



**13th Annual
Medical
Symposium
September 2015
Abstract Book**



**MUHAMMAD
MEDICAL
COLLEGE**



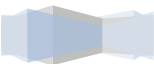
FOREWORD

Welcome by Managing Trustee

I would like to extend a warm welcome to all those attending the 12th Annual Medical Symposium in Mirpurkhas, Sindh. This year we experienced a record amount of abstract submissions as compared to previous years. I would also like to thank our invited plenary speakers for taking time to contribute to what will hopefully lead to stimulating discussions and exchange of experience and knowledge.

The aim of Symposium has always been to provide a forum where the sharing of knowledge in the different fields of medical health sciences takes place. Symposium has also been the platform for our future health care professionals to present their work and findings. This year does in fact celebrate 12 successful years of the Muhammad Medical College which is now fully established and providing health services to population of rural area of Sindh

Syed Razi Muhammad
Managing Trustee, Muhammad Medical Foundation



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for Education and Research

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Invitation Letter

Dear Colleagues

On behalf of the Organizing committee we would like to extend our special invitation to attend and participate actively at 13th Annual Medical Symposium, organized by Department of Community Health Sciences, Muhammad Medical College Mirpurkhas. This year's conference will take place on September, 2,3 in S Razia Memorial Auditorium of Muhammad Medical College.

During the past 12 years, the conference has brought medical students and faculty members from all around the Pakistan and world to present their work, share their research, interact with other students.

The congress is expected to form a platform through which the student should exchange their knowledge and experiences and cooperation.

The student oral presentations and poster sessions will ensure that a wide spectrum of medical topics will be discussed. Abstracts will be printed at the symposium abstract book and the best abstracts will be awarded therefore we strongly encourage students to submit their abstracts.

We are looking forward to welcoming you at 13th Annual Medical Symposium

Congress!

Sincerely,
Symposium Organizing Committee



Scientific Committee

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Seroepidemiology of Anti Poliovirus Antibody among the Children of District Mirpurkhas, Pakistan 2015

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BACKGROUND: Pakistan is among one of the last three polio-endemic countries which are posing a unique thread for global polio eradication. The main challenge for eradication is inadequate service delivery of OPV and its suboptimal efficacy. Literature review suggested that seroprevalence studies help in identification of susceptible population and risk factor which affect sero-conversion of OPV. A seroprevalence survey was conducted in District Mirpurkhas with objective to assess the immunity level against poliomyelitis and associated risk factors among children 6-59 months.

METHODOLOGY: In May 2015, a cross sectional study was done in 180 children aged 6–59 months, selected by using systematic random sampling from Muhammad Medical College Hospital, Mirpurkhas. Demographic, S.E status and vaccination information was obtained from guardians, BMI was measured and nutritional status was assessed by Gomez method. Blood sample was collected and Enzyme linked Immunosorbent assay (ELISA KIT) was used for the detection of poliovirus IgG antibodies. Data was analysed by using SPSS version 22.

RESULTS: from the total subjects n=112 (62.2%) were boys, predominate age group 58 (32.2%) was 24-35months and 114 (63.3%) were belongs from rural area. Poliovirus antibodies were positive in 178 (98.9%) while absent in 2 (1.1%) children. Both negative cases belong from the female gender, age group 12-23 months, urban area and BMI <50 percentile. There was significant association between the detection of the IgG in children in relation to gender ($\chi^2=6.23$, p=0.04), duration of breast feeding ($\chi^2=18.6$, p=0.04), history of diarrhea spell in a month from birth ($\chi^2=27.2$, p=0.01) and malnutrition ($\chi^2= 61$, p=0.00).

CONCLUSION: This study demonstrated that tremendous progress has been made towards the eradication of poliomyelitis as 98.9% of children are well protected against poliovirus. There is urgent need to focus on associated factors that including duration of breast feeding, malnutrition and diarrheal diseases as an immunization strategy for the 100% sero-prevalence rate.

KEY WORDS: Seroprevalence, poliovirus, Antipolio Antibodies

WORD COUNT: 305



Self-reported postpartum morbidity: prevalence and determinants among women District Mirpurkhas, Sindh Pakistan 2015

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BACKGROUND: In low and middle income countries postpartum period is the most neglected phase in the lives of mothers, lack of care during this period result in death and disability. Globally 289,000 women die as a result of complication associated with pregnancy and delivery in 2013. In Pakistan 800 women deaths reported per day, Sindh and Baluchistan attributed highest proportion of postpartum deaths. The aim of this study was to determine the prevalence of postpartum morbidities and types with mortalities.

METHODOLOGY: A community based cross-sectional descriptive study was conducted among women of District Mirpurkhas in June-August 2015. Inclusion criteria was a women had history of delivery in previous 12 months, total 210 were identified by using convince sampling. Face to face interview were conducted by using closed ended questionnaire to collect information about morbidity and mortality. Data accuracy and reliability was maintained by double entry process and analyzed by using SPSS version 22.

RESULTS: The mean age was 25 (range 17-46), highest number 83 (39.5%) of women belongs to 20-24 age group, 118 (56.6%) women were living in urban area. Off the total 176 (83.8%) deliveries were conducted at hospital among them 122 (58.1%) conducted by doctor. The self-reported postpartum morbidity prevalence was 70.5% while post-partum haemorrhage, puerperal sepsis pregnancy-induced hypertension and mastitis were the main complications: 87 (58.7%); 40 (27%); 90 (60.8%) and 85 (57.4%) respectively. Other common morbidities were gestational diabetes 4 (2.7%), and perineal conditions 88 (59.4%). Among total 145 (69%) women visited to doctor for medical check-up after development of morbidities. There is a significant association between postpartum morbidity with age ($X^2=12.6, p=0.026$), conduction of delivery ($X^2=8.78, p=0.067$), no. of children ($X^2=22.8, p=0.001$), operation during delivery ($X^2=10.33, p=0.006$)

CONCLUSION: This study provides valuable information on postpartum morbidity affecting women after delivery. Health education programs should be initiated to ensure that all women receive early postpartum visits after delivery at home and after discharge from institution to detect and manage maternal morbidity. Further, mobilize and motivate the lady health worker to provide post natal care in their catchment area.

KEYWORDS: Postpartum, Morbidity, District Mirpurkhas

WORD COUNT: 328



Assessment of Depression, Anxiety and Stress among Medical Students of Muhammad Medical College, 2015

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BACKGROUND: Medical education is considered as a stressful period in students' life is due to the multiple stressors they face such as academic load, constant pressure to succeed, competition with peers, financial burden, teacher or parental pressure as well as concerns about the future. This study aims to determine the prevalence of anxiety, depression, and stress, to identify related risk factors.

METHODOLOGY: A cross sectional study was conducted among all (n=394) undergraduate students of Muhammad Medical College (excluding those who were absent). The Depression, Anxiety and Stress Scale (DASS 42) questionnaire was used to measure depression, anxiety and stress symptoms. Associations between depression, anxiety and stress in relation to multiple factors were analysed using the SPSS-22.

RESULTS: Off the total students depression was found to be 139(35.2%) [males 79(36.5%), female 60(33.7%),] anxiety 161(40.8%) [Male 88(40.8%), female 73(40.9%)] and stress 160(40.6%) [male 89 (40.7%), female 85(40.5%)]. The prevalence of depression in first year students was 14(23.4%), second year 39(45.3%), third year 35(42.2%), fourth year 33(36.7%) and in final year 18(24%). The prevalence of anxiety in first year students was 19(31.6%), second year 47(54.6%), third year 41(49.3%), fourth year 31(34.4%) and final year 23(30.8%). The prevalence of stress in first year students was 17(28.4%), second year 52(60.4%), third year 35(41%), fourth year 28(31.1%), and final year 29(38.6%).

CONCLUSION: The prevalence of depression anxiety and stress are high among males than female medical students. We found out that insomnia, friendship issues, communications, problem in English, and difficulty in studying are the factors which are affecting students and leading them to depression, anxiety and stress. Hence there is a need for early screening and psychiatric counselling of medical students.

KEYWORDS: Medical students, DASS 42 Medical students.

WORD COUNT: 271



Prevalence and associated risk factors of Congenital anomalies among pregnant women of rural area of Sindh

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BACKGROUND: Congenital Anomalies are birth defects arise during intra-uterine development, which are present before or after birth. Congenital Anomalies are characterized by physical, mental and both defects. Congenital Anomalies are multifactorial birth defects. Etiology of 65% birth defects is unknown so referred as sporadic disease. The objective of study was to find out the prevalence of congenital anomalies till 3rd trimester among pregnant women.

METHODOLOGY: A cross sectional study was conducted from May-August 2015 at Department of Radiology at Shahnadpur institute of medical sciences. Data regarding age and congenital problem was collected with the help of trained ultra-sonologist. Data was analysed in SPSS version 22.

RESULTS: Among total 200 pregnant women n=30 (15%) have pregnancy with congenital anomalies, anencephalus n=10 (5%), Microcephalus n=5 (2.5%), Hydrocephalus n=4(2%), cleft palate n=4(2%), Club foot n=3(1.5%), macrocephalus n=1(.5%), myomeningocele n=1(.5%), cystic fibroma n=1(.5%), encephalocele n=1(.5%). Statistically significant factors for congenital anomalies were Smoking ($X^2=21.213$ P=.007), stress ($X^2=13.982$ P=.082), disease during pregnancy ($X^2=13.982$ P=.082).

CONCLUSION: the study reveals that the prevalence of congenital anomalies are 15% which was associated with stress, smoking and disease during pregnancy. Strengthen of health facilities for early diagnosis and health education regarding importance of ante natal care was highly recommended.

KEY WORDS: Prevalence, Congenital anomalies, Sindh

WORD COUNT: 190



Prevalence and Associated Risk Factors of Uterine Prolapse amongst Married Women of District Mirpurkhas, 2015

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INTRODUCTION: Uterine prolapse (UP) is a type of genital prolapse among females and it is one of the most widespread reproductive health problems among women associated with early age of marriage, poor socioeconomic condition, lack of spacing between pregnancies. The worldwide occurrence of uterine prolapse is estimated to be 2-20% among women under age 45 years. A cross sectional study design was used to determine the risk factors related to the prevalence of uterine prolapse among married women of child bearing age(15-49) in District Mirpurkhas.

METHODS: By using cross sectional study, a survey was conducted from April-June 2015 in Department of Gynaecology, Mohammad Medical college Hospital and Civil Hospital of Mirpurkhas. Total 259 women were selected by systemic random sampling technique. Face to face interviews were conducted to collect information on demographic, socio economic status, history of uterine prolapse and associated risk factors. Descriptive analysis was done. Pearson chi-square test is used to assess the association of independent variables with risk of uterine prolapse.

RESULTS: Among the total n=30 (11.6%) women reported uterine prolapse, predominate n=13 (5%) belong from age group 25-35 and mostly women were from urban area 18 (60.6%). Among the Uterine prolapse 21(70%) had history of marriage at the age of 15-19 years, n=6 (16.7%) women had more than 5 children, 16(53.3%) had birth space gap of one year and 19 cases done hard work during pregnancy, 17(56.7%) of women took rest less than 15 days after delivery. There was a significant association between age ($X^2 = 11.7$, $p=0.021$), ethnicity ($X^2 = 11.9$, $p=0.35$), early marriage ($X^2 = 3.21$, $p=0.201$), multiparty ($X^2 = 24.7$, $p=0.016$), birth space gap <2 year ($X^2 = 7.95$, $p=0.019$), took less rest after delivery ($X^2 = 5.16$, $p=0.075$), hard work during pregnancy ($X^2 = 1.82$, $p=0.176$) were associated with uterine prolapse.

CONCLUSION: Study found that prevalence of uterine prolapse is high and the most common risk factors seem to be illiteracy, poverty, multiparty, early marriage, hard work during pregnancy and less rest after delivery. At the policy level, prevention and management of uterine prolapse should be included as women's reproductive right. Government should provide primary health care centres with educational materials for awareness programs.

KEY WORDS: Uterine prolapse; Prevalence; Risk factors.

WORD COUNT: 359



Contact Tracing of Tuberculosis among the People of District Mirpurkhas

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INTRODUCTION: Tuberculosis is a major global health problem with an annual incidence rate of 9 million cases worldwide. Pakistan ranks sixth among the 22 high tuberculosis risk countries with incidence 181/100,000. Contacts of TB patients are at high risk of acquiring either active TB or TB infection, depending on factors such as source infectiousness, type of contact, and environmental characteristics. Host –related factors such as age and immunological status also interfere with the probability of the patient becoming infected or ill. This study was conducted with objective to detect tuberculosis infection among contact of pulmonary tuberculosis patient.

METHODOLOGY: A cross sectional study was conducted from April-August, 2015 in District Mirpurkhas with 70 adolescent contacts of pulmonary TB patients registered at District Hospital Mirpurkhas and Muhammad Medical hospital .Subjects underwent clinical evaluation by using WHO recommended guideline for contact tracing. Data was entered and analysis by using SPSS version 22

RESULT: Total 70 contact person were approached predominate were male 60, age ranging from 25-45 are 44(62.8%), resident rurally 67 (95.7%), in contacts coughing was present in 48 (68.6%), continuous coughing 51 (72.9%), having sputum discharge along with cough 44 (62.9%), bloody sputum 5 (7%) While feeling cough at night 44 (91.7), weight loss 29 (41.4%), perspiring at night 31 (44.3%), and feeling neck and auxiliary area inflamed 31 (44.3%). Twelve (17.1%) contacts were living in un- hygienic house environment. Among total contacts 36 (51.4%) were using patients belonging, 67 (95.7%) were using utensils of patient, 48, (68.6%) had history of eating along with patient.

CONCLUSION: This study demonstrated 68.6% of contacts were symptomatic, factors like unawareness, sputum discharge, room sharing, unhygienic environment, personal belonging, and affected contacts more likely, the detection of tuberculosis infection was high in illiterate population.

KEY WORDS: Contact Tracing, Tuberculosis District Mirpurkhas

WORD COUNT: 283



Assessment of Learning Style Preferences of Medical Undergraduate Students in Muhammad Medical College Mirpurkhas Sindh

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BACKGROUND: Medical Education places a great tension on mind of young intellectual. Educational researchers hypothesize that each individual has a unique learning style, and it important to know which type of teaching methodology to suit for students. the most common learning styles are visual, auditory read/write or kinaesthetic. The objective to assessment of learning style preference of medical undergraduate students in MMC

METHODOLOGY: A Cross-sectional study was conducted in between April-June 2015 in medical students of Muhammad medical college Mirpurkhas. All students n=330 were approached and were asked to fill a pre tested and pre validated visual, auditory, read/write, kinesthetic questionnaire, version 7.3 developed by Neil Fleming. Data was entered and analysis by using SPSS version 22.

RESULT: About total of 330 subjects mean was 21 years \pm SD 2 (range 18-24 years), predominant age group 21-22 year 105 (31%). the prevalence of Uni-model (n=2 , 0.6%), bimodal (n=1 , 0.3%), Trimodal (n=26, 7.8%) and quad-modal. (n=301 , 91.2%). Among the total students first year student 95 (31%) were more using quad-modal learning style as compare to second year 58 (19.3%) third year 36 (12.0%) fourth year 64 (21.3%) and final year 48 (15.9%). Age , year of study and gender were not significantly associated with different learning styles.

CONCLUSION: Result suggested 91% of the students were using quad-modal learning style. Various workshops must be conducted to train teachers to adapt their teaching styles. Multiple methods must be used simultaneously deliver knowledge and information to the students to improve their acceptance.

KEYWORDS: learning style, Medical students, Medical College, Mirpurkhas

WORD COUNT: 251



Infertility: A Painful Phenomena, Prevalence and Risk Factors among Married Couples of District Mirpurkhas, 2015

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INTRODUCTION: Infertility is being consider as a worldwide public health problem that has gained much concern during the past two decades, caused by genital dysfunction, hormonal imbalance and life style factors. Globally 60-80 million infertile couples are present, highest numbers belongs from sub-Saharan Africa known as “infertility belt” . The reported prevalence of infertility in Pakistan is approximately 22% with 4% primary and 18% secondary. The objective of the study was to identify and quantify the risk factors associated with for primary and secondary infertility.

METHODOLOGY: We conducted a hospital based cross sectional study from June–August 2015 in District Hyderabad and Mirpurkhas. Total 98 infertile couples were identified by using convince sampling. Face to face interview was conducted by using predesigned closed ended questionnaire to collect information on socio-demographic, lifestyle, medical/surgical problem, gynaecological and obstetrical information. Data was entered and analysis by using SPSS version 22. Chi square was used to assess the association at 5% level of significance.

RESULT: Total couples 98 where selected among them, (43.9%) cases of primary infertility and (56.1%)secondary infertility were, The statistically significant association present between for primary infertility with liqouria ($X^2=6.386$ $p=0.041$), irregular menstrual cycle 5($X^2=7.947$ $p=0.047$), dysparunea ($X^2=5.861$, $p=0.015$),dieting ($X^2=6.041$ $P=0.049$). For secondary infertility, the significant predictor was Sexual transmitted infection ($x^2=5.861$ $p=0.015$) type of delivery ($X^2=47.742$ $P=0.000$).

CONCLUSION: This study reveals that prevalence of infertility was 44% which was associated with liqouria, irregular menstrual cycle, dysparunea and dieting. Strengthen of health facilities for early diagnosis and treatment with health education of couple regarding factors of infertility is highly recommended.

KEY WORDS: Infertility, Married couple, Mirpurkhas

WORD COUNT: 259



Proportion of Low Birth Weight and Risk Factors in Tertiary Care Institute of Mirpurkhas, 2015

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Background: Low birth weight (LBW) is a significant public health problem globally Overall, it is estimated that 15% to 20% of all births worldwide are LBW, representing more than 20 million births a year. A regional estimate of LBW is 28% in south Asia out of which 32% accounts from Pakistan. Half of all perinatal and one third of all infants deaths are related to LBW, associated factors are maternal malnutrition, anemia, smoking, excess physical labour, age, race, gestational length, infant's sex, plurality, education, socioeconomic status and hypertension. The objective of study was to find out the proportion of low birth weight and related risk factors.

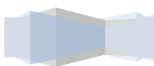
METHODOLOGY: A cross sectional hospital based study, was conducted from June-August 2015 among mothers admitted or visited in the Mohammad Medical hospital. Total 150 mothers were selected by concurrent sampling. Face to face interviews were conducted to collect information on demographic, socio economic status, birth weight of infant and associated risk factors. Data was analysed by SSPS version 22. Descriptive study and Chi-square test were applied. $P < 0.05$ was considered to be statically significant.

RESULTS: Of the total $n=94(62.7\%)$ mothers delivered low birth weight babies, $n=27(18\%)$ mothers belongs to age group 25-29 years, rural area $n= 59 (39.3\%)$. Among LBW baby's mothers $n=33(22.0\%)$ were related underweight BMI. Following risk factors were identified among the mothers of low birth weight baby heavy work during pregnancy $n=37(24.6\%)$, early marriage at the age of 14 years $n=72(48\%)$, multiparity $n=44 (39.3\%)$, less than four ante-natal check-ups $n=46 (30.6\%)$ and history of premature birth, $n= 26(17.3\%)$. There was a significant association of BMI ($\chi^2=6.52, p=0.08$), viral infections ($\chi^2=3.11, p=0.7$), Hepatitis C ($\chi^2=6.01, p=0.01$), gestational age ($\chi^2=5.67, p=0.01$), maternal malnutrition ($\chi^2=3.56, p=0.05$) with LBW.

CONCLUSION: It is concluded from this study that BMI, maternal malnutrition, Hepatitis C, gestational age and viral infections have strong association with low birth weight. To overcome these problems, the mother and child health care services in the country should receive special attention.

KEYWORDS: Low birth weight, BMI, Multiparity

WORDS COUNT: 322



Barriers of couple communications on family planning: Prevalence and associated factors

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BACKGROUND: Family planning service contributes a lot in reduction of morbidity and mortality and it does more help couples to limit the number of their children. An estimated 215 million women in the developing world have an unmet need for modern contraception. Pakistan demographic health survey indicates that use of modern contraceptive methods among currently married women 34 (22%) whereas the use of contraception is even lower among rural residents 84 (66%) and among women with low level of education. The aim of the study was to assess the frequency of common barriers of couple communication in family planning.

METHODOLGY: A cross sectional study was conducted in July August 2015 among married couple living in Lower areas and union council of Bahawalpur, Punjab- Pakistan. All n=150 couples were identified by using Purposive sampling Face to face interview was done by close end questionnaire to collect the data about barriers for couple communication regarding availability, affordability of contraception for women and religious barriers and education of the couples and husband decisions, gender inequality. All data were entered and analysis by using SPSS version 22

RESULTS: Among total 86 couples (70 %) were using contraceptive method. one hundred twenty two 81% had knowledge about method and few types of family planning. The main source of knowledge was neighbours 19(12%), friends 10(6%) and husband 47(31%). Twenty Nine (19.3%) females whom get information from gynaecologist & health worker cannot discussed with husband openly. The major barrier for not utilization of contraception was fear of side effects and religious beliefs for 34 couples (22.7%) & also important barriers for women not utilization of contraception are availability problem 24(16%) Affordability problem 26(17.3%),

CONCLUSION: Though among total 86 couples knowledge about for using of contraceptive method and few types of family planning and and major barriers are fear of side effect and religious beliefs and these barriers remove with increase of education knowledge about family planning use.

KEY WORDS: Barriers. Family Planning, Married couples, Bahawalpur

WORD COUNT: 315



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BACKGROUND: Ensuring women have access to good quality Emergency Obstetric Care (EmOC) is a key strategy to reducing maternal and new-born deaths. In 2013, 289 000 women died during and following pregnancy and childbirth in developing countries. In 2013, according to WHO and UNICEF maternal deaths are 7,900 in Pakistan due to preventable causes that can be prevented by providing proper emergency obstetric care (EmOC) services. Therefore this study was carried out to identify the availability of "basic" and "comprehensive" care services in health care facilities.

METHODOLOGY: A cross sectional comparative study was conducted among the two provinces, Punjab and Sindh. Total 24 health centre {10 Private & Public Health Centre (4 BHU, 4 RHC, 4DHQ)} were selected by using convenience sampling technique, face to face interview was conducted to collect information by using WHO recommended guideline. Data was entered and analysis by using SPSS version 22.

RESULTS: A health survey was conducted in n=24 different hospitals of Punjab and Sindh, n=12 hospitals of each province from. Comparing the EMOC facility of each province hospitals, Punjab= 92%, Sindh=67% availability of EmOC. Parenteral antibiotic were available (Punjab n=11:91.7%, Sindh n=5: 41.7%), have availability of magnesium sulphate(Punjab n=10: 83.3%, Sindh n=8:66.7%), full trained staff (Punjab n=9: 75%, Sindh n=6: 50%) , has laboratory for test (Punjab n=8: 66.7%, Sindh n=7: 51.3%), perform manual removal of placenta (Punjab n=10: 83.3% , Sindh n=8: 66.7%), assisted vaginal delivery (Punjab n=10: 83.3%, Sindh n=8 66.7%), Perform Basic neonatal resuscitation (Punjab n=10: 83.3% , Sindh n=8: 66.7%) Perform the Caesarean section (Punjab n=8: 66.7% , Sindh n=7: 51.3%), Blood bank (Punjab n=1: 8.3% , Sindh n=1: 8.3%).

CONCLUSION: Although EmOC availability and readiness was higher among the surveyed twelve most commonly visited private clinics, Strategies to retain anaesthesiologists and surgeons, are needed to improve EmOC provision in the public sector. Centralized blood banks are recommended to streamline safe blood acquisition for obstetric surgeries.

KEYWORDS: Maternal health, Emergency Obstetric care services, District

WORD COUNT: 316

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Background: Teenage pregnancy is a worldwide phenomenon affecting both developed and developing countries. About 15 million girls under 18 year give birth each year about 11% of all births worldwide, almost 95% occur in developing countries. Teenage mothers and their babies are at high risk including anaemia, hypertension, renal problems, gestational diabetes, miscarriages and post-partum haemorrhage. This study objective was to find out the frequency and type complications associated with teenage pregnancy

Methodology: A hospital based cross sectional study was conducted in Muhammad medical college hospital, and Tulaka headquarter hospital, D.G Khan from April-August 2015. Total n=110 married women age less than 18 year were selected by using convince sampling. Information regarding age of marriage, pregnancy and associated complications were collected by using closed ended questionnaire. Data was entered and analysis by using SPSS version 22.

Results: Total n=110 (100%) teenage pregnant females were identified, 65(59.1%) belongs to 16-17 age group and 78(70.9%) were living in rural areas. All women reported complication the most frequently reported complications were constipation 42(38.2%), burning in micturition 39(35.5%), vaginal infection 27(24.5%), miscarriage 17(15.5%), postpartum haemorrhage 47(42.7%), prolonged labour pain 43(39.1%), pre term 18(16.4%), low birth weight 22(20%). Common method of delivery is vaginal delivery 63(57.3%) place of delivery is hospital 92(83.6%) and delivery is conducted by Doctor 91(82.7%). Off the total 103(93.6%) received more than four antenatal care visits.

Conclusion: This study revealed that all teenage pregnancies induce complication like prolonged labour pain, miscarriage and postpartum haemorrhage. So it was highly recommended to avoid the trend of early marriage by giving awareness to parents regarding hazards of teenage pregnancy.

Key words: Teenage pregnancy, anaemia, stress, social behaviour.

Word count: 313

Hospital, Mirpurkhas, 2015

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BACKGROUND: Globally 500 million people are infected by different types of Hepatitis. According to Pakistan's recent survey the prevalence of Hepatitis B surface antigen (HBsAg) is 2.5% and Hepatitis C virus (HCV) 5%. Literature review suggested that prevalence of hepatitis B and C antibody amongst the blood donors range from 10-15%, little information regarding HBV and HCV infections among Pakistani blood donors exists. This study investigated the prevalence and risk factors associated with HBV and HCV infections among blood donors in Muhammad Medical Hospital.

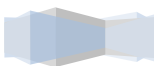
METHODOLOGY: A cross-sectional descriptive study was conducted at Muhammad medical hospital in March-June 2015. Blood sample of all blood donors were collected after taking consent and tested for detection of HBV surface antigen by ELISA. A face to face interview was conducted to collect the demographic, socio-economic status and associated risk factors information. Data was entered and analysed through the SPSS version 22.

RESULT: Among the total male n=100(96.2%), female n=4(3.8%) blood donors were positive on ELISA among them n=6 were positive for hepatitis C and n=1 for hepatitis B, most of the cases n=7(6.7%) were of age 30-40 years. Multiple risk factors reported by hepatitis B and C patients used usable syringes in last 4 months n=2(28.57%), dental treatment n=1(14.2%, history of surgical procedure n=4(57.1%). On cross tabulation hepatitis were more frequent among illiterate n=32(30.8%),

CONCLUSION: We concluded that the most common cause of hepatitis B and C was surgical procedure, reuse of syringes and dental treatment. It is highly recommended to conduct health education session for blood donors in Muhammad medical hospital.

KEY WORDS: Hepatitis B and C, blood donors, Mirpurkhas

WORDS COUNT: 286



Knowledge Attitude & Practices of Smoking among Students of Muhammad Medical College, Mirpurkhas

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BACKGROUND: The harmful consequences of smoking on health are well documented. According to World health organization tobacco use is predicted to cause 10 million deaths annually by the year 2030, since smoking has a serious impact on the public health prevention program have been given high priority in WHO policies. Smoking is a behaviour that generally starts in adolescence. The aim of the study was to determine the prevalence of knowledge attitude and practices about smoking among students of MMC

METHODOLOGY: This was a cross-sectional descriptive study carried from May-June 2015 among students of MMC. All n=110 students were approached, a closed ended questionnaire was administered for collection of information regarding year of study, residence and their knowledge attitude and practices toward smoking after telling the purpose of study. Data were entered and analyzed by using SPSS version 16.

RESULT: Out of total 49 (44.5%) were smoker, among them 16 (32%) reported that they started smoking at age of 16th year. Most of smoker .Among these 27 (55%) started smoking by with the pressure of their friend. Identified reason for smoking was relive from depression 21(42%), for enjoyment 15(30%), addiction 11(22%). Among these 39(79%) told that they never try to quit smoking. The frequent adverse effect were identified was breathless 20 (40%), cough 10(20%). Twenty seven (55%) and 3(6%) replied that it cause anxiety and headache respectively if smoking is not available.

CONCLUSION: Result suggested that 44.5% students were smoker associated with avoid tension, fashion, addiction and refreshment. It is recommended that anti-smoking programs should be initiated for the medical college student and conducted health education session for increase awareness about hazards of smoking.

KEY WORDS: Cigarette smoking, before 18 Age, MMC.

WORD COUNT: 322



Exposure to Hepatitis B and C associated risky conditions in healthcare workers of Muhammad Medical college hospital

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BACKGROUND: It has been estimated that every year one fourth million healthcare workers exposed to Hepatitis B and C because of risky conditions in healthcare settings. In developing countries a high incidence of Hepatitis B and C reported due to needle strike injury. The aim of this study was to determine the prevalence of healthcare workers exposure to Hepatitis B and C associated risky conditions.

METHODOLOGY: Institutional based quantitative cross sectional study was conducted from April-July, 2015. The study included 101 healthcare workers (42 Doctors, 13 nurses, 11 surgeon, 11 laboratory assistant, 7 blood technician, 17 cleaner) who were selected by using convince sampling technique. Data was collected by interviewing by using structured and presented questionnaire. After the collected data entered and analysis with the help of SPSS version 22.

RESULT: Total 101 health care workers were approached n=60 (59.4%) were male. Eighty four (83%) recap needle after use, 62 (73%) pricked by needle in which 30 (48%) didn't received treatment. Identified reason for pricking was fatigue 10 (16%) followed by overburden of work 8 (13). Off the total 22 (21.8%) got injuries during disposal of syringe. Seventeen (16.8%) reported history of blood transfusion of them 3 (17%) didn't screen the blood before transfusion. Thirty five (34.7%) were not vaccinated against Hepatitis B and 14 (13.9%) didn't complete their vaccination schedule. Four (3.9%) were self-reported hepatitis B.

CONCLUSION: study reported high prevalence needle strike injuries associated with their lack of personal protective practices. One third were not vaccinated against Hepatitis B. Health education on infection control practices, vaccination camps and establishment of needle strike surveillance system was highly recommended

KEY WORDS: Hepatitis B and C, healthcare workers, Needle strikes injuries

WORD COUNT: 262



Prevalence and associated factors of Flu like illness among poultry workers of District Mirpurkhas, 2015

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BACKGROUND: SARS, Bird flu, swine flu and Middle East respiratory syndrome are emerging infectious diseases and a significant public health problem. Among them initial two infections mainly spread by contacts with the birds or poultry. Literature review suggested that prevalence of flu like illness is higher in poultry workers as compared to other population as they have more contact with live, sick, or dying poultry. The study objective was the knowledge, attitude and practices regarding “Flu like illness” among poultry workers

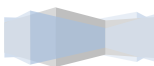
METHODOLOGY: By employing cross sectional study design a survey was conducted from July- August 2015 in District Mirpurkhas. Total 150 poultry workers were identified by using convince sampling; information on flu like illness was collected by world health organization recommended case definition was collected by closed ended. Data analysis was done by SPSS version 16.

RESULTS: Off the total n= 114 worker (76%) reported flu like illness (sudden fever, sore throat, cough, myalgia) from last six months, 83 (56%) were living in rural area, predominate (54%) age group was 15-25yrs. Only 32 (21%) poultry workers known about poultry diseases and the main source of information were mass media. About 129 (86%) workers were not using personal protective equipment and hygienic precaution for prevention of infection from the poultry. Eighty About 80 (70%) reported that they visited to doctor for treatment after having sign and symptoms flu like illness. Off the total 141 (94%) reported that by practices the proper hygienic precaution they can avoid flu like illness.

CONCLUSIONS: .Result revealed high 76% of poultry worker reported flu like illness in previous six month associated with inadequate use of personal protective practices. Awareness campaign regarding infection transmitted from bird, use of preventive measures and establishment of surveillance system for flu like illness were highly recommended.

KEYWORDS: Flu Like illness, Poultry workers, Emerging infectious diseases

WORD COUNT: 294



Spousal Violence, A neglected Public health Problem: Prevalence and Risk Factors among Married Women of two Districts

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BACKGROUND: Violence encompasses physical, emotional, economical and sexual act that are experienced by women as a threat or assault and that have an effect of hurting her or degrading her or taking her ability to Contact with other individual. The aim of study was to determine the prevalence and risk factors of spousal violence among women in low profile areas Pakistan.

METHODOLOGY: A Cross sectional descriptive study was carried out from June-August 2015 in two districts of Pakistan (DG.KHAN and Mirpurkhas). Total 80 females were identified by using connivance sampling. Closed ended questionnaire was used to collect information regarding socio-demographic, types of violence, duration of violence, causes of violence, effects of violence, strategies to get rid of violence. Data entry and analysis was carried out by using SPSS version22. Pearson's Chi-square test was performed to find out valid association of risk factors.

RESULTS: off the total mean age was $36 \pm SD 10$ (range 20-65), predominate age group was 35-39 n=20 (25). Seventy four (92.5%) women experienced violence, among types of violence emotional 40.0%, physical 23.8%, force for work (economical violence) 16.3% , sexual violence 2.5% and abusive language 62.5% . n=22(27.5%) had faced violence during pregnancy. n=11(13%) women had miscarriage. Risk factors were husband's income ($x^2=12.7$ p=.013), drug addicted husband's ($x^2=9.2$ p=.002) show significant association to spousal violence.

CONCLUSION: Result suggested that 92% of women had history of violence associated factors like husband drug addiction and low income. Education of husband with empowerment of women was highly recommended

KEY WORDS: Spousal violence, drug addiction, abusive language, broken marriages.

WORD COUNT: 320



Community Knowledge, Attitude and Practices toward Tuberculosis among General Population in District Mirpurkhas, 2015

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BACKGROUND: Tuberculosis is one of the major public health problems in Pakistan. Literature review suggested that people of country has high burden of tuberculosis with low level of knowledge. Decrease information affects the health-seeking behavior of patients and sustains the transmission of the disease within the community. Therefore, the current study was undertaken in Mirpurkhas with the objective of assessing communities' knowledge, attitude and practices regarding Tuberculosis.

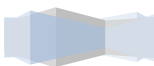
METHODOLOGY: A community-based cross-sectional survey was carried out in District Mirpurkhas from May-August 2015. Respondents n=107 were selected by using convince sampling. Information regarding knowledge, attitude and practices regarding Tuberculosis were assessed by using face to face interview with the help of closed ended questionnaire. Data was analysis by using SPSS version 22.

RESULTS: The mean age of the respondents was 35 years (range 20-50), predominate were male n=72 (67.3%). Off the total n=56 (52.3%) people had adequate knowledge on TB infection etiology, mode of transmission and prevention. Twenty three (21.5%) reported that one of their family member have Tuberculosis infection, among them 5 (21%) were using preventive measures.

CONCLUSIONS: Majority 48% of the population of the communities has insufficient knowledge and practices. . Awareness campaign regarding etiology, mode of transmission and prevention and strengthen of health system were highly recommended.

KEYWORDS: Tuberculosis, cross-sectional survey, Mirpurkhas

WORD COUNT: 208



Problems faced by the patients in Government hospital: A Cross Sectional Study among Government hospitals, Mirpurkhas

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BACKGROUND: In Pakistan very high proportion of the population, especially in rural areas & in government hospitals. Those who have to rely on government hospitals, which are overcrowded, have lack of funds to provide for medicines and health supplies. The study objective was to find the prevalence and type of problems faced by patients in government hospital

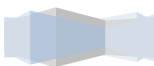
METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2015 among the patients admitted at Government hospitals. All patients n=80 were approached by using convince sampling, face to face interview was conducted by using closed ended questionnaire to collect information regarding sex, education, marital status, monthly income with source of income and problems faced at the time of visit. Data were entered and analyzed by using SPSS version 16.

RESULTS: Total 80 patients were approached=56 were married and have more than 10,000 PKR monthly incomes. The majority of patients n=56 not received first aid in the emergency room during their previous visit. Off the total n=49 reported that they not get medicine from the government hospital's pharmacy and among them n=32 think that source/reference was required to take free medicine. Over two third n=55 reported that there is no clean water available for drinking. All n=80 addressed that washrooms were present in the wards however, they are mostly dirty, n=51 felt inferiority after getting treatment in Government hospitals in their previous visitant after facing such common and big problems.

CONCLUSION: The common problems facing by the patients are poor wards and lack of services & also doctor's attitude is not good and the washrooms are mostly dirty. The health authority should be on strict observation upon health services to eradicate these problems.

KEY WORDS: Government hospitals, Patients, Common problems

WORD COUNT: 315



Smoking: Emerging Public Health Problem among school children, Prevalence and risk factors

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BACKGROUND: Tobacco is a preventable cause of morbidity and mortality across the world wide. Estimates show that tobacco-related deaths are expected to rise from 5.4 million in 2005 to 6.4 million in 2015 and 8.3 million in 2030. The prevalence of tobacco intake in Pakistan is high, reaching up to 33% which are using in different forms including Shisha, chewing and snuffing. The objective of current study was to estimate the frequency of smoking cigarette among secondary school student.

METHODOLOGY:. This was a cross-sectional descriptive study carried from June-August 2015 among students of Secondary school. All students n=108 were approached, a closed ended questionnaire was administered for collection of information regarding year of study, residence and their attitude toward smoking after telling the purpose of study. Data were entered and analyzed by using SPSS version 16.

RESULTS: From total of n=108 students. n=34 (31.4%) were smoker. Among those n=18 (52.9%) belongs to second year students. Associated reason were avoid tension n=16 (47.1%) for fashion n=13 (38.2%) addiction n=4 (11.7%) refreshment n=1 (2.9%) . Among the smokers n=19 (55.8%) were smoking for more than two years. Seven of the smoker (20.85%) developed cough and breathlessness. Most of the students n=7 (50%) were paying from their pocket money to purchase cigarettes. Fifteen (44.1%) thought showed intention to leave smoking.

CONCLUSION: Result suggested that 31.4% students were smoker associated with avoid tension , fashion, addiction and refreshment. It is recommended that anti-smoking programs should be initiated for the school going student and conducted health education session for increase awerenss about hazards of smoking

KEY WORDS: Smoking, Cigarette, Secondary Schools, male students.

WORD COUNT: 302



Prevalence and associated risk factors of pregnancy-induced hypertension among child bearing women of District Bahawalpur

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BACKGROUND: Despite decades of preventive efforts, Pregnancy induced hypertension remains a leading cause of maternal and perinatal morbidity and mortality worldwide. Pregnancy induced hypertension occurs in about 5-8% of all pregnancies. It mostly affects young women with a first pregnancy, pregnant women younger than 20 years or older than 40 years, multiparous, pregnant women with pre-existing hypertension or pre-existing renal disease. The objective of our study was to determine the prevalence and associated risk factors of pregnancy induced hypertension Bahawalpur.

METHODOLOGY: A cross sectional study was conducted by using closed ended questionnaire during April-June 2015. Total 125 pregnant females were selected by convinces sampling technique. Information about Pregnancy induced hypertension and associated factors were gathered. Data was entered and analyses using SPSS software 22.

RESULTS: Total n=125 pregnant women completed the questionnaire, the point prevalence of pregnancy induced hypertension is 15 (12%) among pregnant women. Finding of the study shows that most of the women with the age group of 25-29 years during pregnancy, face complication of hypertension include headache (21.4%), sweating (19.8%), and oedema (80%). Risk factors tobacco addiction ($\chi^2=16.9$ p=.00), high salt intake ($\chi^2=22.4$ p=.00), fatty food ($\chi^2=15.5$ p=0.01), episode of hypertension before pregnancy ($\chi^2=23.5$ p=.00), family history ($\chi^2=32.3$ p=0.00) show significant association with pregnancy induced hypertension.

CONCLUSION: Result of this study suggested that 12% of pregnant women had sign and symptoms of pregnancy induced hypertension significantly associated with high salt intake, tobacco addiction, episode of hypertension before pregnancy and family history. Regular check-up of pregnant women for early detection of hypertension, modification of life style factors and regular exercise was highly recommend

KEY WORDS: Pregnancy induced hypertension, Risk factors, cross sectional study

WORD COUNT: 260



An Assessment of Routine Immunization Coverage among Children and Child Bearing Women of District Mirpurkhas: Cross Sectional Survey

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BACKGROUND: Immunization is the most cost effective health intervention against for prevention of vaccine preventable disease. It takes about USD 15 to fully immunize a child but by significantly reducing the cost of treating. In Pakistan Expanded program on immunization was launched to control the seven vaccine preventable diseases. The aim of the study was to determine the prevalence and associated risk factors of immunization coverage of children under 3 year and Tetanus Toxoid coverage of their mothers (15-49) year of Mirpurkhas.

METHODOLOGY: A cross-sectional study was carried out from June-August 2015 in District Mirpurkhas. total n=300 (150 children and 150 mothers) respondent were selected by using World Health Organization thirty-cluster sampling technique and from each cluster seven households with infants and mothers were randomly selected per cluster. Child's mother was interviewed by using a structured pre-tested questionnaire, regarding the EPI coverage of her child, her own TT coverage and other demographic and potential risk factors for low vaccination coverage. Data was entered and analysis by using SPSS version 22.

RESULTS: Off the total n=76 (50.7%) were not fully vaccinated, n=120 (80%) have immunization card. Among the children n=139 (92.7%) were received BCG vaccine, n=133(88.7%) OPV vaccine, n=109(72.7%) pentavalent vaccine and n=96(64%) child were vaccinated against Measles vaccine. The TT coverage of mothers for the pregnancy was n=108(72%) for both doses of the vaccine. n=105(70%) Deliveries were normal while n=45(30%) deliveries were by cesarean section. Factor like mother education ($X^2=36.5$, $P=0.00$) , occupation of mother ($X^2=32.30$, $P=0.00$), vaccinator absent ($X^2=26.45$, $P=0.01$), awareness of vaccination ($X^2=38.03$, $P=0.00$) is significant with immunization of the child. n=124(82.7%) mothers were housewife and some of them were n=12(8%) Lady Health Worker while n=14(9%) were Doctors, n=53(35%) mothers were already fully vaccinated i.e they had received 5 doses of Tetanus Toxoid

CONCLUSIONS: We concluded that the EPI coverage of Mirpurkhas is quite low. Education of both parents plays a significant role in child's immunization coverage. Improving the educational status of parents can potentially improve the immunization coverage.

KEY WORDS: Immunization coverage, Immunization Card, Mirpurkhas.

WORDS COUNT: 339



Prevalence of substance abuse and risk factors among the Boys of Muhammad Medical College, Mirpurkhas

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BACKGROUND: Drug addiction is defined as, chronic relapsing brain disease that is characterized by compulsive drug seeking and use despite harmful consequences. Now a day's drug usage is increasing among students especially boys. The associated factors for substance abuses was to produce euphoria effect that make them feel better, to overcome shyness, to avoid feeling of loneliness and stress. The aim of study was to assess the prevalence of substance abuse and specific risk factors among the boys of Muhammad Medical College, Mirpurkhas.

METHODOLOGY: College based case-control study done among the male students of Muhammad Medical College Mirpurkhas between May-August 2015. Total n=118 students were selected by using systematic random sampling from 1st year to final year student. Data was collected with the help of questionnaire, entered and analysed using SPSS version 22.

RESULTS: Total of 118 male students mean age was 20 year (range 18-24). Eighty four (73%) students were reported with substances, predominate n=22 () age group was 22-24 years. The most frequent substance was cigarette smoking 52 (61%), marijuana 4 (4.7%), alcohol intake 3 (3.5%), pan 8 (9.4%), chalia 17 (20%), illicit drugs 1(1.1%).

CONCLUSION: Results suggested that 73% of student population were using different types of substance abuses which need to focus. Strict vigilance from the college and hostel with health education were highly recommended

KEY WORDS: Prevalence of Drug addiction, Cigarette Smoking, Risk Factors.

WORD COUNT: 215



Prevalence of smoking and associated risk factors among students of Muhammad Medical College Mirpurkhas, 2015

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BACKGROUND: Smoking is a worldwide problem; its prevalence is decreasing in dropping in the developed countries but increases in low and middle income countries developing ones. It is responsible for a long list of medical illnesses and life threatening complications. Health warning on cigarette packages is among the most common means of communicating the health risk of smoking. The consumption of cigarettes in Pakistan was estimated at 90 billion cigarettes in 2005. The aim of this study was to estimate the prevalence of smoking and associated risk factors.

METHODOLOGY: It is the cross sectional study was carried out from June-august 2015 in medical students of Muhammad Medical College. Total 160 male students from first year to final year were approached and asked for fill the closed ended questionnaire. Data was entered and analysis by using SPSS version 22

RESULT: Of the 250 enrolled into the study, 160 are available for final analysis Mean age of the respondent was 22 (range=17-30). Highest prevalence of smoking found between age group of 20-22 years.. Out of total students, 61(38%) were found to be a current smokers among them 35 (57%) of the current smokers were smoking daily and 31(50%) were found to be a chain smoker. Twenty five students (40%) start smoking at the age 16-21 year, 54(88%) smoke due to bad company. Stress relief as the most important factor contributing to smoking account for 44 (72%). Borrowing cigarette from friends has also been reported 45 (73%), thus easy availability play a causal role.

CONCLUSION: Prevalence of smoking among medical students is 38% which is associated with peer force and stress. There is a great need to expand anti-smoking campaigns among medical students and it is necessary to bring positive behavioral changes through adoption of comprehensive smoking control intervention.

KEY WORDS: Smoking, risk factor, Medical students

WORD COUNT: 296



Delayed Diagnosis of Tuberculosis: Prevalence and Reasons

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Background: TB is a major health problem which is mostly neglected in the rural area of Pakistan. It is more common in poor people or low socio economic families. The World health organization has declared that TB is only second to the HIV/AIDS as the greatest killer worldwide and attributed to 8.8 million cases and 1.4 million people died globally. Pakistan contributes only 44% of TB burden in the Eastern and Midwestern region. The objective of study was to find out the factor associated with delayed diagnosis of Tuberculosis in Mirpurkhas.

METHODOLOGY: A cross-sectional descriptive study was conducted in patients of Muhammad Medical College Hospital, Fazal e Umar and Civil Hospital of Mirpurkhas from July-August 2015. Total 55 patients were interviewed by closed ended questionnaire. Information regarding delayed diagnosis was collected from the patients by face to face interview. Data was entered and analysis with the help of SPSS version 22.

RESULT: Among total 52.7% (29/55) patients were males, predominant age group was 22 (40) and 33 (60%) were belong from urban area. off the total 58.2% (32/55) were late diagnosed, the identified reason was late appearance of sign and symptoms 25% (8/32), ignorance of sign and symptoms 65% (21/32) and financial problem 9% (3/32). forty five (81%) of all patients reported that they remained contact with tuberculosis patients

CONCLUSION: Most 58.2% of the patients were reported delayed diagnosed associated risk factors were low socio economic status and less knowledge. Knowledge about sign and symptoms, spread and prevention of communicable diseases should be provide to community with the help of mass media and health teams

KEY WORD: Delayed Diagnosis, Tuberculosis, Mirpurkhas

WORD COUNT: 261



Prevalence and Risk factors associated with diarrhoea morbidity in children under five in rural areas

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BACKGROUND: Diarrhoea has been one of the major causes of morbidity in under-five children in Pakistan. About 42% of the population lives in rural areas where poverty is very rife. The aim of the study was to investigate environmental, demographic and socio-economic factors associated with diarrheal morbidity in under-five children in rural areas of Badin.

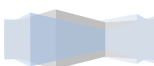
METHODOLGOY: A cross-sectional study was conducted in villages of Badin, in children of age group of 1 month to 5 year, from 24th July to 24th August 2015. 60 children were recruited using systematic sampling with their mothers consent. Total 41 mothers were interviewed using a questionnaire. An observational guide was used to gather more information regarding environmental factors.

RESULT: Mean age was 3 years SD \pm 1.02 (range 11 to 59 month), predominant age group was 3-4 years 18 (30%) all mother reported that their children had history of diarrhoea in last six month Off total 41 mothers 17(41.4%) reported improvement of environmental sanitation was a major factor for prevention from diarrhoea. Thirty seven women (90.24%) were used open ground for defecation. Among all 13/41(31.7%) mothers clean their hands with water, 24/41 (58.5%) with water and soap. The major source of water was hand pump as reported by 25/41(60.9% respondents. 78% mothers wash their hands before cooking food and feeding their child and 22% don't. All mother 100% breastfeed their child.

CONCLUSION: According to our study there was 100% prevalence of diarrhoea associated risk factors were unclean hands of mothers and unsafe water. So it is highly recommended that Initiation of health education campaign focusing the mother of rural area should be started.

KEY WORDS: Prevalence, Risk, Rural area.

WORD COUNT: 265



Assessment of Hospital Waste Management in District Mirpurkhas: Result of a Cross Sectional Survey

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INTRODUCTION: Hospital waste (HW) has a high potential of infection and injury and its management is a major challenge for hospitals of developing countries. Hospital waste contains hazardous or risk waste and non-risk waste. In Pakistan 1.35 Kg waste is produced from each occupied bed and about 250,000 tons of waste generated per year. Hospital waste in Pakistan is usually not properly treated and disposed of and scavengers collect the used syringes and sell them which are recycled. The objective of this study was to assess the hospital waste management techniques employed by the hospitals with knowledge and Practices of waste handler regarding hospital waste in different hospitals of Mirpurkhas, Sindh.

METHODOLOGY: By using cross sectional study design a survey was conducted in August 2015 in five hospitals (4 private, 1 public health) of Mirpurkhas. Waste management practices were assessed by using World Health Organization guideline. Knowledge and practices of n=50 waste handlers were measured regarding hospital waste by using closed ended questionnaire. Data was analyzed using SPSS version 22.

RESULTS: Five different hospitals of Mirpurkhas were surveyed and their waste management techniques were assessed. From these five hospitals, 50 waste handlers were interviewed out of 50 the 44 (88%) were know about HWM and 6(12%) were don't know about HWM. 18 (36%) knows from news 9(18%) from television 6 (12%) from friends 11(22%) from others. 35 (70%) tells that there hospitals have separate department 9 tells they don't have. 29(58%) tells us 10 workers are work here 11(22%) tells there are 20 workers 4 (8%) tells 30 workers work here. Off the total 35(70%) reported use of safety measurement (wearing of gloves and mask) among the staff 23(46%) were vaccinated against hepatitis B

CONCLUSION: Knowledge and practices of HW handler was poor which put them on risk to develop infection like Hepatitis B, C HIV/AIDS. Periodic training session for hospital waste management should be conducted among the waste handler. It is also suggested that hospital of Mirpurkhas develop their Waste management team and plan according to WHO guideline.

KEY WORDS: Knowledge, Waste management, World health organization guideline

WORD COUNT: 339



Demographic and socio-economic factors associated with health risk behaviours among students of Muhammad Medical College

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BACKGROUND: Behavioural health risk factors are those factors, which are harmful for physical and mental health of a person. It is also called “risk-taking behaviour”, because it involves persons who knowingly and willingly engage in situations where the risk is certain, and the outcome is unknown, but with a high probability to be negative for health. The aim of this study was to examine the relationships between demographic and socioeconomic characteristics and engaging in health risk behaviours among students of Muhammad Medical College.

METHODOLOGY: By employing cross sectional study design a survey was conducted from July-August 2015 among 155 students of Muhammad Medical College. Respondents were identified by using convince sampling. Information about age, gender, type of settlement, family structure, area of living, and academic was collected by using closed ended questionnaire. Data was analysis by using SPSS version 22.

RESULTS: Among the total students mean Age=22 (range=16-27), male were n=91(58.7%), increase number of respondents belong from 19-21years. Seventy five percent were living in urban area. Among total n=41 (26.5%) were smokers (male n=39: 25.16%, female n=2:1.29%), twenty four (15.5%) used chalia/gutka (male n=17:10.97%, female n=7: 4.52%). Off the total n=52 (33.5%) used tablets [male n=28 (18.06%), female n=24 (15.48)]. Off the total n=36(23.2%) physical inactivity [male n=24 (15.48%), female n=12 (7.74%)]. Off the total n=12(7.7%) drink tape-water [male n=10 (6.45%), female n=2 (1.29%)]. Risk factors like smoking ($\chi^2=30.489$, $P=0.00$), drink alcohol ($\chi^2=13.762$, $P=0.003$), use chalia/gutka ($\chi^2= 9.192$, $P=0.027$), use drugs ($\chi^2=17.411$, $P=0.001$), drink tape-water ($\chi^2=11.576$, $P=0.003$) are significant for the health risk behaviour.

Conclusions: Boys were more likely to engage in risk behaviours than girls. So it was highly recommended that health education and seminar arrange to remove the health risk behaviour among the students, so that they can save themselves from the Health problems related to risk behaviors.

Keywords: Health Risk behavior, Socioeconomic, Demographic, Muhammad Medical College.

Word count: 300



Prevalence of Pulmonary tuberculosis among diabetic patients registered at the BVH and Muhammad Medical College Hospital

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BACKGROUND: Tuberculosis (TB) is an infectious disease which is still a major cause of morbidity and mortality throughout the world. People with diabetes mellitus have a three time higher risk of developing active Tuberculosis than people without diabetes. However, there is not enough credible information on the burden of pulmonary tuberculosis among diabetes mellitus in Pakistan. Therefore, this study was conducted with objective to determine the prevalence and associated risk factor of smear positive pulmonary tuberculosis among diabetic patients

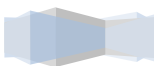
METHODOLGY: A cross-sectional study was conducted from June-August 2015 among diabetes mellitus patient registered in BVH and MMCH. Total n=100 patients were identified by using random sampling technique. Suspected cases of Tuberculosis infection were identified by using world health organization case definition. Data was entered and analyzed using the spas version16 statistical software.

RESULT: Off the total 56% were males, mean age was 40 year (range 20-80). Five diabetic patients were identified as a suspected case of Tuberculosis infection. All were positive contact history with Tuberculosis patients. Among five cases 4 were belong from the rural area with predominate of female gender 3%. Half of the suspected case of Tuberculosis infection belongs from the age group of 45-49 years.

CONCLUSION: Prevalence of suspected case of pulmonary Tuberculosis was 5% with predominate of female gender associated with contact history with Tuberculosis patients. Screening of diabetic patients for Tuberculosis with health education were highly recommended

KEYWORDS: Diabetic Patients, Pulmonary Tuberculosis, Screening

WORD COUNT: 230



Knowledge, Attitude and Practice of breast self-examination among Muhammad medical college hostel girls Mirpurkhas 2015

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BACKGROUND: Breast cancer is the most common female malignant carcinoma throughout the world. It is thus an important public health issue due to increase morbidity and mortality rate. It is estimated that more than 212000 women and 1700 men develop the disease and more than 41000 die because of breast cancer. It can be reduce and detect by regular breast self-examination. The aim of study was to access the knowledge, Attitude and Practice of breast self-examination among MMC hostel girls Mirpurkhas.

METHODOLOGY: A Cross sectional descriptive study design was conducted among all n=152 girls students of Muhammad Medical College, Mirpurkhas between June-September 2015. Information regarding knowledge, Attitude and Practice was collected by using closed ended questionnaire. SPSS version 22 was used for data analysis. Data was summarized into frequencies, percentages and presented tables.

RESULT: Among the total n=152, n=66 (43.4%) were belongs to 19-20 age group. Majority of students n=151(99.3%) have heard about BSE, and majority of students knew that symptoms of breast cancer such as pain in breast=23(46.0%) in 1st year, n=3(6.0%) in 2nd year, n=17(34.0%) in 3rd year, n=3 (6.0%) in 4th year, n=4(8.0%) in final year and swelling of breast include n=5 (13.2%)in 1st year, n=12 (13.2%) in 2nd year, n=5(13.2)% in 3rd year, and n=13(34.2%) in 4th year and n=3(7.2%) in final year . But some students n=104(68.4%) have never done BSE. Respondent identified major factor affecting on breast self-examination are forgetfulness n=18(25.7%) in 1st year and n=14(20.0%) in 2ndyear, n=15(21.4%) in 3rd year, n=11(15.7%) in 4th year and n=12(17.1%) in final year. Despite of those n=74(48.7%) students strongly agreed that BSE should be encouraged so respondent have positive attitude toward BSE.

CONCLUSION: Our cross sectional study indicates that student had good knowledge but fair in practices as only 48(31.5) % done BSE. By conduction of seminar and health education session there is need to create awareness about breast self-examination among medical students for improving their practice.

KEYWORD: Breast self-examination, Knowledge Attitude Practice; Muhammad Medical College

WORDS COUNT: 374



An Audit of Ultrasound Scan conducted at Sonology Department of Muhammad Medical College Mirpurkhas: Five retrospective record review

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BACKGROUND: Ultrasound use in field of medicine is known as sonography & sonology . It is a diagnostic imaging technique based on the application of the ultrasound which is used to see internal body structure such as tendons, muscles, joints, vessels and solid organs and organs filled with fluid. A record review was conducted in department of radiology with objective to find out the frequency of different cases diagnosed and reported.

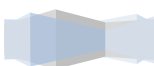
METHODOLOGY: A retrospective record review was conducted in August 2015 in Department of Radiology Muhammad Medical College Hospital. Records of ultrasonography taken from July 2010 to June 2015 were taken. Frequencies and percentages were calculated .All data was manually analysis to find out frequencies of the diseases.

RESULT: Among the total gender wise ultrasound was done male n=3300(43.9%), female n=4067 (56.1%) are female, age specific ultrasound was children below 12 years n=353(4.8%) are, adults 12 to 50years n=5304 (72.0%) and above 50 years n=1710 (23.2%). Among the total normal scans n=2344: 32.1% (females n=1215: 51.8%, male n=1129: 48.1%). In the disease ultrasound category liver parenchymal disease n=803: 11.01% (Female n=417(51.9%), male n=386(48.0%), cholelithiasis n=625: 8.6% (female n=451: 72.1%, male 174: 27.8%), renal infection n=619: 8.5% (female n= 223: 36.0%, males, n=396: 63.9%. Benign Prostatic hypertrophy n=454(6.23%), renal calculi n=425: 5.8% (female 108(25.4%), males, n=317(74.5%)

CONCLUSION: This survey reveals increase liver parenchymal disease detected on ultrasound which may be attributed to infection or life style factors. Health department need to be focused and conducted health education and screening camp for general community

KEYWORDS: Ultra sounds, Liver Parenchymal Disease, Muhammad Medcial College

WORD COUNT: 252



Prevalence and Associated Risk Factors of Low Backache among Female Medical Student, 2015

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BACKGROUND: Globally Low back pain(LBP) is common health problem with concomitant disability which has assumed a public health importance in our society.LBP is one of the four disabilities causing musculo-skeletal condition.The economic burden of LBP on the society specially in low-resourced continents like Africa.In Pakistan LBP is commonest musculo-skeletal illness with 30%-45% of the population affected at any given time.The aim of this study was to determine the prevalence and associated risk factors of LBP in MMC girls Mirpurkhas, Sindh, Pakistan.

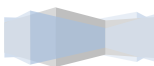
METHODOLOGY: A cross sectional study was conducted by using designed questionnaire during April 2015-June 2015 .117 female students were selected by using simple random sampling method. Data was entered and analysed using SPSS software 22. Chi square test analysis were done to explore the association of risk factors.

RESULT: Total 117 of the 150 female students completed the questionnaire. Mean age 20 ± 1.9 SD (Range 17 -26). The point prevalence of LBP was 52.1%, among first year 33(28.2), second year 15(12.8), third year 23(19.7), 4th year 25(21.4) and in final year 21(17.9). Analysis showed that low calcium intake has a statistically significant association with LBP on pearson's chi square test $X^2=8.407$, $p=.004$, while dysmenorrhoea also has a statistically significant association b/w LBP $X^2=8.419$, $p=.004$.

CONCLUSION: The prevalence of LBP among MMC girls is 52% associated with dysmenorrhoea and lack of calcium intake. So it is highly recommended that they have to increase the intake of calcium in their diet by using milk product and other calcium supplement.

KEY WORDS: LBP, Prevalence, Risk factors. Medical Students

WORD COUNT: 250



Bacillus Calmette Guerin coverage and barrier to BCG vaccination among children under 5 years reported at Muhammad Medical College, Mirpurkhas

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BACKGROUND: Bacillus Calmette Guerin (BCG) is a vaccine against tuberculosis. It is potentially serious infection that effects the lungs. One third of the world's population is thought to have been infected with Tuberculosis bacteria attributed to 9 million new cases and 1.3 - 1.5 million deaths. BCG vaccination is only technique for prevention of infection is recommended at birth in normal-weight children and is administered intradermal. The objective of study was to find out the prevalence of BCG vaccination coverage among the children less than five years.

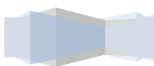
METHODOLOGY: A cross sectional hospital based study was conducted in the department of PEADS at Muhammad Medical College Hospital Mirpurkhas from June-August 2015. Data of 97 children under 5 years were identified systematic random sampling. Information regarding BCG vaccination was collected by using closed ended questionnaire in addition to seeing the scar of vaccination. Data was collected and analysis by using SPSS version 22.

RESULTS: Among total n=51(52.57%) were female, n=65(67.01%) were belongs from rural areas. Among all n=75 (77.3%) mothers reported that her children were vaccinated against tuberculosis. Of these n=66(84%) have BCG scar. Among the non-vaccinated children mothers revealed different reason for un-vaccination i.e. lack of vaccination facility n=7(35%), reported superstitious belief n=4(20%), n=5(25%) family pressure, n=4 (20%) reported lack of money.

CONCLUSION: Our study showed that among children visiting 23% were vaccinated against tuberculosis, multiple reason were identified lack of vaccination facility, superstitious approach, family pressure and financial constrain. Strengthen of health system for vaccination and health education to remove misconception was highly recommended

KEY WORDS: Immunization, Socioeconomic factors, Strengthen of health system

WORD COUNT: 250



Prevalence and Risk Factors of Spondylosis among patients visited in major hospital of District Khanewal and Mirpurkhas

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BACKGROUND: Data on prevalence of spondylosis is necessary background information to understand the burden of disease and the potential need for health care for people with this disease. According to medical dictionary spondylosis is degenerative osteoarthritis of the joints between the center of spinal vertebra and neural foramina. Usually present during third decade of life. The prevalence of spondylosis globally is between 0.1 % and 1.4% whereas Pakistan has 0.5% to 1.9% prevalence. The objective of study was to determine the prevalence and associated risk factor among man and women.

METHODOLOGY: A community based cross- sectional descriptive study was conducted in from July to August 2015 in District Khanewal and Mirpurkhas. Total 100 individuals were consecutively enrolled from patients visited in different OPD. Data was collected by structured questionnaire to assess demographic profile, frequency of spondylosis. Data was analyzed by SPSS version22.

RESULTS: Among all the age group 20-29 years has larger number of cases with spondolysis. 66% patients were having back ache. 27% of patients had complained of regular pain.39% of patients have low back pain. In 9% patients' pain spreads to knee and in 4% to shoulder, elbow and hip joint. Out of total 36% patients' say they have pain due to their working style. Out total 25% patients have gone through MRI, 12 %through X-rays and 2% through CT scan. Out of total 24 patients 12 male and 12 female were surfing from spondylosis. Among total 10% patients had reported they bacterial infection. Among total 13% patients have family history of spondylosis. Among 56 women 15% women agreed their pain associated with menstruation.

CONCLUSION: Based on results it was concluded that spondylosis has higher association with back ache, family history, gynecological problem and menstruation in females. People suffering for spondolysis must adapt better life style, including balanced diet, proper sleeping pattern, and exercise. After third decade of life they must consult doctor for proper follow ups and supplement therapy should be used.

KEYWORDS: Spondolysis, Lower backache, Population

WORD COUNT: 321



Health Seeking Behaviour among the Medical Students of Muhammad Medical College, Mirpurkhas 2015

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BACKGROUND: Health seeking behavior is viewed as the varied response of individuals, depending upon their knowledge and perception of health, socioeconomic constraints, and adequacy of available health services and attitude of health care providers. This study was conducted with objective to find out the prevalence of health seeking behavior among medical students of Muhammad medical college.

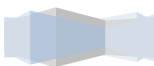
METHODOLOGY: A cross sectional study was conducted among the all students n=280 of Muhammad Medical College, Mirpurkhas from June-August 2015. Information regarding health seeking behavior was collected by administration of closed ended questionnaire Data was analyzed using SPSS statistical software version 22.

RESULTS: Most of the students n=130(46.4%) were of age 21-23 years. Mean=22. Out of total mostly students were hostlized n= 242(86.4%). out of total students mostly parents were educated: fathers n=262(93.6%), mothers n=226(80.7%). Off the total different types of illnesses was reported by n= 208(74.3%) students within last 6 months, most frequent was headache n=165(58.9%), burning in stomach n=160(57.1%), constipation n=152(54.3%), and feeling of sadness n=160(57.1%). Among total n=129(62.1%) students received medication among them only 55 (42.6%) visited to doctors. It was found that n= 68(52.7%) students had taken self-treatment. medication from hakeem n=6(4.6%). Student did not receive medication due to time shortage n=72 (47.6%) , unavailability of doctor n=34(22.5%), prolong wait for doctor=15(9.9%), lack of trust n=10(6.6%), unethical behavior of doctor n=5(3.3%), due to hesitation in describing disease to doctor n=7(4.6%) and other reasons n=8(5.2%). missed classes due to illness n=100(48.0%).

CONCLUSION: Headache, stomach burning, constipation and feeling of sadness were more prevalent illnesses. Students may aware of danger of self medication, there for urgent need to have a formal health program for medical students, set guidelines for students to follow if they fall ill; provision of medicines.

KEYWORDS: Health care-seeking behaviour, Illness

WORDS COUNT: 328



A Case Report on Wilson Disease Presented In Muhammad Medical College Hospital, Mirpurkhas

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INTRODUCTION: Wilson's disease is an autosomal recessive disorder affecting copper transport; it results in the accumulation of copper in the liver, brain, and other organs. Symptom usually arise between ages 5-30 years. In Pakistan common causes of acute hepatitis include hepatitis viruses, alcohol and drugs. However less common etiologies like Wilson's disease must be kept in mind and looked for, whenever there is strong suspicion. Since effective treatment is available for this disease, early and correct diagnosis is very important

Scoring system developed at the 8th international meeting on Wilson Disease.

Kayer-Flesicher rings	Liver copper (in absence of cholestasis)
Neurologic symptom	Rhodamine-positive hepatocyte on biopsy
Serum ceruloplasmin	Urinary copper (in absence of acute hepatitis)
Mutation analysis	Coombs-negative hemolytic anemia

4 or more than, is Diagnosis highly likely for Wilson disease

Case: 27 Years old Mr. Navo s/o Aawto by cast kolhi, resident of khipro , came in OPD with the complain of jaundice, nausea, vomiting and loss of appetite for one week. He also complained of involuntary movement in the right feet and right hand for one year. On physical examination the patient was icteric and had tender, hepatomegaly; however he did not have any stigmata of chronic liver disease. He had KF ring on slit lamp ophthalmic examination. on CNS examination power was 5/5 , reflexes of right foot is exaggerated , clonus was present . On investigation his total serum bilirubin was 14.4 mg/dl (conjugated serum bilirubin 11.2 mg/dl and unconjugated serum bilirubin 3.2 mg/dl), SGPT= 1270 U/L and INR 2.11. He tested negative for all hepatitis viruses, namely anti-HEV IgM, anti-HAV IgM, HBsAg, anti-HBc IgM, anti-HCV.. On further investigation his Urinary Copper was 1140 µg/L. His Serum Ceruloplasmin was however raised (440 mg/ml).Abdominal ultrasonography revealed hepatomegaly

KEY WORDS: Wilson Disease, Hepatomegaly, Chronic Liver Disease

WORD COUNT: 281



Laparoscopic Cholecystectomy in Gallstone Disease with Its Complicated Problem at Muhammad Medical College Hospital, 2015

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BACKGROUND: Gallstone disease is a major health problem worldwide. Previously, complicated gallstone disease was considered to be a contraindication for laparoscopic cholecystectomy. This initial reluctance has slowly evaporated as a result of increasing expertise. In Pakistan first laparoscopic cholecystectomy was performed in 1991. The aim of this study is to assess the role of laparoscopic cholecystectomy in gallstone disease with its complication..

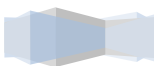
METHODOLOGY: Retrospective observational study was conducted among patients with complicated gallstone disease on the basis of clinical assessment, ultra-sound findings and operative-findings during laparoscopic cholecystectomy at surgical department of Muhammad Medical College Hospital from 2012-2015. The patients with uncomplicated gallstones and patients in which laparoscopic cholecystectomy was not done were excluded from study.

RESULTS: Out of 13 cases, 100% were female. Most of patients presented during 41-50 year of age with mean age of presentation were 43 year. Clinically patients presented with upper abdomen pain either in right hypochondrium (61%), epigastrium (15%), right hypochondrium and epigastrium (23%) along with nausea and vomiting in 30% cases, positive murphy's sign in 61% cases and tender gall bladder in 23% cases. Ultrasound examination revealed multiple gallstone in 69% cases, thick wall gallbladder in 38% cases and adhesions in 30% cases. Laparoscopic cholecystectomy confirmed the pre-operative findings in the form of adhesions in 69%, mucocele in 15%, and thick wall gallbladder in 61% and fibrosed gallbladder in 23%. Operative complications were haemorrhage 7%, gallbladder perforation 7% and post-operative complications were chest infection 15%, port-site wound sepsis 7%, nausea and vomiting 23% and biliary leak 7%. Operative time utilized was 30-60 minutes in 85% and 60-90 minutes in 15%. Hospital stay was 2-3 days in 61% and 4-5 days in 30%. No mortality was seen in this series.

CONCLUSION: Laparoscopic cholecystectomy is equally safe and ideal procedure for complicated gallstone disease in hands of experienced laparoscopic surgeon. The procedure is applicable in more than 95% cases in experienced hands.

KEY WORDS: Gall stone, Complications, Laparoscopic cholecystectomy

Word count: 316



Etiological Factors of Hepatocellular Carcinoma among the Patients of Muhammad Medical College Hospital

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INTRODUCTION: Hepatocellular carcinoma (HCC) is the dominant form of primary liver cancer and is histologically and etiologically distinct from other forms of primary liver cancer. Approximately 70%–90% of patients with HCC have an established background of chronic liver disease and cirrhosis, with major risk factors for developing cirrhosis including chronic infection with hepatitis B virus (HBV), hepatitis C virus (HCV), alcoholic liver disease, and non-alcoholic steato hepatitis (NASH). Additional risk factors for developing HCC include diabetes, obesity, hemochromatosis, and some metabolic disorders.

METHODOLOGY: A retrospective study is carried out from January 2014 to August 2015 among the 40 patients of hepatocellular carcinoma in MMCH Mirpurkhas, Sindh, Pakistan. The secondary data was collected from previous hospital record of MMCH. Data was analysed by SPSS version 22.

RESULT: Total n= 40 patients of HCC were included, majority n= 16 (27%) belongs to 40-50 age groups, n =28 (70%) were male, n=11 (27%) were females. Majority of them was Sindhi n=24 (60%). N=13 (32%) was hypertensive, n=12(30%) was diabetic. N=21 (52%) had ascites and n=16 (40%) had hypersplenism. n=20 (50%) had portal vein thrombosis. N=29 % had right lobe involvement. N=22(55%) was on conservative treatment. N=32 (90%) patients had raised alpha feto protein more than 800 micro grams.

CONCLUSION: These findings show that the etiology of HCC is extremely complex, with many confounding factors affecting disease course and patient prognosis. For example, most patients with HCC have cirrhosis, which develops following long periods of chronic liver disease and results in increased fibrous tissue and a destruction of liver cells, and may ultimately promote tumour development. HCV infection increases the likelihood of developing liver cancer, with liver cancer cases. Some patients develop HCC due to HBV, some due to alcohol use.

KEYWORDS: Hepatocellular Carcinoma, Hepatitis B Virus, Hepatitis C Virus

WORD COUNT: 338



Prevalence of spontaneous bacterial peritonitis in liver cirrhosis patients in Muhammad Medical College Hospital

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BACKGROUND: Spontaneous bacterial peritonitis (SBP) is a common bacterial infection in patients with cirrhosis and ascites requiring prompt diagnosis and treatment. The aim of this study was to determine the prevalence, and characteristics of SBP among in-patients with cirrhosis.

METHODOLGY: Two hundred patients with liver cirrhosis who were admitted into the Medical ward of the Muhammad Medical Hospital from April 2014 to July 2015 were retrospectively studied. All the patients had abdominal paracentesis done within 48 hours of admission under aseptic condition and the data obtained were analysed. The diagnosis of SBP in cirrhosis was established on the basis of absolute neutrophils count (> 250 , cells/mm), culture sensitivity, ascitic albumin and cytology.

RESULTS: A total of 100 patients of liver cirrhosis ,43 were SBP patients in which 29 male (67.6%) and 14 females (32.4%) . 15(45.3%) were in the 40-50 age group ,10(25.6%) were in the 30-40 age group while remaining were in 50-70 age group. Factors associated with poor outcome were Diabetes Mellituss (10.5%), Hypertension (4.7%), COPD (7.0%). Previous history of SBP was present among 29(33.7%). hepatitis C was positive in 31 (72.1%). Out of 43 that developed SPB, culture positive SBP was present in 62.7% (27/43) while CNNA was found in 37.3% (16/43).

CONCLUSION: In view of the high prevalence and mortality rate of SBP in our study population, it is imperative that awareness campaign be vigorously pursued as regards early presentation to reduce the morbidity and mortality in this group of patients. It is equally recommended that diagnostic abdominal paracentesis for cell count and culture in any patient with onset of ascites or cirrhotic patients with ascites and suggestive symptoms compatible or suggestive of SBP be carried out.

KEYWORDS: Spontaneous bacterial peritonitis, abdominal paracentesis, liver cirrhosis

WORD COUNT: 319



Well-Being and Post-Traumatic Stress Disorder due to Natural and Man-Made Disasters on Adults

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BACKGROUND: Natural and manmade disasters are globally problem now a days. Research has shown that man-made disasters affect people more severely than natural disasters. Females are affected more severely as compared to males in disasters. The most prominent effects are low well-being and high post-traumatic stress disorder (PTSD). The objective of study was to compare the differences in well-being and PTSD among adults exposed to natural and man-made disasters.

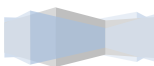
METHODOLOGY: This cross-sectional survey was conducted on 150 young adults exposed to flood in middle Punjab (50), terrorism in Lahore (50) and suicide bombing (terrorism) in Islamabad (50) from 24 July to 20 August 2015. Informed consent was taken, face to face interview were conducted to collect information regarding well-being and Post traumatic stress disorder.

RESULTS: Adults exposed to natural disaster like flood scored significantly higher on well-being as compared to adults exposed to man-made disaster like terrorism and suicide bombing. Post-traumatic stress disorder was more in terrorism exposed adults as compared to flood exposed adults. Within gender, females affected more than male by man-made disasters.

CONCLUSION: Adults exposed to natural disaster adapt better than those exposed to man-made disaster and females adapt to man-made disasters better than men.

KEY WORDS: Well-being, PTSD, Natural Disaster, Man-Made Disaster

WORD COUNT: 199



An Audit of Disease Burden in Surgery Ward, Muhammad Medical College Hospital, 2015

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AIMS: To make an audit of surgery ward of MMCH of previous 1 year (From 10 August 2014 to 10 August 2015).

METHODS: Record of admitted patient in the surgery ward with diagnoses disease was observed.

RESULTS: A total number of 376 patients (male=277, female=105) were admitted in the surgery ward MMCH. Range of their age was 1-80(mean=39 years, median=40 years, mode=60 years). The patient observed with Cholelithiasis were 82 patients (21.9%), Renal stone 50 patients(13.2%), BPH 36 patients (9.5%), Fracture 27 patients(7.1%), Hernia 24 patients(6.4%), Urethral strictures 22 patients(5.9%), Fissure in ano 18 patients(4.8%), Gangrene 12 patients(3.2%), 105 patients of Other disease.

CONCLUSION: Two commonest diagnoses were Cholelithiasis and Renal stone while last year BPH & Appendicitis were commonest. Urological problems made the bulk of our surgical department. According to resources should be adjusted.

WORD COUNT: 154



Audit of Multi Drug Resistant-Tuberculosis (MDR-TB) patients in Civil Hospital Mirpurkhas

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BACKGROUND: Tuberculosis (TB) is a contagious infection, reported since the ancient times and still challenging public health problems, attributed to 8.8 million new cases with 1.1 million deaths globally. Multi-drug resistant tuberculosis (MDR-TB) is defined as resistance to Isoniazid and Rifampicin whether there is resistance to other drugs or not. In 2012, an estimated 450,000 new cases of MDR-TB emerged globally. Among all new cases of TB, 3.6% are estimated to have MDR-TB. An estimated 20% of persons with previously treated TB have MDR-TB. Pakistan is also estimated to have the fourth highest prevalence of multidrug-resistant TB (MDR-TB) globally.

METHODOLOGY: A retrospective survey was conducted in TB Sanatorium, Civil Hospital Mirpurkhas. Data of 267 Drug Resistant Tuberculosis patients was collected from June 2014 to August 2015 which includes 193 MDR-TB patients. MDR TB Patients were identified by review of records with the help of Medical Officer. Data was entered and analyzed in SPSS version 14.

RESULT: A total of 267 Drug Resistant patients were enrolled in TB Sanatorium, Civil Hospital Mirpurkhas since 7 June 2014 till 7 August 2015. Out of these 267, 193(72.2%) were Multidrug Resistant-TB patients. 3(1.1%) were Mono resistant patients. 2(0.74%) were Poly DR Patients and 2(0.74%) were Extensive Drug Resistant (XDR) patients. Remaining 67(25%) patients had positive smear and were waiting for Mycobacterium tuberculosis/Rifampicin (MTB/RIF) assay result for confirmation. Out of 193 MDR-TB patients, female were 77(39.9%) and 116(60.1%) were male patients. 179(92.8%) were married and 14(7.2%) were unmarried. Out of total 4(2.07%) were cured, 8(4.14%) patients died and 8(4.14%) loss to follow up. Remaining 173(89.64%) are under treatment.

CONCLUSION: Multi-drug resistant tuberculosis (MDR-TB) is a major public health problem that threatens progress made in TB care and control worldwide. Extraordinary measures are needed in Pakistan and countries with the highest rates of TB and MDR TB: rapid detection, access to drugs and steady drugs supply and effective and expert care.

KEY WORDS: Multi-drug resistant tuberculosis (MDR-TB), Civil Hospital Mirpurkhas, Sur

WORD COUNT: 372



An Endoscopic Overview of Hematomatic Patients Visited To MMCH From February To August 27, 2015

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BACKGROUND: Acute upper GI bleed is a common emergency. It requires specific treatment of which upper GI endoscopy based treatment can be lifesaving. In Pakistan most common cause of hematemesis is esophageal varices due to chronic liver disease. Therefore this study is conducted to document various endoscopic findings in our unit in patients undergoing upper gastrointestinal endoscopy for upper gastrointestinal bleed.

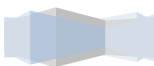
METHODOLOGY: A retrospective study was conducted from 15-February-2015 to 15-AUGUST-2015 among the reported cases of upper GI bleeding referred for endoscopy in OPD or admitted patient at MMCH, Mirpurkhas. Total 31 cases were reported having upper GI bleeding referred for endoscopy. Their endoscopic reports were checked to find out the cause of upper GI bleeding. Data was entered and analyzed by using SPSS version.

RESULTS: Out of 31 cases, n=18(58%) were male, n=13(42%) were female, mean age was 39 years old (n=30 -72). Bleeding esophageal varices was the commonest findings n=18(58 %), bleeding duodenal ulcer n = 5(16%), bleeding gastric ulcer n = 3 (10%), gastro duodenal erosion n=2 (6%), erosive esophagitis n=2 (6%) and gastric carcinoma n=1(3%). Endoscopic vertical band ligation (EVBL) was the commonest procedure performed. Histoacryl injection was used for bleeding gastric ulcer. Some has ethylamine olate injected in BOV and 1 patient has adrenaline injected in bleeding DU.

CONCLUSIONS: Esophageal varices are most common cause of upper GI bleeding in patients visited MMCH with hematemesis.

KEY WORD: Esophageal Varices, Hematemesis, Endoscopic Band Ligation

WORD COUNT: 282



Assessment for Ethical Behaviour, Responsibility and Academic Knowledge, Among Medical Students of Muhammad Medical College Mirpurkhas

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BACKGROUND: Proxy marking class bunking and lack of interest in academic circular are main negative aspects of student's life which harm to their social behaviour and ethical moral.

OBJECTIVE & METHODOLOGY: To assess, ethical behaviour, responsibility and academic knowledge among students of Muhammad Medical College Mirpurkhas. Data was collected through questionnaire.

RESULTS: The questionnaire was distributed to 100 student while 90 student were males 50(55%) females 40(44%) responded, mean age was 21. 70(77%) accepted they always marked proxy, 85(94%) students admitted that if they have chance they marked proxy. 80(88%) students said that they are chat on mobile during lecture. 40(44%) students said that they were good listener. 80(88%) students said they have enjoyed good relationship with teachers and class fellows. 55(61%) students responded that attendance is compulsory for passing annual exam. 65(72%) students said they liked the way of lecture presented and get useful exam tips during lectures. 70(77%) students responded that group work in class room help to understand better. 90(100%) students said that class attending is a good manner and get better results in examination by attending lectures.

CONCLUSION: Students are almost in search of proxy marking because mostly students think attendance is valuable in exam and they have no intrust in lecture. But some students believe group work and discussion in class room help them to understand better. Students also believed that class attending is a good manner and able to get better results in annual examination.

KEY WORDS: Ethical Behaviour, Responsibility, Academic Knowledge

WORD COUNT: 270



Audit of Intensive Care Unit at Muhammad Medical College Hospital

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BACKGROUND: ICU stands for Intensive Care Unit which provides care to the severely ill patients. It is very necessary in a hospital to have a well-equipped Intensive Care Unit to provide its patients with the facilities they need in need of the hour. Muhammad Medical College Hospital ICU is the state of the art facility which provides quality health care to the people of Mirpurkhas. The aim of the study was to see the morbidity and mortality at ICU of Muhammad medical college Hospital.

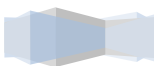
METHOD: Case record of 740 patients was retrospectively studied who were admitted to ICU of Muhammad Medical College Hospital Between January 2015 to August 2015 were reviewed.

RESULT: 341(46%) patients were males and 399(53%) were females. Average age of the patients was 60 years (range 3 -105 years). Most of the cases were referred by the department of medicine 588(79%) followed by surgical department 152(20%). The commonest reasons for the admission in ICU were CLD which include upper GI bleeding and hepatic encephalopathy. OPD, CVA, CRF, PTB, SOB. Burns and D.M. Mortality occur in 195(26%) patients and the leading cause of death was CLD (38%), COPD (28%). VA (15%), CRF (12%) and PTB (5.5%).

CONCLUSION: The most common disorder found was CLD followed by COPD.

KEY WORDS: MMCH, COPD, Healthcare, Mirpurkhas

WORD COUNT: 197



Association between diet and complication among diabetic patient in Muhammad Medical College Hospital, 2015

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BACKGROUND: Diabetes mellitus is a clinical syndrome characterized by chronic hyperglycemia and disturbance in carbohydrate, lipid and protein metabolism. Globally 171 million cases were present which expected to rise to 366 million by 2030. Americans, Africans, Asians and Arabians are 1.5 to 2 times more likely to develop diabetes over their life time. Now a days Pakistan with India and china is contributing big role in diabetic load of world, little information is available on behaviours of diabetic patient towards diet and knowledge about their complication, therefore this study was carried out to identify the behaviours of diabetic patient toward diet and knowledge about their complication.

METHODOLOGY: A cross sectional descriptive study was conducted among the diabetic patients in MMCH, Mirpurkhas. Total 100 cases were selected who were known case of diabetes, face to face interview was conducted to collect information by using closed ended questionnaire. Data was entered and analyzed by using SPSS version 17.

RESULT: 60% cases were male and 40% cases were female with highest frequency 50% were present in 41-50year age group with mean age of 43, 92% were asked by their Doctor to strictly control their diet. 15 person strictly control their diet out of which only 33% person develop complication (13% hypertension, 20% Late wound healing), 35 person less strictly control their diet out of which 46% develop complications (15% hypertension, 18% Late wound healing, 10% have kidney disease, 15% Eye sight problem). 50 person never control their diet out of which 80% develop complication (25% hypertension, 22% Late wound healing, 18% kidney disease, 30% Eye sight problem, 12% diabetic foot, 20% Heart problem, 5% recurrent miscarriage).

CONCLUSION: We accumulate high percentage of complications due to uncontrolled diabetes. Measure should be taken to initiate or to improve local diabetic monitoring and prevalence strategies.

KEY WORD: Diabetes, patients, diet, complications, MMCH.

Word count: 300.



Case of Celiac Disease with Hepatitis A Presented At Muhammad Medical College Hospital Mirpurkhas

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INTRODUCTION: Celiac disease is an immune mediated disease caused by permanent sensitivity to gluten. The ingestion of even small amounts of gluten by children with celiac disease may lead to small intestinal mucosal damage. Children with celiac disease have both gastrointestinal and non-gastrointestinal symptoms. Some children may have no symptoms at all.

CASE PRESENTATION: A 9 year pale looking boy, weighing 20kg, from Mirpurkhas presented to paediatric OPD at MMCH on August 20, 2015 at 11:45 am with the complaint of weakness, fatigue, irritability, ON/OFF diarrhoea and constipation. Partly vaccinated and all other histories were normal.

On physical examination pallourness of skin, yellowish discoloration of conjunctiva, abdomen is distended, liver is 3 fingers palpable. On CVS examination S1 and S2 sounds are audible, chest is clear and on CNS he is confused. His Hb is persistently decreased that is 6.4gm%, MCH and MCHC is also decreased, serum iron level is 14.6, reticular count is 1%, TIBC is 382 and PT is 2.3. Tissue Transglutaminase Ig A antibodies (TTG A) test is positive, it is the confirmatory test for the celiac disease. LFT shows raised bilirubin and SGPT is also increased. Hepatitis A profile is reactive showing the patient is hepatitis A positive. He is giving the gluten free diet and also advice for the bed rest and dietary change for the cure of hepatitis A.

CONCLUSION: A long history of gastrointestinal problem, in the pediatric age group with the history of celiac disease, early Tissue Transglutaminase test and biopsy is recommended. All patients with celiac disease should give gluten free diet.

KEY WORDS: Celiac Disease, Paediatric Ward, MMCH.

WORD COUNT: 268.



Case Report: Celiac Disease

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INTRODUCTION: Celiac disease is a T- cell mediated autoimmune disease of the small bowel in which gluten intolerance cause villus atrophy and malabsorption.

GENETICS: HLA DQ2 in 95%.

PREVALENCE: 1 in 300-1500 from any age .There is a 10% prevalence in 1st degree relatives and a 30% relative risk for siblings.

CASE REPORT :- A 55 year old female patient from Khipro came to causality ward at MMCH on 29 july 2015 with the complaint of on and off diarrhoea since 10 year, pallor ,fatigue and weight loss since 6 months, epigastric pain since last 16 days and aggravate by meal. Nausea and vomiting since 5 days. She was previously Diabetic patient since 5years and had also operated for renal stone. No significant family history.Appetite and sleep was also decreased. On general physical examination, patient was pallor ,smooth glossy tongue ,and apthous ulcer. Bilateral pedal edema was positive. On abdominal examination liver was palpable. First we conducted routine laboratory test showing 8.2mm/Hg HB , leukocytes count 7800/microlitre ,Serum amylase and stool DR were normal.Antigliadin antibodies was 150 titre.On endoscopy oesophagus and stomach and first part of deodonum were normal but the second part of deodonum shows decrease folds and serrated . Then we took biopsy of second part of deodonum which showed moderate deodenitis with marked loss of villi and increase number of epithelial cells.We strickly advise her for gluten free diet.

KEY WORDS: Celiac diseases, Gluten, Abdominal Examination

WORD COUNT: 254



Case Report Hepatocellular Carcinoma

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Jamshed Bashir²

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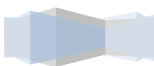
INTRODUCTION: Hepatocellular carcinoma is the liver cancer caused mainly due to chronic HBV, chronic HCV, alcoholic cirrhosis and other minor factors are aflatoxin containing diet, androgens, anabolic steroids, and contraceptive pills. It is more common in age below 50 and more common in male with the ratio of 4:1. It may occur as single or multinodules. It is the third most common cause of cancer related death worldwide.

CASE REPORT: A 85 years old male patient from ShaadiPali came to causality at MMCH on 20 May 2015 with the complaint of aggressive behavior for 2 weeks, abdominal distension for 1 week, constipation for 4 days, pain in right hypochondrium for 3 days, generalized weakness, vertigo and weight loss. He was previously hypertensive and had positive family history of T.B. In personal history his appetite and sleep was also decreased. On general physical examination, patient was feeling uncomfortable, abdomen distended, there was pitting edema, spider navies, shifting dullness and fluid thrill, jaundice and difficulty in breathing. On abdominal examination there was a mass in right hypochondrium which was hard and tender, bruit sounds were audible. First we conducted CBC and LFT and Anti HCV which was positive. There was an increase in serum bilirubin, SGPT, Alkaline Phosphatase, Gamma GT and serum creatinine. On ultrasound mass in the liver was found. Then we tested Alpha-feto protein which was also raised (>900IU/ML). On CT scan the tumor size was 9.7x7.2 cms. The size of the tumor was so large that was not suitable for surgical removal and chemotherapy. So only symptomatic treatment was given to that patient. Despite of all efforts the patient expired on 23 May 2015 due to Cardio-pulmonary arrest.

CONCLUSION: All patients with increased alpha-feto protein and liver mass on ultrasound are suspected for hepatocellular carcinoma and should be further investigated for hepatocellular carcinoma.

KEY WORDS: Hepatocellular Carcinoma, Alpha-Feto Protein, Right Hypochondrium.

WORDS: 340



Case Report of Sheehan Syndrome, A Rare Case Found In Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND: Sheehan's syndrome is a rare but potentially serious postpartum complication. It was first described in 1937 by Sheehan; it is the ischemic necrosis of the pituitary gland secondary to a brutal and extended shock due to obstetric hemorrhage. It is a very significant cause of maternal morbidity and mortality. Written informed consent was obtained from the patient in this case report and accompanying images.

CASE PRESENTATION: A 30-year-old woman, para 1, presented in OPD with a three year history of secondary amenorrhea after a delivery of an IUD baby by cesarean section due to severe antepartum haemorrhage. After delivery she had a severe episode of postpartum haemorrhage and had a massive blood transfusion (9 units) during that pregnancy. After 4-5 months of C-section she noticed a generalized weakness, dizziness and fatigue. She consults too many GP's then she came to Muhammad Medical College Hospital for concern of secondary amenorrhea. After taking a history and doing an examination, certain investigations are carried out including blood CP, Urine DR, Hep. B&C, hormonal essays, FSH, LH, TSH, serum cortisol level and thyroid profile. Her serum TSH was 1.23IU/ml, T3 is less than 0.300nmol/L (low) and serum cortisol value is less than 18 ug/dl which shows adrenal insufficiency. Based on these investigations, pituitary failure caused by Sheehan syndrome was diagnosed. The patient was started on Tab deltacortil 50mg and Tab thyroxin 50ug.

CONCLUSION: Evidently, it is important to emphasize the clinical importance of a careful and meticulous review of a patient's medical history, physical examination and complementary tests, thus reminding clinicians and yielding awareness that Sheehan's Syndrome does occur, and it is not as rare as one may think.

KEY WORDS: Sheehan syndrome, Secondary amenorrhea, Pituitary failure

WORDS COUNT: 295



Case Study: Patient with Hyperthyroidism

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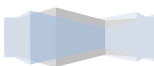
INTRODUCTION: It is constellation of clinical features (diffuse goiter, ophthalmopathy and dermopathy) arising from elevated circulating levels of thyroid hormone. The most common causes are Graves' disease, multi nodular goitre and autonomously functioning thyroid nodules (toxic adenoma). Thyrotoxicosis affects approximately 2% of women and 0.2% men.

CASE PRESENTATION: A 55 year old lady presented with weight loss and palpitations for past 4 years. Her past history was negative for thyrotoxicosis. Clinically she had an irregularly irregular pulse of 80-100 beats per minute. Physical examination showed signs of thyrotoxicosis, a diffusely bilateral enlargement of thyroid lobes, thyroid bruit and ophthalmopathy (Exophthalmos). Thyroid function tests at this presentation showed free T3 of 5.05 nmol/L (normal range: 1.23-3), T4 of 14.15ug/dL (normal range: 5.5-11) and TSH <0.005 uIU/mL (normal range: 0.5-8.9). She was given propranolol, carbimazole and methimazole; however free T4 failed to normalize. Ultrasound of neck showed heterogeneously enlarged right and left lobe of thyroid which measured 4*3.5 cm; no discrete nodules were found.

CONCLUSION: This case highlights management options in patients with resistant thyrotoxicosis. Radioactive iodine and surgery are definitive modes of treatment in such complex cases while steroids and lithium play an important role in preparing patients for more definitive treatment.

KEY WORDS: Ophthalmopathy, Hyperthyroidism, Thyroid function tests

WORD COUNT: 277



CAUSES OF RISE IN TERRORISM IN PAKISTAN

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BACKGROUND: Terrorism is a major problem in Pakistan since 2002. It has cost lines adversely affected the image and economy of Pakistan. It has also affected the mind-set of the society. Schools, forces institutes, shopping plazas & public places are the most targeted places since 2002 .Pakistan shows 8th in the list of deadly affected countries after Iraq, Syria, Nigeria, Somalia, Afghanistan, Libia & Yemen. The aim of study was to find the opinion of MMC students about the causes of Terrorism.

METHODOLOGY: It was cross sectional survey which was conduct in the MMC & 100 students participated in it.

RESULTS: According to our survey 98% students thought that American, Indian & Israeli interference was the major factor in promoting terrorism .94% thought that it was due to sectarian extremism. 92% thought that the political use of police and corruption in police were the other major factor. 90% thought that terrorism was rising due to the activities of private militant wings of the political parties as well as the injustice from courts. 86% thought that the arrival of Uzbic, Tajic, & Chechen terrorists through Afghanistan was also an aggravating factor.

CONCLUSION: American, Israeli & Indian interference was considered the major factor in promoting terrorism in Pakistan. Misuse of religion, corruption in police & courts were also considered by most students as major factor promoting terrorism in our country.

KEY WORDS: Foreign Interference, No proper religious Knowledge, Corrupt Police

WORD COUNT: 254.



Clinical Evidence of Choledocholithiasis in Cholelithiasis in Muhammad Medical College Mirpurkhas

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BACKGROUND: Choledocholithiasis is the presence of stones in bile ducts; the stones come from gallbladder or form within the ducts itself. According to the National Health and Nutrition Examination Survey (NHANES III), over 20 million Americans are estimated to have gallbladder disease (defined as the presence of gallstones on Trans-abdominal ultrasound or a history of cholecystectomy). Among those with gallbladder disease, the exact incidence and prevalence of choledocholithiasis are not known, but it has been estimated that 5 to 20% of patients have choledocholithiasis at the time of cholecystectomy, with the incidence increasing with age. In PAKISTAN, most cases of choledocholithiasis are secondary to the passage of gallstones from the gallbladder into the common bile duct. This study was carried out to identify the clinical evidence of choledocholithiasis in cholelithiasis patient in the MMCH.

METHODOLOGY: A retrospectively was conducted from 15-August-2014 to 15-August-2015 among the diagnosed cases of cholelithiasis at MMCH, Mirpurkhas. Total 105 cases were reported having cholelithiasis (defined as the presence of gallstones on trans-abdominal ultrasound or a history of gallstones). Their ultrasound reports, LFT, CBC and Serum Billirubin Level were checked. Data was entered and analysed by using SPSS version.

RESULT: In the total sample, n=55 (52%) cases belongs to 40-44 y age group, n=75(72%) were female and n=30 (28%). Among them n=5 (4.7%) were diagnosed as choledocholithiasis having dilated common bile duct on ultrasound. Among the cases n=4(80%) had raised Alkaline Phosphatase in LFT, n=3 (60%) had increased Serum Bilirubin Level, n=2(40%) had Acute Pancreatitis

CONCLUSION: Results of current study show that the clinical evidence of Choledocholithiasis is 4.7% in cholelithiasis

KEY WORDS: Choledocholithiasis, Cholelithiasis, Alkaline phosphatase.

WORD COUNT: 298.



Case Report Congenital Adrenal Hyperplasia

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INTRODUCTION: Congenital adrenal hyperplasia is the name given to a group of inherited autosomal recessive disorders of the adrenal gland. Congenital adrenal hyperplasia is caused by mutations in genes that code for enzymes involved in making steroid hormones in the adrenal gland. The most common enzyme defect, 21-hydroxylase deficiency, leads to low level of cortisol, mineral cortisone and excess amounts of male hormones being produced by the adrenal gland.

CASE HISTORY: 4 month old boy, resident of Mirpurkhas presented to pediatrics. OPD on 24 February 2015 with a presenting complain of fever from 4-5days, irritability and vomiting since birth. He is admitted for the same complain in the past and thought to be a case of pylori stenosis, barium meal was done. Now on examination he was conscious but pale, wasted, dehydrated, overlapping of sutures, chest crepitations, dark color nipple and both testes were absent. He was further investigated, his Serum Aldosterone was 100.0 n g/dl (normal 1-16ng/dl) and his Serum 17_OH PROGESTERON was 320ng/ML (Prepubertal child 0.03-0.090ng/ML). His Serum Sodium was 122meg/L (135-150meg/L), Serum Potassium 5.2meq/L (3.8-5.5meq/L) and Serum Chloride was 90meq/L(97-108meq/L). Serum Bilirubin was 13.1 mg/dl. His 3 other siblings were also died of with similar complain in past. After the final diagnosis on the basis of these investigations, he was labeled as the case of congenital adrenal hyperplasia and he was on life log treatment with Hydrocortisone and Fluor hydrocortisone. After starting treatment babies vomiting was subside, he was gaining weight and was on continuous follow up.

CONCLUSION: All patients with recurrent vomiting, hypernatremia and hyperkalemia at birth should be tested for hormone levels and sex karyotyping should be done in case of ambiguous genitalia to define the sex

KEY WORDS: Congenital adrenal hyperplasia, 21-hydroxylase, 17 OH-progesterone

WORD COUNT: 315



Correlation of Signs and Symptoms and Leukocyte Count With Acute Appendicitis

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BACKGROUND: Acute appendicitis is the most common surgical abdominal emergency. Delayed treatment increases the incidence of complications. The aim of this study was to investigate the presentation, incidence, and predictors of complications, and pathological findings in adult patients with clinical diagnosis of acute appendicitis.

METHODOLOGY: The study was a retrospective study, conducted in surgical ward of Muhammad Medical College Hospital and included patients aged 10 to adult. Data was analyzed by using spss version 16. Permission was taken from research ethical committee.

RESULTS: Record of 5 patients were could be isolated with a mean age of 20 years. The male to female ratio was 4:1. Predominating presenting symptoms were right iliac fossa pain 5(100%), Tenderness 5(100%), nausea 4(80%), and vomiting 3(60%), with 60% of patients presenting 2 days after onset of symptoms. Fever was present only in 2 patients (40%) and only 2 patients (40%) gave a typical history of vague peri-umbilical pain. There was increased value of white blood cells count in all patients.

CONCLUSIONS: Patients with acute appendicitis rarely present with a typical history of vague peri-umbilical pain. The increased values of white cell count and clinical signs and symptoms were very predictive of acute appendicitis. Most of our patient with complicated disease presented late, most common reasons of the delay being lack of access to a medical clinics and poverty. Perforation was present in 2 male patients.

LIMITATION OF STUDY: Due to small number of cases, it is not possible to draw conclusions confidently from this study.

KEYWORDS: Acute appendicitis, Pain in right iliac fossa, Tenderness, Nausea, Vomiting,

WORD COUNT: 296



Diabetic patient's presentations at Diabetic Clinic of Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND:-Diabetes Mellitus describes metabolic disorders of multiple etiologies characterized by chronic hyperglycemia with disturbances of carbohydrates, protein and fat metabolism resulting from defects in insulin secretion, insulin action or both. The rising prevalence of diabetes mellitus imposes great burden on health worldwide. Diabetes is insidious in onset and has many patterns of presentation which often militates against early detection and diagnosis. Thus most patients present late with the exacerbation of symptoms and complications.

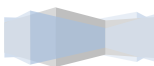
METHODOLOGY:-A survey was conducted at diabetic clinic MMCH in which 50 patients were randomly selected and interviewed about their presentations regarding diabetes. Data was recorded on structured questionnaire analysis by SPSS version 16 and presented as frequencies and percentages. The study was planned to diagnose the presentations of diabetic patients in Mirpurkhas. The study is done at MMCH from first August to 28th August.

RESULTS:-Patients visiting diabetic clinic were 50 while 30 responded to us in interviews, out of 30, 19(63%) were female while remaining 11(36%) were male and married . 25(83%) responded that they have complain of polyuria , 5(17%) responded they have experience of polydipsia , 20(66.66%) responded that they are patient of hypertension and on medication for hypertension, 10(33.33%) responded that they are not patients of hypertension. 25(84%) responded that they feel numbness and pain in feet and legs and 5(16%) have no numbness.30 (100%) patient deny from any recent infection, 30(100%) deny from any kidney disease.

CONCLUSION: - Finally we concluded from our study that most of the diabetic's presentations are polyuria, second common presentation is numbness in legs and other common presentation is polydipsia.

KEY WORDS: Diabetes Mellitus, Polyuria, Numbness and Polydipsia.

WORD COUNT: 300



Etiology of Ascites in Patients at Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND: Ascites is the common clinical finding, with various extraperitoneal and peritoneal causes. It is defined as accumulation of fluid in the peritoneal cavity. It is the most common and major complication of various diseases such as cirrhosis, malignancy, Nephrotic syndrome, tuberculosis and cardiac failure. Fibrotic liver disease is now leading cause of ascites and 8th leading cause of death worldwide. Existence of ascites is related with 60-70% in 5 year mortality rate. Cirrhosis is commonest cause of ascites in western world (75%), followed by peritoneal malignancy(12%), cardiac failure(5%) and peritoneal tuberculosis(2%)

METHODOLOGY: This retrospective study was conducted in medical unit-II of Muhammad medical college hospital, Mirpurkhas from January to July, 2015. A total of 50 patients were studied. All those patients who had diagnosed ascites due to various causes including chronic liver disease, malignancy, peritonitis and infectious diseases were included in the study. All patients were diagnosed by history, examination, clinical findings and lab investigations. A data collection form was designed to collect the information from admitted in medicine wards with the diagnosis of ascites.

RESULT: From January to July, 2015, a total of 50 patients came to medicine ward with ascites positive. There were more males n=28(56%) than females n=22(44%). The common age in male patients are 40-60 years and in females are 30-50 years. Out of 50 patients, n=35(70%) were caused by liver cirrhosis, n=5(10%) were caused by peritoneal malignancy, n=4(8%) were caused by nephrotic syndrome, n=3(6%) were caused by infectious tuberculosis and n=3(6%) were caused by congestive cardiac failure.

CONCLUSION: In most patients ascites was being managed successfully by limiting the salt intake and provision of a diuretic regimen. As, ascites is a starting point for more serious complications; so, its early diagnosis should be ensured. Social media and NGOs should play their role in creating the awareness regarding this deadly disease. Malnutrition has major impact on ascites. The reasons include reduced appetite from include portal hypertensive and fullness from ascites. Referral to an experienced dietician is essential.

KEYWORDS: Ascites, Medical College Hospital, Mirpurkhas, cirrhosis

WORD COUNT: 318



Evaluation of Causes of Haematuria in Patients at Surgical Department of Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND: Haematuria is an alarming symptom among the symptomatology of urinary tract. All patients with haematuria should have IVP done. This study is conducted to find which is frequent cause of haematuria. The aim of study was to find out the causes of Haematuria in patients came to Muhammad Medical College Hospital from period of July 2014 to July 2015.

METHOD: A retrospective study including randomly selected patients admitted in surgical department of MMCH from July 2014 to July 2015. 115 patients were evaluated and the data was organized and finalized in SPSS. Exclusion Criteria: 1. Associated gynaecological problems. 2. Age < 14 years. 3. Trauma cases excluded.

RESULTS: Out of 115 patients of haematuria, we found most common age group between (35-55) years with male dominancy 91/115 (79.13%) and female 24/115 (20.86%). The most common causes of haematuria in our hospital were renal stones cases 50 (43.47%), urinary tract infection cases were 40 (35%), benign prostate hyperplasia cases were 20 (17.39%) and carcinoma of bladder cases were 5 (4.34%). The most common associated symptoms were burning micturition 75% followed by dysuria 15% and urinary retention 10%.

CONCLUSION: The most common causes of haematuria was found to be renal stone. Urine D.R and X-ray KUB is a choice of investigation for painful haematuria and IVP is a choice of investigation for painless haematuria.

KEY WORDS: Haematuria, Retrospective study, Urinary Retention

WORD COUNT: 257



Evaluation of Teaching Performance (CEID) among the students of MMC

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BACKGROUND: Teaching is a noble profession. Teacher quality is widely believed to be important for education, despite substantial but inconsistent evidence that teachers credentials matter for student's achievement. Teachers can have large effects on student's achievement. A reliable and valid system of performance assessment based on common standards would provide consistency in gauging teacher effectiveness and help track educational progress. This study was done to outline the progress in field of teacher assessment.

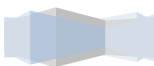
METHODOLOGY: A cross sectional study was conducted among students of Muhammad Medical College Mirpurkhas in August 2015. After taking informed consent of all 375 students, a questionnaire was administered to collect information about evaluation of teaching performance. Data was entered and analyzed by SPSS version 17.

RESULT: Among total n= 375 students n= 190 (50.6%) were males and n= 185(48%) were females. Most of them were in age group 19-25. Among them all students give maximum marks to the question that teacher has a good command on his course and he uses material resources that facilitate learning and teacher interacts satisfactorily with the students and teacher applies assessment criteria of activities established in subject's curriculum. While the students give minimum marks to the question that teacher efficiently incorporate and employs ICTs.

CONCLUSION: Teaching performance evaluation helps in more purposeful development of student's career. It is therefore concluded that benefits associated with being taught by good teachers are cumulative.

KEY WORDS: Teachers, students, performance.

WORD COUNT: 274.



Effects of Steroids Among the Bodybuilders of Mirpurkhas

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Final year¹, Department of Surgery, Muhammad Medical College Mirpurkhas².

BACKGROUND: Adolescents use a wide variety of drugs and supplements, including anabolic steroids, to improve their sports performance and physical appearance. The use of performance-enhancing drugs has certainly come to the forefront of bodybuilder. This issue involves not only bodybuilder but coaches and physicians as well. Abusing performance-enhancing drugs among young adults remains an issue of concern in today's society. Performance-enhancing drug abuse has bad effects on all fields such as health, economic and culture of community. In our study we focus on effects of steroids among the bodybuilders of Mirpurkhas.

METHODOLOGY: A cross-sectional survey was conducted in 77 body builders from July 01 2015 to August 05 2015, in which a structured questionnaire measuring performance-enhancing drugs users was administered to the subjects. Data analysis was done by SPSS version 16.

RESULT: Among the total n=77 were visited the gym daily. n=63 people know the use of steroid. n=12 people use the steroids daily. n=12 people feel change in there body after the use of steroids. n=8 people use steroid twice. n= 9 people see change in there body after the use of steroids.n=9 people feel change in there face. n=6 people said that there blood pressure is increased. n=5 said they develop kidney stones. n= 6 people develop Gynecomastia.

CONCLUSION: My study reveal that use of steroid cause severe effect over the whole body. Use of steroid should be avoided and give knowledge about the bad effect steroid.

KEY WORD: Steroids, Bodybuilders, Gym, Mirpurkhas.

WORD COUNT: 280.



Endoscopic indications and Results in last year (Aug 2014 – Aug 2015) at Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND: Gastrointestinal endoscopy particularly upper gastrointestinal is a common investigation. Both GI and Non-GI physician and surgeons refer a patient for this test. It is diagnostic as well as a therapeutic tool. Therefore a study is conducted to find out most frequent indications and results of gastrointestinal endoscopy.

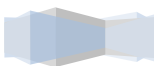
METHODOLOGY: Retrospective study of the record of gastrointestinal endoscopy was done on patients visiting Muhammad Medical Hospital between august 2014 to august 2015. Data were entered and analyzed by using excel 2013.

RESULTS: Total no of patients were 108, out of them 56 (51.85%) were male and 52 (48.14%) were female. Mean age of patients was 52 years. Most of the patients n=33 (30.5%) present to complain of dyspepsia the most common finding in them is 19 (57.6%) gastritis and 14 (42.4%) don't have any abnormality most likely it is functional dyspepsia. Patients n=34 (24.1%) hematemesis and rule out of varices among them 31 (91%) varices and 3 (9%) show no abnormality, from total varices patients n=16 (51.6%) were treated with esophageal varices band ligation. Patients n=25 (23.1%) come with dysphagia finding were 10 (41.7%) esophagitis, 8 (33.3%) fungal, 3 (12%) stricture and 3 (12%) carcinoma of oesophagus.

CONCLUSION: According to study dyspepsia is the most common indication and gastritis is the most common finding in these patients, while hematemesis was the second most common indication and esophageal varices is second most common finding in the last 12 months. Esophageal varices band ligation was the commonest procedure performs only in those patients who have varices ranges from grade 2-4 and red wale marking during endoscopy.

KEY WORDS: Endoscopy, Dyspepsia, Varices

WORD COUNT: 290



How to reduce Rate of Road Traffic Accident A Cross Sectional Study among Drivers of Mirpurkhas

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BACKGROUND: Road Traffic Accidents (RTA) are one among the top five causes of morbidity and mortality in southeast Asian countries and the tenth-leading cause of all deaths globally. In Pakistan 17.4 per 100,000 people die in road accidents. Therefore a study is conducted to assess safe driving practice and how to reduce the rate of road traffic accidents

METHODOLOGY: This was a cross-sectional descriptive study carried from Aug-Sep 2015 among drivers of Mirpurkhas. All drivers 93 were approached; a closed ended questionnaire was administered for collection of information regarding sex, age and practice after telling the purpose of study. Data were entered and analyzed by using SPSS version 16.

RESULTS: Total 93male drivers were interviewed. Range of their age was 18-58 years. Out of 93, 68 (73.1%) drivers have license through test and 50 (53.8%) drive more than 20 hours per week. 54 (58.1%) had never an accident, 41 (82%) always obey traffic laws, 39 (78%) have never used drugs. Those who had an Accident are 39 (41.9%). Found more in those who use drugs 26 (66.7%). followed by 13(33.3%) who do not obey the traffic laws.

CONCLUSION: It is concluded that most of the road traffic accidents occur due to drugs use and by not obeying the traffic laws.

KEY WORD: Road traffic accidents, Drivers, Seat Belts, Traffic signals

WORD COUNT: 250



Frequency of Cerebral Infarction and Haemorrhage among the Patients of Stroke: A Retrospective analysis

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BACKGROUND: Stroke is rapidly developing phenomena of symptoms and signs of focal, and at times global, loss of cerebral function with no apparent cause other than that of vascular origin. The Objective is to know the frequency of cerebral infarction and haemorrhage in one hundred patients of stroke in a period between 2014 -2015.

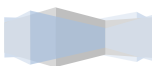
METHODOLOGY: Retrospective analysis of case of 100 patients successively admitted in Department of Medicine from August 2014 to August 2015. They were assessed through a detailed history of hypertension, diabetes mellitus. Blood pressure was recorded at arrival and 24 hours after admission.

RESULT: There were 63% males and 37% females in the stroke . 20% of the patients were in the age range of 51–60 years, 26% of the patients were in the age range of 61–70 years and 18% were in the age range of 71–80 years. Cerebral infarction was present in 72% patients while cerebral haemorrhage was present in 28% patients.

CONCLUSION: Cerebral infarction is the frequent form of stroke in admitted patients in Muhammad Medical College.

KEY WORDS: Cerebral Infarction, Cerebral haemorrhage, Hypertension, Stroke.

WORD COUNT: 229.



Integrated teaching does it really matters

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BACKGROUND: Integrated curriculum means teaching of many subjects together. It is also called correlated teaching or applied teaching. It is also defined as co-ordination among teachers of various disciplines for teaching a topic of clinical importance as a joint activity with a component of self-learning by the student. The concept of integrated teaching gives the student an overall knowledge and completeness with respect to clinical scenario Horizontal integration deals with the integration of the preclinical science subjects or Para clinical or clinical sciences. Vertical integration deals with the integration of the basic with the clinical sciences.

METHODOLOGY: A cross-sectional study was conducted from July 2015 to august 2015. 100 students were taking by random method, 20 from each class, 1st to final year. Questionnaires were filed and the data was entered and analyzed through SPSS version 16.

RESULT: 49% students agreed about the notion that integrated teaching is helpful in developing in logical thinking. 40% are of view that it improves clinical and university exam. 42% narrated that it motivates students for study. 37% spell out about the confidence and speaking skill boasting and lastly 31% regards horizontal integration as a burden in comparison to vertical.

CONCLUSION: This study shows the preference of integrated teaching as a teaching methodology regarded by most of the student; however this method required careful gradual implementation process by administrative authority of MMC.

KEY WORD: integrated teaching, horizontal integration, vertical integration.

WORD COUNT: 273.



Knowledge and Attitude and Practices about Basic Life Support among final year students of Muhammad Medical College

Sher Ali Baloch¹, Luqman Ismail², Shehnaz Zulfiqar³, Rabia Khalid⁴, Nida Noor⁵

BACKGROUND: Basic life support (BLS), key component of chain of survival decreases the arrest cardiopulmonary resuscitation interval and increases the rate of hospital discharge, study aimed to explore knowledge of and attitude towards basic life support (BLS) among medical students. The objective of study was to determine Knowledge, Attitude & Practise about Basic life Support (BLS) among final year students of MMC.

METHODOLOGY: An observational study was conducted by assessing response to self-prepared questionnaire consisting of the demographic information of medical students of final year, their personnel experience/attitude and knowledge of BLS based on the 2005 BLS Guidelines of European Resuscitation Council.

RESULTS: 100 students of final year MBBS from which 80 were responded mean age was 21. There are several things need to do when you encounter a person in need of assistance. you do first? Introduce yourself 30 (37%). Pulse check is an essential initial step for CPR? TRUE answer(a) true 40 (50%), these method is appropriate to open the air way? true answer is Backward head tilt and chin lift 40 (50%), recommended way to determine the location point for chest compression (b) Centre of chest 50 (63%), What is the recommended ratio to ventilation 30:2. 50(63%), 30(37%) are confident of recognizing a person in need of basic life support ,providing chest compression and confident of providing mouth-mouth ventilation, 30(37%) want other lay person (trained in BSL) to try to resuscitate you if you are in need of BSL. Some student 35(43%) accept Fear of acquiring infection during MMV, 10(12%) students has Fear of causing injury to person and difficulty without help from environment, some students 65(81%) have fear of problems by bystanders .

CONCLUSION: According to study result it shows that knowledge, Attitude & Practises about BLS among final year MBBS students is satisfactory, their opinion about workshop was that it is informative helpful for us, we agree for such kind of knowledgeable workshops which help us to memorise precious knowledge and give us plate form for practice

KEY WORDS: Knowledge, Attitude and Practices, Basic Life Support, Medical students

WORD COUNT: 341



Knowledge and attitude of students of Muhammad Medical College regarding Hepatitis C infection

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BACKGROUND: Hepatitis C is a liver disease caused by the hepatitis C virus. Globally 130–150 million people have chronic hepatitis C infection. Approximately 500 000 people die each year from hepatitis C-related liver diseases. The most affected regions are Africa and Central and East Asia. Pakistan is the 6th most populous country in the world with 10 million infected with Hepatitis C virus (HCV). Thus we embark on this study in students of Muhammad Medical College Mirpurkhas as they are the future doctors of our community.

METHODOLOGY: By using cross sectional study design a survey was conducted in July to August 2015 in undergraduate students of Muhammad Medical College Mirpurkhas Sindh. Knowledge and attitude towards HCV infections were measured using a standardized closed ended questionnaire. Data was analyzed using SPSS version 14.

RESULT: Totally 270 medical students from Muhammad Medical college were included in this study. 142(52.6%) of whom were male and 128 (47.4%) were female. 254(94%) of total were single and 16(6%) were married. Out of total 270 students, 44 (16.3%) were 1st year students, 45(16.7%) were 2nd year students, 53(19.6%) were 3rd year students, 62 (23%) were 4th year students and 66(24.4%) were final year students. Among 270 students, 195 (72.2%) students had knowledge regarding the nature of Hepatitis C and its transmission. 203 (75.2%) gave correct answers regarding symptoms and complications of HCV infection. 186 (68.9%) had some knowledge about prevention from hepatitis C and 182(67.4%) had knowledge about treatment of HCV infection. only 20(45.4%) out of 44 from 1st year student and 24 (53.3%) out of 45 2nd year students had positive attitude towards HCV infection. While 40 (75.4%) out of 53 from 3rd year, 49(79%) out of 62 from 4th year and 57(86.3%) out of 66 students of final year had positive attitude towards HCV infection.

CONCLUSION: Knowledge and attitude of M.B.B.S. students is weaker in 1st year and 2nd year but it is strong in students who have more close contact with the patients i.e. 3rd year to final year students. We found a positive correlation between students' knowledge and attitude towards HCV infections.

KEY WORDS: Hepatitis C infection, Knowledge, Attitude

WORD COUNT: 351



Knowledge Attitude and Practices among students of Muhammad Medical College about non-medical alternative therapy

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Syed Razi Muhammad² Rashida Qasmi²

Student of Final Year¹. Faculty of Department of Surgery, Muhammad Medical College²

OBJECTIVE: To assess Knowledge, Attitude & Practices of students of Muhammad Medical College about non-medical alternative therapy.

METHODOLOGY: Cross-sectional study was conducted in Muhammad Medical College. Data was collected by using questionnaire, and analyzed by SPSS VERSION 16.

RESULTS: The questionnaire was distributed to 200 while 180 students responded. Mean age was 21.65(36%) student were aware about non-medical alternative therapy.60(33%) knew about this from their relatives, while 20(11%) knew all about this from television.50(27%)were aware of about homeopathy,5(2.7%) responded they knew about yoga, while 25(31%) knew about herbal medicine. 60(33%) responded that these alternative therapeutic facilities were available at private hospitals.50(27%) believed that these alternative therapies buildup immune system,30(16%) said that these therapies were used only for minor problems.50(27%) responded that they used this method of treatment for hypertension while 30(16%) used these methods for chronic backache.50(27%) students used these methods of treatment for 5-10 times while 30(16%) students used these methods only for 1-5 times. 60(33%) students believed that alternative therapy was better than allopathic medical therapies,60(33%) students considered that allopathic medical therapy was not effective for all diseases while 20(11%) students believes that medical treatment had more side effects. 60(33%) were happy due to choose alternative method of treatments and they also advised other to adopt these methods.

CONCLUSION:- The use of alternative medical therapy is more common in patients of hypertension and also for chronic backache students considered that allopathic medical therapy was not effective for all diseases students believes that medical treatment had more side effects and they are happy happy due to chose alternative method of treatments and they also advised other to adopt these methods.

KEY WORDS: Knowledge, Attitude and Practices, Medical students, Cross-sectional study was

WORD COUNT: 302.



Disturbances of Menstrual Cycle among Different age groups at MMCH Out-Patient Department

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BACKGROUND: The onset of menstruation is part of the maturation process. However, variability in menstrual cycle characteristics and menstrual disorders are common. Menstrual disorders are common sources of morbidity among women of different age groups and often cause anxiety for these women and their families. The purpose of this study was to determine the menstrual disturbances present in women of different age groups.

METHODOLOGY: The study employed a descriptive cross-sectional design. Study was done from 5 August 2015 – 30 August 2015. A self-administered, semi-structured questionnaire was used to elicit information from 50 females attending MMCH out-patient department. Data were analyzed using SPSS version 16.

RESULTS: Majority of female belong to 21y-30y age group with mean age of 27y. 78% females are married. 94% female regularly menstruating, 2% had primary amenorrhea and 4% had secondary amenorrhea and 58% female had menarche at 13-15y. 78% have dysmenorrhea with 28% have severe pain, and in 36% pain is associated with heavy bleeding and 28% use medicine for dysmenorrhea. 22% has menorrhagia with length of cycle is irregular in 38% cases, 34% cases has history of passage of clots and 22% consult gynaecologist for menorrhagia. In 40% females, menstruation affect daily activities, 58% feel fatigue, 22% feel dizziness. 16% experience oligomenorrhea and only 4% consult gynaecologist for oligomenorrhea.

CONCLUSION: The prevalence of menstrual disorders is high among reproductive age group. Measures should be undertaken to educate the females and their mothers about menstrual problems they undergo and how and from where to get relief.

KEY WORDS: Menstrual disturbances, females, MMCH out-patient department.

WORD COUNT: 291.



Patient's Compliance in Different Department of MMCH

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BACKGROUND: Compliance describes the degree to which a patient correctly follows medical advice. Most commonly, it refers to medication or drug compliance but it can also apply to other situations such as medical device use, self-care, self-directed exercises, or therapy sessions. Both the patient and the health-care provider affect compliance, and a positive physician-patient relationship is the most important factor in improving compliance, although the high cost of prescription medication also plays a major role. The aim of the study was to find out the patient's compliance in different wards of MMCH.

METHODS: A cross-sectional study was conducted from June 2015 to July 2015. Data is collected through the questionnaire, which based on feature that affect in the patients treatment. These are lack of money, hospital away from house and no awareness about the diseases and the treatment. Data was entered and analyzed through SPSS version 16.

RESULTS: Total n= 93(100%) cases were taken from different wards of MMCH. Out of which n=93 (100%), n=45 (48.3%) were female and n=48 (52.7%) were males. The patients were suffering from Seizure, Kidney stone, Diabetes and any other. Patient's age ranges from 1-80. Out of n=93, n=23 (24.7%) patients complains are due to lack of money, n=35(37.6%) says that hospital was away from their houses, n=16(17.2%) didn't find time and n=19(20%) were unaware.

CONCLUSION: People are unaware about the chronic diseases treatment. There are many reasons which cause hurdles in compliance of hospital, so these problems should be resolved according the patients so that they can live a healthy life. A relationship that offers trust, cooperation, and mutual responsibility can greatly improve the connection between provider and patient for a positive impact.

KEY WORDS: Patient's Compliance, Cross-Sectional Study, MMCH

WORD COUNT: 267



Patients Perceptions of Doctors Empathy in Muhammad Medical College Hospital

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BACKGROUND: Empathy in the contest of patients care is defined as predominately cognitive attribute that involves an understanding of patient's experiences, concern and perceptiveness, combined with a capacity to communicate this understanding and intention to help. A key notion in this definition is the communication of understanding which implies that patient should perceive his/her doctors empathy to better benefit from optimal outcomes. This study was designed to investigate the perception of patients regarding doctor empathy and to examine their satisfaction and personal interest. The aim of study was to assess the patient's perceptions of doctor's empathy from August 1, 2015 to August 26, 2015.

METHODOLOGY: A cross-sectional survey was conducted in the 100 patients of OPD and those admitted at ward through interview and Urdu translation of self-administered Likert styled questionnaire originally developed by Hojat et al at Jefferson school of Medicine. This study was conducted from August 1, 2015 to August 26, 2015. The data was collected and assessed in respect of patient satisfaction and doctor empathy. Data was analyzed in SPSS version 16.

RESULT: Among the total of 100 patients, (98%) patients accept that their Doctor has been taking care of them, (74%) patients were satisfied that the Doctor explain the reason for any test, (94%) thought that their Doctor explained things clearly to them, (96%) strongly agreed that their doctor had knowledge and skills, (100%) were satisfied with the care their doctor provided (82%) claimed that their doctor encourage them to explain the disease to him, (94%) wanted their doctor to be present in any medical emergency.

CONCLUSION: This study reveals a high degree of patient's satisfaction in the empathy of Doctors of MMCH through some improvement is still possible.

KEY WORDS: Patient, empathy, concern, satisfaction, MMCH.

WORD COUNT: 303 .



Patients Satisfaction Regarding Hospital Staff, Facility and Doctors At Muhammad Medical College Hospital

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BACKGROUND: Quality improvement and healthcare provision and opinions about their care and service in hospitals are as important as other clinical measures. A well-established tool about quality of health service developed nowadays is patient's satisfaction. In Pakistan Patients awareness about their disease are very limited. They do not know how early detection, proper diagnosis, quality service and treatment can prevent problems in the future. The study was conducted to assess the patients' satisfaction regarding hospital staff, facilities and Doctors.

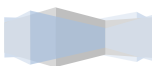
METHODOLOGY: A cross-sectional survey was conducted in 100 patients from August 1, 2015 to August 26, 2015, in which a structured questionnaire measuring patient satisfaction with various aspects of services provided by the hospital administration was administered to the subjects. Data analysis was done by SPSS version 16.

RESULT: among the total n=100 patients n=65 were male and n=35 were female. n=79 patients receive best care from the staff. n=76 patients said that doctor explain about his/her problem clearly. n=88 patients have faith in their doctor. n=65 patient said there doctor tell about illness affect his/her feature. n=81 patients said that they easily meet the doctor of their choice. n=97 patients said doctor is very understanding. n=55 patients disagree with that the nurse is not responding to them. n=85 said doctor know when tests are necessary. n=44 said waiting rooms are uncomfortable. n=31 patient said there are not enough seats in the waiting room. n=67 patients said that the receptionist explain things clearly to them.

CONCLUSION: Overall satisfaction level of patients about hospital service is good, need improvement in few aspects for further enhancement of quality care.

KEY WORD: Patients, satisfaction, staff, facility, doctor, MMCH.

WORD COUNT: 274



Prevalence of Acute Diarrhoea and outcome among Children under five years at MMCH Mirpurkhas City, from March to August 2015

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BACKGROUND: Diarrhoea is a prime cause of childhood mortality in the developing world. It deteriorates the immunity of children, specifically in the age group of two to three. Diarrhea is responsible for worldwide mortality of 1.5 to 5 million children per year under the age of five years. Diarrhoea is characterized by passing of three or more loose watery stools per day. Acute diarrhoea persists for one to two days. The tendency of passing well-formed stools more than normal is not diagnosed as diarrhoea, also the passing of loose, pasty stools in breastfed babies is not considered as diarrhoea.

METHODOLOGY: a survey was conducted at Paeds ward in MMCH in which 70 patients were researched retrospectively, study was planned from March to August 2015.

RESULTS: From March to August 2015, a total of 70 children were hospitalized at MMCH, Paediatrics ward, which had Diarrhoea. There were more males n=42 (60%), then female n=28 (40%) and the male to female ratio was 1.5:1. All passed 3-5 stools/day. n=61(87%) had Acute Gastro Enteritis (AGE).n=9(13%) child pass small amount of blood/mucous in stools. Exclusive breast feeding was reported in n=30(43%) of the patients. n=32(45.71%) children didn't show any sign of dehydration. n=20(28.57%) showed some dehydration. n=18(25.71%) showed severe dehydration. Associated symptoms n=9 (12.85%) children presented with vomiting, fever n=51(72.85%), cough n=8(11.45%), oral thrush n=2(2.85%). Most of the patients recover in 2-4 days. No patients with isolated AGE were expired.

CONCLUSION: Diarrhoea is a common illness among children under 1 year. Fever is the most common associated symptom with diarrhoea. Diarrhoea due to Acute Gastro Enteritis(AGE) is also predominant condition.

KEY WORDS: Acute Diarrhoea, AGE, Children under 5 years age, MMCH Mirpurkhas

WORD COUNT: 325



Prevalence of spontaneous bacterial peritonitis in liver cirrhosis patients in Muhammad Medical College Hospital

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BACKGROUND: Spontaneous bacterial peritonitis (SBP) is a common bacterial infection in patients with cirrhosis and ascites requiring prompt diagnosis and treatment. The aim of this study was to determine the prevalence, and characteristics of SBP among in-patients with cirrhosis.

METHODS: One hundred patients with liver cirrhosis who were admitted into the Medical ward of the Muhammad Medical Hospital from April 2014 to July 2015 were retrospectively studied. All the patients had abdominal paracentesis done within 48 hours of admission under aseptic condition and the data obtained were analyzed. The diagnosis of SBP in cirrhosis was established on the basis of absolute neutrophils count (> 250 , cells/mm), culture sensitivity, ascitic albumin and cytology.

RESULTS: A total of 100 patients of liver cirrhosis, 43 were SBP patients in which 29 male (67.6%) and 14 females (32.4%). 15 (45.3%) were in the 40-50 age group, 10 (25.6%) were in the 30-40 age group while remaining were in 50-70 age group. Factors associated with poor outcome were Diabetes Mellitus (10.5%), Hypertension (4.7%), COPD (7.0%). Previous history of SBP 29 (33.7%) Hepatitis C was positive in 31 (72.1%). Out of 43 that developed SBP, culture positive SBP was present in 62.7% (27/43) while CNNA was found in 37.3% (16/43).

CONCLUSION: In view of the high prevalence and mortality rate of SBP in our study population, it is imperative that awareness campaign be vigorously pursued as regards early presentation to reduce the morbidity and mortality in this group of patients. It is equally recommended that diagnostic abdominal paracentesis for cell count and culture in any patient with onset of ascites or cirrhotic patients with ascites and suggestive symptoms compatible or suggestive of SBP be carried out.

KEY WORDS: Spontaneous bacterial peritonitis, abdominal paracentesis, liver cirrhosis,

WORD COUNT: 317.



Prevalence of ovarian cyst in MMCH Mirpurkhas

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BACKGROUND: Globally, ovarian cyst is a common gynaecological problem among child bearing and post-menopausal women. The incident of ovarian cyst is approximately 15 cases per 100000 women. The discovery of an ovarian cyst causes considerable anxiety in women owing to fears of malignancy. But the vast majority of ovarian cyst is benign. To rule out this problem we conducted this study.

METHODOLOGY: A hospital based retrospective study was undertaken among patients of gynaecological ward MMCH from September 2013 to 2015. ALL n=16 patients were approached through past records. Selected data was entered and analyzed by using SPSS version 16

RESULT: From September 2013 to September 2015 n=16 patient came to Gynae OPD with ovarian cyst. Most of them n=13 were married. Out of n=16 patients n=4 were between age group of 1 to 25, n=7 were between 26 to 50 and n= 5 were between 51 to 75. Patients with complain of abdominal distension were n=3 while with pain were n=3, n=4 came with complain of all three symptoms and n=6 were complaining of two of these symptoms. Ultrasound and CA 125 was done in n=16 patients while CT scan was done in only n=3 patients. Family history was positive in n=5 cases. N=1 patient was diabetic while n=3 were hypertensive. Surgery was done in n=10 cases while n=5 were treated with medication.

CONCLUSION: Simple cysts were common among patients undergoing ultrasound scan. The incidence rate for developing simple cyst was increased in patients with positive family history of same disease. In some cases the presence of simple cyst correlated with subsequent development of ovarian cancer.

KEY WORDS: Ovarian cyst, Prevalence, Retrospective Study

WORD Count: 293



Prevalence of psychiatric problems among the students of Muhammad Medical College, Mirpurkhas

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BACKGROUND: Psychiatric disorder, one of the common medical problems among the population of the world. It is also a major problem seen in the students of medicine and other fields, but left untreated each year worldwide and we are focusing in the medical students. A study among medical student at the University Of Mississippi School Of Medicine in the USA, reported that 23% had depression and 57% had high levels of psychiatric disorders.

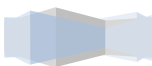
METHODOLOGY: A cross sectional study was done on the students of Muhammad Medical College, we approached 100 students from different years of MMC self-administered questionnaire was given to the students, present in the class and willing to participate in the study. Data was collected and assessed in respect of age, sex, year of MBBS and identification of psychiatric problems. Data analysis was done on SPSS version 16.

RESULT: Among the 100 students who were participated 50% were male and 50% were female, 49% belongs to age group 21-23 years. 60 students have depression out of which 48 have major depression and 12 have minor depression. 30 students have generalized anxiety disorder (15 female and 10 male) and 5 also have panic disorder. Obsessive compulsive disorder were found in 6 persons (4 girls and 2 boys), 4 have psychosis (2 male and 2 female).

CONCLUSION: Psychiatric problems are one of the common problems among the medical students. It is important to detect psychotic disorders at an early stage so that treatment in the form of counselling, medicine, psycho-social support can be given.

KEY WORDS: Psychiatric problems, Students, MMC.

WORD COUNT: 260.



Reasons and Solutions of Genius Brain Loss (Brain Drain) In Pakistan: View of Muhammad Medical College Students

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BACKGROUND: The term brain drain designates the international transfer of resources in the form of human capital and mainly applies to the migration of relatively highly educated individuals from developing to developed countries. The number of international migrants increased from 75 million in 1960 to 190 million in 2005, at about the same pace as the world population, meaning that the world migration rate increased as from 2.5 to 2.9 percent. Therefore a study is conducted to assess the genius brain loss in young medical students.

METHODOLOGY: This was a cross-sectional descriptive study carried from Aug-Sep 2015 among students of Muhammad Medical College Mirpurkhas. 100 were approached; a closed ended questionnaire was administered for collection of information regarding sex, study year and brain drain after telling the purpose of study. Data were entered and analyzed by using SPSS version 16.

RESULT: Total number of students were 100, out of them 57 (57%) belonged to the male gender and 43 were female. Most of them 54 (54%) were students of final year. About 70 (70%) preferred to do the job outside Pakistan and more satisfied, among them 37 (52.9%) are male while the ratio of female is less. The reason given by them why they want to migrate, 65 (65%) think that their problems will resolve, 59 (59%) to get bright future, 58 (58%) due to lack of facilities, 48 (48.2%) due to low level of salary and 40 (40.5%) reasons of brain drain are social problems.

CONCLUSION: From our study it is presumed that most the male understudies have the expectation to go outside the nation. The reason is that they dispose of their issues, to have a splendid future and for vanity. However, recovery requires the opening of diverse and creative conduits. The health services in the Pakistan must be supported to maintain their skilled personnel.

KEYWORDS: Brain drain, Immigration, Bright future.

WORD COUNT: 350



Richard Baker patient satisfaction questionnaire

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Asma Waseem³.

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BACKGROUND: Patient satisfaction is an important and commonly used indicator for measuring the quality in health care. It affects the timely, efficient, and patient-centered delivery of quality health care. Patient satisfaction is thus a proxy but a very effective indicator to measure the success of doctors and hospitals. The assessment of patient satisfaction has become an important concern in the evaluation of health services.

METHOD: A cross-sectional survey of patients in MMCH Mirpurkhas was undertaken in August 2015. The study instrument was Richard Baker patient satisfaction questionnaire. The method of questioning chosen was a five-point Likert-type scale asking for agreement or disagreement with statements about the doctor and the consultation. The questionnaire looks at 4 different areas of satisfaction which includes: **General satisfaction, Professional care, Depth of relationship and Perceived time.**

RESULT: n=70 patients of MMCH were given Richard Baker's CSQ questionnaire. Out of them n=32 (45.7%) were male and n=38(54.3%) were females. Mean age group was 25-45 year. General satisfaction was positive 81.4%, neutral 4.2% and negative 14.2%. Professional care was positive 72.8% neutral 7.1% and negative 20%. Depth of relationship was positive 32.8%, neutral 37.1% and negative 24.2%. Perceived time was positive 42.8%, neutral 21.4% and 35.7%.

CONCLUSION: According to the research conducted major portion of the patients were satisfied with the health care being provided at MMCH, although improvement is needed in some areas.

KEYWORDS: MMCH, Richard Baker's CSQ, Healthcare, Mirpurkhas.

WORD COUNT: 300



Thinking and attitude of Girls Students regarding friendship with boys

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BACKGROUND: Friendship is gift making the relation which we get in this world are blood related. But the only relationship which does not related to blood is friendship. Friendship has many forms and shapes it's depend upon people that which choose. Good friend's enrich our lives in so many ways like, Help us, Defined us, and refined us.

METHODOLOGY: A Cross-sectional Descriptive study was Conducted among students of Muhammad Medical College Mirpurkhas from July to August 2015. Total 100 students were identified by using convince sampling technique after taking informed consent a Face to Face interview was conducted to collect the information on history of thinking and attitude of girls students, associated and its its effect on personality. Collected data was entered and analyzed by using SPSS Version 16.

RESULT: Approximately 100 participants, 80 girls was admitted they have friendship with boys ,out of 80 girls, 32(40%) girls started friendship through Mobile, 20(25%) through Facebook, 28(35%) in College. 37(46%) girls said we are academically disturbed due to friendship and 43(53%) girls were not. 57(71%) girls said our parents know about our friendship. 23(28.75%) girls said our parents don't know about our friendship. 20(25%) girls likes friendship with their mother. 38(47.5%) girls likes friendship with boys. 15(18.75%) girls likes friendship with their father. 7(8.75%) with bothers. 22(27.5%) girls said that friendship should be done for getting advantages. 58(72.5%) girls said friendship shouldn't done for getting advantages. 11(13.75%) girls said getting advantages for money. 23(28%) girls said getting advantages for psychological relief. 46(57.5%) girls said getting advantages for studies.

CONCULSION: As a source of education purpose to find a better companion with whom their mental level match.

KEYS WORDS: Friendship, Girls, Medical Students

WORDS COUNT: 322



Thoughts of Male Doctors on marrying female doctors and their choice to let them practice After Marriage

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BACKGROUND: In our society (medical students and their families about), marriages are conducted according to their family wish but male doctors usually want to marry according to their choice.

OBJECTIVE AND METHODOLOGY: To assess thoughts of medical students about marrying female doctors and their choice to let them practice after marriage, at Muhammad Medical College Mirpurkhas. Data collection was in Questionnaire method self-administered. Data was entered and analysed by SPSS version 16.

RESULTS: The questionnaire was distributed to n=200 students while n=180 students responded, mean age was 21. 120(66%) wanted to marry working women, n=150(83%) students responded that women can be good doctors. N=100(55%) students prefer to marry a doctor, out of n=100(55.5%,n=48(26,6%) wants to marry a doctor due to professional support while n=52(48.8%) want to marry a lady doctor due to financial support. N=105(58%) responded that if they get married to a lady doctor they will allow them for practice.

CONCLUSION: Study shows us thoughts of medical students about marrying female doctors and their choice to let them practice after marriage because it is an era of competition so that they should survive as an honorable person in society.

KEY WORDS: Doctors, Marriages, Working women.

WORD COUNT: 280



Unusual Case Report On Traumatic Hyphema

Muhammad Zubair¹, Muhammad Tahir¹, Billal Javid¹, Muhammd Ali Qasim¹, Rajesh Rathti²
Student of Final Year¹. Faculty of Department of Ophthalmology, Muhammad Medical College²

CASE REPORT: 12 years old girl was referred to Eye department Muhammad Medical College Hospital Mirpurkhas with a 4 day history of blunt trauma to right eye. Patient complained of decreased vision, severe pain in the eye and forehead pain despite being on medical management. Patient has no significant past medical history, vaccination was complete. Patient is taking topical B-blocker and Diamox. Patient has no history of allergy.

OCULAR EXAMINATION:

- Visual acuity(VA): CF (counting finger) at 1 feet OD(Rt. Eye) 6/6 left side (OS)
- Pupil; fixed OD, no APD left side (OS)
- Extra ocular muscles intact(EOMI)
- Slit lamp examination; right eye (anterior chamber microyphema, iris detailed rarely visible, lens poor view, iris poor view)
- Left eye (visual acuity with normal limit, iris with normal limit, lens clear)
- Fundus examination; bare red reflex OD. Macula, nerve, visual with normal limit.
- B-scan; right eye reteam flat with no vitreous hemorrhage was measured on following day
- Right eye = 35 mm Hg left eye 10 mm Hg
- CBC = sickle cell prep and electrophoresis were order and it took 1 week for results.

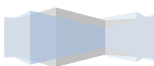
RESULT SHOWS:

- HbA..... 56.0 (90-100)
- HbA2.....3-6 (1.5-3.5)
- Hbs.....40-4 (0.0-00)

Blood film shows normocytic and normochromic

CONCLUSION: The patient has sickle cell trait subsequently the patient has sickle cell trait hyphema. Hyphema in a patient with sickle disease can have serious visual consequences. We must keep high index of suspicion in hyphema patient and manage them accordingly.

WORD COUNT: 285 .



Urethral Dilation versus Optical Urethrotomy in the Patient With Urethral Strictures

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BACKGROUND: A urethral stricture is scarring in or around the urethra that narrows or blocks the passageway through which urine flows from the bladder. The stricture results from inflammation, infection or injury, and is much more common in men than in women. It usually occurs in late age. Urethral strictures have always been common. We know something about how the ancient Egyptians treated stricture disease 4000 years ago and other civilizations since and indeed not much has changed until about 50 years ago. Now there are many ways to treat such as urethral dilation, opticalurethrotomy or urethroplasty, but the major problem is the recurrence of strictures after the initial treatment by any of these treatments. When the stricture recurs, it usually does so within weeks or months and almost always within two years. Those that recur comparatively infrequently might be palliated (rather than cured) by repeat instrumentation and, as long as this is agreeable to the patient and is uncomplicated by bleeding or sepsis

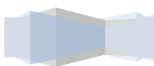
METHODOLOGY: Retrospective study was done from January2013 to January 2015. In surgical ward Muhammad medical hospital Files were reviewed for the age, cause, type of treatment rate and time of recurrence after urethral dilatation or optical urethrotomy. Data was entered and analyzed through the SPSS version 16.

RESULTS: Total 60 patients were included mean age of 54 years=58 were males while n=2 were female, out of which n=5 were excluded due to inadequate follow up. Out of n=55 patients the cause of strictures was unknown is n=25(47%), iatrogenic=11(20%), traumatic n=9(16%) and n=10(17%) was due to inflammation. Out of n=55 n=31 (56%) went through urethral dilatation, the rate of recurrence was n=24(45%) after 5.3 month while n=24(45%) had optical urethrotomy from which n=8 (24%) had a recurrent stricture after 6.4 month.

CONCLUSION: The results show that after 1 year of these procedures the rate of recurrence is more in urethral dilatation than the optical urethrotomy.

KEY WORDS: Urethral strictures, Urethral Dilation, Optical Urethorotomy.

WORDS: 350



Women's Preference for Place of Delivery Among the females of Mirpurkhas visiting antenatal care clinic at MMCH

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BACKGROUND: Maternal morbidity and mortality is a global health challenge and maternal mortality remains high in the developing world. However, a large proportion of these maternal deaths could be prevented through timely and appropriate interventions including the presence of skilled delivery service utilization at each birth. Therefore this study was carried out in Mirpur Khas with the aim of evaluating the extent of utilization of health facility for delivery and correlates for its use.

METHODOLOGY: In study pregnant women (n= 100) attending antenatal care clinic were interviewed to collect data regarding socio-demographic profile. Women views about their preferences for home delivery & hospital confinement were assessed. Data was recorded on structured questionnaire analyzed by SPSS version 16 and presented as frequencies and percentages. To determine the preference of choice of delivery place among the women's of Mirpurkhas attending antenatal care clinic at MMCH. This study is done at Muhammad medical college hospital (antenatal care clinic) district Mirpurkhas Sindh. During January 23-2015 to April 30-2015.

RESULTS: It was observed that sample size was 100 while 95(95%) females were responded, In which 60(63%) females responded that reasons for choosing hospital delivery were safety and good care, maternity care. 20(21%) women responded that they chooses home birth due to social security and privacy and 15(15%) women responded that preferred home delivery due hygiene.

CONCLUSION: Our study shows that majority of the participants were preferred hospital delivery due to provision of good care and safety. Social pressure was common in those who delivered at home so women preference should be acknowledged.

KEY WORDS: Hospital Delivery, Home Delivery, Antenatal Care Clinic

WORD COUNT: 300.



Clinico-Pathological Pattern of Bone Cancer in Interior Sindh

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BACKGROUND: According to western literature, malignant bone tumours are not very common. Bone cancers which affect many people around world. In Pakistan; being developing country state .Cost of management of these cancers affect individuals those suffer from it . Financial burden is not only issue but emotional disaster is greater than former.

METHODOLOGY: All cases of malignant Bone Tumors examined at **Department of Pathology** Muhammad Medical college and **NIMRA** Cancer Hospital Jamshoro from August 2014 to August 2015 .Age ,Sex, clinical Features, pathological findings and site of tumors were recorded from available data registry of Bone tumors in NIMRA Cancer hospital And pathology dept. of Muhammad Medical College.

RESULT: This retrospective study conducted in the Department of Pathology MMC and NIMRA Cancer Hospital Jamshoro .We study Registry DATA of Cancer .no of cases we study round about 957 . in 957 cases of cancers, we found 55 cases of bone tumors. In 55 cases of bone cancer 33 cases were Osteosarcoma, 10 cases of Metastatic Carcinoma of Multiple bones, 9 cases of Ewing's Sarcoma and 3 cases of Malignant Fibrous Histocytoma.

CONCLUSION: The most alarming situation in interior sindh, shift of median age is 32 y and average age is 37.08 y. This is clear indication of requirement of more resources for screening at earlier stage of cancers as well as awareness of early signs and symptoms among general population. sarcoma, through a rare cancer group is associated with consider able morbidity and disability I younger group of community .there is a need for increasing awareness among general public or meticulous follow up.

KEY WORDS: Bone cancer, Interior Sindh, NIMRA

WORD COUNT: 263



Prevalence and Associated Risk Factors of Epigastric Pain among Medical Students of Muhammad Medical College, Mirpurkhas

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Students of second year¹, Department of Surgery, Muhammad Medical College Mirpurkhas²
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BACKGROUND: Epigastric pain (heart burn) is a localized pain usually felt in the region of upper abdomen immediately below the xiphoid process. Globally it is estimated that 29.3% people of the age 20 to 27 years have this complain and most of them are users of the cigarette, alcohol, coffee, tea and having stress as well. The Objective of this study was to find out the prevalence and associated risk factors of epigastric pain among the students of MMC.

METHODOLOGY: A cross sectional study was conducted and pretested questionnaire was distributed in n=150 students from 1st to Final Year students of MBBS at MMC. Data was analyzed by SPSS version 22.

RESULTS: Among them 70 were males & 80 were females. Up to the age 18 to 27 years. Out of 150 students, there were n=69 students (46.1%) who feel the pain below Xiphoid process with an average age of 21 years (range=18 to 25). By the SPSS data, I found in more quantity spicy food eaters n=86 (57.3%) students, in less quantity spicy food eaters n=64 (42.7%) students, tea users n=121 (80.6%) students, relatives of students who feel epigastric pain n= 83(55.3) students, cigarette users n= 27 (18%) students, Beverages users n=9 (6.1%) students, students who take more stress n=63 (42%) students.

CONCLUSION: Most common Risk factor of epigastric pain is Spicy Food & taking more Stress among medical students (Age 20 to 27) of MMC.

KEYWORDS: Epigastric Pain, Risk Factors, Students of MMC

WORD COUNT: 268



Self-Efficacy among the Students of Muhammad Medical College Mirpurkhas, Sindh

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BACKGROUND: Self-efficacy is defined as people’s belief about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. The objective of current study is to see how confident the students of MMC are while performing their tasks.

METHODOLOGY: A study was conducted using GENERALIZED SELF EFFICACY SCALE. A pre-tested close ended questionnaire for measuring self-efficacy among students of MMC in August 2015. 10 questions were asked and results were recorded i.e. n=1 for Not At All True, n=2 Hardly True, n=3 for Moderately True & n=4 for Exactly True. Each response quantified from 10-40. 4 categories were made after compiling the scores.

Categories	Score Range
High Efficacy	34-40
Average Efficacy	26-36
Less Efficacy	18-25
Nil	10-17

RESULTS: My sample size was 150 and included 30 forms to each class i.e. n=15 Males & n=15 Females. Out of 150 students n=15(10%) have Less Efficacy & n=135(90%) have Average Efficacy.

Classes & Genders	Mean Scores	Results
1 st Year Males	31	Average Efficacy
1 st Year Females	28	Average Efficacy
2 nd Year Males	30	Average Efficacy
2 nd Year Females	29	Average Efficacy
3 rd Year Males	25	Less Efficacy
3 rd Year Females	29	Average Efficacy
4 th Year Males	31	Average Efficacy
4 th Year Females	30	Average Efficacy
5 th Year Males	27	Average Efficacy
5 th Year Females	29	Average Efficacy

CONCLUSION: Results indicated that Average Efficacy was among the Females of 3rd Year and Males & Females of 1st, 2nd, 4th & Final Year. Less Efficacy was among the Male Students of 3rd Year only

KEY WORDS: Self-Efficacy, Generalized Self Efficacy Scale.



Perception Of Patients About Doctors Visiting To Muhammad Medical College Hospital Mirpurkhas, 2015

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BACKGROUND: It has always been expected that doctors should be trustworthy and act in interest of their patients. There are several factors that may evaluate the perceptions of patients about doctors .To compare the impression of doctors on patients we conducted a patient feedback survey in MMCH.

METHODOLOGY: A cross-sectional descriptive study was conducted among 100 patients of MMCH in August 2015.Data was collected by close ended questionnaire after taking informed consent. Relevant information on demographic history of illness and wards of hospital were collected. Data was analysed in SPSS version 22.

RESULT: In our study 50% patient were male and 50% were female with 41.6%percent in 21-40y age group.86% patient resiliently agreed that doctors elucidated reasons of medical test,84% patients approved that medical care in MMCH is perfect.9% patients showed uncertainty about the ability of doctors while 87% patients contributed by giving opinion to increase availability hours of doctors and 96% patients showed their consent that doctors are very competent only 18% patients approved that MMCH is conveniently located while 95% patients were satisfied with the savourable advice to get rid of illness in MMCH

CONCLUSION: Patients perception about MMCH is extremely overwhelming. Majority of patients showed their satisfaction regarding doctors of MMCH while minorities were dissatisfied due to less availability of doctors and their ignorance.

KEY WORDS: Perceptions, MMCH, Cross-Sectional Descriptive Study

WORD COUNT: 258



Assessment of Self-Regulation by Muhammad Medical College Students

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BACKGROUND: Self-regulation refers to both unconscious and conscious processes that affect the ability to control responses. It is a skill that has overarching effects on an individual's ability to tolerate unmet wants or needs, handle disappointments and failures, and work towards success. Young's need to develop self-regulation skills because these skills have strong influence on college readiness and building relationships with peers. Self-regulation remains perhaps even more important in the teen years, which are often marked by an increased vulnerability to risks such as truancy, peer victimization, and substance use. Adolescents who do not regulate their emotions and behavior are more likely to engage in risk-taking and unhealthy behaviors

METHODOLOGY: A cross sectional descriptive study was conducted among the students of Muhammad Medical College. 60 students participated with their consent in the study. Information was collected by face to face interview through the questionnaire which uses a 63-item scale to measure the self-regulation of students and assess with the respect to age, sex, year of MBBS, residence, marital status.

RESULTS:60 questionnaires were distributed out of 30 were males [range of age: 18-24; mean=20; median=18; mode=18] and 30 were females [range of age: 18-23; mean=20; median=18; mode=18].n=3(5%) males possess high intact self-regulation skills. n=12(20%) males possess intermediate (moderate) self-regulation skills. n=15(25%) males possess low intact self-regulation skills. n=2(3%) females possess high intact self-regulation skills. n=9(15%) females possess intermediate (moderate) self-regulation skills. n=19(32%) females possess low intact self-regulation skills.

CONCLUSION: There is a lack of self-regulation skills by students. Athletic and training programs can promote self-regulation. Extra-curricular activities (sports and cultural) have been found to improve the children and adolescent's self-regulation skills. Such programs generally seek to foster qualities that are critical for successful self-regulation, including setting standards, monitoring, and motivation.

KEY WORDS: Self-regulation, Assessment, Motivations.

WORD COUNT: 285



Profile of Medico legal Cases attending at Trauma Center Civil Hospital Mirpurkhas Sindh

Masroor Tariq¹, Shafiq ahmad¹, Shair ali¹, Shusta Akbar¹ Mir Muhammad Sahito²
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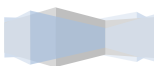
BACKGROUND Medico-legal case constitutes a large segment of emergencies brought to DHQ Mirpurkhas for remedy. Medico-legal case in forensic language those are unnatural have 3 manners of injuries occurring on the subject / observed by a doctor attending will issue the ML certificate to the authority and party and fixed the responsibilities according to the Law of Land or Qisas and Diyat ordinance 1991., the studying frequency and pattern of these cases will provide a vital data for administrators, philosophers, health workers, to plane strategies in order to reduce violence and enhance peaceful society in our country, PAKISTAN. The objective of the study was to establish demographic manner of injuries / ailment attended at trauma center civil hospital Mirpurkhas Sindh.

METHODOLOGY: In this descriptive study 260 MLc were studied. These cases visited trauma center of DHQ Hospital Mirpurkhas during the year of Dec:2012-2013 medico legal records was described were reviewed retrospectively demographic profile in duds age & ex distribution which was described according to the type of injuries, deaths was analyzed using SPSS vision - 18.

RESULT: In our study 260 cases were studied, 228(87.64%) were males and 32 (12.30%) were females. Majority of injured was 20-30 years of age 98 (37.96%) followed by 10-20 years of age 66 (25.38%). The injuries was inflicted by blunt weapons examined and followed by 80 (82.47%) firearm, were as 30(75.0%) were sharp edges weapons was used, on other hand total of 43 (10.25%) experience RTA.

CONCLUSION: Blunt weapons and firearm injuries are the most frequently reported medico-legal offence in DHQ of Mirpurkhas.

KEY WORDS: RTA: Road traffic accident, MLc: Medico legal cases, SPSS: Statistical product and service solution.



Prevalence of personality disorders in Muhammad Medical College students

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BACKGROUND: Personality disorders are psychiatric conditions that begin in adolescence or early adulthood, continue over years, and cause a great deal of distress. These also often interfere with a person's ability to enjoy a life or achieve fulfillment in relations, work, or in college. Human Rights Commission of Pakistan (HRCP) report revealed that 34% of the country's population suffered from some form of personality disorder or illness. The aim of our study is to know the prevalence of personality disorders in MMC students.

METHODOLOGY: A cross-sectional study was conducted in students of MMC from class 1st year to final year, from July-August 2015. Total 125 students were interviewed by closed-ended questionnaire. Information regarding prevalence of PD was interviewed from the students of MMC by face-to-face interview. Data was entered and analyzed with the help of SPSS version 22.

RESULT: Among 125 students, 64 were males and 61 were females, 19 married and 106 unmarried, age ranging from 18 to 26 years.

No.	Types of Personality Disorders	Almost Always	Most of the time	Some of the time	Never
1	Paranoid Personality Disorder	6%	14%	71%	9%
2	Schizoid Personality Disorder	4%	9%	25.6%	61.4%
3	Schizotypal Personality Disorder	10%	42%	44%	4%
4	Antisocial Personality Disorder	8%	25%	32%	35%
5	Borderline Personality Disorder	19.3%	28%	38%	14.7%
6	Eating Personality Disorder	12%	17.5%	20.5%	50%
7	Histrionic Personality Disorder	15.2%	30%	43%	11.8%
8	Narcissistic Personality Disorder	13.6%	19.4%	26%	41%
9	Avoided Personality Disorder	4%	5%	17.8%	73.2%
10	Dependent Personality Disorder	10%	52.6%	23.4%	14%
11	O. Compulsive Personality Disorder	8%	61.3%	19.7%	11%

CONCLUSION: Most of the participants are anyhow affected by some kind of personality disorder explained above, which causes problems. So, counseling is necessary via conducting counselling sessions by clinical psychologists and awareness must be spread via media about personality disorders.

KEY WORDS: Prevalence, Personality Disorders, Medical students

WORD COUNT: 325



Personality Self-Assessment of Female Students of Muhammad Medical College Residing In Hostel, 2015

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BACKGROUND: A survey of 12 questions has been developed by Friedman et al which can be used for self-assessment of personality. This test is based on Dr. Terman's research as well as research conducted by Friedmn et al. We used this personality test questionnaire for girls residing in hostels of MMC. The objective of study was to measure the personality self-assessment of female students of Muhammad medical college (MMC) residing in hostel.

METHODOLOGY: Girls of all 5 classes of MMC, residing in hostels were asked to fill the self-assessment questionnaire about themselves. The responses were in Likert style. Each item scored 1-5. Scores were obtained as available for items 1,4,6,9,11 and 12. But for items 2,5,8 and 10, scores were reversed. Items 3 and 7 were eliminated as they were deliberately kept irrelevant. Hence the total available scores were 50. A total of 18 students of 1st year, 12 students of 2nd year, 16 students of 3rd year, 15 students of 4th year and 12 students of final year filled the self-assessment forms and equal number of roommates filled the forms assessing their partners. Those who scored 10-25 were labelled as having low conscientiousness. Those who scored 26-36 were labelled as having medium conscientiousness. Those who scored 37-50 were labelled as having high conscientiousness. The students were grouped according to their classes. Later, we asked their room-mates to answer the 12 questions as they perceived the personalities of their room partner, so we could compare girls' self-assessment with that done by their room-mates.

RESULTS: The average scores of self-assessment was as follows: First year 32.5, Second year 37, Third year 32, Fourth year 38.5, Final year 33, All girls 33. The average scores of assessment by their roommates were as follows: First year 31 Second year 33.5, Third year 33, Fourth year 31, Final year 35, All girls 31.25

CONCLUSION: Average scores of self-assessment of 2nd and 3rd year classes showed high conscientiousness, whereas remaining 3 classes had medium conscientiousness, overall self-assessment averaged medium conscientiousness. Assessment by their roommates averaged medium conscientiousness in each class and in overall average. Assessment by room-mates showed higher average in 3rd and 5th years. In remaining classes and in overall average, students gave themselves higher scores than their room-mates did. There was a close match between the self-assessment and peer assessment by room-mates which suggests that the results may be reliable.

KEY WORDS: Personality, Self-Assessment, Female Students

WORD COUNT: 350



Preference of Girls to Boys in Academic Session and Hostels

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BACKGROUND: As preference of girls in worldwide is popular so some peoples think that this is due to genetically attraction to opposite sex while some agree with that girls are so sensitive that's why they are more prefer. The objective of study was to assess that girls are preferred over to boys in academic session and hostels

METHODOLOGY: A Cross Sectional Study was conducted with pre-tested Questionnaire was distributed.

RESULTS: The questionnaire was distributed to 100 while 80 students responded, mean age was 21. from these 80 students 60 were male and 20 females. 74(92%) students respond that this is unfair common rooms for girls but no boys, 75(93%) students said this is not fair that there is there is a.c for girls but not for boys. 75(93%) said this is not fair that during lectures when girls suddenly left class during lecture are not pointed, girls are not pointed on disturbance when they are sitting in library (in faculty session) while boys are strictly pointed at students session, 75(93%) said this is unfair that technical staff specially lab attended are quickly responsive to girls. 75(93%) said this is unfair that during theory paper or BCQ'S if girls are talking they are not pointed while boys are strictly pointed even on small movement and girls are not face typical questions during viva. 78(95%) responded that this not fair that girls achieve maximum score in viva as compared to boys, 80(100%) students responded that this is unfair that girls mark proxy of their friends not effected while boys are strictly punished and pointed, 80(100%) students responded that this is unfair that without library books are issued to girls, 80(100%).

CONCLUSION: Students perception on the base of interview are response 60(70%) this is due nature wise that opposite gender attract while 20(25%) responded that girls are sensitive than boys that's why get more responses from society.

KEY WORDS: Preference, Academic Session, Girls

WORD COUNT: 311



Prevalence of Superstitions among Medical Students in Muhammad Medical College, 2015

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BACKGROUND: A belief that is based on fear of the unknown and faith in magic or luck is known as superstition. Although the concept of superstition encompasses a wide range of beliefs and behaviours, most can be united by a single underlying property, the incorrect establishment of cause and effect: a belief or practice resulting from ignorance, fear of the unknown, trust in magic or chance, or a false conception of causation'. In a world increasingly dominated by science, superstitious and indeed religious thinking typically take a back seat in academic affairs. The objective of study was to evaluate the Prevalence of Superstitions among the students of Muhammad Medical College.

METHODOLOGY: This survey was conducted in Muhammad Medical College. Data collection was in Questionnaire method, self-administered, and analysed by SPSS VERSION 22.

RESULTS: The questionnaire was distributed to 100 students. Among them 51 were male and 49 were female. 20 sample of questionnaire were distributed to each class from 1st year to final year. 73% students disagreed on the belief

1. "If a black cat crosses your path you will have bad luck": 73% Students disagreed
2. "Garlic protect from evil spirits and vampires": 66% disagreed
3. "Fate is written in stars": 26% agreed
4. "Wearing your birth stone will bring you good luck". 56% disagreed, 24% agreed
5. "Itchy palms means money will come your way": 67% disagreed
6. "Wishing upon a shooting star": 28% agreed.
7. "Does it compulsory to wear the wedding ring in fourth finger of the left hand": 39% agreed
8. "If left eye blinking indicates something wrong is going to happen" 51% disagreed.
9. "Kids should not let anyone walk over them, otherwise they will stop growing": 30% agreed
10. "Opening the scissor and closing it without a reason causes family problem at home": 56% disagreed
11. "Sweeping floor at sunset will cause some uneven incidences": 32% Agreed

CONCLUSION: Superstitious behaviours, which arise through the tradition, experience, observation and the incorrect assignment of cause and effect, receive considerable attention in psychology and popular culture. We conclude that behaviours which are, or appear, superstitious are an inevitable feature of adaptive behaviour in all individuals.

KEY WORDS: Prevalence, Superstitions, MMC students

WORD COUNT: 350



Profile of Road traffic Accident cases attended in tertiary care hospital District Shaheed Benazir Abad, Sindh Pakistan.

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BACKGROUND: Accidents can be defined as “an unanticipated and detrimental event, a misfortunate Un expected and with no obvious cause “. Exactingly speaking a large amount of accidents are not accident by any means. They are clashes that might and must have been evaded. There are a lot of diverse kinds of traffic accidents that consequence sever personal damages and fatalities. The objectives of this (research) study were follows To check dominant cause of traffic accidents and to ensure positive/negative relationship between total accidents and number of total vehicles involved in accidents.

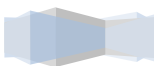
METHODS: Descriptive study that includes 680 cases. Study was performed in cases attended in tertiary care hospital, Nawabshah, District Shaheed Benazir Abad. Data was analyzed by SPSS software version 22.

RESULTS: The distribution of study subjective according to age revealed that age group 25-40 were highly affected 22.64% followed by age group 20-36% while age group 10-25 above was 70 was least affected . Among them were 560 males (85.82)& 120 females (14.7%)out of 680 cases, area wise distribution revealed that more cases 414(63%) were in rural areas of Sindh while in urban 266(37%) cases. that highest proportion is in less developed regions of world as South East Asia & Africa. Wagon RTA victims were most frequent 34.1% 230 cases and Cars and Motorcycles were 28.8% 190 cases out of 680 as given by Luby S etal 1997. The Buses accounted by 19.41% while truck and heavy trawlers accounted for 17.64% 129 cases out of 680, most of victims died on spot or on way to hospital.

CONCLUSION: It is concluded that the great number of casualties among young adult passengers of mainly male gender and belonging to rural areas of economically poor families. The victims mostly travelled by public vans & wagons followed by motor cyclists & cars. Motor cycle is the common and economical transport medium in rural Sindh for lower, middle & poor class.

KEY WORDS: Road traffic Accident, tertiary care hospital, motor cyclists

WORD COUNT: 311



Medical Education Survey among the students of Muhammad Medical College, 2015

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BACKGROUND: Curriculum reform has received an enormous amount of attention in the field of medical education in recent years, particularly after the World Federation for Medical Education generated the Edinburgh Declaration of 12 principles for reforming medical education in 1988. Studies have shown that medical schools and students benefit from the evolution of curriculum change and innovation in constructing new curricula. Consequently, many medical schools worldwide have developed new curricula to produce medical graduates committed to lifelong, self-directed learning. Our study was to evaluate the students' perceptions in relation to the course, examination system and students participation.

METHODOLOGY: A cross sectional study was done on the students of Muhammad Medical College. 60 students were approached and a self-administered questionnaire was given to the students present in the class and willing to participate in the study. Data was collected and assessed in respect of age, sex, course of study, environment and examination way, and student own participation. Data analysis was done on SPSS version 16.

RESULT: Among the total 60 students, 50% were male and 50% were female, 62% belonged to age group 21-23y and 35% to the age group 24-26y. 75% were agreed that course objectives were relevant to common community problems, 65% were agreed that Course contents were related to its future application, 73% were disagreed that Course exams were scheduled according to the students' preferences, Describing upon the examination 50% were agreed for the exam duration and timing, 52% were agreed for the announcement of result in reasonable time, 68% were agreed that exam paper read-ability and spelling mistake, 72% were agreed that suitable physical environment for the exam is required. 50% were agreed about answer regarding Students' opinions were respected to modify the content and methods of course delivery, 65% were agreed that appropriate methods and media was used for presentations, 60% were agreed that the learning resources were relevant to course topics, 57% were disagreed that the Course exams were scheduled according to the students' preferences.

CONCLUSION: This study highlights that the course objective are community based and easily assessed while the exams were taken in a suitable environment. Paper time duration and result are in reasonable time frame. However, the opinion of student has been given less weight age.

KEY WORDS: Medical Students, Educational Survey, MMC.

WORD COUNT: 392



Delayed Appendectomy in Adults with Acute Appendicitis. Safe or Unsafe?

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BACKGROUND: Prompt appendectomy has long been the standard of care for acute appendicitis because of the risk of progression to advanced pathology. This time-honored practice has been recently challenged by studies in pediatric patients, which suggested that acute appendicitis can be managed in an elective manner once antibiotic therapy is initiated. No such data are available in adult patients with acute appendicitis. The objective of the study was to examine whether delayed surgical intervention in adult patients with acute appendicitis is safe.

METHODOLOGY: A retrospective review of 1081 patients who underwent an appendectomy for acute appendicitis between August 2010 and August 2014 was conducted. The following parameters were monitored and correlated: Demographics, Time from onset of symptoms to arrival at the emergency room (patient interval) and from arrival to the emergency room to the operating room (hospital interval), complications, length of stay, and length of antibiotic treatment. Pathologic state was graded 1 (G1) for acute appendicitis, 2 (G2) for gangrenous acute appendicitis, 3 (G3) for perforation, and 4 (G4) for a peri appendicular abscess.

RESULTS The risk of advanced pathology, defined as a higher pathology grade, increased with the total interval. When this interval was <12 hours, the risk of developing G1, G2, G3, and G4, was 94%, 0%, 3%, and 3%, respectively. These values changed to 60%, 7%, 27%, and 6%, respectively, when the total interval was 48 to 71 hours and to 54%, 7%, 26%, and 13% for longer than 71 hours. Increased length of hospital stay ($P < 0.001$) and antibiotic treatment ($P < 0.001$) as well as postoperative complications ($P < 0.001$) also correlated with progressive pathology.

CONCLUSION: In adult patients with acute appendicitis, the risk of developing advanced pathology and postoperative complications increases with time, therefore delayed appendectomy is unsafe.

KEY WORDS: Delayed Appendectomy, Appendicitis, Safe or Unsafe

WORD COUNT: 290



Knowledge, Attitude and Practice of Informed Consent Process among the Medical Officers of Public and Private Sector Hospitals In Sindh Province

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BACKGROUND: Informed consent (IC) is a process of communication between a patient and health care provider. It is also considered as a safeguard to ensure the preservation of individual rights. It involves the provision of detailed information regarding the diagnosis, prognosis of disease, nature and purpose of all available treatment options, including risks, benefits, complications and alternatives.

OBJECTIVES Informed consent process is now considered as the corner stone of medicine however its significant role is still not appreciated in developing countries including this part of world. Despite of increasing awareness and continued medical education programs and workshops specifically focused on IC, the quality of informed consent process is not satisfactory. Hence, this study was designed to:

1. Understand the knowledge of IC
2. Assess the practices towards informed consent by the medical officers.
3. The reasons behind the difficulties they face?

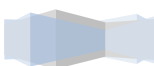
METHODOLOGY: This cross-sectional, questionnaire based study was conducted in 2013 to assess the knowledge, and practice of informed consent in Medical Officers by Focus Group Discussions (FGD) and in-depth interviews at General Surgery Departments of Civil hospital, Hyderabad, Taluka Hospital, Tando Muhammad Khan and Muhammad Medical College Mirpurkhas.

RESULTS: Various difficulties in obtaining informed consent were described by the study participants. These included: language barriers, cultural and social restrictions, varied opinion of clinicians for solution of patients' problem, literacy, intelligence and time.

CONCLUSION: It was observed that most of the medical officers despite lack of formal training or workshops on informed consent, have sufficient knowledge about the process, but they do not practice as it is being practiced in other developed countries due to local cultural traditions.

KEY WORDS: Informed consent, KAP, Cross-Sectional

WORD COUNT: 264



Efficacy of Different Teaching Methods Used In MMC

Khalid Jamal¹, Anza Tariq¹, Muhammad Saqlain¹, Natasha Maryam¹, Usman Riaz Maan¹
AB Rajar², Syed Imran Mehmood³

Student of final year¹, Faculty of Department of Community medicine Muhammad Medical College, Faculty of
Department of Medical Education Muhammad Medical College³

BACKGROUND: A plethora of teaching methods are being used in undergraduate medical education ranging from didactic lecturing to innovative simulative technique. All teaching methods have their pros and cons. The aim of the study was to find out the efficacy of different teaching methods in MMC

METHODOLOGY: This was a cross-sectional study carried out in August 2015 among students of Muhammad Medical College Mirpurkhas. 86 students have filled the questionnaire which was asking about the efficacy of different teaching methods. Data were entered and analyzed by using SPSS version 16.

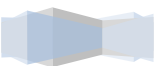
RESULT: Total 86 students, male were 50 (58%) and female were 36 (41%).

About lecture out of 42 (48.8%) were agreed that lecture objectives were useful to understand the discussion, 41 (47.7%) strongly agreed that it concise the course and remind important points and 45 (52%) were strongly agreed that question and answer at the end of the lecture were beneficial. **About Assignment** 41 (47.7%) were agreed that making assignment of important topic were beneficial and 34 (39.5%) were strongly agreed that assignment were helpful for revision. **About field visit** 38 (42.2%) were strongly agreed that field visit allowed students to have real world experience, 42 (48%) replied that it offered opportunity to teach the students something new and practical while 45 (52.3%) were agreed that field visit is externally difficult to carry out, especially when it require long distance. **About Seminar** 40 (46.5%) were agreed that seminar met my expectation and worth my time. **About PBL** 42 (48.8%) were strongly agreed that working in a group means learning from one another and 38 (55.8%) agreed that PBL provide a more challenging, motivating and enjoyable approach to education.

CONCLUSION: Our study shows that lecture is the most beneficial and understandable method among the hierarchy of teaching methods currently in use at MMC as it concise the course and remind important points.

KEY WORDS: Teaching methods, Efficacy, Lecture

WORD COUNT: 320



Integrated Teaching, Does It Really Matters?

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BACKGROUND: Integrated curriculum means teaching of many subjects together. It is also called correlated teaching or applied teaching. It is also defined as co-ordination among teachers of various disciplines for teaching a topic of clinical importance as a joint activity with a component of self-learning by the student. The concept of integrated teaching gives the student an overall knowledge and completeness with respect to clinical scenario Horizontal integration deals with the integration of the preclinical science subjects or Para clinical or clinical sciences. Vertical integration deals with the integration of the basic with the clinical sciences.

METHODOLOGY: A cross-sectional study was conducted from July 2015 to august 2015. 100 students were taking by random method, 20 from each class, 1st to final year. Questionnaires were filed and the data was entered and analyzed through SPSS version 16.

RESULT: 49% students agreed about the notion that integrated teaching is helpful in developing in logical thinking. 40% are of view that it improves clinical and university exam. 42% narrated that it motivates students for study. 37% spell out about the confidence and speaking skill boasting and lastly 31% regards horizontal integration as a burden in comparison to vertical.

CONCLUSION: This study shows the preference of integrated teaching as a teaching methodology regarded by most of the student; however this method required careful gradual implementation process by administrative authority of MMC.

KEY WORD: Integrated Teaching, Horizontal Integration, Vertical Integration.

WORD Count: 273 words

Ammara Mehboob¹, Ramla Fatima¹, Sonia Ajmal¹, Abid Aslam¹,
Sir Imran², AB Rajar³, Asif Ali Shah³.

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BACKGROUND: Interpersonal communication is the process by which people exchange information, feelings and meaning through verbal and non-verbal message, it is face to face communication. Interpersonal communication is not just about what is actually said the language used but, how it is said and the non-verbal message sent through tone of voice, facial expression gestures and body languages.

OBJECTIVE: The study was aimed to evaluate the skill profile of interpersonal communication and to provide individuals to some insight into their communication strengths and potential areas for development among the students of MMC.

METHODOLOGY: It was a survey conducted at MMC in August 2015 among 4th year and final year students including 100 participants. Sample size calculated by simple random sampling method. We used interpersonal communication skill Elaborated that displays each individual's a profile that display the level of competence in four key communication areas of the questionnaire. Each section contains 10 questions regarding 1-Adequate Self Concept of Communication 2-Ability to be a good listener. 3- Giving and getting feedback 4-Able to cope one's emotions. Data analyzed through the SPSS version 22.

RESULTS: Among n=100 students male were n=58(58%) and female were n=42(42%). n=19(19%) were married and n= 81(81%) were unmarried=84(84%) were hostler and n=16(16%) were non hostler. 68% easily conveying message to others while, 31% are a good listener. 71% face difficulty in giving and getting feedback. 58% are able to cope one's emotions.

CONCLUSION: This study explore students of MMC have low profile of interpersonal communication skills of giving and getting feedback and low profile score of being a good listener and high profile score of conveying messages and cope one's emotions. Inter-personal communication is a potential area which requires special attention to be incorporated as a structure activity in the circular.

WORD COUNT:-322



Sources of Career Advice among MMC Students

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A.B Rajar², Syed Imran Mehmood³

¹Final year students, ²Department of Community Medicine Muhammad Medical College ³
Department of Medical Education, Muhammad Medical College

BACKGROUND: Career advice is very important to help medical students to make the right decision with respect to their professional career. The purpose of the study was to explore the current sources of career advice during the medical education and to determine the degree to which such career advice is available in MMC students.

METHODOLOGY: A cross sectional study was conducted including randomly selected 60 students of MMC using a close ended questionnaire to elicit the responses of participants from 4th year and final year students of MMC concerning the availability and significance of career advice. We organized and analyzed the data by using SPSS.V.16

RESULTS: Among the total of 60 students, 40 (66.7%) were males and 20 (33.3%) were females. Among this group 70% did receive career advice. Out of 60 students 20(33.3%) students received career advice by their senior doctors while 15 (25.0%) received by their parents and friends. (95.0%) Students were satisfied by their career advice.

CONCLUSION: From our study we conclude that majority of the students received career advice during their medical education and almost all of the students were satisfied by this.

KEY WORDS: Sources of Career Advice, Medical Students, Cross Sectional Study

WORD COUNT:187



Perceptions and Views about Peer Learning in Muhammad Medical College Mirpurkhas 2015

Hafiza Abeer Ilyas, Shumaila Shabir, Samia Maqsood, Sydea Masooma Zehra, Zahra Azeem.,
Imran Mehmood, A.B Rajer, Asif Ali shah,
Fourth year students¹, Department of Community Medicine Muhammad Medical College²
Department of Medical Education, Muhammad Medical College³

BACKGROUND: Peer learning is an educational process where a peer interact with other peer interested in the same topic. It is when we learn with and from each other. We can do this formally informally while are face to face or online .We can do it at the same time or we can learn from each other asynchronously by leaving messages, comments, email ,or recording back and forth between ourselves. The aim of this study is to investigate view points of undergraduate medical (M.B.B.S) students in the learning environment at M.M.C using peer learning method.

METHODOLOGY: The descriptive cross-sectional study was performed on 105(medical M.B.B.S) student's by survey method in 1st year, 2nd year,3rd year and final year(20 students/each class)while, in 4th year(n=25). The peer questionnaire was developed by doing literature review and was used in the study. Data were analyzed using SPSS (V.22).

RESULT: One hundred and five students have participated in survey. 53(50.5%) were males and 52(50.5%) were females with 93(88.6%) are living in hostel. The mean age group study participants' was 20-22 years. The overall peer score was 76 (72.4%)/105 indicating that perception about peer learning in M.M.C students are more positive than negative. 63(60.0%) use face to face and 13(12.4%) use online peer learning. Chi square test shows a statistically significant association between the gender and peer learning $X^2=4.100$, $P=0.43$, between age and peer learning $X^2=8.858$ and $P=.012$, between residence and peer learning $X^2=6.393$, $P=.011$.

CONCLUSION: The result suggests that the student of M.B.B.S course at M.M.C generally hold positive perception towards their peer learning. It is essential for faculty members and course managers to make more efforts towards observing principles of instructional design and to create an appropriate educational environment in order to facilitate peer learning process with more facilities and supportive system.

KEYWORDS: Peer Learning, Perception, Views, Medical Student

WORD COUNT: 300



Student Centered Learning (SCL) V/S Teacher Centered Learning (TCL) At Muhammad Medical College Mirpurkhas

Hamza Abdul Malik¹, Khalid Bin Nawaz¹, Nasir Khan¹, Waqar Memon¹,
A.B.Rajar², Imran Mehmood²

Fourth year students¹, Department of Community Medicine Muhammad Medical College²
Department of Medical Education, Muhammad Medical College³

BACKGROUND: Spices model of circular development was developed by Ronald Hardon, Dundee University. It is a blend of educational strategies used in medical education. The first educational strategy on the spices model is “STUDENT CENTERED LEARNING V/S TEACHER CENTERED LEARNING”. Student centered learning is an innovative approach in which the student remains the focus of the educational activities, while the role of the teacher is to facilitate the learning process. In Teacher centered learning the whole scenario is reversed as mentioned above. The aim is to investigate the perception/views of MMC students about Student centered & Teacher centered learning.

METHODOLOGY: A questionnaire was developed and distributed among fourth year medical students of MMC. Randomly selected 40 students were included in the study. Questions pertaining to the presence /absence of attributes of student centered & teacher centered learning were administered. Data was entered on SPSS version 22.

RESULT: Among 40 students, 24 (60%) students agree that in Student centered learning, students construct knowledge through gathering and synthesizing the information, 24 (60%) students agree Professor's role is to coach and facilitate, 25 (62.5%) students agree that educational environment is cooperative, collaborative, and supportive, 22 (55%) students prefer a lecture where the teacher does most of talking and explaining, 19 (47.5%) students agree that in Teacher centered learning, knowledge is transmitted from professor to the student. 26 (65%) students agree Instructor role is to be primary information giver and primary evaluator. 19 (47.5%) students agree Educational environment is competitive and individualistic. 23 (57.5%) students Teacher asks questions for information or clarification.

CONCLUSION: Student centered learning seems to be a hallmark of current educational strategy employed in MMC Curriculum.

KEY WORDS: Student centered learning, teacher centered learning, Medical students.

WORD COUNT: 275



Personality Self-Assessment of Male Students of Muhammad Medical College Residing In Hostel

Syed Raza Muhammad¹, Syed Razi Muhammad²
Fourth year students¹, Department of Surgery Muhammad Medical College ²

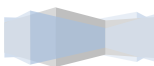
BACKGROUND: A survey of 12 questions has been developed by Friedman et al which can be used for self-assessment of personality. This test is based on Dr.Terman's research as well as research conducted by Friedmn et al. We used this personality test questionnaire for girls residing in hostels of MMC. The objective of this study was to measure the personality self-assessment of male students of Muhammad medical college (MMC) residing in hostel.

METHODOLOGY: Boys of all 5 classes of MMC, residing in hostels were asked to fill the self-assessment questionnaire. The responses were in Likert style. Each item scored 1-5. Scores were obtained as available for items 1, 4, 6,9,11 and 12. But for items 2, 5, 8 and 10, scores were reversed. Items 3 and 7 were eliminated as they were deliberately kept irrelevant. Hence the total available scores were 50. A total of 18 students of 1st year, 12 students of 2nd year, 16 students of 3rd year, 15 students of 4th year and 12 students of final year filled the self-assessment forms. Those who scored 10-25 were labelled as having low conscientiousness. Those who scored 26-36 were labelled as having medium conscientiousness. Those who scored 37-50 were labelled as having high conscientiousness. The students were grouped according to their classes. Later, we asked their roommates to answer the 12 questions as how they perceived the personalities of their room partner, so we could compare the boys' self-assessment with that done by their roommates.

RESULTS: The average scores of self-assessment was as follows: First year 35.72, Second year 32.91, Third year 31.5, Fourth year 31, Final year 30.41. All boys 32.3. The average scores of assessment by their roommates were as follows: First year 32.5, Second year 31.75, Third year 29.56, Fourth year 29.13, Final year 30.25. All boys 30.6.

CONCLUSION: Average scores of the self-assessment reveals that the overall self-assessment of all classes averaged have medium conscientiousness, 1st year having the highest of 35.72. Assessment by their roommates averaged medium conscientiousness as well, again 1st year having the highest of 32.5. In overall average, students gave themselves higher scores than their roommates did. There was a close match between the self-assessment and peer assessment by roommates which suggests that the results may be reliable.

KEY WORDS: Personality, Self-assessment, hostel, medium conscientiousness



Reconstruction of penile and scrotal defects – a study of 32 patients

Dr. Bilal Fazal Shaikh, Prof. Mahesh Kumar

OBJECTIVE: To determine the outcome of the reconstructive procedures utilized for the reconstruction and coverage of penile and scrotal wounds in terms of their success and complications.

METHODOLOGY: Prospective observational study conducted from January 2011 to December 2012 at Department of Plastic & Reconstructive Surgery, Liaquat University Hospital, Jamshoro and private medical setup. A total of 32 patients were included in this study after obtaining the informed consent.

RESULTS: the most common cause of injury to penile and scrotal region was avulsion (40%) followed by Fournier's gangrene (31%). Burns defect was seen in 9.3% of cases. Most common complication was tip necrosis of flap seen in 3% of cases.

CONCLUSION: Split thickness Skin grafting is an easy option with acceptable aesthetic and functional results. Primary closure of the scrotal wound by stretching and expanding is ideal when up to 1/3rd of the residual scrotal skin is available

KEY WORDS: Reconstruction of penile, Scrotal Defects, Prospective observational study

WORD COUNT: 143



Peer assessment of professional competence.

Safeer A Javid¹, Hashaam Khalid¹, Syed Razi Muhammad², A.B. Rajar³, Syed Imran Mehmood⁴.

¹Final year M.B.B.S, ²Dept of Surgery, ³Dept of Community Medicine, ⁴Dept of Medical Education

Background: Current assessment formats for students reliably test core knowledge and basic skills. Methods for assessing other important domains of competence, such as interpersonal skills, humanism and teamwork skills, are less well developed. This study describes the development, implementation and results of peer assessment as a measure of professional competence of medical students to be used for formative purposes.

Aims: The present study describes the development and implementation of a peer assessment protocol (PAP) for undergraduate medical students. Peer assessment in medicine has been used for a variety of purposes. Peer assessment is a reliable and valid method for assessing 2 dimensions of clinical performance: (1) a cognitive/clinical management dimension, and (2) a humanistic/psychosocial dimension.

Methodology: Final year students from different groups selected from Muhammad medical college to assess their professional competence by their peers using an assessment instrument. Randomly selected classmates were assigned to assess each student. The responses were analyzed to determine the reliability and validity of the scores and to explore peer assessments.

Results: The results of students analysis suggest a 2-dimensional conceptualization of professional competence Work Habits and the other factor represents Interpersonal Habits. Dimensions assessed :1Preparation for sessions 2 respect 3 understanding with peers 4 trustworthiness .Student A ([1]70% agree,[2]60% agree,[3]70% agree and [4]100% agree) Student B ([1]30% agree,[2]50% agree,[3]30% agree,[4]30% agree) student C ([1]50% disagree,[2]60 agree,[3]70% agree,[4]60% disagree) Student D([1]60% disagree,[2]70% agree,[3]60% agree,[4]50% agree).

Conclusion: Our findings suggest that it is possible to introduce peer assessment for formative purposes in an undergraduate medical school programme that provides multiple opportunities to interact with observable peers.

KEYWORDS education, undergraduate/educational measurement/professional competence/attitude of health personnel; peer review.



Audit of Gynecology ward at Muhammad Medical College Hospital (MMCH)

Authors: Shehnaz Zulfiqar¹, Maria Abbas¹, Anam Liaqat¹, Safeer Javed¹ (Final year students)
Supervisors: ¹Prof. Dr. Amna Memon, ²Dr. Qamar un nisa, ³Dr. Asma Jamshaid, ⁴Dr. Lata (Department of Gynaecology)

Abstract

Introduction

Women health has always remained neglected, because of the traditional reductionistic approach to women health research. In developing countries reproductive morbidity greatly affects the quality of a woman's life and until recently this form of ill health has been ignored by woman herself, planners and researchers. Gynecological morbidity include conditions of the reproductive tract not associated with a particular pregnancy such as reproductive-tract infections, fibroids, UV prolapse, HMB and infertility.

Objective:

The purpose is to evaluate the burden of gynecological diseases in gynecology ward of MMCH.

Methodology:

A retrospective study was conducted at the Department of Gynecology among outdoor and admitted patients, at Muhammad Medical College Hospital, from January 2014 to July 2015. Data was collected from the Gynecology outpatient's records, in which the presenting symptoms, clinical diagnosis and investigations were recorded. Information on various symptoms, ages, clinical findings and diagnosis of 346 women were recorded. Frequency of each morbidity was calculated separately.

Results:

Total 346 patients were recorded among them 344 (99.4%) were married and 2 (0.6%) were unmarried with ages mostly falling in 30-45(59.4%). 22(6.4%) were educated and 324(93.6%) were uneducated. UV prolapsed was the commonest gynecological problem encountered n=63(18.2%). The rest included fibroid uterus n=51 (14.7%), heavy menstrual bleeding n=34 (9.8%), PID n=29(8.4%), UTI n=26(7.5%), Anemia n=23(6.6%), Amenorrhea n=21(6.1%), Dysmenorrhea n=18(5.2%), ovarian cyst n=13(3.8%), Pelvic and vaginal mass n=13(3.8%) and others n=55(16.2%) including ovarian mass, Dermoid cyst, Vaginal cyst, Infertility, Irregular menstrual cycle, chocolate cyst and Endometriosis.

Conclusion: A number of women are seeking help for the varying severity of gynecological morbidity, ranging from mild discomfort to overt disability. The major gynecological morbidities identified are UV prolapsed, Fibroid uterus and Heavy Menstrual Bleeding. This study highlights the need for addressing and prioritizing resources towards these women health issues which affect women's ability to fulfill a wide range of diverse roles.

Keywords: Audit, Gynecological diseases, UV prolapse, MMCH

Word count: 304



To Asses Adverse Childhood Experience Score in our Social order.

Authors: Safeer Ahmad Javid¹,Shehnaz Zulfiqar¹,Maria Abbas¹ , Anam Liaqat (Final year students)

Supervisors: Prof. Dr. Syed Razi Muhammad, Dr. AB Rajar (Department of Surgery,³Department of Community Medicine)

Abstract

Background: The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. The study is collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego. Studies suggest strong links between adverse childhood experiences (ACEs) and poor adult health and social outcomes. When humans are young, their world revolves around their parents or primary caregivers. Child abuse violates the trust at the core of a child's relationship with the world (Walker, 1994). When the primary relationship is one of betrayal, a negative schema or set of beliefs develops. This negative core schema often affects an individual's capacity to establish and sustain significant attachments throughout life.

Aim: To Asses Adverse Childhood Experience Score in our Social order.

Methodology: A cross sectional study was conducted. Sample size of n=150 people selected randomly from different social classes through an online survey and using Adverse childhood experience questionnaire.

Results: Candidates who took part in study were of mean age 20-25. total 150 candidates solved the questionnaire with mean score of 2.5 out 10. There were n=86 (57.33%) males and 65 females (43.66%). Score achieved '0' (20%), '1'(30%), 2(33%), 3 or more (16.27%). Psychological issues seen in n=35(23.33%) , violence n=91 (60.66%) and sexual abusen=23s (15.3%)

Conclusion: The ACE is fairly common in our society, measures should be taken against domestic violence and child abuse. Laws should made by government against it and civil society should play an active part to educate against it. As adverse experience in childhood hinder child's neuro development.

KEYWORDS: Adverse Childhood score, Asses, Socail order, life, Relationships.

Word count:



Anencephaly: Case Report

Authors: Shehnaz Zulfiqar, Safeer Ahmad Javid, Ayat Shakoor

Supervisors: Dr. Bilawal, Dr. Masood Ul Hassan, Dr. Hassan Memon.

Department of PEADS, Department of Community Medicine.

Anencephaly is congenital absence of a major portion of the brain, skull and scalp. It results due to the defective neurulation process, which is defined as the process of neural tissue formation from the ectoderm. In anencephaly the abnormality occurs in neurulation of the cranial part. Due to this the neural tissue is exposed and is not covered with the skull. The development of the cerebral hemispheres is also absent. If at all any amount of neural tissue is formed, it may show destructive changes like hemorrhage. It can be diagnosed in-utero on ultrasound examination and by elevated maternal serum levels of alpha fetoprotein (AFP). It is, usually, associated with polyhydramnios. About 65% of the cases of anencephaly die in utero, and some may be delivered prematurely. Infants born with anencephaly show permanent unconsciousness, due to lack of functioning cerebral cortex and varying degrees of brain stem functions causing brain death.

Case Report:

A pregnant woman of G2P1L1 aged 28 years, resident of Khipro Mirpurkhas presented at MMCH with 29 weeks of gestation without any prior antenatal checkups. Previous history shows one vaginal delivery at home with a normal child. On examination, abdomen was over-distended with fundal height of 36 weeks/37cm abdominal girth was 83 cm. On sonography live fetus with anencephaly was detected. There was no history of iron and folic acid intake. No history of any chronic illness, drug or radiation exposure identified. Labor was induced with prostaglandin E1 and she delivered vaginally a stillborn anencephalic female baby with cephalic presentation, weighed 1000 g. The baby died 48 h later. The postpartum period was uneventful and the patient was discharged.

Keywords: Anencephaly, fetus, Ultrasound, Fetal death, MMCH.

Wordscount: 295



Medical student's perceptions of the educational environment in Muhammad Medical College, cross-sectional study using the Dundee Ready Education Environment (DREEM) questionnaire.

Authors: Shehnaz Zulfiqar, Maria Abbas, Sher Ali, Anam Liaqat (final year students) **Supervisors:** Dr. AB Rajar (Community Medicine Department), Dr. Muhammad Imran (Medical Education Department), Prof. Dr. Syed Razi Muhammad (Department of Surgery)

Abstract

Background: The Dundee Ready Education Environment Measure (DREEM) has been used in various studies to evaluate the educational environment. It is a validated inventory for the said purpose.

Objective: The objective of this study was to assess student's perceptions of the educational environment in MMC using the Dundee Ready Educational Environment Measure (DREEM).

Materials and Methods: A cross-sectional study design was conducted. A total of 170 4th year and final year medical students, aged 20-25 years were included in the study. DREEM has 48 items, each rated from 0–4 (Likert scale: 0, strongly disagree to 4, strongly agree), that measure five domains: students' perceptions of learning; perceptions of teachers; academic self-perception; perceptions of the atmosphere; and social self-perception.

Results:

The questionnaire was completed by 170 students (response rate 85%). Study include 51 females (30%) and 119 (70%) were males. Studied groups include 79 (46.5%) 4th year students and 91 (53.5%) were final year students. The student's perception of learning was high (32.4%). Students were well encouraged to participate in class, teaching was highly stimulating, well focused, sufficiently concerned to develop student's confidence and encouraged them as an active learner. The student's perception of teaching was found to be very high (48.8%). Students were perfectly agreed that teachers were authoritarian. They are always patient with patients and have good communication skills with patients. They were good at providing feedback and constructive criticism to the students. (25.9%) agreed that teachers ridiculed the students and get angry in class. Students have very high academic self perception (70%). Students were highly confident about passing this academic year. They learned a lot about empathy in their profession and were able to memorize all they need. Student's perception of atmosphere was very low (35.3%). Atmosphere is not relaxed during lectures, ward teachings, seminars and tutorials. They were hesitated to ask any question, felt socially uncomfortable in class and atmosphere discouraged them as a learner. Student's self perception was very high (88.2%). Students were too tired to enjoy the course, their social life was good and had good friends in college. (11.8%) students have positive perception that there is no supporting system for students who get stressed and study course was quite boring for them.

Conclusion:

The DREEM results show that educational environment at MMC is healthy, nurturing and highly conducive to learning with a room for improvement.

Keywords: DREEM, Perception, Educational Environment, Questionnaire.

Word count: 352



Is fatty liver associated with other medical conditions?

Authors: Shehnaz Zulfiqar¹, Ahmad Faraz, Ayat Shakoor, Safeer Ahmad Javid¹. (Final year Students)

Supervisors: Dr. Abdul Qadir², Prof. Dr. Noor Ali Memon, Prof. Dr. Syed Razi Muhammad² (Department of Medicine) (Department of Surgery)

Abstract

Background: NAFLD (non alcoholic fatty liver disease) is the presence of liver fat accumulation exceeding 5% of hepatocytes in the absence of significant alcohol intake (20 g per day for men and 10 g per day for women), viral infection, or any other specific etiology of liver disease. According to WHO, In China alone, nonalcoholic fatty liver disease, and alcoholic liver disease, affect approximately 300 million people. The number of patients with alcoholic and nonalcoholic fatty liver diseases is rising at an alarming rate.

Aims: To find out the association of fatty liver with other medical conditions.

Methodology: A retrospective study was conducted from August 2014-august 2015 at MMCH and Liver and GI Clinic New town Mirpurkhas in patients attending the Liver OPD or admitted in Medicine ward of MMCH. The data was entered and analyzed by SPSS version 22.

Results: Total number of n=95 patients were included in the study, n=11 males (11.6%) and n=84 females (88.4%). Studies show that n=53 (55.8%) patients were obese and n= 56 (58.9%) were diabetic. HCV was positive in n=21 (22.1%) and HCB was positive in n=12 (12.6%). N=53 (55.8 %) were hypertensive and n=18 (18.9%) were hypothyroid. SGPT was raised in n=65(68.4%) and hyperlipidemia was found in n=58(61%) patients. n=95(100%) shows fatty liver on ultra sound .

Conclusion: According to our studies fatty liver found to be associated obesity diabetes Hypertension, hypothyroidism, hyperlipidemia. Further studies are required to prove more association with other disease.

Key words: fatty liver , medical ,conditions,hypothyroid,SGPT,Hypertensive.

Word count: 291



A Case Report of SLE reported at MMCH.

Authors: Shehnaz Zulfiqar, Maria Abbas, Safeer Javed, Anam Liaqat (Final year Students)

Supervisors: Dr. Fayyaz Memon, Dr. Atif, Prof. Dr. Noor Muhammad Memon (Department of Medicine)

Abstract

Introduction:

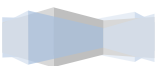
Clinical presentation of systemic lupus erythematosus varies among different populations. The gastrointestinal manifestations of SLE can involve any part of the gastrointestinal tract. Diarrhea in patients with SLE generally results from parasitic or bacterial intestinal infections and chronic pancreatitis or drugs such as azathioprine. Rarer complications of SLE, including protein-losing enteropathy, intestinal pseudo-obstruction and SLE-associated disorders such as celiac disease, can also cause diarrhea. Diarrhea has been reported to be the initial complaint of SLE in mostly female patients. Here we reported the case of a 40- year old man with chronic diarrhea as the presenting complain of SLE.

Case Report:

The patient, resident of Digri, came in MMCH OPD with the complain of non bloody diarrhea lasting for three months with a low grade fever, vomiting and weight loss. Six years previously, he had been noted to have hypertension. Eight months previously, the patient had been diagnosed with paranoid schizophrenia. His laboratory results were as follows: hemoglobin: 10.6 g, platelets: $185 \times 10^9/L$, ESR: 89 mm/hr, urea: 7 mmol/L and creatinine: 90 $\mu\text{mol/L}$. He was an ex drinker and smoked -10 cigarettes/day. On admission, he had severe pallor, crusted lips, retromolar mucosal erosions, bilateral pitting pedal edema, bilateral wheezes with infra- axillary and infra-scapular crackles and intention tremors. His liver function and electrolyte results were normal. Bacterial and fungal cultures of blood, urine and stools were sterile. Other test results showed fatty liver, esophagitis and mild duodenal nodularity, anal fissure. Biopsies of the ileum and colon showed lymphatic dilatation and chronic inflammatory infiltrates. Ectrocardiography, echocardiography and CT scan of the abdomen were normal. A renal biopsy revealed diffuse proliferative glomerulonephritis. Treatment with mycophenolate mofetil at a dose of 1 g BID was given to treat persistent symptoms with significant relief.

Key words: SLE, male, MMCH, Diarrhea.

Word count: 280



Spectrum of diseases in patients admitted to surgical ward in MMCH with non-gynecological, non-traumatic, acute abdomen

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Supervisors: Prof. Dr. Syed Razi Muhammad, Dr. Rehmatullah Somro (Department of Surgery)

Abstract

Object: To identify the Spectrum of diseases in patients admitted to surgical ward with non-gynecological, non-traumatic, acute abdomen.

Methodology: Retrospective study of cases of acute abdomen with non-traumatic and non-gynecological cause registered in MMCH from **31 December 2014 to 31 July 2015**. A total of 198 cases were reviewed for this research and college's ethics committee approved for this project.

Result: During the period under review, a total of 198 patients were presented with non-traumatic and non-gynecological acute abdomen of which there were n=105males (53.03%) and n=93females (46.96%). The highest incidence of acute abdomen was with Cholecystitis (33.38%) was found in female patients of 30-40 years age group, followed by Appendicitis (12.62%) in 20-30 years of age group and then Pyelonephritis 22 (11.11%) in age group of 20 to 30 years. Intestinal Obstruction 13(6.5%)

Conclusion:

Cholelithiasis was the most common cause of admission in surgery ward of MMCH while ca pancreas and ca gallbladder was a rare manifestation in this region.

Key words: Acute abdomen, surgery audit, non- traumatic, non- gynaecological

Word count: 240



To compare the results and complications of Medical and Surgical treatment of anal fissure

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Abstract

Objective: To compare the results and complications of Medical and Surgical treatment of Anal fissure.

Methodology: A retrospective study was carried out at MMCH, in the department of Surgery from January 2014 to July 2015. The total number of patients were 18, which were attending the Surgical OPD or admitted in Surgical ward for treatment. All patients were divided into 2 groups.

Group A: Treated medically by 0.5% Nifedipine ointment

Group B: Treated Surgically (Lateral internal Sphincterotomy)

Results:

Out of 18 patients, 11 (61.1%) were males and 7 (38.8%) were females. Majority of patients were falling in age group 35 – 45 years. 8(44.4%) were treated medically by 0.5% Nifedipine ointment on their wish. 10(55.5%) patients were treated surgically. Patients treated by Nifedipine ointment, healing rate was 6/8(75%) and recurrence rate was 2/8 (25%). Those who were treated surgically healing rate was 10/10 (100%) and recurrence rate was (0%). Complication of medical treatment was headache. Surgical complications were rarely observed.

Conclusion:

Surgical treatment provide 100% healing to all patients, but for the patients who did not consent or fit for Surgery were treated medically with 75% healing rate.

Key words: Anal fistula, surgical treatment, medical treatment.

Word count: 220



AN AUDIT OF INVESTIGATION DONE IN MMCH DURING LAST FIVE YEARS

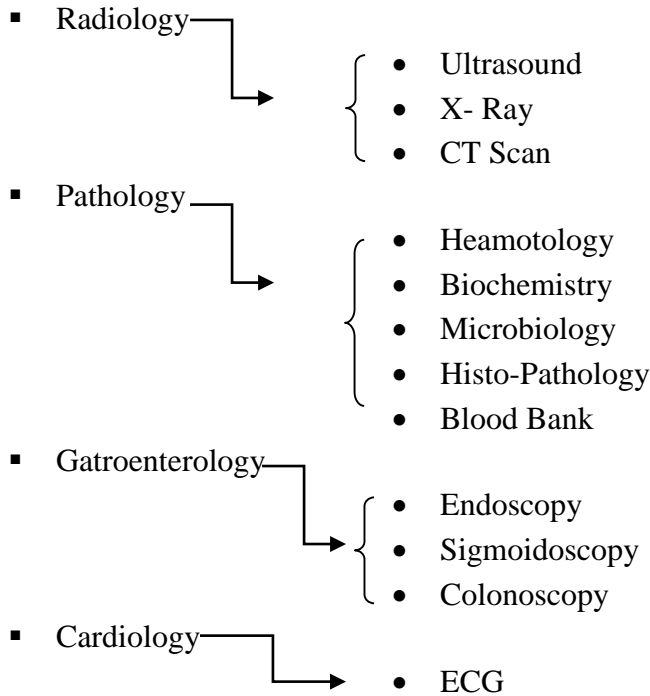
By: Electronic Medical Record (EMR) Department, MMCH

Facilitators:

Prof. Dr. Syed Razi Muhammad, Dr. M. Aquil Chohan, Dr. Hanif Khan, Dr. Humayoon Bhatti
Dr. Gohar Rathore, Dr. Shamim khan

➤ **Introduction of MMCH Diagnostic Block:**

○ Investigations done in MMCH in these department



➤ **Methods:**

- A fine auditing of investigation is done all related departments in MMCH
- Last five year’s Data were collected & confined analyzes was performed.
- The data includes Male, Female, age groups, most common investigations & Findings.

➤ **Total Investigation done in MMCH during last five years**

Department	Section	Male (No & %)	Female (No & %)	Total (No & %)
Radiology	U/Sound	3300 (44.79%)	4067 (55.20%)	7367 (1.89%)
	X-Ray	3179 (55.33%)	2545 (44.46%)	5724 (1.47%)
	CT Scan	990	880 (47.05%)	1870 (0.48%)

		(52.94%)		
Pathology	Heamotology	43210 (63.33%)	25011 (36.66%)	68221 (17.54%)
	Biochemistry	203175 (70.0%)	87075 (30.0%)	290250 (74.64%)
	Microbiology	1233 (36.14%)	2178 (63.85%)	3411 (0.87%)
	Histo-Pathology	687 (45.49%)	823 (54.50%)	1510 (0.38%)
	Blood Banking	7970 (95.47%)	378 (4.52%)	8348 (2.14%)
Gastroenterology	Endoscopy	367 (48.03%)	397 (51.96%)	764 (0.19%)
	Sigmoidoscopy	32 (68.08%)	15 (31.91%)	47 (0.01%)
	Colonoscopy	12 (70.58%)	05 (29.41%)	17 (0.004%)
Cardiology	ECG	731 (55.7%)	80 (44.24%)	1311 (0.33%)
Total		264886 (68.12%)	123954 (31.87%)	388840

➤ **Average Age Group**

Child < 15	Adult 15 - 45	Old > 45
26458 (6.80%)	219415 (56.42%)	142967 (36.76%)

➤ **Results:**

Most common investigation

Ultrasound Abdomen	n = 5218 (1.34%)
X-Ray Chest	n= 3165 (0.8%)
X-Ray Limbs (bones)	n=745 (13.01%)
Blood CP	n = 33787 (8.68%)
LFT	n = 26943 (6.92%)
Urea Cretinine	n = 29307 (7.53%)
Electrolytes	n = 31263 (8.04%)
Urine DR	n = 13713 (3.52%)
CT Brain	n = 673 (6.92%)

➤ most commonest findings after investigation

Liver Parenchymal Disease	n = 803
Cholelithiasis	n = 625
Renal Infections / Calculi	n =1044
Pulmonary Infection & COPD	n =2163



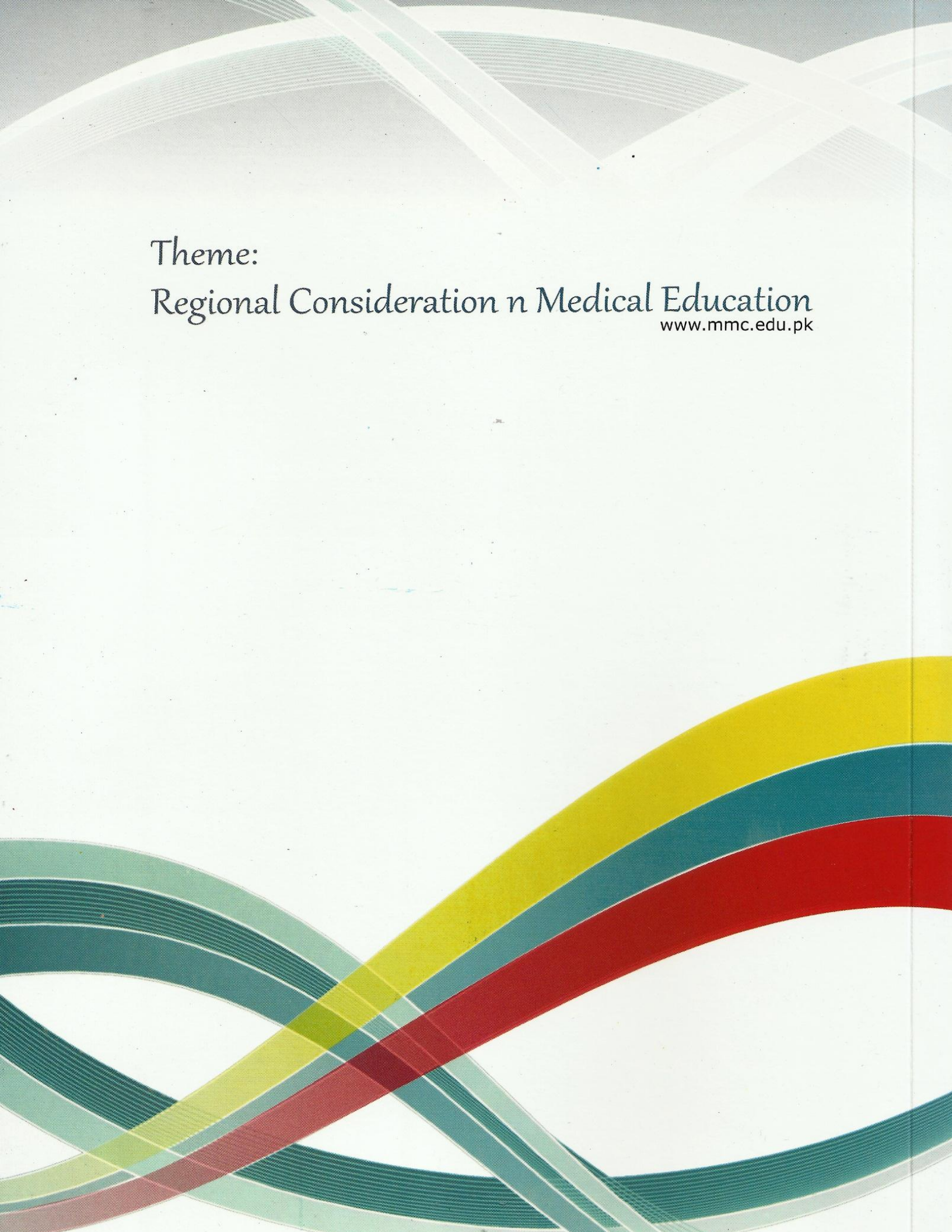
Traumatic & Degenerative changes	n =711
Infections	n =84097
Anemia	n =27547
Platelets Disorder	n =26371
Varices	n =224
Gastiritis	n =191
Stroke	n =417

➤ **Conclusion**

According to the investigation.

Blood Infections, Anemia & Platelets disorder most common findings in Pathological investigation. Liver Parenchymal Disease, Cholelithiasis, Renal Infections & Calculi, Traumatic & degenerative changes and cerebral infarction are common in Radiological investigation. In Gastroenterological investigation Varices & Gastiritis are common findings.





Theme:

Regional Consideration n Medical Education

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