the most trusted professions in our society.

### Material and methods:

206 people from different walks of life, in different location of Mirpurkhas were randomly selected and interviewed. No more than 10% people from a specific profession were interviewed. Average age of respondents was 32 years (range 22 to 67). They included 41 (20%) women. Hospital's Research Ethics Committee approved conduct of this study (No.120911/REC/014).

### Result:

5 most commonly trusted professions were doctors (39%), No one (21%), Army (18%) and teachers (13%). Those professions who were trusted by less than 1% included lawyers, Land Lords, Media, Businessmen and Engineers.

### Conclusions:

Doctors still enjoy the trust of most people although there has been a slight decline from 41% 2 years ago to 39% now. Trust in Army show up from less than 1% to 18%. Alarming lack of trust in any profession has gone up from 15% to 21% in our survey.

## DOES MEDIA REPORT ADVERSE MEDICAL INCIDENCES FAIRLY?

### Authors:

Tahir Ahmed (Final Year)  
Watan Yar (Final Year)  
Abdul Ghaffar (Final Year)  
Bilal Hassan (Final Year)  
M. Umar Yaqoob (Final Year)  
Dr. Saqib Baloch (Final Year)  
S. Zafar Abbas (Professor of Medicine / Gastroenterology)

### Institution:

Department of Medical Education MMC,

### ABSTRACT

#### Background:

Over past 2 year some high people adverse medical incidence have been reported in the media in Pakistan. A number of other media reports have also emerged portraying negative image of doctors both locally and nationally. Doctors and their associations have at times reacted strongly against some reports as unfair or based against them.

#### Aims:

To determine the perception of doctors of media reports of adverse medical incidences as a whole.

#### Subjects & Methods:

Cross- sectional survey of 144 doctors of different levels in their careers. Hospital's Research Ethics Committee's approval was obtained (No. 120911/REC/015)

#### Result:

Out of 144, there were 95 male doctors (66%). Average age was 39 years (range 24-75). Majority 106/144 (74%) felt that media does not report medical incidences fairly. Of 38/144 (26%) who felt media reported incidences fairly, 25/38 (66%) were males, 9/23 (39%) were GPs, 18/35 (51%) worked in private hospital and 5/27 (19%) were consultant, 14/106 who felt media reports were biased commented that this was because of "Yellow Journalism".

#### Conclusion:

Nearly  $\frac{3}{4}$  of all doctors in this survey felt that adverse medical incidences were not reported fairly by the media. Among those who offered a reason for this all doctors felt that this was done to sell the papers or increase the viewers rather than portray the right picture.

# AN AUDIT OF LAPAROSCOPIC CHOLECYSTECTOMY

## Authors:

Dr. S. Waseem Ali Zaidi

Dr. S. Zafar Abbas

Khalil Babbar (Final Year)

Rozina Khatoon (Final Year)

Rashid Shamsi (Final Year)

Fozia (Final Year)

## Institution:

Department of Surgery MMCH, Mirpurkhas

## ABSTRACT

### Background:

Gallstones is a common problem, particularly among women. In modern medicine, un complicated gall stones are usually treated with Laparoscopic Cholecystectomy “Key-hole Surgery”. It carries significantly lower morbidity and mortality as compared to open surgery. At Muhammad Medical College Hospital we have not yet analysed the results of this procedure.

### Aims:

To look in to various demographic and clinic aspects of Lap chole.

### Methods:

Retrospective study of last consecutive 33 Lap Chole records at Muhammad Medical College Hospital Research Ethics Committee approval was obtained (No. 250811/REC/003).

### Results:

11 Men and 22 women underwent this procedure. Average age was 45 years (range 16 to 75). Commonest 3 presenting symptoms were Nausea / vomiting (n= 12), abdominal discomfort / pain (n=12) an all patients had pre-procedure ultrasound scan showing gall stones. At surgery, 33/33 confirmed the presence of gall stones. Although 3 also had adhesions, 2 were acutely inflamed and 1 had empyema. Average duration of stay in hospital after procedure was 9 Days (range 3 to 20). No complication was recorded and no mortality was seen.

### Conclusions:

Laprosopic cholecystectomy is a safe procedure for gallstones disease.

## Frequency of Iron deficiency in Microcytic Anaemia

### Authors:

1. Waseem Zaidi (House Doctor)
2. Rabia Hameed
3. Kiran Mehmood
4. Syed Zafar Abbas (Prof)

### Institutions:

Department of Medicine, Muhammad Medical College & Hospital Mirpurkhas.

### Introduction/ Background:

There are many causes of anaemia. In our part of the world, Iron deficiency anaemia (IDA) and Beta Thallasemia minor are two important causes of microcytic anaemia (MA). It has been anecdotally reported that most doctors prescribe Iron supplements for all MAs. However this practice may not be in best interest of patients if they do not have IDA.

### Objective:

To determine the prevalence of IDA in patients with MA.

### Methods and Subjects:

Retrospective review of all reports of serum ferritin tests done on samples of patients with MA, received consecutively between January 2010 & July 2011. Hospital's Research Ethic Committee Hospital gave approval for study (No. 021010 / REC / 025).

### Results:

114 patients had serum ferritin level checked as they were found to have MA. Their average age was 29.5 years (range 6 month - 80 year). 70 (61 %) of them were women. Out of the total, 68 [(60 %): average age 25.5 (19-45) years], were found to have a low ferritin level confirming Iron deficiency. 45/70 [(64 %): average age 27.5 years] women tested were found to have IDA, whereas 23/41 [(56 %): average age 22 (12-50) years] men tested had IDA.

### Conclusions:

Only 60% of all patients with MA turned out to have IDA. Chances of being iron deficiency were almost equal (64% VS 56%), but at a younger age (22 vs 27.5 years) MA was found in males. Clinicians therefore must investigate further instead of prescribing Iron supplements to all MA patients.

## KNOWLEDGE AND PRACTICE REGARDING TB PATIENTS ATTENDING TB OPD

### **Authors:**

Zeeshan Ahmad Malik (final year MBBS)

Arslan Ali (final year MBBS)

Usman Ghani (final year MBBS)

Romana Mehwish (final year MBBS)

### **Institution:**

Department Of Medicine, MMCH

### **ABSTRACT**

#### **Background:**

Pulmonary tuberculosis (PTB) is a common and serious communicable disease in our country. It is curable although multi drug resistant TB is getting comeover. To combat this disease community awareness regarding its various aspects is a very important.

#### **Aims:**

To find out awareness about TB among TB patients.

#### **Methodology:**

KAP study done at Nishter Medical Hospital, Multan from (July -2011 to September 2011). Among the 100 patients of TB attending TB OPD.

#### **Result:**

Among the 100 patients of TB, Male/Female ratio was (70:30), mean age was 43 year, 50% said that TB spreads through droplets, 40% via sharing utensils, 10% via handshake. 76% knew that TB could be cured and 24% do not knew TB can be cured. 53% were smoker, 47% non smoker. 62% said TB can be prevented by vaccination, 38% can not be prevented by vaccination. Regarding Medication 34% said it should be in single dose, 42% in divided dose, 24% before breakfast. 48% having family history and 52% do not. 54% were vaccinated 46% do not.

#### **Conclusion:**

KAP of TB among suffers is not adequate. Mass education programs are needed to raise awareness and ensure success in fight against this horrible Communicable illness.

## **PREVALENCE OF THE DEPRESSION AMONG THE MEDICAL PRACTITIONER**

### **Authors:**

Abdul Sattar	(4 <sup>th</sup> year)	Yahya Abdul Hanan	(4 <sup>th</sup> year)
Maria Zahid	(4 <sup>th</sup> year)	Zubair Tehseen	(4 <sup>th</sup> year)
Ammara Khalid	(4 <sup>th</sup> year)	Shaista Fatima	(4 <sup>th</sup> year)
Huma Ameer Awan	(4 <sup>th</sup> year)	Hashmatullah	(4 <sup>th</sup> year)
Ameer Khan	(4 <sup>th</sup> year)		
Dr. Noor Ali Sumoon		(Assistant Professor Community Medicine, MMC)	
Dr. Asif Ali		(Assistant Professor Community Medicine, MMC)	

### **Institution:**

Department of Community Health Sciences, Muhammad Medical College, Mirpur Khas

### **Background:**

Medicine is a stressful profession. Depression, which exists in our community, is also likely to be prevalent among the medical practitioners like Doctors, Dentists and Nurses.

### **Aims and objectives**

To find out the prevalence of depression among the medical practitioners

### **Inclusion Criteria:**

All the doctors, dentists and nurses who are working in various private hospitals and clinics of 6 different cities were included.

### **Methodology:**

Cross-sectional interview (survey) of 94 Medical Practitioners both male and female of age ranging from 27 to 61 residing in 6 different cities in Pakistan. Approval to perform this study was obtained from Hospital's Research Ethics Committee (No. 140911/REC/034)

### **Results:**

Out of 94 Medical Practitioners 8% said that they felt sad, 12% were using the anti depressants, 12% could not sleep properly, 6% felt that they were underestimated, and almost all of them had a memory of their beloved which made them feel sad.

### **Conclusions:**

It is concluded that 13.5% of the subjects had symptoms of depression in them.



# EVALUATION OF INTERNET USE BY MEDICAL STUDENTS

## Evaluation of internet use by medical students

### Authors:

Ahsan Rasheed Final Year  
Aneela Amber Final Year  
Numan Majeed Final Year  
Manzoor Hussain Final Year  
Sahar Khalid Final Year

### Background

Internet increasingly being used globally in imparting and delivering medical education. Not only for health care training of professionals but also the material available there for medical students is lacking in developing countries.

### Aims:

To evaluate the access, pattern of use in general and for professional purposes by medical students.

### Methodology:

The study was descriptive and cross-sectional in nature, the questionnaire was self-administered semi-structured and was pilot tested on a sample of 5 students from Muhammad Medical College before the final administration on students from different colleges. The study was carried out in 4 different colleges (Punjab Medical College, Quaid-e-Azam Medical College, Nisthar Medical College and Muhammad Medical College) of two provinces (Punjab and Sindh) of Pakistan. The sample size taken was 200 students from 3<sup>rd</sup> year to Final year, response rate was 97 (48.6%). Data analysis was done using SPSS 17. Ethical approval was taken from our Hospitals Research Ethics Committee No. 140911/REC/042

### Results:

Amongst the 97 respondents, 59 (60.8%) were males and 38 (39.2%) were female users of internet, majority students started using internet in last two years (n=35.1%), Majority students (36.2%) spent up to 5 hours weekly on internet, while 26.6% spent more than 10 hours per week. 91.7% said that they used internet for non-academic use whereas only 13.4% used for academic purpose. In non-academic use, 20.1% used to play games, 12.8% on watching movies and 32.3% on non-academic study. For academic purposes majority (32.9%) used internet to get better understanding of subjects, 24.7% for research purposes, 30.9% for making presentations and 24.7% for making assignments. Regarding academic benefit of internet 48.8% said it was useful while 50.5% said it was of no use. Among all users 48.4% (61% males and 39% females) said that they have mis-used internet (eg. Watching porn, chatting with opposite sex, hacking etc.).

### Conclusion:

Our study shows that most students do not use internet for academic purposes as much as they do for other activities. Negative use of internet is common practice.

### Remarks

Steps should be taken to encourage students to use internet in more positive and discourage negative use.

**USE OF CONTRACEPTIVE IN MALE PATIENTS COMING TO  
MMCH MIRPURKHAS**

**Authors:**

AimanIlyas	(Final Year)
AbubakarRiaz	(Final Year)
Sheharyar Ajmal	(Final Year)
GoharJanjua	(Final Year)
AmnaRiaz	(Final Year)
Madiha Shah	(Final Year)
Mahrukh Abbas	(Final Year)
Sonia Zafar	(Final Year)

**Institution:**

Muhammad Medical College Hospital, Mirpurkhas.

**ABSTRACT**

**Introduction:**

This study aims to assess the use of contraceptives among male patients that come to Muhammad Medical College Hospital.

**Aim:**

To assess the knowledge, attitude and practice regarding use of contraceptive in male patients coming to MMCH.

**Methodology:**

It was a KAP study conducted among 50 patients randomly selected in OPD of Muhammad Medical College Hospital, Mirpurkhas. Hospital Research Ethics Committee approved this project (No. 140911/REC/037).

**Results:**

50 subjects (average age=37 years) answered the questionnaire. 35 (70%) knew about contraception and condom was the commonest (59%) form of contraception used. 57% encouraged their wives to visit family planning center and thought it was useful. Among those who did not use contraceptive, 54% did not go because of lack of awareness and 36% because of religious belief. All those who used condom believed in its effectiveness and 68% of all encouraged others to use a form of contraception.

**Conclusion:**

30% of all male OPD attendees had no awareness regarding contraception. Among those who use contraception, majority (59%) used condoms.

## DO YOU DIET??? DIET THE RIGHT WAY

### Authors:

Aneela Amber  
Numan Majeed  
Sahar Khalid  
Manzoor Hussain  
Ahsan Rasheed

### Institution:

Muhammad Medical College, Mirpurkhas

### ABSTRACT

#### Background:

Proper nutrition plays a key role in disease prevention and treatment. The increasing phenomenon of dieting and weight loss especially in teens and twenties, many of the people especially females suffer from a number of nutrition related issues. People have different approaches towards dieting.

#### Aims:

The aim of this study is to access the knowledge, attitude, behavior and practice of dieting among undergraduate medical students.

#### Methodology:

The study was descriptive and cross-sectional in nature, the questionnaire was self-administered semi-structured and was pilot tested on a sample of 5 students from Muhammad Medical College before the final administration on students from different colleges. The study was carried out in 4 different colleges (Punjab Medical College, Quaid-e-Azam Medical College, Nisthar Medical College and Muhammad Medical College) of two provinces (Punjab and Sindh) of Pakistan. The sample size taken was 200, response rate was (46.5%). Data analysis was done using SPSS 17. Ethical approval was taken from our Hospitals Research Ethics Committee No. 140911/REC/043.

#### Results:

Amongst 93 participants (mean age 22.8 years), 55.1% said that they have had thought of dieting where as 38.8% said that they did diet. Among those who diet, 13.3% (40% male, 37.5% females) were overweight, 24% (30.7% males, 57.1% females) were normal, while amongst already underweight students 2.4% were on diet (1 male and 1 female). Majority said that they diet only to look slim (19.4%). Amongst the motivating factors friends were on top (33.4%). Those who said that they wish to continue dieting were 68.1%. In order to lose weight, 52.8% of the dieters used to skip meals, 16.6% used to eat less, 13.7% used low fat diet and 5.8% used medicines (herbal and others). Amongst harmful effects of dieting, 17.2% suffered lethargy, 8.6% had vertigo, 6.4% had fatigue and 2.1% had dizziness.

#### Conclusion:

Our study showed that many medical studnets lack basic concept of dieting. Their dieting habits / practice is often not as per scientific guidelines.

#### Remarks

Seminars should be conducted so that there may be proper concept of dieting among medical students and to help them avoid the harms of improper ways of dieting.

## SMART CELL PHONE USAGE & IT'S HARMFULL EFFECT.

### AUTHORS:

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### ABSTRACT

Our research is about the Smart cell phones usage in our community.

### INTRODUCTION:

#### SMART CELL PHONE:

A smart cell phone is a high-end cell phone that offers more advanced computing ability and connectivity than a contemporary feature phone. A smart phone combines the functions of a personal digital assistant and a cell phone. Today's models typically also serve as portable media players and camera phones with high-resolution touchscreen, GPS navigation, Wi-Fi and cell broadband access.

#### AIM OF STUDY:

Our aim is to study the usage & harmful effects of smart cell phone in Muhammad Medical College, Mirpur khas.

#### METHODOLOGY:

Cross-sectional study through questionnaire of 100 medical students of Muhammad Medical college.

Approved by college research committee with reference number 140911/MC(040)

#### SMART PHONES & STUDENTS:

Students spend most of the time on their phones using SMS, GPRS, social sites, media players & camera.

According to the United Nations-run organization, a whopping 6.1 trillion text messages has been sent by the end of 2010, means people around the globe are sending 200,000 text messages every second.

And Pakistan is the 6<sup>th</sup> largest country for sending messages.

#### DISEASES CAUSED BY CELL PHONES:

It's a known fact in these days that cell phones are cause of a lot of chronic diseases. Some of them are shown.

#### KIDNEY DISEASES:

Cell phones can cause kidney failure & kidney stones.

European research institute for electronic components in Bucharest found that cell phones may lead to kidney stones.

The study found that cell phones emit radiation which causes red blood cells to leak haemoglobin. Then the haemoglobin accumulates in the body which can lead to health complications of kidney stones.

**HEART:**

A report suggests that cell phones can interfere with the function of heart pacemaker. The pacemaker interference by the cell phones was found to be significant when the phones are held over that pacemaker means in front pocket.

Study shows that cell phone radiation can also cause multiple sclerosis.

**BRAIN DAMAGE:**

Researchers at Sweden's Lund university found that exposure to cell phone radiation could cause proteins & toxins to leak into the brain & can lead to Alzheimer's disease & Parkinsonism.

Research has found that microwave radiations from cell phone handsets damage areas of the brain associated with learning, memory, movement.

It is also brain tumor risk.

**OTHER DISEASES:**

Research from England Institute shows that cell phones can cause damage to the genes & genetic disturbance & cancer.

Hence smart cell phones are health risk.

**RESULT**

According to our research:

67% students of Mhammad Medical college are smart cell phone users.

33% student are simple feature phone users,

69% of students are using a cell phone in ranging from 3-6 years.

While 25% students using a cell phone from 6-9 years.

Rest of the 6% user from 1-3 years.

57% student are the users of Samsung cell phone.

23% students are using Nokia phones.

4% students are using iPhone.

12% students are using other smart phone i.e. Blackberry, HTC or China made.

43% students recharge their credit in between 1-2 days.

27% students recharge their credit in between 2-4 days.

While 14% from 4-6 days.

Rest of the 16% recharge in a week.

81% students have no side-effect because of cell phone usage.

While 19% shows some disorders such as

Insomnia 9.

Ear disorder 3.

Eye problems 5.

Poor concentration 2.

76% students have no sleeping disturbance because of cell phone.

While 24% students are disturbed because of phone.

11% students are aware of side-effects of cell phone usage.

89% students are not aware of any side-effects caused by cell phones.

96% students can not spend a day without their cell phone.

While 4% students can.

**COMMONEST EFFECTS OF MOOD SWINGS DURING MENSTRUATION  
ON ACADEMIC PERFORMANCE  
OF FEMALE MEDICAL STUDENTS AT MMC.**

**Authors:**

AmnaRiaz	(Final Year M.B.B.S)
Madiha Shah	(Final Year M.B.B.S)
Mahrugh Abbas	(Final Year M.B.B.S)
Sonia Zafar	(Final Year M.B.B.S)
AneeqaIshthiaq	(Final Year M.B.B.S)
SheharyarAjmal	(Final Year M.B.B.S)
AimanIlyas	(Final Year M.B.B.S)
AbubakarRiaz	(Final Year M.B.B.S)
<b>Dr. Yasmeen Koharo</b>	(Assistant Professor Department of Gynaecology)

**Institution:**

Department of Medical Education, Muhammad Medical College, Mirpurkhas.

**Abstract**

**Introduction:**

Menstruation is a physiological phenomenon but has various physical and psychological effect on a woman

**Aim:**

To assess commonest effects of mood swings during menstruation on academic performance of female medical students at MMC

**Methodology:**

It was a cross-sectional study conducted among 30female medical students at Muhammad Medical College, Mirpurkhas. College Research Ethics Committee approved conduct of this study (No. 140911/REC/027)

**Results:**

The study yield that 86% of the females experienced mood swings during menstruation. 70% of the females said that their academic performance was affected by mood swings. 53% experienced mental fatigue. Social and personal life of 60% subjects was affected. 76% of the subjects stated that they use drugs to relieve the pain.

**Conclusion:**

The study concluded that female medical students experience a lot of problems due to menstrual mood swings and it exerts a lot of effect on their academic performance.

**AN AUDIT OF NECK SWELLING IN SURGICAL DEPARTMENT OF MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS FROM JANUARY 1<sup>ST</sup> 2010 TO JUNE 30<sup>TH</sup> 2011.**

**Authors:**

SHAFQAT ABBAS BHATTI	( FINAL YEAR)
ADNAN KHALIL	( FINAL YEAR)
RASHID SHAMSI	( FINAL YEAR)
MUZAFFAR SHOAIB	( FINAL YEAR)
ASAD AZIZ	( FINAL YEAR)
DR SYED RAZI MUHAMMAD	(Professor of Surgery MMC)

**Institution:**

Department of surgery Muhammad medical college Mirpurkhas.

**ABSTRACT**

**Background:**

There are many causes of neck swelling. No data exists regarding their aetiology and demography in our region.

**Aim:**

To understand an audit of neck swelling of patients admitted in surgical department observed at Muhammad Medical Hospital from 01-1-2010 to 30-6-2011.

**Method:**

Filling the form developed to retrieve information from files of patients admitted in surgery department of MMC hospital from 1<sup>st</sup> January 2010 to 30<sup>th</sup> June 2011. Ethical approval was taken from Hospital's(MMCH) Research Ethics Committee with REC No.140911/REC/028.

**Result:**

Out of 13 patients, 2(15.4%)were Male while 11(84.6%) were Female. All patients aged between 25 to 68years, average age was 44 years.

**COMMENEST NECK SWELLING OBSERVED WERE:**

DISEASES	TOTAL	MALE	FEMALE
GOITRE	n=7 (53.8%) Average Age 40 yr Range 26-60 yr	n=1 (14.3%) Age 30 yr	n=6 (85.7%) Average age 46 yr
CERVICAL LYMPHADENOPATHY	n=4 (30.8%) Average age 38 yr Range 25-60 yr	n=1 (25%) Age 25 yr	n=3 (75%) Average age 43 yr Range 30-60yr
LIPOMA	n=1(7.7%) Age 40 yr	n=0	n=1(100%) Age 40 yr
CARBUNCLE	n=1 (7.7%) Age 68 yr	n=0	n=1 (100%) Age 68 yr

**GOITER:-**

Simple goiter---- n=2 (28.6%)  
Multi nodular goiter---- n=4 (57.1%)  
Diffused goiter--- n=1 (14.3%)

**Conclusion:**

There are many causes of neck swelling of which Goiter 53.8% and Lymphadenopathy 30.8% are commonest in our area. TB is by far the commonest cause of cervical lymphadenopathy in our patients.

# PREVALENCE OF GENDER BASED DISCRIMINATION AMONG MEDICAL STUDENTS OF PAKISTAN.

## Authors:

Fatimah Hameed, Zain Sharif, Farah Sattar, Maria Mazhar, Yasir Alam Khan, Shah Nawaz, Naveed Wattoo, Mohammad Bilal, Muhammad Shahid, Zain Ali Raza

## Institution:

Muhammad Medical College, Mirpurkhas, Department of Community Health Science

## ABSTRACT

### Introduction:

Gender based discrimination or sexism is unequal treatment of a person based solely on others person sex mainly due to social and cultural conditions. Women in Pakistan are more disadvantaged as compare to the women in modern Western democratic societies.

### OBJECTIVE

To find out prevalence of gender based discrimination among medical students of different Medical Colleges of Pakistan.

### Method and Material:

Study type:	Cross-sectional descriptive
Study tool:	Questionnaire
Sample size:	Randomly selection 760 individuals in 6 medical colleges of Pakistan
Sampling Technique:	Convenient random probability sampling
Sampling area:	Muhammad Medical College, Mirpurkhas (Sindh) Bolan Medical College, Quetta (Balochistan) Khyber Medical College, Peshawar (Khyber Pakhtunkhwa) Quaid-e-Azam Medical College, Bahawalpur (Punjab) Islamabad Medical and Dental College, Islamabad (Federal) Nishtar Medical College, Multan (Punjab)
Analysis:	Data analysis is done by MS Excel

College's research ethics committee approved this project (No. 140911/REC/039)



**RESULT:**

760 medical students were included in the survey (Male 373 (49%), Female 387 (51%). All students responded to the questionnaire (100%). Among them 554 (72.89%) Students felt there was no gender based discrimination. 206 (27.11%) medical students reported gender based discrimination.

Among these 206 students, 134 Students (65%) (86 (64%)Males ,48 (36%) Females) felt that there was a gender discrimination in provision of health opportunities. 134 students (65%) (93(69%) Males, 41 (31%)Females) felt that there was a gender discrimination regarding educational opportunities. 156 students (76%) (135 (87%) Males, 21 (13%) Females) felt that there was a gender discrimination regarding job opportunities. 65 students (32%) felt that there was a Differentiation in celebrating birth of baby girl or baby boy. 43 (66%) (37 (86%) Males, 6 (14%) Females) celebrate birth of baby boy and 22(34%) (9 (40%) Males, 13 (60%) Females) celebrate birth of baby girl.

**CONCLUSION:**

Our study shows that Women in Pakistan are more disadvantaged and have less opportunity for health, education and job.

# PREVALENCE OF PSYCHIATRIC SYMPTOMS AMONG MEDICAL STUDENTS OF PAKISTAN

## Authors:

Fatimah Hameed, Zain Sharif, Farah Sattar, Maria Mazhar, Yasir Alam Khan, Shah Nawaz, Naveed Wattoo, Muhammad Bilal, Muhammad Shahid, Zain Ali Raza

**Supervisor:** Sir.Noor Ali Samoon

## Institution:

Muhammad Medical College, Mirpurkhas  
Department of Community Health science

## Abstract

### Introduction:

Psychiatric disorders or mental illness is a psychological or behavioral pattern generally associated with subjective distress or disability that occurs in an individual, and which is not a part of normal development or culture.

Medical education is perceived as stressful. High levels of stress have been documented in medical students in various studies due to academic demands, exams, inability to cope, hopelessness, increased psychological pressure and too much work load.

Stress during medical college can lead to problems later in professional lives compromising the patient care.

The study therefore carried out to determine the prevalence of psychiatric symptoms among the medical students.

### Objective:

To find out Prevalence of Psychiatric symptoms among Medical Students of different Medical colleges of Pakistan

### Material and Method:

Study type: Cross-sectional descriptive

Study tool: Questionnaire

Sample size: Randomly selection 796 individuals in 6 different Medical colleges of Pakistan

Sampling technique: Convenient random probability sampling

Sampling area: Muhammad Medical College, Mirpurkhas (Sindh)  
Bolan Medical College, Quetta (Balochistan)  
Khyber Medical College, Peshawar (Khyber Pakhtunkhwa)  
Quaid-e-Azam Medical College, Bahawalpur (Punjab)  
Islamabad Medical and Dental College, Islamabad (Federal)  
Nishtar Medical College, Multan (Punjab)  
Analysis: Data analysis is done by MS Excel

College's research ethics committee approved this project (No. 140911/REC/038)

**Result:**

796 medical students were included in the survey (male 391, female 405). 766 students (96%) responded to the questionnaire (male 375, females 391). Among them 670 (87.46%) Students reported no mental disturbance. 96 (12.54%) medical students reported symptoms of mental disturbance in their academic life.

Among these 96 (12.54%) students, 39 students (40.6%) (13 Males, 16 Females) reported positive Anxiety Symptoms. 33 students (34.37%) (18 Males, 15 Females) reported positive Phobia Symptoms. 24 Students (25%) (9 Males, 15 Females) reported positive Depression Symptoms. While symptoms of Bipolar Disorder and Schizophrenia were not reported by any student.

**Conclusion:**

Our study shows that 12.54% of medical students have symptoms of anxiety, depression and phobia.

## WHY QUACKS ARE MORE SUCCESSFUL IN SMALL TOWNS AND VILLAGES?

### Authors:

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Mohammad Sohail Qadir	(4 <sup>th</sup> Year MBBS)
Rashid Ali Lashari	(4 <sup>th</sup> Year MBBS)
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Asma Israel	(4 <sup>th</sup> Year MBBS)
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Asma Rani	(4 <sup>th</sup> Year MBBS)
Aftab Ahmed	(4 <sup>th</sup> Year MBBS)
Dr. Noor Ali Sumoon	(Assistant Professor Community Medicine, MMC)

### Institution:

Department of community health sciences, Muhammad Medical College, Mirpurkhas

### Introduction:

It is widely believed that many people in rural areas prefer to get medical help from quacks than qualified doctors. However its reasons are not well understood.

### Objective:

To assess the cause of preference of quacks over qualified doctors in rural areas.

### Study Design:

It was a cross sectional survey with a sample size of 123 people. The study was performed on patients in villages around Sukkur, Khairpur and Sanghar, in the 'clinics' of quacks. Approval to conduct this study was obtained from college's Research Ethics Committee (No.140911/REC/029)

### Result:

The response rate for our study was 89% (n=110). Our data showed 73% (n=80) of the people were unaware about the difference b/w quacks & M.B.B.S doctors while 27% (n=30) were aware. Out of 27% (n=30) people that were aware, 64% (n=20) were afraid of going to M.B.B.S doctors due to high expenses. 20% (n=06) of these people went to quacks due to their traditional belief. 08% (n=2) of people due to transport problem. 08% (n=02) of people due to religious reasons. 83% of quack's clinic attenders were not aware of qualification of their doctor's. Out of 27% (n=30) people that were aware, 40% (n=12) of the people encountered new diseases after being treated by quacks, especially hepatitis.

### Conclusion:

Awareness among people attending quack's "clinics" regarding qualification and other issues regarding quack is low. 83% of them were not aware of difference between a qualified doctor and a quack.

# INFECTION CONTROL PRACTICES IN GOVERNMENT HOSPITALS OF TWO PROVINCES OF PAKISTAN.

## **AUTHORS:**

Haider Ali	(4 <sup>th</sup> Year)
Nadia Manzoor	(4 <sup>th</sup> Year)
Muhammad Arshad	(4 <sup>th</sup> Year)
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AbdulRehman	(4 <sup>th</sup> Year)
Anum Farooq	(4 <sup>th</sup> Year)
Haroon	(4 <sup>th</sup> Year)
Imran Safdar	(4 <sup>th</sup> Year)
Dr.AsifAli Shah,	(Assistant Professor Dept; of Community Health Sciences, MMC).

## **Background:**

Healthcare associated infection is considered to be major global public health problem. These types of infection occur in 10% of patients in developed countries and 25% in countries with limited resources where Infection Control practices are often unsafe. So all health care staff should be kept aware of the most up-to-date procedures required to prevent the transmission of infection

## **Methodology:**

A cross-sectional descriptive study was conducted in JulyAugust 2011 in different government hospital of KPK and Punjab. 10 hospitals of different category were selected by using convenient sampling technique & infection control practices were assess by a pre-tested, closed ended questionnaire. A senior doctor in each hospital was surveyed. Hospital's Research Ethics Committee's approval was obtained (No. 140911/REC/052).

## **Results:**

All the hospitals had guidelines of MoH covering ICP but we found some deficiencies in application of these guidelines &HE program was not satisfactory. 20% of hospitals reported exceeded number of in-patients so patients had to share bed. 50% of hospitals were receiving water from municipal supply & others were receiving water from tankers and well and both were of low quality. Hand Washing in hospitals was 100% but 25% reported use of antimicrobial soaps and water less alcohol based solutions. Plastic containers were present in all hospitals 40% didn't emptied even after filling ,29 % bent the needles , 80% broke the glass ampoule with hands . None of the hospitals reused the syringes. 82% of the hospitals disposed the waste by dumping process and remaining used burning method.

## **Conclusion:**

All hospitals lacked appropriate infection control practices & basic sanitation, proper water supply. However waste disposal system was found to be satisfactory. There was need to establish an functioning infection control committee in hospital for continuous monitoring, supervision which should be responsible for further education and training to all health care workers.

## **Key words:**

Government Hospitals, Infection control practices, Cross Sectional Descriptive Study

# DO YOU CHEAT??? ACADEMIC DISHONESTY AMONG UNDERGRADUATE MEDICAL STUDENTS

## Authors:

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Aneela Amber	(Final Year MBBS)
Sahar Khalid	(Final Year MBBS)
Ahsan Rasheed	(Final Year MBBS)

## Institution:

Muhammad Medical College Mirpurkhas

## Abstract

### Background:

Though doctors are considered to be respectful role models of professionalism and ethics, but medical students are no strangers to academic dishonesty. Academic dishonesty is not only an un-ethical behavior, but may also have life threatening consequences.

### Aims:

The aim of this study is to assess the knowledge, attitude, behavior and practice of undergraduate medical students.

### Methodology:

The study was descriptive and cross-sectional in nature, the questionnaire was self-administered semi-structured and was pilot tested on a sample of 5 students from Muhammad Medical College before the final administration on students from different colleges. The study was carried out in 4 different colleges (Punjab Medical College, Quaid-e-Azam Medical College, Nisthar Medical College and Muhammad Medical College) of two provinces (Punjab and Sindh) of Pakistan. The sample size taken was 10% of population of students from 3<sup>rd</sup> year to Final year, response rate was 49%. Data analysis was done using SPSS 17. Ethical approval was taken from our Hospitals Research Ethics Committee (No. 140911/REC/045).

### Results:

Out of 110 students 82 (26/39 males, 56/71 females) admitted that they have dishonest behavior, Most of the students said that they started cheating at MBBS level (39.1%) 19.1% started cheating in under metric classes. Majority said they cheated in viva (56.8%), while during theory examinations 36.7% said that they use to cheat. Regarding marking proxy 66.7% females and 62.5% males said they are involved in marking friends' or asking friends to mark their attendance, while some students (33.3% males and 18.2% females) also do not consider marking proxy an un-ethical thing, 23% (12.8% males, 10.3% females) approached directly to teacher to get better grades. Amongst those who admit cheating said that they cheat only to pass (66.7%) while 52.3% said they cheated to gain positions

### Conclusion:

Our study reveals that academic dishonesty is practiced by many students.

### Remarks

Academic dishonesty is a very unhealthy habit. Especially in the field of medicine where human lives are at stake. Appropriate and strict measures should be taken to stop this ill practice.

# GENERAL PHYSICIANS AND IRRITABLE BOWEL SYNDROME A KAP STUDY

## **Authors:**

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## **Institutions:**

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## **Abstract**

### **Background:**

Irritable bowel syndrome (IBS) is often misdiagnosed and the family physicians (general physicians) who are the first point of contact of majority of the patients, do not understand the disease in much detail. This study was conducted to assess the knowledge of general physicians working at private clinics in the peripheries of Lahore, Karachi, Islamabad, Rawalpindi.

### **Aims and Objective:**

To assess the knowledge attitude and practice of GP's regarding IBS.

### **Methods:**

a short survey was done of GPs. Information was collected about their knowledge, attitudes and practices (KAP) regarding IBS. Knowledge was assessed by asking clinical questions. A total of 200 GPs were interviewed in this survey.

### **Results:**

Out of the 200 GPs who were interviewed, 77% were males and 23% females. All the physicians said that they have seen a number of cases of IBS, the average being 3 cases per physician per month. Majority of the physicians (58%) said that the patient compliance to treatment was low thus resulting in lack of response. Most of the GPs said that they did not get the advanced lab tests done for diagnosis of IBS and started treatment on the basis of history and basic investigations only. 40% of the GPs did not feel confident enough to make a definite diagnosis of IBS. However, most of them (60%) felt that the patient satisfaction was not much dependent on the knowledge of the doctor.

### **Conclusion:**

A large number of GPs manage IBS regularly. Although a significant proportion of them are not confident in making a firm diagnosis, this fact does affect the management satisfaction of their patients and most GPs felt the compliance was a major problem in the management of IBS.

### **Remarks:**

A reasonable number of IBS cases are treated by GPs. It is important the GPs should know about the latest diagnostic tests available for these cases and treatment options that can be offered to the patients.

## JOB SATISFACTION AMONG PSYCHIATRISTS

### **Authors:**

Numan Majeed, Dr. Hira Parvez, Marriam Noor Malik, Dr. Naeem Majeed, Dr. Somia Iqtadar

### **Introduction:**

Pakistan has a shortage of psychiatrists and the trend for specialization in psychiatry is very low. It is important to focus towards development of interest in psychiatry among medical students as the trend of psychiatric diseases is on the rise in the country. In this study, an attempt has been made to identify factors for satisfaction/dissatisfaction among psychiatrists.

### **Aim:**

To assess job satisfaction among the psychiatrists

Methods: 100 psychiatrists were interviewed in this study over a period of two months (July-August 2011) working at various hospitals in Lahore, Islamabad and Rawalpindi. Satisfaction was probed regarding patient dealing, salaries and social acceptance. Data was analyzed using SPSS 17.

### **Results:**

Satisfaction with patient dealing was 57%, with salaries and private clinic charges was 59% and with social acceptance was 74%. The main reason cited for lower satisfaction in dealing with the poor patient compliance (65%) i.e. Patients feels insult in going to a psychiatrists and the treatment is usually long term (38%) and shows limited improvement in symptoms resulting in frequent visits by the patients (52%). Majority (59.3%) said that it was difficult to deal with extreme cases. When demographics were compared, it was found that senior psychiatrists were more satisfied compared to the newer generation of consultants.

### **Conclusion:**

It is pertinent that the government should realize the importance of psychiatry as a major specialty and incentivize the specialty so that the younger generation of physicians is attracted to and satisfied with this field.



# CHOICES, INFLUENCES AND SATISFACTION OF MEDICAL STUDENTS REGARDING PROFESSION

## Authors:

Rabia Ali  
Aneela chandio  
Khadija Safdar  
Anum Ayaz  
Dr.Syed Razi Muhammad

## Background:

Medical profession is most desirable profession in Pakistan and rest of the world. Many students make their own choice, where as other are made to take medical field by parents, other relatives and friends. Many students continue to enjoy their studies where as some find that medical field is not according to their aptitude and wish some other professions.

## Methodology:

we conducted a survey on 100 students (46 boys,54 girls) of MUHAMMED medical college (MMC) to find the answers of above question. Research Ethics Committee approved this survey (No. 140911/REC/050)

## Results:

79 students (33 boys,46 girls) accepted that they chose medical profession themselves where as 21 (11 boys,10 girls) mentioned that it was their parents choice which they accepted. They 21 students wanted to go to there professions (fashion designing 7,business person 3). Overall 41 (17 boys,24 girls) students mentioned that the choice was entirely theirs, whereas 59 students who claim to make their own choice, accepted that some influenced from parents was present. When asked that if a relative seeked an advice for choosing his/her carrier 83 (85 boys,48 girls) said that they would suggest medical. When they were asked if they could go back in time and made another choice, 78 (33 boys,45 girls) reiterated that they would join medical again, where as 22 wanted to leave it for some other profession (fashion designing 11, bussiness 9, Engineering 2, others 7). 65 students (25 boys,40 girls) had a doctor in their immediate family, whereas 35 did not.

## Conclusion:

Most medical students of MMC chose their profession by themselves and remained satisfied with their profession.

# STUDY OF CAUSES OF DEPRESSIVE STATE OF MEDICAL STUDENTS AMONG GIRLS

## Authors:

Sadia Ismail (Final year)  
Sumaya gill (Final year)  
Hina arif (Final year)  
Iffat safdar (Final year)  
Dr Syed Razi Muhammad (Dept. of surgery)

## Institution:

Muhammad Medical College Mirpurkhas

## ABSTRACT

### Background:

Depression is psychological disorder that can lead to various psychological emergencies in medical students. Depression can affect the academic life as well as the health of the students. There are several factors that may lead to depressive state in students.

### Aim and objective:

Aim of the study was to determine the cause of depression in medical students.

### Methodology:

The study design was descriptive cross sectional, pilot testing was done on 5 students before administration on sample population. Sample size was 50 female student of MMC. Approval to conduct this study was given by Hospital's Research Ethics Committee (No. 140911/REC/036)

### Results:

All of the sample was aware of depression. Major trigger of depression was home sickness 64%, behaviour of parents was reported by 24%, serious illness in family was trigger in 16%, death of relative induced depression in 18%, and in 8% it was due to failure in an examination. Depressive episode lasted for one day in 28% of affected girls, a week in 12 %, a month in 8 % and for non specific period in 38%. Major manifestation of depression were irritation (36 %), crying (34%), sadness (29%), over eating (18%), anger and sleep disturbance in 16 % each.

### Conclusion.

We conclude that almost all the students had episode of depression one time or the other, almost in 2/3<sup>rd</sup> of girls due to home sickness, where as only minority sought medical help.

### Remarks:

Appropriate measures should be taken to avoid psychological emergencies in female student and counselling sessions should be arranged.

# IS HIJAB A HINDRANCE IN PROGRESSING IN MEDICAL COLLEGE

## Authors:

Sahar Khalid  
Aneela Amber  
Numan Majeed  
Ahsan Rasheed  
Manzoor Hussain

## Institutions:

Muhammad Medical College, Mirpurkhas

## Abstract

### Background:

It is a common thinking in some sections of society within Pakistan that hijab is a hindrance in the way of progress and acquiring proper skills. These are very littler work done regarding this issue.

### Aims:

The aim of this study is to access the effect of hijab on undergraduate medical students.

### Methodology:

The study was descriptive and cross-sectional in nature, the questionnaire was self-administered semi-structured and was pilot tested on a sample of 5 female students (both hijab observing and non-hijab observing) from Muhammad Medical College before the final administration on students from different colleges. The study was carried out in 3 different colleges (Punjab Medical College, Quaid-e-Azam Medical College, and Muhammad Medical College) of two provinces (Punjab and Sindh) of Pakistan. The sample size taken was 100 female students from 3<sup>rd</sup> year to Final year, who observe Hijab. Response rate was 61%. Data analysis was done using SPSS 17. Ethical approval was taken from our Hospitals Research Ethics Committee (No. 140911/REC/044).

### Results:

Out of 61 respondents, 61.7% students started hijab after entering the medical college. Most of the females wear hijab due to religious obligation (35%) while 24% for self-protection. A small amount (15%) reported that they feel hijab has affected their study and 16.7% stated that hijab had affected their grades in exams among these girls. 22.9% said that the behavior of teachers became harsh 19.7% of the students said that the attitude of teachers was politer. The difficulties faced by these students are, lab work and dissection 6.5%, difficulty in exam hall and during general physical exam 3.2%. Whereas using stethoscope was reported by majority (48%). 59% girls said that after they started wearing hijab, they got more respect from male class fellows, while 3.3% said that they were called upon names.

### Conclusion:

Majority of our survey respondents felt that wearing hijab has little effect on the academic life of medical students but is not a condition to be called a hindrance.

### Remarks

Observing hijab is a good social and religious practice, so special attention should be paid to resolve the issues that the girls wearing hijab face.

# KNOWLEDGE ATTITUDE PRACTICE & BEHAVIOUR OF MEDICAL STUDENTS REGARDING COMMUNICATION SKILLS

## **AUTHORS:-**

Sajida Zafar, Sidra Noureen, Sumba Javaria, Nosheen Bano, Afroz Gull  
Supervisor: Numan Majeed

## **Background**

Communication skills play vital role in personality development, interaction with the community, to understand other people and to convey one's message. It is especially important for doctors who have to deal with patients, where conversation has prime significance in patient care and provision of proper health care. For this reason, communication skills is taught as a compulsory subject in many western countries and some medical colleges within Pakistan.

## **Aims:**

The aim of this study is to access the knowledge, attitude, behavior and practice of undergraduate medical students regarding communication skills.

## **Methodology:**

The study was descriptive and cross-sectional in nature, the questionnaire was self-administered semi-structured and was pilot tested on a sample of 6 students from Muhammad Medical College before formally conducting the study on the students of Muhammad Medical College, Mirpurkhas, Sindh. The sample size taken was 150 students from second year to Final year. Response rate was 94/150 (62.6%). The assessment was done by using modified Portland Community College Communication Skills Self-assessment Exercise. Data analysis was done using SPSS 17. Ethical approval was taken from our hospitals Research Ethics Committee (No. 140911/REC/030).

## **Results:**

Out of 94 students 40 were males and 54 were females. 36% people said they knew what communication skills are. Most of the participants (55%) said there should be workshops on development of communication skills, 40% said that had language problems, 46% said that by better communication skills, there will be reduction in clinical errors. The result of the exercise is presented in the graph.

## **Conclusion:**

There is an acute need to develop better communication skills in future doctors, i.e medical student. Proper measures should be taken to enhance communication skills in students.

## **Remarks:**

Workshops should be conducted on regular basis on personality development and communication skills, in order to get better clinicians.

**AUDIT OF INGUINO SCROTAL SWELLING IN SURGICAL  
DEPARTMENT OF MMCHBETWEEN JULY 2010-JULY2011**

**Authors:**

Shamasud Din, WaqasNaseem, Jameel Ahmed, GhulamMurtaza,  
SajidYarKhan,Ahmed Abbas (Final Year students, MMC)  
Syed RaziMuhammd (Professor of Surgery).

**Study Design:**

Retrospective

**Place and duration:**

Department of surgery Muhammad Medical College Hospital, Mirpurkhas Sindh,  
from July 2010-July 2011.

**Methodology:**

Data of patients regarding presenting complaint, diagnosis and treatment was collected from the patients' medical record files. The result was analyzed using MS Excel and expressed in percentages. Approval to conduct this study was obtained from Hospital's Research Ethics Committee (No. 140911/REC/035)

**Results:**

A total of 25 patients, (record of 2 patients was missing) with inguino-scrotal swelling, the complaints of patients were inguinal pain 14 (60.8%), inguinal swelling 12 (52.1%), scrotal swelling 8 (34.7%), scrotal pain 5 (21.7%), inguino-scrotal swelling 3 (13%), vomiting 3 (13%) urinary retention 2 (8.7%), others 11 (47.8%). The diagnosis was made on clinical assessment, other than base line investigations (RSE, CBC), chest X-ray and ultrasound were performed. The final diagnosis were right inguinal hernia 13 (56.2%), left inguinal hernia 5 (21.7%), bilateral hernia 2 (8.7%), strangulated hernia were 2 (8.7%), obstructed hernia in 1 (4.3%). Additional diagnosis of BPH 2 (8.7%) and hydrocele 2 (8.7%) was made in 4 patients. Treatment given given to these patients wereherniotomy (right 26 %, left 17.3%, bilateral 8.6%), and herniorrhapy47.8%).For other complaints, additional procedures of orchidopexy 8.7% andcytoscopy 4.4% were done . All patients were discharged on completing the treatment except 2, who were discharged on request.

# Motivator and Barriers for blood donation among the students of Muhammad Medical College Mirpurkhas

## Authors:

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Fahad Riaz Warraich	(4 <sup>th</sup> Year MBBS)
Tuba Khan	(4 <sup>th</sup> Year MBBS)
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Hamid Saleem	(4 <sup>th</sup> Year MBBS)
Saba Faiz	(4 <sup>th</sup> Year MBBS)
Dr Muhammad Asif Ali Shah	(Assistant Professor Community Medicine, MMC)

## Institutions:

Muhammad Medical College, Mirpurkhas

## Abstract

### Background

An adequate number of volunteer blood donors are required to save the life of millions of people. In many developing countries people are still dying due to inadequate supply of blood and blood product. A reliable supply of safe blood is essential for scaling of health care service level. The objective of this study is to find out specific motivators and barriers of blood donation among the medical students.

### Methods

A cross sectional descriptive study was conducted from June- August 2011 in Muhammad Medical College Mirpurkhas. 100 students were selected by systemic random sampling. Survey was conducted by using a pre-tested, closed ended questionnaire. The variables assessed were motivators and barriers of blood donation. 60% recognized hospital as a most convenient place for blood donation. College's Research Ethics Committee approved conduct of this study (No. 140911/REC/041).

### Results

100 students were approached for interviewed of these 42% were female and remaining were male. In this 13% belong to first year, 22% second year, 21%, third year, 28% fourth year and 16% from final year. 47% (male 73%, female 27%) had history of blood donation. The main reasons identified for blood donation were 49% in saving the life, 13% self satisfaction 11% right thing to do, 10% friend motivation & 17% other. 72% of students donated blood to patients unknown to them. Among the non donor group the main reasons were low Hb level 35%, family pressure 24%, never thought regarding blood donation 19%, afraid of needles 11% & harmful for health 11%. 75% of student said that they donate blood once a year. Among these 47% felt weakness for one day. 92% (male 85%, female 15%) student were prepared for blood donation in emergency situation.

### Conclusions

Nearly half of the students of MMC have donated blood atleast once in their lives. The biggest hurdle in donating blood has been low Hb level. However apatty was the cause of 1/5th of students which can be improved with motivation.

## EFFECT OF SUPPLEMENTARY EXAM ON STUDENTS

### Authors:

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**Prof. Dr Razi Muhammad**

### Institution:

Department of Medical Education, Muhammad Medical College, Mirpurkhas.

### Abstract

#### Introduction:

This study aims to assess the effects medical students undergo when they face supplementary examination.

#### Objective/Aim:

To assess the effects of supplementary examination on medical students.

#### Methodology:

It was a cross-sectional study conducted among medical students at Muhammad Medical College, Mirpurkhas. Research ethics committee of college approved this project (No. 140911/REC025)

#### Results:

37 students of all classes of a medical college (24 boys and 13 girls) responded to a questionnaire. 33 (89%) had first experience of facing supplementary examination although only 2 (05%) were expecting it. 06 (16%) did not inform their parents. 13 (35%) of them showed a discouraging response. 23 (62%) feel the failure in annual exam a fault of examiner. 13 (35%) faced difficulty in concentrating in their studies as a result of failure. 37 (100%) said that their friends were support Live. 17 (46%) felt loneliness in life. 3 (08%) had suicidal thoughts and 20 (54%) suffered insomnia. 18 (49%) noticed a change in behavior of teachers with them after result and 08 (21%) were confident they were considering using unfair means to pass these supplementary exam.

#### Conclusion:

Failing annual examination is a major psychological setback for medical students, many of which have negative thoughts for failure. Support and counseling from parents and teachers to guide them to positive life may help.

## **THE PREVALENCE OF LOW BACK PAIN AMONG MEDICAL STUDENTS, DOCTORS AND SUPPORTING STAFF AT MMC**

### **AUTHORS:**

DARAKHSHAN REHMAN	(FINAL YEAR)
SABA ILYAS	(FINAL YEAR)
SIDRA KHAN	(FINAL YEAR)
ADNAN KHALIL	(FINAL YEAR)
DR SYED RAZI MUHAMMAD	(Professor of Surgery, MMC)

### **INSTITUTION:**

Department of Medicine Muhammad medical college Mirpurkhas.

### **ABSTRACT**

#### **BACKGROUND:**

Low back pain(LBP) affect both old and young. Medical colleges tend to have time consuming curricula possibly perpetuating a sedentary life style, a bad posture during prolonged study and a high prevalence of low back pain among medical workers.

#### **AIM:**

To determine prevalence of low back pain among medical students , doctors and supporting staff at MMC.

#### **METHOD:**

A survey was done on 133 participants using a questionnaire in 10 days duration. The questionnaire was self-administered and semi structured. The study was carried out on medical students , doctors and supporting staff of MMC with Research Ethics Committee with REC No.140911/REC/048.

#### **RESULT:**

Total 133 participants were chosen randomly. Among them there were 92 Medical students (41 males and 51 females) , 16 Doctors and 25 Supporting staff members. A total of 78 (58.64%) members suffered from low back pain. Among these 31 (60.79%) were female students , 26 (63.41%) were male students, 4 (25%) were doctors , 17 (68%) were supporting staff. 17 (54.83%) female students, 12 (46.15%) male students, 2(50%) doctors and 6 (35.29%) supporting staff members were suffering from 1-2 years. 24 (63.15%) female students, 11(37.93%) male students and 3 (50%) doctors declared prolonged sitting work as possible causative factor. Whereas 8 (44.44%) of supporting staff members declared prolonged standing while at work as the causative factor. 22 (62.85%) female students, 14 (50%) male students , 2 (50%) doctors and 16 (66.66%) supporting staff members revealed that bed rest relieved the pain. 11 (35.48%) female students , 6 (23.07%) male students , 2 (50%) doctors and 8 (47.05%) supporting staff members used medicine to relieve pain. 17 (54.83%) female students , 21 (80.76%) male students , 10 (58.82%) supporting staff members said low back pain affect little on routine life whereas 3 (75%) doctors said low back pain affects some routine life. 25 (80.64%) female students, 4 (15.38%) male students, 4 (100%) doctors, 12 (70.58%) supporting staff consulted doctor for low back pain.

#### **CONCLUSION:**

Prevalence of low back pain among Medical workers is high in MMC because of their hectic routine.



# TO ASSESS THE SCOPE FOR IMPROVEMENT IN HOSTEL FACILITIES BY RESIDENTS OF MMC HOSTELS

## **Authors:**

Sumera Bibi (final year)  
Shazia Parveen (final year)  
Rabia Akram (final year)  
Khawar Abbas (final year)  
Dr.Syed Razi Muhammad

## **Institution:**

Muhammad Medical College Hostels

## **Aims and background:**

To assess the scope for improvement in Hostel facilities by residents of MMC hostels

## **Method:**

It is cross sectional descriptive study done at MMC hostels from august 2011 sep 2011. Sample size was taken 90.senior medical students collected data from individual residents about the problems faced. Hospital Research Ethics Committee approval No. 140911/REC/049,

## **Results:**

out of respondent 90( female 66.6%, male 33.3%). Average age 20-24 year, participant from each hostel were 30. Residents suggest that they considered following area had problems and requirement, residents satisfied from qualities of food MMC city hostel(16.6%),MMC college girls hostel(60%),MMC boys hostel (59.9%). satisfaction from water supply MMC city hostel (20%), MMC college hostels both girls and boys(13.3%). satisfaction from cleanliness MMC hostel city(43.2%), MMC college hostel for girls( 59.9%), MMC boys hostel (39.6%). quality of mobile network at MMC city hostel(76%), MMC hostel for girls at college (16.6%), and MMC boys hostel(46.6%). sanitation satisfaction at MMC City hostel(36.9%),MMC college girls hostel (36.3%), and MMC boys hostel(26.6%) while transport satisfaction among the students is(76.9%)

## **Conclusion.**

it is found that among city hostels and college hostels, improvements should be made especially to improve mess, water supply and cleanliness.

## MOTIVATOR AND BARRIERS FOR BLOOD DONATION AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

### Authors:

Syeda Tahira Sherazi	(4 <sup>th</sup> Year MBBS)
Fahad Riaz Warraich	(4 <sup>th</sup> Year MBBS)
Tuba Khan	(4 <sup>th</sup> Year MBBS)
Sajjad Sarwar	(4 <sup>th</sup> Year MBBS)
Farah Nureen	(4 <sup>th</sup> Year MBBS)
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Hamid Saleem	(4 <sup>th</sup> Year MBBS)
Saba Faiz	(4 <sup>th</sup> Year MBBS)
Dr Muhammad Asif Ali Shah	(Assistant Professor Community Medicine, MMC)

### Abstract

### Background

An adequate blood supply depends on volunteer blood donors who continuously save the life of millions of peoples. In many developing countries people are still dying due to inadequate supply of blood and blood product. A reliable supply of safe blood is essential for scaling of health care service level. The objective of this study is to find out specific motivators and barriers of blood donation among the medical students. The results from this study will aid in the creation of interventions & will improve the blood donation rate.

### Methods

A cross sectional descriptive study was conducted from June- August 2011 in Muhammad Medical College Mirpurkhas. 100 students were selected by systemic random sampling, interviewed were conducted by using a pre-tested, closed ended questionnaire. The variables assessed were motivators and barriers of blood donation. 60% recognized hospital as a most convenient place for blood donation. College's Research Ethics Committee approved conduct of this study (No. 140911/REC/041).

### Results

100 students were approached for interviewed in these 42% were female and remaining were male. In this 13% belong to first year, 22% second year, 21%, third year, 28% fourth year and 16% from final year. 47% (male 73%, female 27%) has history of blood donation. The main reasons were identify for blood donation were 49% saving the life, 13% self satisfaction 11% right thing to do, 10% friend motivation & 17% other. Unknown patients 72% was the most frequent person for blood donation. Among the non donor group the main reasons were low Hb level 35%, never thought regarding blood donation 19%, afraid of needles 11%, harmful for health 11% & other 24%. 75% of student said that they donate blood one time in a year in these 47% feel weakness for one day. 92% (male 85%, female 15%) student show prepared for blood donation in emergency situation.

### Conclusions

Male student practices for blood donation were good and highly motivated to blood donation in emergency situation. Educational campaigns regarding importance of blood donation supposed to be conducted among medical students to change the behaviour toward blood donation.

## TYPES OF SLEEP DISORDERS AMONG MEDICAL STUDENT OF MMC

### AUTHERS:

Sidra Maqsood	(4 <sup>th</sup> year)
Rabia Saleem	(4 <sup>th</sup> year)
Sumaira Nazeer	(4 <sup>th</sup> year)
Waheed Ahmad	(4 <sup>th</sup> year)
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Malik Ahmad	(4 <sup>th</sup> year)
M.Usman	(4 <sup>th</sup> year)
Dr Noor Ali Samoo. (Assistant Professor Community Medicine, MMC)	
Dr Asif Ali Shah	(Assistant Professor Community Medicine, MMC)

### INSTITUTION :

Department of community Medicine MMC MPK.

### ABSTRACT

#### BACK GROUND :

Almost everybody suffers sleeping problem at some stage of their lives. Sleep disorder are group of syndrome characterized by disturbances in the individuals time of sleep and quality of sleep On the other hand long sleep duration may be associated with morbidity and mortality.

#### Objectives :

- 1.To determine the frequency of sleeping disorders among the medical students.
- 2.To know some associated factors with sleep disturbance

#### Study Design :

Observational (descriptive) cross sectional, convenient sample of 200 students of MMC who had suffered sleeping disturbance at some stage of their lives. Approval of this project was obtained from Research Ethics Committee (130911/Rec/023)

#### RESULT:

Our study determined that (66) 33% of subject had more than one sleeping disorder, Among them insomnia 56% is more prevalaent than dyssomnia (47.5%) , hypersomnia 45.5% or Parasomnia 25%. Among student average hours of sleep was 6 to 8 hours (55%), 3 to 5 hours (40.5%) , 9 to 11 hours (3.50%) , above 11 hours (1%), Average time to go to bed 10PM to 12AM (11.50%), 12AM to 2 AM (56.50%) , 2AM to 4 AM (32%), Factors causing interruption in sleep when examination Stress 15% , noise 11.5% ,thoughts 18% , disease 1.5% , TV 16.5% , anxiety 9.5% , pain 2.5% ,prickling Sensations 3.5%, frequency of disorder is more among smokers 75%.

**Conclusion :** Our study revealed that the frequency of insomnia (56%) was more then dyssomnia 47.5% , parasomnia (25%) , Hypersomnia 4.5% in the student of Muhammad Medical College Mirpurkhas.

# PREVALENCE OF THE SKIN PROBLEMS / DISEASES IN THE COSMETIC USERS

## Authors:

Yahya Abdul Hanan	(Fourth Year)
Abdul Sattar	(Fourth Year)
Maria Zahid	(Fourth Year)
Zubair Tehseen	(Fourth Year)
Ammara Khalid	(Fourth Year)
Shaista Fatima	(Fourth Year)
Huma Ameer Awan	(Fourth Year)
Hashmatullah	(Fourth Year)
Ameer Khan	(Fourth Year)
Dr. Noor Ali Sumoon	(Assistant Professor Community Medicine, MMC)
Dr. Asif Ali	(Assistant Professor Community Medicine, MMC)

## Institution

Department of Community Health Sciences, Muhammad Medical College, Mirpurkhas

## ABSTRACT

### Background

Skin disease is not a common problem. In another presentation by our group in this symposium we have shown that the proportion of male sex using cosmetics is significant.

### Aims and Objectives

To find out the Prevalence of the skin diseases in the males who use cosmetics.

### Inclusion Criteria

All 296 males of the ages 15-60 years, who admitted to use cosmetics were included.

### Methodology

Cross-sectional interview (survey) of 296 males of age ranging from 15 to 45 residing in 6 different cities in Pakistan who admitted to use cosmetics. Approval to carry out this study was given by College's Research Ethics Committee (No. 140911/REC/033).

### Results:

Out of 296 males:

52% were using cosmetics for Face, 24% for the Hands, 8% for the Feet and 18% for the Hair.

We found that 45% of the males were suffering from the disease/skin problems.

Out of these 45% we found that 21.3% were suffering from Acne, 14.4% had Itching, 15.7% had dermatitis, 31% were allergic to some cosmetic products and 17.6% were having other skin related problems.

### Conclusion

A significant proportion of the male cosmetic users report some skin condition, which may or may not be directly related to their use of cosmetics.

## PREVALENCE OR COSMETIC USE IN MALES

### Authors:

Yahya Abdul Hanan	(4 <sup>th</sup> year)
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### Institution:

Muhammad Medical College Mirpur Khas  
Department of Community Medicine

### ABSTRACT

#### Background:

Not only females but the males are also using the cosmetics. When do they use and why do they use them?

#### Aims and objectives:

To assess the use of the cosmetics in males in our society

#### Inclusion Criteria:

Convenient sample of all the males in 6 different cities of Panjab and Sindh in Pakistan of all the ages were included.

#### Methodology:

Cross-sectional interview (survey) of 296 males of age ranging from 15 to 45 residing in 6 different cities in Pakistan. Approval from College's Research Ethics Committee was obtained (no. 140911/REC/032)

#### Results:

Out of 296 males we found that all subjects used different types of cosmetic products.

Out of 296 males:

46% of the males said that they use the fairness creams, 40% of the males said that they had facials, 28.8% of the males said that they use the Shower Gel, 14.1% of the males said that they use Wax, 51% of the males said that they use Hair Gel, 78% of the males said that they use Perfume, 38% use Powder, 9% Skin Toner, 6% Nail Shiner, 9.3% use Bleaching, 3.3% use Blush on, 32.6% use deodorant, 22.6% use the Hair Straightener, 48% use the Conditioner, 1.13% use the Eye Lashes, 31.3% use the Sunscreen(sun block), 3.3% did the pedicure and 4% did the manicure.

There were also 2.3% men who did not know about all the cosmetic products used in the survey.

#### Conclusion:

We found that all the males regularly use some sort of cosmetic products, and many of them also think that they have disadvantages.

## ALL ENDOSCOPIC INDICATIONS AND RESULTS IN LAST YEAR (SEPTEMBER 2010 TO AUGUST 2011) AT MMCH.

### Authors:

Sonia Zafar	(Final Year MBBS)
Komal Narejo	(Final Year MBBS)
Asma Hidayatullah	(Final Year MBBS)
Sheharyar Ajmal	(Final Year MBBS)
AbubakarRiaz	(Final Year MBBS)
Prof. Dr. Syed Razi Muhammad	(Professor of Surgery MMC)

### Institution:

Department of Medicine, Muhammad Medical College, Mirpurkhas

### ABSTRACT

#### Background:

Endoscopy is an important and useful investigation. It is a diagnostic as well as a therapeutic tool.

#### Aim:

To find out most frequent indications and results of gastroenterological endoscopy.

#### Methods:

Retrospective study of records of gastroenterological endoscopy was done on patients visiting MMCH, (between September 2010 to August 2011). Hospital Research Ethics Committee approval was obtained (No. 140911/REC/046)

#### Results:

Out of 200 patients, 131 (65.5%) were male and 69 (34.5%) were females. 161 (80.5%) were from rural areas and 39 (19.5%) were from urban areas. 42 (21%) revealed no abnormality and 158 (79%) were found to have an abnormal endoscopy as shown in the table below.

	INDICATIONS	No. of Patients	Percentage	Findings	No. of Patients	Percentage
1	Upper GI Bleed	82	41%	Esophageal Varices	151	25.5%
2	Dysphagia	25	12.5%	PHG**	32	16%
3	Abdominal Pain	24	12%	Gastritis	18	09%
4	Dyspepsia	14	07%	Esophageal Malignant Stricture	14	07%
5	Cirrhosis Surveillance	12	06%	H. Pylori	14	07%
6	VEP*	11	5.5%	Duodenal Ulcer	07	3.5%
7	Vomiting	09	4.5%	Candidiasis	07	3.5%
8	Bloody Diarrhea	04	2%	Gastric malignancy	05	2.5%
9	Celiac Disease	04	2%	Hemorrhoids	03	1.5%
10	PR Bleed	04	2%	Pyloric Swelling	02	01%
11	Anemia	03	1.5%	AchlasiaCardia	01	0.5%
12	Odynophagia	03	1.5%	Rectal Polyp	01	0.5%
13	Ulcerative Colitis	02	1%	Uremic Gastropathy	01	0.5%
14	Hepatitis B Screening	01	0.5%	Colitis	01	0.5%
15	Carcinoma	01	0.5%	Mass in Caecum	01	0.5%

\*Variceal Eradication Programme

\*\*Portal Hypertensive Gastropathy

#### Conclusion:

Upper GI bleed is the most common indication and esophageal varices is the most common finding in the last 12 months.

**AN AUDIT OF HAEMOGLOBIN, HAEMATOCRIT, LEUKOCYTE COUNT AND PLATELETS IN 201  
CONSECUTIVE ADULT PATIENT OF MUHAMMAD MEDICAL COLLEGE HOSPITAL.**

**Authors:**

Khalil babbar (Final year)  
 Rozina khaskheli (Final year)  
 Fozia noreen (Final year)  
 Sadaf qurban (Final year)  
 DR.Syed Razi Muhammad (Professor of Surgery, MMCH)

**Abstract**

**Background:**

Major haematological findings of 201 adult patient(age 15-65 year) of Muhammad medical college hospital MMCH presenting at out patient and in patient b/w Aug 1,2010 – july31,2011 were analysed.

**Methodology:**

Retrospective analysis of results from records of MMCH LABS.  
 Hospital Research Ethics Committee approval was obtained (NO.140911/ REC/051)

**Findings:**

Factor	Womens			Men		
	All(132)	In patient(102)	Out patient(30)	All patient (69)	In patient(43)	Out patient(26)
<b>Hb:gm/dl</b>	7.94	7.3	10.1	9.56	10.98	7.2
<b>mean</b>	3.92-11.2	3.9-8.3	4.2-11.2	2.5-12.2	3.4-11	2.52-12.2
<b>range</b>						
<b>TLC/mm3</b>						
<b>Mean</b>	12468.26	13156.35	10128.8	13234.04	12946.5	13709.61
<b>range</b>	1900-76000	1900-76000	2600-27200	1600-75000	1600-66000	4200-75000
<b>HCT(%)</b>						
<b>Mean</b>	23.65	23.86	23.58	20.30	20.19	20.5
<b>range</b>	11.19-32.6	11.19-32.6	13.13-30.8	6.7-31.5	6.7-30.8	9.02-31.5
<b>Platelet/mm3</b>						
<b>Mean</b>	248048.4	266231.37	186226.6	199182.7	19795	202138.4
<b>Range</b>	21000-485000	21000-280000	22800-485000	29000-819000	45000-819000	29000-663000

Lab record determine that Out of 201 patient, 60% having microcytic hypochromic anaemia, 24% patient having normocytic norchromic anaemia, 9.95% have mixed microcytic hypochromic & normocytic normochromic anaemia while remaining 4% having macrocytic hyperchromic anaemia.

**Conclusion:**

Our study done at MMCH showed that most of the patient coming to MMCH both at OPD & WARds during one year from aug1,2010 to july31,2011 were microcytic hypochromic anaemia.

## AN AUDIT OF MALIGNANT DISEASE AT MMCH

### **Authors:**

Saba Jacob (House Officer)  
Syed Zafar Abbas (Professor of Medicine)

### **Institutions:**

Department of Surgery and Department of Medicine, MMCH.

### **ABSTRACT**

#### **Background:**

Malignancy is an important diagnosis but unfortunately is diagnosed quite late in its course.

#### **Aims:**

To look at various aspects of malignancy in patients admitted to MMCH.

#### **Patients & Methods:**

Retrospective analysis of case notes of 35 patients admitted consecutively to MMCH. Hospital's Research Ethics Committee's approval was obtained (No. 120911/REC/017).

#### **Results:**

26 (74%) men and 9 (26%) women were admitted with various malignant diseases with ages ranging 55-65 years. 3 most common presenting complaints were abdominal pain, weight was and severe malaise. Bronchogenic carcinoma was the commonest cancer diagnosed in 9/35 (26%) patients, followed by Hepatoma (n=5; 14%) and urinary bladder cancer (n=3; 8.5%). Most patients (n=20; 57%) were treated for palliation, whereas 8(23%) were given surgical treatment. 2 (6%) died during hospital admission, whereas 5 (14%) were referred to another centre for further treatment.

#### **Conclusions:**

Bronchogenic carcinoma is the commonest malignant disease among our admitted patients and palliation is the commonest form of treatment offered to them.



## Muhammad Medical College holds 8th Annual Medical Symposium, and inaugurates its own Scientific Journal

Keeping up its reputation of holding Scientific Programs of highest standards, Muhammad Medical College, Mirpurkhas, held its 8th Annual Medical Symposium on 6th and 7th October 2010 at its campus. The theme of the Symposium was "Medical Disasters following Natural Calamities in Pakistan". It was very well attended by doctors and clinical medical students from within Mirpurkhas and other cities of Pakistan.

Having had a pre-Symposium Seminar the day before, the stage for holding the Symposium was already nicely set. The morning of 6th October, was allocated to the presentations (free papers) by clinical medical students. First free paper was presented by **Mr. Shehryar** of Fourth Year MBBS Muhammad Medical College. He presented the findings of the work done by his group on Infection Control Practices among General Practitioners. He explained that despite clear guidelines and obvious risks, a significant number of GPs was not practicing adequate infection control practices and suggested proper training and workshops for them. **Miss Tayyaba Naureen** of Final Year Muhammad Medical College presented her group's paper on the Audit of Neck Swelling presented to surgical department in Muhammad Medical College Hospital. She showed that the commonest cause of this presentation was tuberculous lymphadenitis followed by goiter. **Mr. Abaid ur Rehman** presented on audit of Upper GI Bleed at Muhammad Medical College Hospital. Over 70% were caused by bleeding oesophageal varices, of which 94% were treated endoscopically by band ligation. No immediate in-hospital mortality was recorded in patients treated as such over last 12 months. **Mr. Waqar Kazmi** of Final Year Muhammad Medical College presented his audit on CVA. He showed that majority (94%) of CVAs was caused by non-haemorrhagic infarcts and carried a high mortality of approximately 30%. **Mr. Burhan Rasheed**, Final Year student Muhammad Medical College, presented his study on evaluation of abdominal pain presenting to the hospital and showed that majority of patients in recent past has been presenting to department of medicine with complications of cirrhosis such as tense ascites, hepatoma and spontaneous bacterial peritonitis. **Miss Rabia Hameed** of Final Year Muhammad Medical College presented her group's paper on frequency of iron deficiency anaemia in patients with microcytic anaemia. She showed that only 59% of patients with microcytic anaemia proved to have a low ferritin level confirming iron deficiency. She raised concerns that doctors have been prescribing iron supplements indiscriminately to all patients with microcytic anaemia who may not need it and may develop iron over-load with its potential complications. **Mr. Adeel Ali Memon** of Dow University of Health Sciences (DUHS) presented his group's findings on malaria. He showed that *plasmodium vivax* infection was 86% of all malaria patients. **Mr. Hamdan Ahmed** also of DUHS presented on anti-HCV seropositivity in Karachi and discussed the possibility that this disease may in fact be on the rise despite all campaign against unsafe blood transfusion and reuse of disposable syringes. **Mr. Hasan Nadeem** of final year Muhammad Medical College presented his paper on mortality in patients with decompensated cirrhosis and showed that. Mortality with a single decompensation feature was approximately 10% and climbed to 20% with 2 and 30% with 3 features in present in such patients. **Miss Saba Jacob** of final year presented her paper on Reproductive and Sexual complications of Diabetes Mellitus. She showed that all such problems were significantly higher in patients with DM and abortion rate was around 42%. **Mr. Akhtar Abbas** of final year presented the finding of flood relief activities of Government and UNICEF in District Kot Addu. He said that particularly nonspecific fever and skin diseases were quite high in flood victims. **Mr. Yasir Arafat** of Final year Muhammad Medical College presented a study of one year hospital admissions in Muhammad Medical College. 17% of all admission in all departments was caused by problems from chronic liver disease and nearly 30% of all deaths in hospital were caused by them. **Mr. Saud Iqbal** of DUHS presented his data collected from various Labs in

Karachi on prevalence of Typhoid fever and pattern of antibiotics susceptibility among *Salmonella* isolates. He showed that some of the previously commonly used medications have now developed resistance, such as amoxicillin and co-trimoxazole but cephalosporins and quinolones are doing quite well.

After the above session, 2 different sessions were run simultaneously. In one auditorium, physicians session went on. **Dr. Ayesha Majeed Memon** of Liaquat University presented a paper on frequency of malaria in patients with splenomegaly and normocytic anaemia. **Dr. Shahid Memon** updated audience on management of heart failure. **Dr. Abdul Rasheed Khan**, Head of cardiology department, Abbasi Shaheed Hospital presented a lecture on how to improve drug compliance in patients with hypertension.

In another auditorium, Society of Surgeons, Mirpurkhas Chapter ran a seminar at the same time. A team from Hamdard University also held a "Hamdard Hour" in Symposium. **Mr. Asad Ali Toor** of final year presented on Surgical Safety practices. **Miss Erum Hashmi** on Nutrition assessment in children, **Mr. Muhammad Usman Saeed** on Hospital waste Management at Tertiary Care Hospitals in Karachi, **Mr. Abdul Rehman Nakshbandi** on factors associated with drug addiction, and **Mr. Danish Henry** on Depression in old age.

**Professor Seema Muntaz** of Community Health Sciences in Hamdard University presented a talk on Nutritional Status in patients with Tuberculosis. All the presenters were presented with Symposium shields and bags.

Second day of the symposium started with a Scientific Session. **Dr. Qamarun Nisa** was the stage secretary. **Dr. Jawaid Rajput** presented his paper on "Operation Theaters, an inside story". **Dr. Abdul Qadir Khan** presented results of his study done on End of Treatment Response in hepatitis C infection. **Prof. Muntaz Memon** presented a study on Lipid disorders in cardiac diseases and **Prof. Noor Muhammad Memon** on Dengue Fever.

After this session, Chief Guest **Dr. Qazi Mujtaba Kamal**, Federal Deputy Director General Health, flanked with senior professors of Muhammad Medical College, LUMHS and Nawabshah opened the Exhibition Hall by cutting the ribbon at the entrance. He then visited all the stalls and hospitality rooms and was informed on the services offered by all the pharmaceutical and other companies. He then opened the Scientific Poster Presentation Hall. He visited all the 43 posters presented by the students and doctors of MMC&H, and showed interest in the work done by students and doctors by asking the details of the studies.

Audience then gathered again in the main symposium hall. Formal theme session then started. **Dr. Shamsul Arfeen Khan** performed the duties of Stage Secretary. After recitation from Holy Quran, **Prof. Syed Razi Muhammad**, Managing Trustee of the Trust, gave a welcome and theme speech. He described the devastating effects of recent floods and mentioned some of the efforts made by Muhammad Medical College & Hospital in reducing the suffering of the victims. He also expanded on the future plans in helping the rehabilitation of the victims and urged the audience to perform their roles in this big problem. Chief Guest and all the senior professors then jointly inaugurated the first ever edition of "*Journal of Muhammad Medical College*". They described this event as a milestone in scientific history of this region. **Professor Syed Zafar Abbas**, Chairman Scientific Committee of the Symposium then gave the statistics of all the presentations done in the symposium. He told the audience that in total 84 papers were

Presented in the symposium. Out of them there were 70 free papers, of which 43 were produced by students and doctors of MMCH. Remaining were invited talks on key topics by eminent experts from different parts of the country. Chief Guest **Dr. Qazi Mujtaba Kamal** in his speech praised the efforts of founders and runners of Muhammad Foundation Trust in establishing such great institutions in this remote area of Pakistan. He appreciated the high quality of the papers displayed as posters by the students and doctors of MMC&H and expressed his pleasant surprise on that. He offered all out support to the college on his part in all area including further improvement in educational and health care facilities and in relief efforts to the flood victims. **Prof. Ghulam Ali Memon**, Principal MMC, then offered Votes Of Thanks to all participants, presenters, workers, pharmaceutical companies, organizing committee, scientific committee, guests and stage secretaries.

Scientific Session V started immediately after this session. **Professor Syed Jameel Husain** of LUMHS presented a study on Psychiatric issue among flood victims. **Professor Rafi Ahmed Ghouri**, Chairman Department of Medicine, LUMHS presented on Recent Advances of Diabetes Mellitus Type II. **Professor Abdul Sattar Memon**, Counselor CPSP and Dean Surgery LUMHS, gave a lecture on Endoscopy in The new Millennium. Later all the distinguished speakers were presented symposium shields and bags. All the participants were also given a copy of Symposium Abstract Book and *J o u r n a l o f M u h a m m a d M e d i c a l C o l l e g e .*

Following this award ceremony was held. Dr. Syed Ali Muhammad Memorial First prize for case reports was awarded to **Miss Sabah Jacob et al**, Second prize to **Miss Mehwish Shafique et al** and Third prize to **Miss Somal Qureshi et al**. For the category of poster presentation, original report, First prize was awarded to **Mr. Syed Waqar Ali Kazmi et al**, Second to **Miss Aneela Amber (fourth year) et al**, and Third to **Miss Amna Riaz (fourth year) et al**. First prize for oral presentation went to **Miss Sabah Jacob et al**, Second to **Mr.**

## Mirpurkhas Seminar in Gastroenterology

Fourth National Annual Mirpurkhas Seminar in Gastroenterology and Hepatology was held at Professor Hassan Memon Memorial Auditorium of Muhammad Medical College, Mirpurkhas on 19<sup>th</sup> May 2011. It was very well attended by a large number of doctors from College's attached hospital, senior and junior faculty, final year students, and a large number of doctors from within Mirpurkhas and nearby cities including Mithi, Umerkot, Digri, Nawabshah and Tando Allahyar.

The Seminar started with recitation of Holy Quran. Dr. Shamsul Arfeen Khan, Vice Principal of the College recited from Holy Book and presented its translation. Professor Syed Zafar Abbas introduced the speakers to the audience and described the scheduled event. Professor Noor Muhammad Memon, Head of Department of Medicine at Muhammad Medical College, welcomed the guests and threw light on the importance of holding such seminars of National level at remote areas. Professor Sohail Almani of Liaquat University of Medical & Health Sciences, Presented on "Gastro- Oesophageal Reflux Disease". He described the causative factors of this disease and educated the audience on the impact of too much of modern life fast food and spicy or Oily food. With the help of video clips, he explained the patho- physiology of this disease. He also discussed in detail the various investigations and treatment options. Dr. Aamir Ghouri of Isra Medical University discussed "Coeliac Disease". He said that there was an acute need to raise the awareness regarding it among masses as well as medical professionals. He described the screening and diagnostic tests and emphasized upon the need for life-long strict gluten- free diet for the sufferers. Professor Noor Muhammad Memon of Muhammad Medical College discussed "*Helicobacter Pylori* related diseases". He discussed the relation of the prevalence of this infection and the socio-economic conditions of the society. He described the ways to investigate the infection and its role in causing various diseases, especially peptic ulcer. He described various treatment regimens and their success rates. Professor Amir Ghafoor Khan of PGMI, Peshawar then gave an interactive talk on "Inflammatory Bowel Disease". He talked on epidemiology, differences between Ulcerative Colitis and Crohns Disease and their extra- intestinal manifestations. He discussed investigations and treatment both to induce remission and for maintenance of remission. Tea Break followed this talk. Although there were Questions and Answer Sessions after every talk, participants continued their discussion with speakers at the tea- break also.

After the break, Dr. Lubna Kamani of Liaquat National Hospital Karachi presented on "Hepatitis C past , present and future". She took audience through history of treatment of this deadly virus and talked about the current treatment options and discussed various possibilities of improvement in treatment success, with the help of potential new medications in the future. With the help of various clinical trials, she compared the practical issues among the currently available treatment. Professor Syed

Zafar Abbas of Muhammad Medical College Mirpurkhas then talked on "Chronic Hepatitis B- Basic Concepts in understanding and Managing the Disease". He discussed the international and national epidemiology and with the help of locally held studies, said that the prevalence of this illness in this region was significantly higher than the national average. He said it was a major cause of morbidity and mortality in Mirpurkhas. He discussed the natural history, various issues surrounding the investigations and treatment of the disease and the treatment of special groups.

Last lecture of the day was the “10<sup>th</sup> Dr. S. Ali Muhammad Memorial Special Lecture”. This special Lecture Series has been going on for several years and every now and again, an expert in any field of life is invited to talk on a topic which is non-medical, yet related to medical students and doctors as human. This year, Professor Amir Ghafoor Khan of PGMI Peshawar was selected to talk on “My life, My Teacher”. Professor Khan praised the services of Dr. S. Ali Muhammad in the field of medicine and social sector. He explained to the audience the main issues that make a person legend and quoted Dr. S. Ali Muhammad's personality as a glare example of that. He then focused on the importance of the qualities of listening and talking among doctors. By giving life examples, he explained why it was so important to listen and talk to the patients. The described the art of history taking as one of the most important part of medical education and practice.

Professor Syed Razi Muhammad then gave his concluding remarks and praised those who made this seminar a success. He recalled Mirpurkhas seminars in Gastroenterology of previous years and hoped that the future ones would also be as much of education success as always.

Earlier, shields, publication set of the College and Sindh's traditional gift of *Ajrak* were presented to all speakers by Professor Ghulam Ali Memon, Professor Noor Muhammad Memon, Professor Captain Rasheed, Professor Abdul Rahim Siyal, Dr. Qamar Habib, Dr. Abdullah Memon and Professor Syed Razi Muhammad. Professor Razi Muhammad also distributed shields of Honour among many distinguished guests including presidents of PMA of nearby cities.

Professor Syed Zafar Abbas thanked all the audience, speakers, doctors, organizers, workers and Getz Pharma for sponsoring this seminar. The seminar ended on scheduled time of 2 pm when all the participants were served lunch

### **3<sup>RD</sup> ANNUAL MEETING OF SOCIETY OF SURGEONS PAKISTAN MIRPURKHAS CHAPTER**

3<sup>rd</sup> Annual Meeting of Society of Surgeons Pakistan Mirpurkhas Chapter was held at Prof. Hassan Memon Memorial Hall, Muhammad Medical College Mirpurkhas 06-10-2010.

The meeting was attended by large number of surgeons from Mirpurkhas, Nawabshah and Karachi.

Professor Syed Razi Muhammad, President Society of Surgeon Mirpurkhas Chapter welcomed the Guests and Thanked every body for participation in the event which is held regularly for last several years.

The session was chaired by Prof. Dr. Ghulam Ali Memon, Co- Chairman was Prof. Dr. Amna Memon.

The session was hosted by Prof. Dr. Javed Rajput and Dr. Rehmatullah Soomro. The session started by recitation of Holy Quran offered by Prof. Dr. Muhammad Arif.

The first speaker was Dr. Zainul Abdeen from LUMHS. He spoke on review of published work from UK on simulated endoscopy.

The next speaker was Prof. Dr. Amna Memon who described the complications of Diabetic mellitus in pregnancy.

Dr. Qamar Un Nisa was third speaker who presented an audit of Hysterectomy at Muhammad Medical College Hospital. After her Dr. Nand Lal Kala from LUMH be gave a presentation of the bleomycin Scelrotherapy in the treatment of Peripheral Lymphangioma.

He was asked question from Prof. Dr. Amna Memon and Prof. Dr. Faiz Muhammad Halepoto. This speech was followed by a presentation by Prof. Aftab Qureshi a neurosurgeons from LUMHS. He spoken on neuroendoscopy. This paper was followed by presentation by Dr. Rehmatullah Soomro on Histopathological Evaluaeion of Appendices to find out the rate of negative appendicectomies and found it was 25%.

Next speaker was Dr. Muhammad Ali from LUMHS who presented a case study of dog bite.

Dr. Vas Dev from the department of neurosurgery described the Dilemma of occipital extra dural hematoma.

Next speaker was Prof. Dr. Javed Rajput who shared his three years experience on extramucosal interrupted single layer of gut anastomosis.

Next speaker was Dr. Meash Kumar from LUMHS who talked about the Repair of Scalp Defects.

It was followed by Dr. Mubarak Hussain, the neurosurgeon from Muhammad Medical College Hospital who described surgical treatment of prolapsed lumber intervertebral disc.

Dr. Hem Lata from the department of Gynae/ Obs Muhammad Medical College Hospital discussed about the urinary problems in pregnancy.

Later Dr. Bilal Fazal from LUMHS Presented Surgery of the Scalp defect.

Prof. Dr. Faiz Muhammad Halepoto from the department of Ophthalmology, Muhammad Medical College presented his paper on Tensilon test in ocular Myasthenia gravis.

Finally the chairman thanked the audience for participation in the meeting.

**CHARITY WORK OF MUHAMMAD MEDICAL COLLEGE**  
**HOSPITAL FINANCIAL YEAR 01-07-2010 TO 30-06-2011**

<b>S. No</b>	<b>EXPENSES HEADS</b>	<b>AMOUNT</b>	<b>NO. OF PATIENTS</b>
1	<b><u>PATIENT WELFARE CLUB</u></b> (free meals, medicines, investigation)	1,277,701	30,506
2	<b><u>OPD</u></b> Normal Fee Rs.10/- per Patients Waived	97,970	9,797
3	<b><u>INVESTIGATIONS</u></b> (includes concessions and waived charges on already subsidized tests in our laboratory)	493,800	8,573
4	<b><u>HOSPITAL CHARGES</u></b> (Normal fee Rs.25/ per day bed fees, and other charges at subsidized rates given free)	274,600	1,557
5	Medicines routinely given free of charge at OPD	266,789	5,206
	<b>TOTAL</b>	<b>2,410,860</b>	<b>55,639</b>
	<b><u>FREE CAMPS*</u></b>	3,989,862	35,500
	<b><u>GRAND TOTAL FOR 2010-2011</u></b>	<b>6,400,722</b>	<b>91,139</b>

**Notes:**

1. Above chart does not take into account already heavily subsidized rates, and counts the concessions over and above them.
2. Muhammad Medical College Hospital provides inexpensive but quality health services. OPD charges are only Rs.10/- (waived in various situations), bed fees only Rs.25/- per day ( includes 3 meals per day, ward rounds of senior and junior doctors—also waived in various situations). Laboratory and operations charges are also significantly lower than typical charges by private hospitals/ centres in the city of Mirpurkhas.



3. \*In the financial year 2010-2011, we saw natural calamity in terms of heavy rains, causing human disasters in Mirpurkhas and surrounding areas. MMC&H sent teams of voluntary workers at the door steps of flood victims and established several free medical camps. In the current year of 2011-2012 also we are experiencing floods at even bigger scale, which has particularly affected areas in Mirpurkhas district. As a result, we had to divert a lot of our resources for charity work in these activities. An account of these activities expenses is given above in the summary expenses of financial year 2010-2011. A brief report of these camps is as follows:

- 24.08.2010 Free Medical Camp held at Moro for flood victims ~ 3500 patients treated
- 26.08.2010 Free Medical Camp at MMCH, Mirpurkhas ~ 400 patients treated
- 01.09.201 Free Medical Camp at Jamshoro ~ 850 patients treated
- 02.09.2010 Free Medical Camp at Kotri / Khuda Ki Basti ~ 800 patients treated
- Full week free medical camp in March 2011 (MMCH) ~ 30,000 patients treated  
(including medicines, operations, meals, investigations, miscellaneous expenses)



MUHAMMAD MEDICAL COLLEGE  
MIRPURKHAS  
ANNUAL MEDICAL SYMPOSIUM  
15-16 SEPTEMBER 2011  
**9th** IMPROVING RELATIONS  
THEME: AMONG DOCTORS,  
MEDIA AND COMMUNITY

*Dedicated To the Flood Victims  
of Sindh, Particularly Mirpurkhas*