

ABSTRACT BOOK



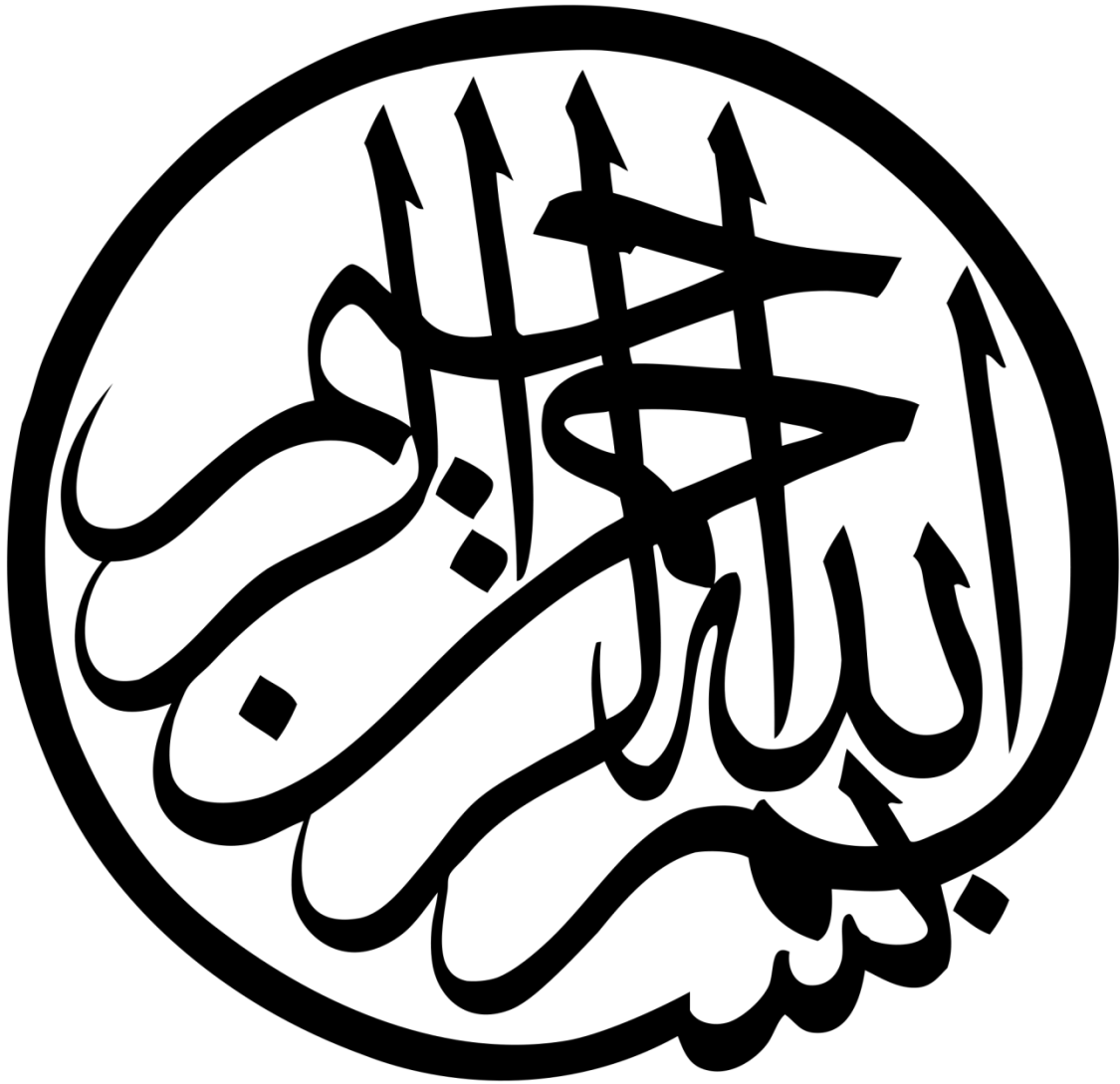
17th Annual Medical Symposium

24th - 26th September 2019

Theme:

Tele-Medicine
in Rural areas of Pakistan





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ABSTRACT

GUESTS / FACULTY SPEAKERS

CLINICAL PRACTICE GUIDELINES ON NUTRITION IN CHRONIC LIVER DISEASE.

Dr: Abdul Qadir Khan FCPS, MSC, MACG
Consultant Physician and Gastroenterologist
Professor and Head of Department of Medicine/Gastroenterology
Muhammad Medical College/Hospital Mirpurkhas

INTRODUCTION: Malnutrition is a frequent burden in cirrhosis, in 20% of patients with compensated cirrhosis, In >50% of patients with decompensated cirrhosis. Progression of malnutrition is associated with progression of liver failure, may be less evident in compensated cirrhosis, easily recognizable in patients with decompensated cirrhosis, Both adipose tissue and muscle tissue can be depleted, in female patients, depletion of fat deposits is more frequent, In men, loss of muscle tissue is more rapid, Malnutrition and muscle mass loss (sarcopenia), which is often used as an equivalent of severe malnutrition,¹ associate with complications, Susceptibility to infections, Hepatic encephalopathy, Ascites. As malnutrition is associated with worse prognosis, all patients with advanced chronic liver disease, especially decompensated cirrhosis, should undergo a rapid nutritional screen, two criteria stratify patients at high risk of malnutrition being underweight (BMI <18.5 kg/m²), advanced decompensated cirrhosis (Child–Pugh C), All patients at risk of malnutrition should undergo detailed nutritional assessment by a registered dietician or nutrition expert, Cirrhosis is a state of accelerated starvation characterized by a rapid post-absorptive physiology and reduced respiratory quotient, Protein synthesis is decreased and gluconeogenesis from amino acids increased, necessitating proteolysis, which contributes to sarcopenia. Energy supply needs to balance total energy expenditure (TEE). Most interventions aim for ≥ 35 kcal/kg.BW/day.

TREATMENT: Vitamin deficiencies in liver disease are generally related to hepatic dysfunction and diminished reserves, Inadequate dietary intake and malabsorption increase with disease severity, a majority of liver disease patients considered for liver transplantation present with vitamin A and D deficiencies. Vitamin D levels <20 ng/ml are reported in chronic cholestatic conditions, and often inversely correlate with disease severity and Child–Pugh score, A balanced diet is recommended including calcium and 25(OH)D supplements to preserve normal levels.

WORD COUNT: 318

AN AUDIT OF VARIOUS BLOOD AND HISTOPATHOLOGICAL TESTS DONE IN MUHAMMAD MEDICAL COLLEGE HOSPITAL 1ST AUGUST 2018 TO 31 JULY 2019 MIRPURKHAS.

Supervised by **Prof Dr Syed Razi Muhammad.**

Dr. Hyder Ali Pehilwani Rind.

Muhammad Medical college Mirpurkhas)

TITLE : An audit of various Blood And Histopathological Tests Done In Muhammad Medical College Hospital Mirpurkhas.

BACKGROUND: Blood tests and histopathological test were done in Pathological to find out the abnormalities.

METHODOLGY: Total 52477 test were done in Muhammad Medical College Hospital Mirpurkhas, 26552 patients were Males and 25925 patients were females, in sections wise HAEMATOLOGY 7863 were males and 4822 were females, BIOCHEMISTRY 13187 were males patients and 16236 were females patients, MICROBIOLOGY 545 were males patients and 298 were females patients, HISTOPATHOLOGY 289 were males patients and 403 were females patients, MOLECULARBIOLOGY 4563 test were done.

RESULTS OF BLOOD WITH MEAN RANGE AND MALE FEMALES DIFFERENCE.

TEST	Male			Female		
	No of Test	Mean	Range	No of test	Mean	Range
Hb	2605	8.5	13 - 16G	1600	6.9	11 - 15G
TLC	3002	4.9	4 - 11(10*3)	1611	7	4-11(10*3)
Platelets	3002	200	150-450(10*3)	1611	120	150-450(10*3)
Urea	1196	26.8	14 - 38	2458	44	14 – 38
Creatinine	1196	1.8	0.5 - 1.2	2458	2.2	0.5 - 1.2
K+	1208	3.5	3.8 - 5.2	2458	3.5	3.8 - 5.2
Cl	1306	95	98 - 107	2458	110	98 – 107
Na	1306	130	136 - 146	2458	142	136 – 146
Bilirubin T	1056	1.2	< 1.0	1224	1.1	< 1.0
ALT	1056	29	< 42	1224	26	< 32
ALP	1056	105	< 260	1224	96	< 270
AST	316	23	< 36	91	13	< 36
Protein	203	5.5	7.0 - 9.0	402	6.9	7.0 - 9.0
Albumin	203	3.4	3.8 - 5.5	402	3.3	3.8 - 5.5
Globulin	203	1.4	2.8 - 4.0	402	1.8	2.8 - 4.0
A/G Ratio	203	0.8	1.1 - 2.0	402	1	1.1 - 2.0
Ck-MB	117	19	< 25	35	31	< 25
T3	506	0.2	0.5 - 1.8	621	1.6	0.5 - 1.8
T4	506	6	4.4 - 10.8	621	7.8	5.1 - 13.5
TSH	645	4	0.3 - 5.0	621	1.6	0.3 - 5.0
Ferretin	45	12	16 - 220	31	156	16 – 220
AFP	123	26	< 8.0	153	6.8	< 8.0
T,Lipid	521	513	450 - 800	135	349	450 – 800
Cholesterol	521	136	< 200	135	116	< 200
Triglyceride	521	99	< 260	135	110	< 290
HDL	521	43	< 39	135	42	< 43

POST TUBERCULOSIS BRONCHIECTASIS WITH COR PULMONALE

Dr: Tariq (H/O MMCH)
Under supervision of
Prof: Dr Abdul Qadir (HOD medicine MMCH)

ABSTRACT: We present a case of 47 years old woman came for evaluation of productive cough with thick greenish/yellow phlegm

HISTORY BASED CASE PRESENTATION: A 47 years old non smoker woman came through opd for evaluation of productive cough with thick greenish/yellow phlegm and occasionally frank hemoptysis from last three years she also complain of dyspnea, low grade fever and gradual weight loss, in her past history she was treated for pulmonary tuberculosis

PHYSICAL EXAMINATION: she was underweight with no acute distress and she also has JVD, exam of extremity shows clubbing and pedal edema, scattered Rhonchi and coarse crepitations were audible on auscultation of the chest

DD was made. Bronchiectasis, lung abscess, pulmonary tuberculosis, bronchogenic carcinoma
Lab shows increase in wbc, CXR shows ring like translucent shadow involving the lower lobe of right lung. HRCT of chest shows dilation of bronchi . ECG shows p pulmonale and Right axis deviation
Diagnosis: Post Tuberculosis Bronchiectasis with cor pulmonale **Treatment Started In**

HOSPITAL: O₂ inhalation continuously, bronchodilators, antibiotics, Chest physiotherapy, diuretics,

INTRODUCTION: Bronchiectasis is a disease caused by recurrent infection and inflammation of bronchi/bronchioles that lead to fibrosis, remodeling and permanent dilation of bronchi

EPIDEMIOLOGY: The prevalence and incidence of bronchiectasis are not known accurately . Disease affect 1 per 1000 upto 250000 adults , more common in female

CAUSES: Allergic broncho pulmonary Aspergillosis, cystic fibrosis, kartagener syndrome, pulmonary tuberculosis

TREATMENT: postural drainage , Antibiotics, chest physiotherapy, lobectomy, and lung transplantation

PREVENTION: Childrens should be immunized against measles, pneumonia, pertussis and other respiratory infections.

COMPLICATION: Infections. Cor pulmonale , pulmonary hypertension, lung abscess.

HISTORY: Rene laennec the man who invented stethoscope used his invention to first discover bronchiectasis in 1819..

TO DETECT THE POSSITE AND NEGATIVE CASES OF HEPATITIS B AND HEPATITIS C PCR, VIRAL LOAD IN MMCH MIRPURKHAS

Supervised by Prof: **Dr Syed Razi Muhammad.**

Dr Hyder Ali Pehilwani Rind

Aisha Areeba, Ume Farwa Uzma Noor, Shahista Mari (student of MBBS MMC)

Gulshan Saba (Microbiologist)

(Student Of finalYear MBBS , MMC Mirpurkhas)

Muhammad Medical College Hospital Mirpurkhas

TITLE: TO DETECT THE POSSITE AND NEGATIVE CASES OF HEPATITIS B AND HEPATITIS C PCR, VIRAL LOAD.

BACKGROUND

Hepatitis is a common viral infection in our populations and specially in rural areas, this study was done to find the hepatitis infections rate. Study was find to the particular Type of Hepatitis.

METHODOLOGY: HEPATITS B (HbsAg) .

1296 patients' blood sample were obtained for the Hepatitis B (HbsAg) .Out of which 896 were males and 400 were females. Tests were conducted from Molecular lab MMCH on patients from 1st March 2018 to 31 December 2018.The Blood samples of the males and females were analyzed, Chemicals were used to performed extraction to separate the DNA .The DNA were taken to the next step. The last step to amplifications of DNA and after 2 hour results on screen with Viral load of viruses.

METHODOLOGY: HEPATITS C (HCV).

1950 patients' blood sample were obtained for the Hepatitis C (HCV) .Out of which 1150 were males and 800 were females. Tests were conducted from Molecular lab MMCH on patients from 1st March 2018 to 31 December 2018.The Blood samples of the males and females were analyzed, Chemicals were used to performed extraction to separate the RNA .The RNA were taken to the next step. The last step to amplifications of RNA and after 2 hour results on screen with Viral load of viruses.

RESULTS: HEPATITS B (HbsAg)

Among males 296 (72.07%), Hepatitis B (HbsAg) were positive and 86(27.93%) female's Hepatitis B (HbsAg) were positive.

Overall 211 Hepatitis B (HbsAg) were positive. The highest HBV titer result 89067852 i-u/ml, and lowest HBV titer result 26 i-u/ml

RESULTS: HEPATITS 'C' (HCV)

Among males 1452 (75.033%), Hepatitis 'C' (HCV) were positive and 498(23.76%) female's Hepatitis 'C' (HCV) were positive.

Overall 903 Hepatitis C (HCV) were positive. The highest HCV titer result 3691096 i-u/ml and Lowest HCV titer 35i-u/ml.

CONCLUSION: We found that , We find Out that the he Hepatitis 'c' (HCV) is a common virus and rapidly increase in society, we should be focused Hepatitis cases its very harmful Infection .

RECOMMENDATION:

Over all Study of Cases Of Hepatitis, we found that prevention of Hepatitis and Counseling is the best way to decrease the cases of Hepatitis in population, (we should be more focused on rural areas.)

AN AUDIT OF BLOOD TRANSFUSION AND BLOOD GROUPS WERE DONE IN MUHAMMAD MEDIAL OLLEGE HOSPITAL MIRPURKHAS

Supervised by Prof Dr. Syed Razi Muhammad
Dr. Hyder Ali Pehilwani Rind
Ume Farwa, Uzma Noor Shar, Aisha Areeba Siddique,
(MBBS Student Muhammad Medial college Mirpurkhas)

TITLE: An audit of blood transfusion and blood groups were done in Muhammad Medial College Hospital Mirpurkhas.

BACKGROUND: Blood transfusion is common in Hospitals, in most of the Trauma RTA cases and in Surgery and also helpful in Anemic patients.

METHODOLGY: total 2751 patient blood were transfused 1348 (48%), were males patients and 1403 (52%) were female , from 1st-september-2017 to 31st – August -2019. Time periods are two years. The data collect from the Muhammad Medial College Hospital Mirpurkhas pathological Lab,

TOTAL TRANSFUSION

Sex	Numbers	%
Male	1348	48%
Female	1403	52%
Total	2751	99.9%.

RESULT BY AGE GROUP:

Age	Number	Percentage
Age < 1 y	256	16.96%
01 - 14 y	397	17.90%
15 – 44	651	16.96%
45 – 64	645	21.65%
> 64	801	26.51%

NO OF TRANSFUSION DEPARTMENT WISE:

Ward	Male	Female
OPD (CASULTY)	45	99
Medical 01	195	142
Medical 02	312	198
G & Obs	00	602
Surgical	245	108
Paeds	111	98
ICU	100	102
Neurology	45	12

NO OF BLOOD GROUP WHICH ARE TRANSFUSED:

BLOOD GROUPS:	Female	Male	Total
A +ve Positive	699	245	944
A-ve Negative	21	28	49
B+ve Positive	437	240	677
B-ve Negative	48	32	80
AB+ve Positive	231	201	232
AB-ve Negative	18	22	40
O+ve Positive	402	245	627
O-ve Negative	35	46	81

BLOOD GROUPS PERCENT IN POSITIVE AND NEGATIVE:

Group - ve	%	Group + ve	%
250	12.38%	2580	88.61%

Conclusion: In blood transfusion Study we found that the **A+Ve** blood group is more common and commonly transfused.

ABSTRACT
1st Year Student

ASSESSMENT OF LEVEL OF ANXIETY AMONG MMC STUDENTS

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Students of 1st Year MBBS ¹. Department of Community Health Sciences Muhammad
Medical College Mirpurkhas²

BACKGROUND: Anxiety can be defined as the anticipation of future harm or misfortune, accompanied by a feeling of dysphoria or somatic symptoms of tension. Medical students suffer to some levels of study anxiety, such as; have new experiences, environment and situation. These are like difficulty of subjects, new roommates, identity crises, cultural shock, and relationship problems in increase the anxiety. The aim of this study was to assess the level of anxiety among Medical students of Muhammad Medical College.

METHODOLOGY: This is a cross-sectional study that was done among Muhammad Medical College students from 5th August to 25th August, by distribution of questionnaire among the 100 students of MMC. The data was analyzed by SPSS version 22 and the study was conducted after approval of ethical committee of Muhammad Medical College.

RESULTS: Out of 100 students, 57% students have mild level of anxiety, 40% students have moderate level of anxiety and 3% students have severe level of anxiety. Almost all age groups were affected 23% (17-19 years) having mild anxiety, 19% with moderate anxiety (20-22). Females are more affected (57%) while male are (43%) of different level of anxiety.

CONCLUSION: The level of anxiety is high among girls than boys, more have moderate level of anxiety, a few of students have severe anxiety level. Majority have mild anxiety. Hence there is a need of early screening and psychiatric counselling of medical students.

KEYWORDS: Level of anxiety, Medical students, MMC.

Word Count: 274

ABSTRACT
2nd Year Student

DIETARY PATTERN AND ASSOCIATED ILLNESS AMONG STUDENTS OF MEDICAL COLLEGE, MPK 2019

Muhammad Haider Azhar¹, Nayab Memon¹, Asghar Baloch¹, MahrukhFatima¹, M.Asif Shah²

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Muhammad Medical College Mirpurkhas²

BACKGROUND: Recently, dietary pattern analysis has emerged as an alternative and complementary approach to examining the relationship between diet and the risk of chronic diseases. Conceptually, dietary patterns represent a broader picture of food and nutrient consumption, and it is predictive of disease risk. The aim of this study was to assess the dietary pattern and associated illness among the students of Muhammad Medical College, Mirpurkhas.

METHODOLOGY: This was a cross sectional descriptive study done from July to August 2019 among students of Muhammad Medical College, Mirpurkhas. Students n=100 were approached; a close ended questionnaire was administered for collection of relevant information. Data were entered and descriptive analyzed was done by using SPSS version 24.

RESULTS: Both gender are equal in number. Off total(24%) Students follow a balanced diet. (32%) students suffer from gastric acidity in last month. (27%) students have had food poisoning due to unhealthy eating in last 6 months. (45%) students feel like getting obese due to their dietary pattern. (13%) students have had increased blood pressure after having meal. (43%) students do feel nausea after eating mess food.

CONCLUSION: Higher percent of females have a balanced diet than males. There was a significant difference regarding dietary pattern associated illness and different years of students. Higher percent of students had nausea after eating mess food.

KEY WORDS: Dietary pattern, Balanced diet, Associated illness, MMC Students

WORD COUNT: 269

ABSTRACT
3rd Year Student

CHOICES OF SONGS AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPUR KHAS

Zoya Ismail¹Misbah Shaheen¹Kiran Sabir¹Asad Shabbir¹,Syed Razi Muhammad²
Students of 3rd Year MMC¹,Dean of Muhammad Medical College²

BACKGROUND: Mode of musical performance in which music is not listened to be a primary focus but its content and volume level are chosen to affect behavior and emotional response in human for relaxation, distraction and excitement.

METHODOLOGY:A Cross sectional study was conducted from 15thAugust to 15th of September 2019.Data was collected through an open-ended questionnaire. Over all 60 questionnaires were distributed throughout the college.The data was entered and analyzed in SPSS version 22.

RESULTS: From total of n=60 Students,n=30(50%) Male whilen=30(50%) were Female. Almostn=48 students listen to music 1-2 hours per day. N=50 students stream Youtube and n=10 stream Soundcloud. N=25 listen to music at home while relaxing and n= 35 students listen to music while working in gym.

CONCLUSION: According to our study mostly students listen to pop genre. They prefer to buy music online from free mp3 websites. Youtube is the most streamed platform. Atif Aslam is favorite of all students

KEY WORDS: Music, Songs, Singer, Downloading websites, MMC

WORD COUNT: 204

PREVALENCE OF OBSESSIVE-COMPULSIVE DISORDER(OCD) AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPUR KHAS

Umar Abdullah¹Maryam Saggi¹Mehwish Fatima¹Ayesha Inshal¹,Syed Razi Muhammad²
Students of 3rd Year MMC¹,Dean of Muhammad Medical College²

BACKGROUND: OCD is an anxiety disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations(obsessions) or behavior that make them feel driven to do something(compulsions) over and over again.

METHODOLOGY:A Cross sectional study was conducted from 15thAugust to 15th of September 2019.Data was collected through a close ended questionnaire consisting of 11 questions given to students. Over all 50 questionnaires were distributed throughout the college.The data was entered and analyzed in SPSS version 22.

RESULTS: From total of n=50 Students, n=25(50%) Male whilen=25(50%) were Female. Out of n=25 male students, n=20 were found normal and in n=5 students, symptoms of Mild OCD were found. Out of n=25 female students, n=15 were found normal and in n=10 students, symptoms of Mild OCD were found. Symptoms of Mild OCD are more in female students than male students. Female students of 2nd year and 4th year are at highest risk of having Obsessive Compulsive Disorder. No severe case of OCD was found during the study.

CONCLUSION: According to our study, symptoms of mild OCD were found among Students of Muhammad Medical College. Symptoms are more in Female students than Male students. Screening tests must be done for early detection of OCD. One must concern a psychiatrist for help and awareness.

KEY WORDS: Obsessive Compulsive Disorder, Medical Students, Screening tests, MMC.

WORD COUNT: 260

ABSTRACT
4th Year Student

AWARENESS ,USAGE AND REULTS OF VARIOUS DETOX DIET AMONG MEDICAL STUDENTS OF MMC

Shaistajawaid¹, Aqsa zahra¹ , SR AB Rajar²

INTRODUCTION: Detox diets are generally short-term dietary interventions designed to eliminate toxins from your body. A typical detox diet involves a period of fasting, followed by a strict diet of fruit, vegetables, fruit juices, and water. Sometimes a detox also includes herbs, teas, supplements, and colon cleanses or enemas. Detox therapies are most commonly recommended because of potential exposure to toxic chemicals in the environment or your diet. These include pollutants, synthetic chemicals, heavy metals, and other harmful compounds.

METHODOLOGY: A cross sectional study including 150 students of Muhammad Medical College (MMC), (15 boys and 15 girls from each class) was done between July to August 2019 Close ended questionnaire was used to collect data. Questionnaire was made by searching articles and by selecting the basic diets and form of diets on which student health could depend. Total questions were 29, based on simple knowledge about detox diet. By rule out frequencies and through cross tabs we find out the ratio of students using this diet. Data was entered and analyzed using SPSS version 22. Study protocol was approved by the Ethical committee of MMC.

RESULTS: Among (150) students (50%) were male and (50%) were female, predominant age was b/w (21-23) yrs. Among all of them (59) males and (63) females heard about detox diet. (77%) student find it from social media. (49) female and (42) males use detox diet. (48) of them done this through fasting . (57) student used this to lose weight and clear skin. (66%) of them improved their skin condition.

CONCLUSION: This study describes that most of the students have a high ratio of using detox diet and having good remarks. A little group of students are not using the diet and have some health problems so they can also recommended to use this diet for a healthy body.

KEY WORD: Awareness, usage, detox diet. MMC student

WORD COUNT:295

NARCISSISM AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

Masoomajaffri, Muhammad Ahmed Raza Paswal, Muhammad Nauman Malik, WasimNazir Khan.
SUPERVISOR: Dr Jamil Ahmed

OBJECTIVE: To pursue the psychological and social relations of narcissism is to enter a swamp. However, that swamp happens to be a real part of the world. Consider some of its dimensions:

METHOD: We have done cross sectional study in our research work. Our research work begun in August 2019 and took a month to complete. We targeted the students of Muhammad medical college for this purpose. And the quantity of the students was nearly 100. We analysed all the data on SPSS version 22.

INTRODUCTION: —Narcissism is an aspect of personal life without which human existence would not be thinkable. One treads softly about the word “normal” but in this case we must assume that narcissism, as the location of desire in the self, is ubiquitous, and indeed Trans historical. Moreover, when we talk of a “healthy narcissism,” we are not positing an idle or meaningless value. An exaggerated narcissism is an aspect of real, if difficult to conceptualize, disorders. The term comes from a character in Greek myth, called Narcissus. He saw his reflection in water and fell in love with it. Narcissism is a personality disorder with a long-term pattern of abnormal behaviour characterized by exaggerated feelings of self-importance and lack of empathy for others. It’s like a disease where the sufferers feel pretty good but the people around them suffer.

RESULTS: Our study shows that 7.7 percent of men and 4.8 percent of women develop narcissism during their lifetime. We also found that narcissism rates are much higher in 1st and 3rd year boys. Here a question comes into the mind, are selfies a sign of narcissism? Our results showed that overall, females posted more selfies than males did. But what about the relationship between selfie-posting and narcissism? Self-sufficiency, Vanity, Leadership, admiration demand. Not everyone who scores highly on the overall measure of narcissism necessarily possesses all of these qualities. And this study also shows that while narcissistic men are somewhat more likely to post selfies, narcissism in women, for the most part, is unrelated to selfie-posting.

CONCLUSION: No region wise previous data was available however our study suggests that prevalence of narcissism is higher in males than females here in Muhammad medical college. More work is required in this research

KEYWORDS: NARCISSISM, NARCISSISTIC PERSONALITY DISORDER, SELF IMPORTANCE, SWAMP, VANITY, NARCISSUS

WORD COUNT: 412

PREVALENCE OF COMPLICATIONS AMONG PATIENTS WITH DIABETES MELLITUS ATTENDING AT TERTIARY CARE CENTRE, MIRPURKHAS

Huriza Saleem¹, Ashaar Maryam¹, Aysha Shakeel¹, Syed Muhammad Asif²
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Muhammad Medical College Mirpurkhas²

BACKGROUND: Diabetes mellitus (DM) is a major public health problem and the global prevalence continues to rise. Framingham Heart Study shows that the incidence of type 2 diabetes has doubled over the last 30 years. Burden worldwide: Current 371 million and about 80% live in low and middle income countries. By 2030 it will over 550 million and 7th leading cause of death. Associated factors of high prevalence in developing countries includes unhealthy lifestyle, rapid westernization, poor knowledge, negative attitude and poor practice.

The current prevalence of diabetes in Pakistan is 12.8%.

OBJECTIVE: Primary objective is to find out the prevalence of complication of diabetes mellitus.

METHODOLOGY: This was a cross-sectional descriptive study carried from August to September 2019 among 100 patients of Muhammad Medical College Hospital Mirpurkhas, using a pretested, semi structured questionnaire. All patients diagnosed to be having type 2 diabetes mellitus and getting treatment for more than 6 months and attending the outpatient department of Muhammad Medical College, Mirpurkhas. Exclusion criteria is done for those patients who are not willing to participate in the study. Data analysis is done by descriptive statistics which is performed by using SPSS. Ethical consideration was approved from department of ethical committee of community medicine.

RESULTS: Among 100 patients with diabetes included in the study factors significantly associated with high rate of complications were the female gender, high blood pressure, familial history of diabetes. Study reveals that females are more prone to disease along with complications which is about 63% as compared to male which is 38%. In age wise distribution more complications occur at age of 51 to 70 years. It is also concluded from the study hypertension due to diabetes occur more in male than female which is 81%. From study it is concluded that vision problems are more observed in male than female. Other symptoms like numbness and burning in hand and feet are revealed more in females which is about 70 to 77%. Research shows that difficulty in sexual life occur more in males at age of 51 to 70 years than females.

CONCLUSION: This study reveals that diabetic patients follow up in the OPD of MMCH showed a high rate of chronic complications which often occurred in age of more than 50 years.

RECOMMENDATION: Education programs for improvement in modification of lifestyles may be done by providing leaflets on prevention of complications of diabetes which includes activities like aerobic exercise, gardening and mopping. Improvement in physical activity may be done by introducing unplanned exercise at work place or office reducing sedentary life.

EFFICACY OF DIFFERENT TEACHING METHODS USED IN MMC

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AB Rajar², M Asif Shah², Jameel somroo²

Student of fourth year¹, Faculty of Department of Community medicine Muhammad Medical College,
Faculty of Department of Medical Education Muhammad Medical College²

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.

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: 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 concises the course and remind important points.

KEY WORDS: Teaching methods, Efficacy, Lecture

WORD COUNT: 345

KNOWLEDGE AND ATTITUDES OF SCHOOL TEACHER TOWARDS DENTAL HEALTH EDUCATION/HYGIENE IN MIRPURKHAS

M.Awais Saeed, Summiya Mughal, Parisaabbasi, SumbulRehmatullah
DR AB RAJAR

Abstract

OBJECTIVE: To evaluate the levels of knowledge and attitudes towards dental health of school teachers of Mirpurkhas.

INTRODUCTION: The practice of keeping mouth, teeth, and gums clean and healthy to prevent disease as by regular brushing and visit to a dentist. It teaches reliable dental health information to people and helps to maintain the oral hygiene

METHODOLOGY: Cross sectional study using the pretested structured questionnaire applied to 110 teachers. Independent variables were age, sex, educational level, marital status and children. Data analysis was performed using SPSS software version 22 and presented as descriptive statistics.

RESULTS: The level of knowledge of teacher on etiology of dental caries was unsatisfactory because 77% is reported that sugar is responsible for directly related for dental disease but only 10% reported that excessive consumption of sugar is responsible for tooth decay. Only 7% correctly answered the meaning of plaque. Teachers having master degree are more likely to have satisfactory knowledge, 54% of these professionals have already conducted some activity related to the theme.

CONCLUSION: The level of knowledge of teachers on dental and periodontal disease was considered unsatisfactory but their attitudes were considered satisfactory, so therefore further clarification in oral health is needed so that teachers could act as agents in oral health promotion.

KEYWORDS: Knowledge and attitudes of teachers; Dental health; Dental caries.

WORD COUNT: 248

FACTORS AFFECTING BREASTFEEDING PRACTICES AMONG WORKING WOMEN IN HEALTH CARE FACILITIES OF MIRPURKHAS

HibaKhadim, Hira Islam, SajjanAkram, Muhammad Umer Iqbal, Jamil Ahmed

INTRODUCTION: Breastfeeding is an important measure to safeguard children's health and survival. In Pakistan, it is estimated that 78 out of 1000 children die every year, these deaths can be prevented by exclusive breastfeeding. According to last nutritional survey exclusive breastfeeding has declined to 38% in last two decades, which mainly contributed by working women. The current study examines the status of available breastfeeding facilities to working females of Health Care Facilities of Mirpurkhas.

OBJECTIVE: To determine the factors affecting breastfeeding practices among the working women in the health care facilities of Mirpurkhas.

METHOD: A cross-sectional research conducted on the working women in health care facilities of Mirpurkhas. The sample size was calculated by using openepi sample size calculator. We adopted the standard breastfeeding practices questionnaire developed by experts for assessing various aspects of breastfeeding.

RESULTS: Our study include 60 working women. The breast feeding facilities like breaks, refrigerator to store mother milk, proper breast pump are not sufficient. Most facilities like flexible time in working hours and paid maternity leave are available only for doctors.

CONCLUSIONS: The Breastfeeding facilities to working women in health facilities were found in insufficient to combine breastfeeding with work. Private Hospitals seems more breastfeeding friendly compare to Government one. The specialists female doctors get sufficient breastfeeding support compare to other physicians and paramedics

RECOMMENDATIONS: There is a need for national legislation to address these problems. Without national laws or regulations, employers are not legally obliged to provide the necessary facilities at the workplace for encouraging mothers to breastfeed their infants. If breastfeeding is supported in the workplace, women are more likely to return to work earlier after giving birth, which contributes to women preserving their job skills, as well as reducing staff turnover.

WORD COUNT: 314

PREVELANCE OF SOCIAL ISOLATION/LONELINESS AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Ishtiaq mazari¹, Heeba khan¹, Munazza Rasheed¹, Uzair javaid¹, AB Rajar²
Students of Muhammad Medical College¹, Department of Community Health Sciences Muhammad
Medical College Mirpurkhas²

BACKGROUND: Social isolation refers to the quality and quantity of social relationship a person has at individual, group, community and societal level. Loneliness is a subjective feeling experienced when there is a difference between an individual's felt and ideal levels of social relationships.

OBJECTIVE: To examine the prevalence of social isolation and loneliness in MMC. To identify the typical profile of students who are most at risk of being socially isolated and lonely.

METHODOLOGY: This was a cross sectional descriptive study carried from August-september 2019 among students of MMC Mirpurkhas. All students n=169 were approached, a close ended questionnaire was administered for collection of information regarding prevalence of social isolation/loneliness among mmc students

RESULT: From total of n=169, Male were 43% and Female were 57%. 30 students from every class and remainder was from 4th year. 79% were hostler and 21% were non hostler. We found that 37% students face severe isolation according to gender and residency wise distribution. 115 students out of 169, facing moderate isolation in accordance to year of study.

CONCLUSION: According to results of my research, I concluded that most of students of MMC are in condition of moderate isolation. This is because of exam's stress, home sickness and poor relation between students. Level of social isolation vary among gender, residency and year of study.

KEY WORD: social isolation, loneliness, medical students

Word Count: 230

MISUSE OF SMART PHONE AND ITS EFFECTS IN PERSONAL LIFE AMONG MUHAMMAD MEDICAL COLLEGE STUDENTS.

karan kumar,altamash qureshi,m.atirkhan, sir ab rajar

INTRODUCTION:

Smartphone has become an important device in current day living. Smartphone however brought technological invention that has both comforts and problems.

Nowadays Medical Students are spending most of their time in using smart phones and ignoring other areas of life that has great impact in their medical life negative effect in studies and personal relationships.

METHODOLOGY: A cross sectional study including 100 students of Muhammad Medical College (MMC), (10 boys and 10 girls from each class) was done in September 2019 Close ended questionnaire was used to collect data. Questionnaire was made by searching articles and by researching on misuse of smartphone and its effects in personal life among Muhammad medical college students . Total questions were 15 based on simple knowledge . By rule out frequencies and through cross tabs we find out the ratio of students in perception in academic learning environment. Data was entered and analyzed using SPSS version 22. Study protocol was approved by the Ethical committee of MMC.

RESULTS: Among (100) students (50%) were male and (50%) were female, predominant age was b/w (21-23) yrs. Among all of them majority showed positive response in response to misuse of smartphone and its negative effects in their medical as well as personal life.

CONCLUSION:

The study showed that excess use of mobile phone causes negative impacts on medical life.

It has also great negative impacts on physical health as well as personal relationships.

Because of that medical students are unable to perform well in their academics and many diseases can overcome in their life such as: **ANXIETY, DEPRESSION, LESS SLEEP AND JOYLESS LIFE.**

If its use is appropriate and reduced its unhealthy impacts can also be minimized.

WORD COUNT:311

NEW SCALE AND FINDING THE LEVEL OF SUPERSTITION IN MMC.

Majid Manzoor, Luqman Younis, Hassan Ashraf,
Dr. Jameel Ahmed

INTRODUCTION: Superstition can be defined as irrational beliefs, especially with regard to unknown. The early superstitions were created as a way to deal with ignorance and fear of the unknown. Superstitious beliefs are more common among certain groups of people than others, and vary from culture to culture. For example, the number 13 is considered by many in western society to be inherently unlucky.

AIM OF STUDY: To evaluate the level of superstition in Muhammad Medical College Mirpurkhas.

METHODOLOGY: A new scale was created by the students of Muhammad medical College. It consists of 25 instruments, response options are presented along 5-point Likert scale of 1 (strongly disagree) to 5 (strongly agree).

RESULTS: In our study we have total 50 participants in which 25 are male and 25 are female and 10 students from each class. Males are more superstitious than females. 2nd year seemed to have the highest score of superstition while final year scoring was least.

CONCLUSION: The psychometric analysis suggest that the items are relatively consistent and the sample size is adequate. Overall superstition is 2.08. Male are more superstitious the female with the mean of 2.1392. 2nd year seemed to have the highest score of superstition while final scoring was least.

KEY WORDS: Superstition, thirteen.

WORDS COUNT: 233

KNOWLEDGE ATTITUDE AND PRACTICE REGARDING PHARMACOVIGILANCE AMONG HEALTH CARE WORKER IN THE MIRPURKHAS HOSPITALS

Muhammad Arif, SayaamJawaid, Anwaar Gill, Saba Gill

Supervisor. Dr. Jameel Ahmed

INTRODUCTION: One of the major reasons of morbidity and mortality all over the world is adverse drug reactions (ADRs). Hence, proper monitoring of ADRs is a necessity . In Pakistan, all healthcare professionals including doctors, nurses, and pharmacists can report an ADR by filling an ADR Form of Drug regulation authority of Pakistan . The active participation of health care professionals in pharmacovigilance can improve the ADR reporting.

OBJECTIVE:The primary objective of this study was to evaluate knowledge attitude and practice of healthcare workers towards pharmacovigilance.

METHADODOLOGY:A simple cross sectional study was conducted by simple random sampling .150 questionare were destrubutedand 100responded.Data was put ed in spss version 22.

RESULT:70% people give right answer to the definition of pharmacovigilance and 75% people were known to pharmacovigilaceprograme in Pakistan.97% people agreed that reporting of ADR is necessary.92% people agreed that pharmacovigilance should be taught in detail to healthcare professional. so we should have to conduct workshops on pharmacovigilance.

CONCLUSION: This study show that majority of healthcare professional had good knowledge and attitude towards pharmacovigilance. In spite of that the reporting rate of ADRs by them is very low .hence there was huge gape between the ADR experience and ADR reported by healthcare professional . It was also found that there is positive correlation between training of pharmacovigilance and reporting ADR by healthcare professional. The fact that majority of respondents agreed that reporting ADR is necessary and awareness that pharmacovigilance should be taught in detail to healthcare professional.

KEY WORD: ADR (ADVERSE DRUG REACTION)

WORD COUNT: 248

PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG THE MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Muhammad Nauman Malik, ToobaArain, Aisha Shaikh
Supervisor. Dr AB Rajar

OBJECTIVE: The purpose of our study is to measure the frequency of depression, anxiety and stress among the medical students of Muhammad medical college Mirpurkhas

METHOD: We have done cross sectional study in our research work. Our research work begun in August 2019 and took a month to complete. We targeted the students of Muhammad medical college for this purpose. And the quantity of the students was nearly 118. We analysed all the data on SPSS version 22.

INTRODUCTION: Depression is the common cold of mental disorders — most people will be affected by depression in their lives either directly or indirectly. It is hard to understand the difference between just being blue and having clinical depression. Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. The American Psychological Association (APA) [defines](#) anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased [blood pressure](#)." "Stress is your body's reaction to a challenge or demand. [Stress](#) is a situation that triggers a particular biological response. When you perceive a threat or a major challenge, chemicals and hormones surge throughout your body.

RESULTS: 21% of both males and female students showed moderate depression. 5% Extremely Severe depression was found in Final year while 1st Year and 3rd year showed most moderate depression i.e 15% and 14% respectively. 35% of of the students living in hostels showed moderate depression. Females were twice affected by anxiety as compared to males. According to study year, final year showed moderate and extremely severe anxiety i.e 11% and 7% respectively. Maximum no. of males and females showed normal stress levels i.e. 24% each. Most of the students of final showed extremely severe stress i.e. 25%. Monthly pocket money had serious impact on extremely severe Stress levels of students i.e. 32% for those who get Rs.10000pocket money or less.

CONCLUSION: Women are twice as likely to be affected as men by anxiety. Can become life threatening if untreated. Medications (side effects) must be documented to plan testing and exercises programs accordingly. Regular exercise is extremely beneficial for patients with depression and anxiety

KEYWORDS: DEPRESSION, HORMONES, ANXIETY, MENTAL DISORDERS, CLINICAL DEPRESSION, STRESS, BOOLD PRESSURE

Word count: 407

KNOWLEDGE AND ATTITUDE OF PHYSICIANS TOWARDS TELEMEDICINE

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Under supervision of: Professor Dr A.B Rajar² (Department of Community Medicine)

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BACKGROUND: Telemedicine is a part of modern information, communication technology and development of this technology had a significant impact on quality of health. It is used for promoting and facilitating the healthcare services to people where distance is a problem. Telemedicine has a great benefit in our health service such as cost-effectiveness of healthcare, instant access to information, relying less on health institutions.

OBJECTIVE: The objective of this study is to assess the knowledge and attitude of doctors towards telemedicine

METHODOLOGY: This cross sectional survey was carried out among 50 Doctors and physicians from Muhammad Medical College. Data collection was in Questionnaire method, self-administered, and analyzed by SPSS VERSION 22.

RESULTS:A pretested semi-structured questionnaire was used to assess the knowledge and attitude of the respondents. It was revealed that majority (76%) of the respondents were aware of telemedicine. Out of 50 respondents, 76% had good knowledge of telemedicine. About 16% don't know about telemedicine. Among the respondents. 38% has positive attitude, 8% has negative attitude and 24% were neutral. Though it was found that their knowledge level is high but there was lacking of understanding telemedicine concept clearly. Majority (28%) of the respondents thought that telemedicine is used for treatment over telephone and 34% thought that telemedicine provide medical information and services. Associations between the knowledge level and age, rank, specialties and service length of the respondents were found in the study. Statistically significant differences were found in attitude level and the respondents who are user of telemedicine and who are nonuser of telemedicine. Though majority (72%) of respondents said that they have never attended any formal training on telemedicine, 72% of the respondents had agree that telemedicine provide health care services where distance is a problem. The results of this study are expected to help in future successful implementation of telemedicine systems in Pakistan.

CONCLUSION: Telemedicine technology could have bright and promising future when it gets more attention and consideration from decision makers. In the current study it was interesting to find out that a good portion of respondent were aware of the concept of telemedicine.

KEY POINTS: Knowledge & Attitude of physicians. Telemedicine, MMC.

WORD COUNT: 399

PERCEPTIONS OF MEDICAL STUDENTS ABOUT EMPATHY

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BACKGROUND: Empathy can be defined as the ability and tendency of a person (“observer”) to understand what another person (“target”) is thinking and feeling in a given situation. It was first introduced by Titchener (1909). Objective is To assess empathy as Medical Students’ self-reported dispositional reaction towards hypothetical situations.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=175 were approached, a closed ended questionnaire was administered for collection of information about Perceptions of medical students about empathy. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 175 students, 36 students often think when someone else is feeling excited, they tend to get excited too. 99 students think it upsets me to see someone being treated disrespectfully. 44 students think that I remain unaffected when someone close to me is happy. 114 students think that I enjoy making other people feel better. 56 students think that I have tender, concerned feelings for people less fortunate than me. 50 students think that when a friend starts to talk about his/her problems, I try to steer the conversation towards something else. Gender wise level of empathy 41 Female 25 Male have high level of empathy while 12 Female and 20 Male have low level of empathy.

CONCLUSION: Evidence has shown there are sex differences in empathy, with females showing superiority compared to males. This indicates that females report having a greater interest or drive to recognize and be sensitive to others’ emotions, which then allows them to affectively react to other’s feelings and emotions.

KEYWORDS: Empathy, Medical Students, MMC

WORD COUNT: 215

VIEWS OF MEDICAL STUDENTS TOWARD COMMUNICATION SKILLS IN MEDICAL EDUCATION

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BACKGROUND: Communication skills refer to process of conveying ideas, thoughts, needs and one's belief with clarity. In medical education communication skills play a vital role and are very important for the development of a good doctor-patient relationship. Attitudes of students of medical profession towards training of communication skills are very good indicators of the importance of medical profession placed upon them. Aim is to investigate the medical students' attitudes towards the learning of communication skills.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=97 were approached, a closed ended questionnaire was administered for collection of information regarding opinion of MMC students about view of medical students towards learning communication skill in medical education. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 97 students, 76% students strongly agreed that, In order to be a good doctor, they must have good communication skills. 44% students are disagreed that they have not got any time to learn communication skills. 55% students are agreed that communication skill teaching would have better image, if it sounded more like science subjects. 61% students agree that their ability to pass exam will get me through medical school rather than my ability to communicate.

CONCLUSION: Attitudes of medical students towards training of communication skills are very good indicators of the importance of responsibilities placed on them with regard to medical profession. Attitudes may affect communication behaviors in clinical settings

KEYWORDS: Communication Skills, Students, MMC

WORD COUNT:230

MEDICAL STUDENTS PRECEPTION OF THEIR MEDICAL LEARNING ENVIROMENT

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BACKGROUND: Learning environment of an institution is experienced or perceived by student and teachers. The educational climate environment plays a very important role in effective student learning .Educational environment as the spirit of teaching and learning activities is a major determinant of developing motivation in student. Educational environment measure is the most specific tool for investigation of the unique environment experienced by students on medical and health care related courses.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding perception of medical learning enviroment of medical college students. Data were entered and analyzed by using SPSS version 22.

RESULTS: Among (100) students (50%) were male and (50%) were female, predominant age was b/w (21-23) yrs. Among all of them majority showed positive response in medical environment.

CONCLUSION: A good research environment for medical students comprises multiple meaningful learning activities. The present study revealed that all groups of students perceived their learning environment positively. However a few problematic learning environment were perceived such as: Students were stressed more often; they felt that the course organizers were authoritarian and emphasized factual learning.

KEY WORDS: Medical environment, behave our MMC

WORD COUNT: 300

ASSESSMENT OF KNOWLEDGE AND ATTITUDE OF PARENTS TOWARDS IMMUNIZATION OF CHILDREN IN MMCH&CIVIL HOSPITAL MIRPURKHAS

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Muhammad Medical College Mirpurkhas²

BACKGROUND: Immunization has shown a major preventive aspects of infectious diseases, disability and death.

METHODOLOGY: It is a cross sectional survey study that was carried out among 110 parents of MIRPURKHAS city and hospital. The parents completed a questionnaire that contain three different parts to assess the knowledge and attitude of them towards the immunization of their children. Study duration was July –August 2019. Data collected by simple random sampling technique. The data was entered and analyzed by spss version 22.

RESULTS: The parents have shown a high level of awareness about vaccination regarding the preventive measures and importance of vaccination which resulted in positive attitudes. Residence wise respondents, urban (58%) and rural (42%), level of education illiterate (44%), language sindhi (61%), No of children of respondents (36%) 5 & more, Routine vaccination (87%) Yes, and (12%) No, Multidoses of same vaccine (67%) yes, vaccination is more beneficial (84%), advice relatives (87%) yes.

CONCLUSION: Most parents have good knowledge and positive attitude towards the immunization of their children. However, educational programs should be conducted to improve the further knowledge and attitude of the parents who had shown a poor knowledge and negative attitude regarding the immunization of their children.

KEY WORDS: Knowledge and Attitude of Parents towards Immunization, MMCH and Civil Hospital, Mirpurkhas.

WORD COUNT: 328

PERCEPTION OF MEDICAL STUDENTS ABOUT “FACTORS AFFECTING CAREER CHOICE”

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Muhammad Medical College Mirpurkhas

BACKGROUND: Is a decision that most human beings make sometime in their lives; it is a decision that should be carefully considered since it can affect the rest of a person's. the process of making a choice is complex and unique for each individual depending on cognitive factors and social structure of the individual's milieu. Career guidance is widely accepted as powerful and effective method of bridging the gap between education and the world of work.

OBJECTIVE: To investigate the level of family influence on career pathways.

To determine the impact of gender on career choice.

To establish whether the school environment influences career pathways.

To find out whether peers have influence on students career choices.

METHODOLOGY: This was a cross sectional descriptive study carried from August-September 2019 among students of Muhammad medical college Mirpurkhas .All students n=175 were approached, a close ended questionnaire was administrated for collection of information about perception of medical students about career choice. Data were entered and analysed by using SPSS version 22.

RESULTS: Twenty-four students participated. Three critical sets of factors, not present in the Bland model, emerged from the interviews: (a) factors arising from student-initiated information collection, (b) patient population characteristics of a specialty domain, and (c) the characteristics of teams and colleagues within a specialty.

CONCLUSIONS: Students appear to actively match and calibrate perceptions of different specialty characteristics with their current personal needs and expected future needs, and to include cues from self-initiated information collection about a speciality. This agency aligns with Billett's workplace learning theory. Next, specialty patient population features appear to be taken into account; this was not unexpected but not included in the Bland model. Finally, the characteristics of teams and colleagues of a specialty were stressed in the interviews. These three components broaden the applicability of the Bland model--originally created for primary-care careers--to medical specialties in general.

KEYWORDS: Factors affecting career choice, Students , MMC

WORD COUNT: 220

EFFECTS OF MOBILE TECHNOLOGY ON HUMAN RELATIONSHIPS.

A CROSS SECTIONAL SURVEY AT MUHAMMAD MEDICAL COLLEGE

Hafsa Khalil¹, Abida Idrees¹, Mudassir Khan¹, AB Rajar²
DR AB RAJAR², Students OF 4th year¹·Muhammad Medical College, Mirpurkhas.

BACKGROUND: Technology plays an essential and important role in industrial and developing countries. Technology has affected almost all walk of human life such as education and social life. It has drastically changed the cultural norms and behavior of individuals.

OBJECTIVE: This study aims to find out the relation between mobile technology and its effects on face-to-face communications in Medical Students at Muhammad medical College.

MATERIAL AND METHOD: This was a cross-sectional descriptive study carried from June-August 2014 among students of Muhammad Medical College Mirpurkhas. Students from each year n= 150 were approached, a closed ended questionnaire was administered. Data were entered and analyzed by using SPSS version 22.

RESULT: Out of 147 mean age was 21-24, 47% were female and 53% were male.43% of the students spent more than 6 hours per day on mobile. 41% of male sometimes and 30% females always use mobile while spending time with family and friends.64% of the students were agreed in frequent communication while using mobile technology.33% of males were agreed and 31%of female were strongly agreed that it bothers me when my friends or family use this technology while spending time with me.32% females and 28% males were strongly agreed that presence of mobile technology has negative effects.53% male and 47% female do not use mobile when they interact with their parents.40% male and 33% female said that respect is diminishing by excess usage of mobile.46% of male and 56% of female think that technology has positive effect on relationship.27% of participants think that children using technology can not obey their parents.41% of male and 36% of female think that mobile technology is widening the gap between generations.

CONCLUSION: This study found out that the use of mobile technology have negative impact on both the quality and the quantity of face- to- face communications. The study concludes that mobile use by individuals has reduced the time they spend engaging in face- to- face communications with each other because of the time spent on the mobile.

Key Words: Mobile Technology, Medical Students, MMC.

Word Count: 320

FACTORS CONTRIBUTING TO LACK OF INTEREST IN RESEARCH AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE

Waqasaziz, Irum Jahangir, Saira Safdarsaba Lodhi

Supervision: Asst. Prof. Dr Jamil Ahmed

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INTRODUCTION: Research is the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions. Research has a pivotal role towards advancements seen in the medical world. Research work have done a tremendous job in making us understand many truths about science. Over the past years in PAKISTAN, there is decline level of enthusiasm for exploration is found in medical students .From this study we are measuring the factors, why student shows lack of interest in research.

METHODS: A cross sectional descriptive study was conducted among the students of Muhammad Medical College. 200 students participated with their consent in the study. Information was collected by face to face interview through the questionnaire under the supervision of ethical committee of Muhammad Medical College. The data was enter and analyzed by SPSS version 22.

RESULTS: Total 200 students were interviewed out of which 122(61%) were not interested in the research and 78(39%) students were interested. Multivariate analyses showed that Curriculum overload 87(71.3%),Lack of proper training 80(65.6%),time limitations 76(62.3%),lack of previous exposure 75(61.5%)finding a mentor 74(60.7%),internet inexperience 73(59.8%),uncooperative community 73(59.8%),uncooperative colleagues70(57.4%),Laziness 69 (56.6%),Lack of knowledge 68(55.7%),extracurricular activities 67(54.9%) were the major factors contributing to the lack of interest in the research among the students.

CONCLUSION: Measures should be taken at undergraduate level to involve students in Research activities. Ensuring easy access to Internet facilities could be one positive step. Further research should be done to explore the reasons why some medical students consider Research useless.

KEY WORDS: Research, lack of interest, students, MMC.

WORD COUNT: 310.

SOCIO-CULTURAL CONSTRAINTS FACED BY GIRLS REGARDING ACCESS TO THEIR HIGHER SECONDARY EDUCATION IN MIRPURKHAS

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Students of 4th Year¹ Professors of Department of Community Medicine²

BACKGROUND: Higher education is a pre-requisite of an open civil society based on merit. It gives individuals self-reliance; discourages discrimination based on gender, beliefs, religion and social class; enhances the quality of life, and encourages democratic governance.

The Islamic republic of Pakistan is a generally male dominated society, and commonly adopts a hostile attitude towards women. The gender disparity is not only with respect to opportunities, Education and resources, but it is also in rewards, and exists in all regions and classes of the country.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 110 questionnaires were distributed to girls. Among them 61% belong to the rural areas and 39% were belong to the urban areas. 44% were of pre-engineering and 56% were of Pre-medical field. 21% females responded as there is lack of institution near their home/village and 16% responded as there is lack of transport facility. 23% females responded as there is lack of single sex institution and 24% females agree about that there is sexual harassment in school/colleges. 30% girls responded that there is a no permission of education from family to most of the girls. 32% girls agreed that there is a preferences of boy education over girl education. 36% girls said that there is lack awareness regarding female's education and 39% females agreed that they treated as inferior position in the society

CONCLUSION: Socio-cultural factors are largely affecting girls' access to education. Early marriage, traditional ceremonies, male preference, social perception and social roles are among the key socio-cultural factors hinder girls education. General perception is that to educate girls was not an advantage and the money spent or investment for girl's education was a wastage as there was no financial benefit in educating the females or girl child.

KEY WORDS: socio cultural constraints, girls, higher education

KEY COUNT:384

PATTERN OF STRESS AND STRESSORS AMONG MEDICAL UNDERGRADUATE STUDENTS: A CROSS SECTIONAL STUDY IN MUHAMMAD MEDICAL COLLEGE IN MIRPURKHAS

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BACKGROUND: Medical students during their training period to become competent physicians are themselves vulnerable to various stresses which can affect their health and academic performance

OBJECTIVES:

- To assess the level of stress by demographic(Age, Gender, Year of Study and Province)
- To find out the frequency of different stressors among undergraduate Medical Students.

METHODOLOGY: A cross-sectional was conducted on 154 MBBS students in a Muhammad Medical College after taking their consent. Data collection was by & "pretested, pre-coded, semi-structured self-administered questionnaire. Statistical analysis was done by SPSS Version 20.0 and relevant tests for data analysis.

RESULT: Total 154 students with mean age of less than 20 or greater than 20 were study
Male 49% and female 51%.

The academic year wise pattern of stress and stressors among medical undergraduate students found highest in final year 12(8%) and 10(7%) perceived while students of 3rd year and 4th year have moderate stress while students of 1st year and 2nd year have low stress.

Age wise level of stress found highest in greater than 20 years that is 78% and less than 20 years have 20% stress.

Gender wise level of stress found highest in females. Female in low stress are 35(23%), moderate 31(21%) and perceived 14(9%) while in male low level of stress is 37(25%), moderate stress 27(18%) and perceived stress is 6(4%) which shows that females are more stressed than males

Province wise level of stress is highest in Punjab 44(29%), Sindh 24(16%) while KPK and Baluchistan are likely to have low stress.

Students are reported higher level of stress in mmc

The most frequently stressors occurring among students were related to academic and psychosocial domains.

CONCLUSION: The students reported higher levels of stress. The most frequently occurring stressors among the students were related to academic and psychosocial domains.

KEY WORDS: Stress, Stressors, Medical Students, MMC

Words count: 358

LIFE SATISFACTION AMONG THE STUDENTS OF MMC

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Muhammad Medical College Mirpurkhas²

BACKGROUND. Life satisfaction is an overall assessment of feelings and attitudes about one's life. In simple terms, it means how much a person likes the life they are living. Objective is to find out the Life satisfaction & to determine the stress level about study and future among the Student of MMC.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=150 were approached, a closed ended questionnaire was administered for collection of information regarding opinion of MMC students about Transgender people, Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 150 students, In MMC about 85 students are satisfied with their education system. 50 students are hopeful for their future. & 70 students think it's important in their resilience to tolerate stress. 58 Male and 79 Female out of total 150 students think that it is important to have confidence in their life. 87 students make positive differences in their lives. Overall 87% students are satisfied with their life. Ratio is high among female students.

CONCLUSION: In our study students are satisfied with the education system of MMC. Students have good ability to tolerate stress and have great self confidence in their life. A little bit tension about future is present in some students. But almost 85% students of MMC are satisfied with their life

KEYWORDS: Life Satisfaction, Students, MMC

WORD COUNT:240

ACKNOWLEDGMENT OF DEMENTIA AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS, PAKISTAN

Muhammad Sanaullah¹, M Ahmad Shafiq¹, Absar Ahmad Malik¹, prof Dr Asif Shah², Dr Jameel Soomro², Dr AB Rajar² Students of 4th year¹, Professor of Department of community medicine²

INTRODUCTION: Dementia is a life-limiting condition that is increasing in global prevalence in line with population ageing. In this context, it is necessary to accurately measure dementia knowledge across a spectrum of health professional and lay populations with the aim of informing targeted educational interventions and improving literacy, care, and support.

OBJECTIVE: To access the knowledge of Dementia among the students of Muhammad Medical College, Mirpurkhas, Pakistan.

METHODS: This study was conducted by using cross-sectional study design in September 2019 among undergraduate medical students of First to Final year students Muhammad Medical College, Mirpurkhas, Pakistan. A closed ended questionnaire by J. Annear and colleagues was developed by reviewing literature and distributed among 100 students to collect data. The data was entered and analyzed by using SPSS version 22.

RESULTS: Among the total 100 students n=50 were male and n=50(50%) were females. Among 100 students n=60 students got passing marks out of which 23 fall in category of 36-50 scores and n=37 fall in the 25-35 score category and n=40 students fail to get passing marks out of which only 18 students got less than 15 marks. From 1st year 7 students and 6 students from 2nd year, 11 students from third year, 16 students from 4th year and 20 students from final year got passing marks. Out of n=60 students 32 were girls who got passing marks while 28 were boys.

CONCLUSION: It is concluded that students of 1st year and 2nd year have Average knowledge about Dementia while student from 3rd year to final year have good knowledge about Dementia.

KEY WORDS: Dementia, Medical Students, MMC.

WORD COUNT: 320

EMOTIONAL INTELLIGENCE, PERCEIVED STRESS AND ACADEMIC PERFORMANCE OF MUHAMMAD MEDICAL COLLEGE UNDERGRADUATES

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Mirpurkhas²

BACKGROUND: Previous research has shown that higher Emotional Intelligence (EI) is associated with better academic and work performance. The present study intended to explore the relationship between EI, perceived stress and academic performance and associated factors among medical undergraduates.

OBJECTIVE: The objective of the study is to find the relationship between EI, perceived stress and academic performance among the students.

METHODOLOGY: This descriptive cross-sectional research study was conducted among 300 medical undergraduates of 1st, 2nd, 3rd, 4th and final years of Muhammad medical college. Students were rated on self-administered Perceived Stress Scale (PSS) and Schutte Self-Report Emotional Intelligence Test (SEIT). Examination results were used as the dichotomous outcome variable in a logistic regression analysis.

RESULTS: Out of the total students 17% of students have high, 34% have average & 49% have low EI. Out of total students 53% of students have high, 26% have average & 21% have low perceived stress. We went through the academic records of the students, students who have high E.I and Low perceived stress have better academic performance and vice versa.

CONCLUSIONS: Higher EI was associated with better academic performance among students. In addition a higher EI was observed in those who had a higher level of self-satisfaction. Self-perceived stress was lower in those with a higher EI. Enhancing EI might help to improve academic performance among medical students and also help to reduce the stress levels and cultivate better coping during professional life in the future.

RECOMMENDATION: Students should be more encouraged to participate in extracurricular activities to build up their personalities, to reduce stress and should be more encouraged, which surely will help to improve their E.I.

KEYWORDS: Emotional intelligence, Perceived stress, Academic performance, Medical students!

WORD COUNT: 327

PERCEPTION OF MEDICAL STUDENTS ON BEDSIDE TEACHING

M.Asad Jatoi¹, M Saad Ahsan¹, Behram Zafar¹, DrAB Rajar², Students of 4th year¹,
Muhammad Medical College Mirpurkhas²

BACKGROUND: Bedside teaching is defined as “teaching in the presence of a patient”. Bedside teaching is a vital component of medical education and one of the most effective ways to learn clinical and communication skills. Evidence-based studies show that interpersonal and communication skills of doctors have a significant impact on patient care. Bedside teaching is a vital component of medical education. Objective is to determine student’s perception of Bedside Teaching. To find out barriers in its effective implementation at undergraduate level. And to suggest strategies to make it an effective Learning tool.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding, Perception of Medical Students on Bedside teaching. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 100 students, 30% Male & 26% Female students agreed that BST is effective in learning correct physical examination. 48% students thinks that BST is effective in increasing student-patient communication skills. 52% students agreed that BST is effective in increasing skills for using preclinical findings in diagnosis and treatment of diseases. 43% students agreed that they feel like they are burdening patients when they ask if they can examine them. 49% students agreed that in preparing for assessment on clinical examination they find reading Bed Side Textbook is most useful.

CONCLUSION: The study concluded that Medical Students have positive response and learning attitude towards different aspects of Bedside Teaching.

KEYWORDS: Bedside Teaching, Students, MMC

WORD COUNT: 284

MARRIAGES IN THE 21ST CENTURY ATTITUDE AND PERCEPTION OF MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE

Saima Ismail¹, Hania Tariq¹ AB Rajar²

Students of Muhammad Medical College¹, Department of Community Health Sciences Muhammad Medical College Mirpurkhas²

BACKGROUND: Marriage, also called matrimony or wedlock, is a culturally recognized union between people, called spouses that establishes rights and obligations between them, as well as between them and their children, and between them and their in-laws. In Islam, marriage is a legal contract between a man and a woman. Both the groom and bride are to consent to the marriages of their own free will.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=159 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS: From total of n=159 students, 80 were males and 79 were females, predominant age was between 21 to 23, mostly were hostlers. We found that 65% students enjoy their single life very much. 50% students said that adjustment to the married life would be difficult to some extent. 48% students strongly agreed that marriages help individual mature. 45% disagree that successful carrier should successful marriage according to them it should be at balance.

CONCLUSION: It can be concluded from the study that parental involvement in mate selection seems to play a major role in marital satisfaction in Pakistan. When asked to compare the importance of marriage to a successful career the general attitude speaks of a good balance.

KEY WORDS: Marriage, Medical students, MMC

WORD COUNT: 286

PERCEIVED SOCIAL SUPPORT AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

Sajid Ali Bhatti ¹, WaqarAyaz Khan Soomro, Waqar Ahmed Keerio, Aisha Ramzan, AB Rajar²
Students of 4th Year MBBS, Professor of community medicine, Muhammad
Medical College, Mirpurkhas Forth Year

BACKGROUND: Social support is emotional and instrumental assistance from family, friends or neighbors, and has an important but different impact on individuals, mainly depending on contextual factors.

OBJECTIVE: To determine the status of perceived social support and related personal and family characteristics of medical sciences students in Muhammad Medical College MirpurKhas

METHODS: In this cross-sectional study, the target population included the students of Muhammad Medical College MirpurKhas in the 1st to 10th semester of 2018-2019, of whom 97 were selected by cluster random sampling method. The study tool was a one-part questionnaire containing 4 self-administered questions including 8 questions of measurements of personal and family characteristics. Data were analyzed with SPSS version 22.

RESULTS: We get our data from 97 students from whom male are 55 and female are 42 and out of them 40 percent was 18-20 years and 74 of them are hosteler and 23 are non-hostler. There were 25% students which said that they have a special person in there life with they can share joys and sorrows and also there were 5% students which strongly disagree with that. About Family there 29% Students were Strongly very agree with that they get emotional help and support from there family and also 7% Students was strongly disagree with that.

CONCLUSION: This study showed that the mean score of social support for students is low. Among the samples, female medical students are at higher risk and should be given appropriate attention for interventional programs. Success in the university requires adapting to events related to the new environment. The students must gain the required support to succeed.

KEYWORDS: Social support, Medical student, Medical school.

KEYCOUNT: 317

INFERIORITY COMPLEX AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Muhammad Yasir¹, Muhammad Mohsin¹, Zubair Alam¹, Dr Muhammad Razi², Students of Final year¹,
Muhammad Medical College Mirpurkhas²

BACKGROUND: Inferiority is the feeling of being lesser in value on the steps of life. It is an advanced state of discouragement. Everyone starts life with some feelings of inferiority. Subsequent success or failure is determined by the ability to adjust the inferiority feeling to the demand of life. The purpose of this study was to determine the prevalence of Minority Complex in MMC hospital.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding Inferiority Complex among students of Muhammad Medical College, Mirpurkhas, Data were entered and analyzed by using SPSS version 22.

RESULTS: From total of n=100 students Male were 50% and Female also were 50%. 20% students from every class 10% of either gender were selected randomly for research. Among all the students 38% feels difficulty while talk to other people. In 47% students, people seem interested and attentive when they talk to them. 50% students feel difficult to hear or accept the constructive criticism from the other people. 40% students become uneasy when someone pays them a compliment. Overall the interpersonal communication skills are low in 1st and 2nd year classes and good in 3rd, 4th and 5th year classes. In gender, male are good in interpersonal communication skills.

CONCLUSION: This study explore that students of MMC have normal profile of interpersonal communication skills overall but low in lower classes. They are not good listener but have a high profile score of conveying message to other people. They are not good in cop one's emotions.

KEYWORDS: Inferiority Complex, Students, MMC

WORD COUNT:280

PREVALENCE OF SELF-MEDICATION AMONG MMC STUDENTS

M. Fayaz Anjum¹, Salman Akhtar¹, Uzair Javed¹, Drab Rajar², Students of 4th year¹,
Muhammad medical college mirpurkhas²

BACKGROUND: Self-medication is a major public health problem globally. Self-medication of drugs including antibiotics is on the increase. We aimed to assess the self-medication practices among the medical students of Muhammad Medical College Mirpurkhas, Pakistan.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=110 were approached, a closed ended questionnaire was administered for collection of information regarding opinion of MMC students about Transgender people, Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 110 students, in 90% students used self-medication. 73% students take antibiotics because of convenience while 11% due to cost saving. Side effects of self-medication include 45% sore throat, 25% runny nose, while 14% diarrhea. 69% students check instructions of packing of antibiotics. 46% students take antibiotics which is recommended by community, while 36% use because of previous doctor's prescription. 78% students stop taking antibiotics after the completion of the course, while 22% stop antibiotics on disappearance of the symptoms.

CONCLUSION: More than one-third of the study participants practiced self-medication. Thus, strengthening communities' awareness on drug side effects and integrated efforts of individuals, communities, health facilities, and regulatory bodies are highly necessary.

KEYWORDS: Self-medication, Students, MMC

WORD COUNT:215

KNOWLEDGE, ATTITUDES AND PRACTICES TOWARD HIV/AIDS AMONG THE HEALTH CARE WORKERS OF MMCH

Ali Hasham¹, Zurrah Noor¹, Maria Farooq¹, DrAB Rajar²
Students of Muhammad Medical College¹, Department of Community Health Sciences
Muhammad Medical College Mirpurkhas²

BACKGROUND: Human immunodeficiency virus/acquired immune deficiency syndrome (HIV/AIDS) has become one of the dreadful health problems in the world. An integrated approach is strongly suggested for creating knowledge, attitude, and awareness to control the spread of HIV/AIDS among healthcare workers.

OBJECTIVES: The aim of this study was to assess the knowledge, attitude, and practices of health care workers toward prevention & care for HIV/AIDS affected people.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2019 among Health care workers of Muhammad Medical College Hospital Mirpurkhas. About n=64 were approached, a closed ended questionnaire was administered for collection of information regarding awareness of HIV/AIDS. Data were entered and analyzed by using SPSS version 22.

RESULTS: Among total n=64 health care workers of Muhammad medical college. The knowledge, Attitude and practice About HIV/AIDS is quite satisfactory and good. 39% of staff members have 2 to 5 years Experience and 36% have 6 to 10 years Experience and only 25% have 1 year Experience. HIV can be transmitted by casual contact, 22% health care workers said that yes or 41% say No. We see that 38% have same Attitude towards that HIV positive Person as for HIV Negative Person on the other hand 22% said that No. In our Research 21% paramedical staff said that yes we have been tested for HIV on the other hand 40% said that No.

CONCLUSION: It is concluded that knowledge and attitude of the health care workers is satisfactory but still there is lack of knowledge among paramedical staff.

KEY WORDS: Knowledge, Attitude & Practice, HIV/AIDS, Health Care Workers, MMCH

WORD COUNT: 303

ABSTRACT
Final Year Student

FEMENINE PERSPECTIVE ON WHY WOMEN ARE HARSH ON OTHER WOMEN

ASSIGNED BY:Professor Dr. SeyedRazi Muhammad

Balqeesparveen, Maryam Shaheen, Zantasharamzan, Irum saleem

METHODOLOGY:

Study design:cross sectional (survry)

Study duration :August 2019

Place of study:Muhammad Medical College

Study of population:Students of MMC

Sampling:100 students from first year to final year

Data collection tools:performas

Data management and analysis: SPSS version

OBJECTIVES:

To find causes and menifestation of complex social behavior among women.

To find psycholological and environmental factors behind aggression.

To find reasons of provocation leading to offensiveness

CONCLUSION:

We concluded that there is much talk of women supporting women ,she thinks that females who are the target of offence from other members of their sex suffer negative consequences to their well being. Results: Our study evaluate that most of students think environmental factors affect on women to

WORD COUNT: 140

FREQUENCY OF DELTA HEPATITIS IN HEPATITIS B POSITIVE PATIENTS AT MMCH

Shehroz Ali¹, Syed Mohammad Mehdi¹, Muhammad Navid Shehzad¹, Professor. Dr. Abdul Qadir Khan²
¹Students of final Year MBBS, ²Head of Department Medicine (MMCH)

BACKGROUND: Hepatitis Delta virus (HDV) is a small defective RNA virus which needs Hepatitis B virus (HBV) for completion of its replication cycle inside the host cells. Hepatitis B virus provides HDV with its surface antigen, hepatitis B surface antigen (HBsAg), which HDV needs for transmission between hosts. However, HDV has a unique antigen, HDV Antigen, which is located underneath the outer HBsAg layer and is tightly associated with HDV RNA genome.

METHODOLOGY: A Retrospective study was conducted from 1st June 2019 to 31st August at Medical ward at MMCH. The aim of this study was to determine the prevalence of HDV infection in HBV patients. HBV and HDV infections were evaluated by Enzyme-linked immunosorbent assay (ELISA). Liver functional tests were assessed through auto analyzer and viral profile for HCV, anti-HDV, anti-HBc IgM and HBeAg were done. 78 Patients were interviewed and data along the test results were entered into SPSS program.

RESULTS: Out of 78 patients who had Hepatitis B, 15 (19.2%) of them developed Hepatitis D Infection. 19.6% (9 out of 46) Male patients with HBV infection developed HDV infection. 18.75% (6 out of 32) Female patients with HBV infection developed HDV infection. 33.3% of the total patients had Cirrhosis, while 66.7% of the total patients did not have cirrhosis. 34.8% (16 out of 46) Male patients developed cirrhosis while 31.25% (10 out of 32) female patients developed cirrhosis.

CONCLUSION: Almost same percentage of both genders (Male 19.6% and Female 18.75%) got Hepatitis D infection after Hepatitis B infection. The risk of Progression to Hepatitis D increases if the patient has other clinical features such as Hypertension and Cirrhosis. The Ratio of Male and Female getting cirrhosis after Hepatitis Infection was almost equal i.e. 31-32%. Avoiding the risk factors and early screening tests can reduce the prevalence of Hepatitis B infection.

KEY WORDS: Hepatitis B, Hepatitis D, Prevalence, Frequency, ELISA, Cirrhosis, Ascites

WORD COUNT: 345

EFFECT OF TECHNOLOGY OVER FACE TO FACE COMMUNICATION AMONG STUDENTS OF MMC

Ahmad Ghaffar Tariq¹, Fahad Ejaz Khan¹, Asad Ali Qaiser¹, Hafiz Abdul Basit¹, Prof Dr Syed Razi
Muhammad²

Students of Final year MBBS, Muhammad Medical College, Mirpur khas¹
Prof. of Surgery Department, Muhammad Medical College, Mirpur Khas²

OBJECTIVE: To find out the Effect of technology over face to face communication.

STUDY DESIGN: cross sectional study (100 samples)

PLACE AND DURATION OF STUDY: August-September 2019 at Muhammad Medical College.

MATERIAL AND METHOD: close ended questionnaire analyzed in SPSS version 22.

BACKGROUND: Technology has influenced the world in many positive ways as technology is great for communication when it comes to connecting with family and friends who live far away. Now, technology has become an integral part of the way that people communicate with one another and has increasingly taken the place of face-to-face communication.

METHODOLOGY: A Cross sectional survey was conducted among the students of Muhammad Medical College, Mirpur Khas during the time period of August and september 2019. Close ended questionnaire was used to collect data. A total of 100 students participated in study from 1st year to Final Year. 20 students from each class participated in which 10 were Boys and 10 were girls. Collected data was entered and analyzed by using SPSS version 22.

RESULT: Among the total 100 students n=50(50%) were male and n=50(50%) were females n=97 (97%) said that they have their own Smartphone or tablets and n=30 students use their smart phones 2-4 hours daily only n=9 students use more than 8. 24% students always use their mobile phones while they are with their families and friends and 45% do sometimes. 75% students admitted that they do communicate more through technology than do personally. 83% students said that Presence of technology affects face to face communication negatively.

CONCLUSION: Field observations, a survey of 100 students, provided evidence that the rapid expansion of technology is negatively affecting face-to-face communication. A majority of individuals felt the quality of their conversations degraded in the presence of technology, indicating strongly that face-to-face interactions had affected the quality of life negatively.

KEY WORDS: Technology, Medical students, Face to face Communication

WORD COUNT:363

KNOWLEDGE ATTITUDE AND BEHAVIOUR OF INFECTION CONTROL MEASURES OF STUDENTS OF MOHAMMAD MEDICAL COLLEGE

Aishwaryarai, Javidali, Singharshar, Alihyder, Iqrarali, Naylarehman

INTRODUCTION: The level of knowledge attitude and practice with respect to infection control measures in Mohammad medical college students from 1st year to final year and the study period from August to September 2019

AIMS AND OBJECTIVE: To assess the knowledge attitude and practice regarding infection control measures in MMC students. To provide better information on protection and biosecurity and to motivate everyone to comply with infection control standards in medical practice

METHOD: The method of this study is cross-sectional study of Total of 100 students from the Mohammad medical college. They were evaluated and the sample was calculated by systemic random of comparison of means and data collection method is face to face interaction

The Questionnaire (INFECTION CONTROL MEASURES) is close-ended questionnaire was used to these variables

RESULTS: The data is collected from 54% from males and 46% from females. It was observed that 83% students wash their hands before and after examination, 14% people don't wash their hands, 30% people say they wash their hands with plain soap, 16% with detergent, 51% with antiseptic. 61% students prefer an oral mouth rinse before commencement of any treatment procedure, 36% don't prefer. 55% have been vaccinated from hepatitis B, 14% from tetanus and 4% tuberculosis, 25% students not vaccinated. 32% sterilization by autoclaving, 23% by washing and, 42% by boiling

CONCLUSION: This research found that lack of knowledge and attitude related to the control and prevention of infectious contagious disease. Therefore emphasis should be placed on student learning about the transmission of infection in the health science so as to not forget the basic knowledge of biosafety and management of infection control in the future

KEY COUNT: 283

MEASURE EMPATHY IN STUDENTS OF MUHAMMAD MEDICAL COLLEGE

Liaqat Ali¹, Manzoor Hussain¹, Ahmad Abdullah¹, Ishrat Fatima¹, Maryam Zulfqar¹, Awais Hassan¹, Prof Dr Syed Razi Muhammad²
Students of Final year MBBS, Muhammad Medical College, Mirpur khas¹
Prof. of Surgery Department, Muhammad Medical College, Mirpur Khas²

OBJECTIVE: Measure Empathy among five classes medical students of Muhammad medical college.

STUDY DESIGN: cross sectional study (416 samples)

PLACE AND DURATION OF STUDY: August-september 2019 at Muhammad Medical College.

MATERIAL AND METHOD: close ended questionnaire analyzed in SPSS version 22.

BACKGROUND: Empathy in patient care... "a cognitive attribute that involves an ability to understand the patient's pain, suffering, and perspective combined with a capability to communicate this understanding and an intention to help." Empathy is increasingly recognized as an important part of undergraduate medical education and various measurement tools have been devised to measure it. The Jefferson Scale of Empathy in Students (JSE-S) is a reliable measure of empathy in medical students and has been translated into several languages.

METHODOLOGY: A Cross sectional survey was conducted among the students of Muhammad Medical College, Mir pur Khas during the time period of August and September 2019. Close ended questionnaire was used to collect data. A total of 416 students participated in study from 1st year to Final Year. Collected data was entered and analyzed by using SPSS version 22.

RESULT: This study describes the development of the Urdu version of JSE S, which has reasonable reliability and constructs validity. Final year female students and those performing well in university examinations had higher empathy scores. Female students had a significantly higher Empathy compared to the male students.

CONCLUSION: Further work is warranted to examine why MMC students scored higher in "Perspective Taking", but lower in "Compassionate Care" and "Standing in Patient's shoes. Ideally this would necessitate a larger MMC study to confirm this finding and discover the reasons for the results.

KEY WORDS: Empathy, Medical students, Compassionate Care.

WORD COUNT: 322

POLITICAL AWARENESS AMONG MMC STUDENTS

Faisal Aslam¹, Danish Shabir¹, Taimoor Afzal¹, Faisal Aziz¹, Husnain Maqbool¹, Aniqah Zahra¹,
Tehmeena¹, Dr Razi. Muhammad², Students of 5th year¹,

Muhammad Medical College Mirpurkhas²

BACKGROUND: Why study political awareness among young people? Because political awareness seems to be a key asset in citizens selection of information and orientation toward political issues and possibly toward political participation. It is of importance to gain deepened insights into how young people are attentive to, gain knowledge and understanding of the political world surrounding them. It is also important what skills they use, as well as what mechanisms that are actualized in the construction of political awareness of this world. Basic objective is to create political awareness which help the people in accountability of their leaders.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students & teachers n=100 were approached, a closed ended questionnaire was administered for collection of information Political awareness among mmc students. Data were entered and analyzed by using SPSS version 22.

RESULTS: In our research 70% students are interested in politics. For 85% is important to vote in election. 60% kept themselves with political news and events. 60% through social media, 35% through t.v, while 5% through newspaper through medium they keep up with politics issues. 60% supports PTI while 15% supports PMLN and 20% students supports PPP. 40% quality of candidate Influence them high while voting.

CONCLUSION: In our research almost every is interested in politics. Mostly social media influence them about political interest and awareness. They almost support PTI and the democracy government.

KEYWORDS: Political Awareness, Students, MMC

WORD COUNT:215

FREQUENCY OF INTERNET ADDICTION AMONG THE MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS, PAKISTAN

Javed Malik¹, Bakhtawar Mahar¹, Rukhma Waheed¹, NidaSaif¹, YouSra¹, Huzayfah Iqbal¹, DrRazi Muhammad², Students of 5th year MBBS¹, Muhammad Medical College³, Mirpurkhas

BACKGROUND: Problematic use of the Internet and new technologies, commonly referred to as Internet addiction, is defined as a use of technologies or means of communication offered online which leads to difficulties for the individual Internet addiction brings about a feeling of distress as well as psychological, social or professional problems .

METHODOLOGY: This study was conducted by using cross sectional study design among medical students of first to final year MBBS Muhammad Medial college Mirpurkkhas . A closed ended questionnaire was developed by reviewing literature and distributed among 150 students to collect data .The data was enter and analyzed by using SPSS version 25.

RESULTS: Of the total n=150 student ,150 student resubmitted the questionnaire .The overall internet addiction was 97% among them it was present in 49% female and 48% male student internet addiction. It was prominent in female.i nternet addiction was present in 1st year 23%,second year 22%,3rd year 21%,4th year14%,final year 20% out of 100%.Highest internet addiction are among the first year student and less among the 4thyer MBBS student.

CONCLUSION:. Mostly students in MMC are highly addicted to Internet use. The profile of internet addiction is very high among 1st year students. Hostlers are more prone to the use of internet. Female gender has high profile in internet addiction.

KEY WORD: Prevalence, internet addiction , gender

WORD COUNT: 300

ATTITUDE, KNOWLEDGE AND PRACTICE OF FEMALE MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE ABOUT BREAST CANCER.

SUPERVISED BY: Prof. Dr Syed Razi Muhammad.

Ammara Khalil , Maryam Ijaz , Javeria Ijaz , Kishwar Iqbal , Mahnoor khan
(students of final year MBBS Mmc mirpurkhas).

BACKGROUND: Breast cancer is by far the most frequent cancer of the women. However the preventive measure for such problem are probably less than expected. The objective of this study is to assess the breast cancer knowledge and attitude and factors associated with practice of breast self examination (BSE).

METHODOLOGY: The study was **cross sectional**. A Presented 16 item , purpose designed self administered questionnaires were used to collect information on attitude knowledge and practice of respondents on breast cancer .Data was collected and analyzed in **SPSS 22 version**.

CONCLUSIONS AND RESULTS: Out of 100 students **90%** students think that early detection of breast cancer improves the chance of survival. **71%** students heard about BSE.**70%** knows that BSE done by palpating with 3 or 4 fingers.

WORD COUNT:173

ANGER MANAGEMENT AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Abeer Malik¹, Ayesha Khan¹, Kainat Hanif¹, Ibrar Virik¹, Jawad Aqeel¹, Dr Muhammad Razi²,
Students of Final year¹, Muhammad Medical College Mirpurkhas²

BACKGROUND: Anger is a strong feeling of aggression towards or about something.causes of anger. When u are threatened or attacked furastated or powerless. Anger management is a therapeutic program for anger prevention and control which helps to reduce an anger.how to control your anger . Think before you speak,once you are calm,then express your anger,get some exercise ,don't hold a grudge

METHODOLOGY:This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding anger management among students of Muhammad Medical College, Mirpurkhas, Data were entered and analyzed by using SPSS version 22.

RESULTS: out of 100 Students 27%male students said that I feel angry and 28%female students said that they feel the same. 11%Male students and 8%female said that they said they donotdeel angry. Out of 100 students 39% said that sometimes I am so angry that I feel hurting others but I would not really do it.21% students feel that my anger is so intense that sometimes feel like hurting others.29%feel that I dont feel enough to hurt someone . 1.2%students says that I am so angry that I would like to hurt someone

CONCLUSION: Anger itself is in order and normal . Excessive and uncontrolled anger is destructive. Anger is one step closer to the danger. Dangerous is very dangerous thing anger is one step closer to the danger.

KEYWORDS: Anger Management, Students, MMC

WORD COUNT:272

"PREVALENCE OF SUPERSTITIONS AMONG MEDICAL STUDENTS IN MUHAMMAD MEDICAL COLLEGE"

Rizwan Shareef¹, Ahmad Ghaffar Tariq¹, Sidra javaid¹, Saleha Khan¹, Um-e-Habiba¹, Tahira Akhtar¹,
Prof Dr Syed Razi Muhammad²

OBJECTIVE: To find out the Prevalence of Superstitions among Medical Students in Muhammad Medical College"

STUDY DESIGN: cross sectional study (100 samples)

PLACE AND DURATION OF STUDY: August-september 2019 at Muhammad Medical College.

MATERIAL AND METHOD: close ended questionnaire analyzed in SPSS version 22.

BACKGROUND: Superstition, a belief or practice generally regarded as irrational and as resulting from ignorance or from fear of the unknown. It implies a belief in unseen and unknown forces that can be influenced by objects and rituals. Magic, witchcraft, and occultism are often referred to as superstitions.

METHODOLOGY: A Cross sectional survey was conducted among the students of Muhammad Medical College, Mirpur Khas during the time period of August and September 2019. Close ended questionnaire was used to collect data. A total of 100 students participated in study from 1st year to Final Year. 20 students from each class participated in which 10 were Boys and 10 were girls. Collected data was entered and analyzed by using SPSS version 22.

RESULT: Among the total 100 students n=50(50%) were male and n=50(50%) were females n=10 (10%) students said that they read horoscope frequently while n=26(26%) never read any horoscope and 26% students said that they frequently feel lucky or unlucky.33% students said that their destiny is written while 45% said that it mostly depends on you. 86% students feel nothing special when a black cat cross the street. 86% students said that number 13 is like other numbers.79% students never use tarot cards to find out their destiny.66% students said that astrology is a science while 14% said it is a foolish thing.

CONCLUSION: Field observations, a survey of 100 students, provided evidence that most of the students of Muhammad medical college don't believe on superstition, rather think astrology is science

KEY WORDS: Superstitions, Medical students , science

WORD COUNT: 352

PREVALENCE AND CAUSES OF HARASSMENT AMONG THE GIRLS STUDENTS OF MMC

NaylaRehman ,RizwanaKanwal , Saba Ahmed , Toor un Nissa , Saba Shakoor , Mahnoor Mustafa

Prof. of Department of Surgery, Dr. Syed Razi Muhammad

BACKGROUND: Harassment is a wide range of behavior that reasonable person finds offensive nature. It is a behavior which appears to be torchering of the females which may be physical or mental.

METHODOLOGY: There was a cross sectional study and questionnaire was distributed to 100 students (20 from each class 20 girls)from first year to final year. Questionnaire was self-made Datawas analyse by using SPSS Version 22.

RESULTS:100 students from first year to final year participated . From each class = 20 Females were taken .Our study explore about the types of harassment faced by the girls of MMC.47.1% girls harassed through social media . 29.4% of girls harassed by misuse of their pictures by uploading on social media. 54.7% Of girls often harassed during shopping . 35.3% Of girls harassed by touching during travelling

CONCLUSIONS: it is concluded that percentage of girls in MMC harassed through social media is 54.9% and through stalking is 47.1%

KEY WORDS: Harrasment , Bullying , Stalking.

WORD COUNT: 214

PREVALENCE OF DIABETES MELLITUS AMONG PATIENTS VISITING MEDICAL OPD OF MUHAMMAD MEDICAL COLLEGE, MIRPUKHAS, PAKISTAN

Shahid Hussain¹, Jalal Khan¹, Malik Mohsin Khan¹, Kashif Ali¹, Shafqat Rasool¹, Zubair Alam¹, Dr Nadeem Memon², Dr Abdul Qadir², Students of Final year¹, Department of Medicine, Muhammad Medical College Mirpurkhas²

BACKGROUND .The number of people suffering from DM is increasing due to population growth, aging, urbanization, low physical activity and socioeconomic growth. Quantifying the prevalence of DM and the number of people affected by diabetes, now and in the future, is crucial for planning prevention strategies and allocation of resources. The purpose of this study was to determine the prevalence of diabetes mellitus in MMC hospital.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among Patients and Doctors of Muhammad Medical College Mirpurkhas.

RESULTS: The study revealed that 50 out of the total outpatients were found to have diabetes mellitus, indicating an overall prevalence of 1.3%. Among the total 50 diabetes mellitus patients, 63% were males and 37% were females. Most of the patients, 90%, had type 2 diabetes mellitus while 10% of them suffered from type 1 diabetes. 75% had BMI of 25 and above and 60% had family history of diabetes mellitus. Regarding their residence; great majority, 60% were urban dwellers as compared 40% from the rural areas.

CONCLUSION: Though the 1.3% prevalence of diabetes mellitus overall observed in this study is lower than the national estimate, still it indicates a considerable burden in the locality. Prevalence is high in Urban & People with high BMI

KEYWORDS: Diabetes Mellitus, Patients, OPD MMC

WORD COUNT:240

ADDICTION OF TEA AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS, PAKISTAN

Shehroz Ali¹, Muhammad Ahsan¹, M. Mehdi¹, Dr Muhammad Razi²
Muhammad Medical College, Mirpurkhas³

OBJECTIVE: To assess the prevalence of addiction of tea among the students of MMC

STUDY DESIGN: Descriptive Cross-sectional Study

PLACE AND DURATION OF STUDY: Institute of Muhammad Medical College, Mirpurkhas.

MATERIAL AND METHOD: A cross sectional study, closed ended questionnaire was developed by reviewing literature and distributed among 100 students to collect data. The data was entered and analyzed by using SPSS version 22.

RESULTS: Among 100 students of either gender of 1st to 5th year, the prevalence of addiction of tea was reported in 70% students. 35% students started taking tea since 2000. 60% students take 1-4 cups of tea per day. 25% students take tea in breakfast while 30% students take tea during lunch time in daily routine life. 45% think that Tea focus attention in their routine life. 60% students think that Tea cause insomnia as a side effect. Addiction of tea observed more in Male gender and in upper classes.

CONCLUSION: Our study explore that the prevalence of addiction of tea is very high among the MMC students. Students take tea to focus attention and to relieve headache. Students know well that Tea causes insomnia and stomach-ache. In order to put check on excess tea consumption the health awareness program should be launched by health authorities.

KEYWORDS: Addiction of tea, MMC

WORD COUNT: 243

OPINION OF MMC STUDENTS ABOUT LOVE AND ARRANGE MARRIAGES

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BACKGROUND: Marriage, also called matrimony or wedlock, is a culturally recognized union between people, called spouses that establishes rights and obligations between them, as well as between them and their children, and between them and their in-laws. When two people make a public pledge or commitment to live together and share their lives in a way that is recognized legally, socially and sometimes religiously.

METHODOLOGY:A Cross sectional study was conducted from 15thAugust to 15th of September 2019.Data was collected through a close ended questionnaire consisting of 20 questions given to students. Over all 100 questionnaires were distributed throughout the college. The data was entered and analyzed in SPSS version 22.

RESULTS: From total of n=100 Students,n=50(50%) Male whilen=50(50%) were Female.

Out of total n=100, n=4 were married, n=76 were unmarried and n=20 were engaged.

Divorce rate was high in love marriage as compared to arrange marriage. And n=50 students preferred arranged marriage while n=45 students preferred love marriage.

CONCLUSION: According to our study, as marriage is built on a very strong foundation consisting of trust, care and honesty. Everybody had their own opinion. Majority preferred Arrange marriage. Divorce rate was high in Love marriage. Women get more respect in Love Marriage. While the socioeconomic problems are observed in both marriages. So, I think there is nothing like an ideal marriage. It's all about the way you perceive your marriage because problems arises in both marriages.

KEY WORDS: Love marriage, Arrange marriage, Opinion, MMC.

WORD COUNT:287

COMMUNICATION SKILLS BETWEEN DOCTOR AND PATIENT

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BACKGROUND. It is the ability to convey or share ideas and feelings effectively. Typically happens in one of three ways: -verbal, nonverbal and visual. The Kalamazoo Consensus Statement¹ identifies seven evidence-based “essential elements,” or tasks, of effective physician–patient communication and provides skill competencies for each element. Our purpose of study was to outline key communication skills for building therapeutic relationships with patients and families.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students & teachers n=50 were approached, a closed ended questionnaire was administered for collection of information Communication skills between doctor and patient. Data were entered and analyzed by using SPSS version 22.

RESULTS: In our result, regarding building a relationship with the patient 80 doctors done well while 48 students done well. Regarding opening the discussion with patient 71 Doctors while 40 students done well. Regarding gathering information from patient 60 Doctors and 52 students done well. Regarding understanding the patient perspective 45 Doctors and 39 students done well. Regarding reaching agreement on diagnostic and treatment plan 45 doctors and 40 students are good.

CONCLUSION: 45% doctors done well in understanding the patient perspective with 40% need improvement & 57% students need improvement in that. 48% doctors done well in reaching agreement on diagnostic and treatment plan & students 40% done well in that.

KEYWORDS: Communication skills, Students, MMC

WORD COUNT: 215

PREVELANCE ATTITUDE AND PERCEPTION ABOUT LEARNING APPROACH AMONG STUDENTS OF MMC MIRPURKHAS.

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BACKGROUND: Undergraduate medical learning and teaching got a wide range of approaches including didactic to innovative techniques. A recent structure of teaching model is developed at University of Brawijaya in East Java. When students are the prime focus and modulator, learning approach is an innovative simultaneous approach. This study is aimed at to find out students perception and views about teaching patterns at MMC.

METHODOLOGY: There was a cross sectional study and questionnaire was distributed to 100 students (20 from each class 10 boys 10 girls) from first year to final year. Questions regarding the views and attributes of students towards the innovative or teacher oriented learning were administered. Data were entered by using SPSS Version 22.

RESULTS: 100 students from first year to final year participated. Each class = 20, Male n=50, Female n=50. Our study explored that the pattern that is employed in MMC have the students as the prime focus of curricular development and learning. Students as prime modulator and take part in deciding the curriculum are 76%. Educational environment is cooperative, collaborative and supportive is 58%. I can try to solve the problem by my own 65%. Teachers ask questions for information and clarification 67%.

CONCLUSIONS: Pattern that is employed in MMC have the students are the prime focus of curricular development and learning.

Key Words: Medical education, Information, learning

Word Count: 313

KNOWLEDGE AND ATTITUDE OF MMC STUDENTS

ABOUT DIABETES MELLITUS

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BACKGROUND: Diabetes mellitus is commonly known as diabetes, is a group of metabolic disorder in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst and increased thrust an increased hunger. If left untreated diabetes can leads to complication. Objective is to access the knowledge and Attitude of MMC Students about Diabetes Mellitus.

METHODOLOGY:A Cross sectional survey was conducted among the students of Muhammad Medical College, Mirpurkhas. Close ended questionnaire was used to collect data. A total of 100 students participated in study from 1st year to Final Year. 20 students from each class participated in which 10 were Boys and 10 were girls. Collected data was entered and analyzed by using SPSS version 22.

RESULT: Among the total 100 students n=50(50%) were male and n=50(50%) were females n=97 (97%) respondent heard about diabetes Mellitus and n=88 give the right answer that diabetes is high sugar level in blood. 94% students know that insulin is responsible for diabetes and 82% know that pancreas produces the insulin.79% students know that slurred speech and blurred vision are symptoms of low sugar level.81% students agreed that obesity leads to diabetes mellitus.84% said that prevalence of diabetes is increasing.74% said that cuts and abrasion on diabetic patient heel slowly. 74% student said that at least one of their relative is effected by diabetes Mellitus .

CONCLUSION: The knowledge of students about diabetes is more in the clinical groups (3rd year to Final year) as compared to the preclinical group (1st year and 2nd year) whereas overall knowledge of the students was adequate.

KEY WORDS: Diabetes Mellitus, Medical students, Public awareness

WORD COUNT:275

EXTENSIVELY DRUG RESISTANT TYPHOID

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OBJECTIVE: It is a case study of extensively drug resistant typhoid.

INTRODUCTION: Typhoid fever is a life threatening infection caused by Bacterium Salmonella typhi . It usually spread through contaminated food and water . Symptoms include prolong fever ,headache, cough , nausea ,constipation and diarrhea . Severe cases may lead to death . Typhoid fever can be treated with antibiotics although increasing resistance to different types of antibiotics is making treatment more complicated.

GLOBAL BURDEN: Pakistan has reported the most numbers of outbreak among the EMR countries so far. These include the ongoing outbreak of extensively drug resistant typhoid fever.

TREATMENT: Antibiotic therapy for fully susceptible strains are Ciprofloxacin azithromycin and alternative treatment are amoxicillin and chloramphenicol. Azthromycin is the only drug of choice nowadays for the extended /multidrug resistance typhoid . Our case was a 9 years old boy presented with prolong fever ,he was diagnosed with XDR typhoid . Treatment given to him was Azithromycin for 14 days. He became afebrile after 1 day.

KEYWORDS: Disease , Typhoid , Fever, Multidrug Resistant Typhoid, Extended Drug Resistant Typhoid,

KEY COUNT: 202

OPINION OF MMC STUDENTS ABOUT TRANSGENDER PEOPLE

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BACKGROUND: Who am I? This question was asked me so many times by so called “Humans” all around the world. This question strikes me, why I am like this? Who am I? My identify is not yet confirmed by so many countries, I cannot get my rights for living my life on my will (Letter of Transgender). The researcher trying to find out the Opinion of MMC students about transgender people, their rights in Pakistani traditional society and how to provide them these rights like Income, identification, social respect, Freedom, sex abuse, residence issues and specially personal Safety etc.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding opinion of MMC students about Transgender people, Data were entered and analyzed by using SPSS version 22.

RESULTS: In MMC students the ratio of students who feels uncomfortable when see transgender near them is about half. In different areas the ratio of harassment is different in Pakistan. About 80% students want their country to do more support and protection to transgender people. About 60% students agreed that transgender should allow to marry & adopt children and to conceive if they are capable of doing this biologically. About 70% students accept a transgender or family happily & will try their best to provide them their rights.

CONCLUSION: This study explore that students of MMC have well awareness about the rights of transgender people in their societies & there opinion shows that a huge population of transgender is living his life below standard level. They are willing to protect them from the discrimination from public & government.

KEYWORDS: Transgender People, Students, MMC

WORD COUNT:311

KNOWLEDGE, ATTITUDE PRACTICES AMONG SANITARY WORKERS

Regarding waste disposal at MMCH

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BACKGROUND: Bio-medical waste” means any waste, which is generated during the –diagnosis - treatment or -immunization of human beings. The institution involved in generation of bio-medical waste are: - Government hospital -Private hospital -Nursing homes -Dispensaries -Primary health center- blood bank and collection - animal and slaughter house.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2019 among students of Muhammad Medical College Mirpurkhas. All students & teachers n=100 were approached, a closed ended questionnaire was administered for collection of Knowledge, Attitude practices among sanitary workers regarding waste disposal at MMCH. Data were entered and analyzed by using SPSS version 22.

RESULTS: In our research, is there an environmental policy of recycling & method of safety from germs is present in MMCH 96% says yes. Different types and colors of boxes are present in MMCH 90% students says Yes, Is there the team of HWM is present in MMCH 66% says Yes. If yes do they get special training 40% says yes. Sharp boxes are used in every ward to safe from injection syringes 100% says yes.

CONCLUSION: Good environmental policy of recycling and method are present in MMCH. Different types and color of boxes are present in MMCH. Team of HMW are present and special training is done in MMCH. Sharp boxes are used in every ward to safe from injection syringe present in MMCH.

KEYWORDS: Knowledge, Waste management, Students, MMC

WORD COUNT:215

SELF-REPORTED DISCRIMINATION IN DIFFERENT SETTINGS BASED ON RECOGNIZABILITY AS TRANSGENDER: A CROSS-SECTIONAL STUDY.

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INTRODUCTION: Transgender are rejected by families and communities because of their gender identity, and they are often socially marginalized. Indiscriminate behaviors may lead to a disproportionate number of homeless and unemployed transgender persons who then enter illegal activities such as sex work or the selling of drugs to gain an income.

Literature review suggested that transgender group has high prevalence of adverse health outcomes including:

- HIV and other Sexually transmitted infection
- Substance abuse use
- Poor mental health
- Suicidal thoughts and attempts
- Exposure to many forms of violence and discrimination

OBJECTIVE: To identify problems which are faced by transgender.

METHODS: Study Design: Cross-sectional Study. Study Duration: August-September 2019. Study Setting: Karachi, Hyderabad And Mirpurkhas. Sample Size: 33 Clients Sampling Technique: Convenience Sampling. Data Collection Tool and Technique: Closed Ended questionnaire and Face to Face Interviews. Data Analysis: Descriptive statistic was calculated by using SPSS. Ethical Consideration: Informed Consent, Approved From Ethical Committee Of Department Of Community Medicine.

RESULTS: Most of the transgender are educated up to matriculation. Most of the transgender have good economic condition. Most of the transgender have mixed profession mainly sex workers and dancers, need to have more employment opportunities. They live apart from their families by their own decision. Majority of them are sexually abused. And have faced reverse victimization by police also. They are satisfied by primary health care facilities, but don't have secondary or tertiary health care facilities. Most of them are not satisfied with practices of social welfare organizations. Most of them believe that legal system of country is supportive for them.

RISK FACTORS OF FEMALE BREAST CARCINOMA IN SINDH: A CASE CONTROL STUDY, 2019

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BACKGROUND: Breast cancer is the most common type of cancer worldwide; the incidence is continuing to rise, and it is the leading cause of cancer-related death among women. The WHO has reported that the incidence of breast cancer is increasing by between 1.8% and 2.0% annually around the world. During 2005 to 2020 nearly 26% increase in breast cancer cases occurs and the increase is expected to be higher in developing countries

METHODOLOGY: Study design: Case Control study

Study duration: August –September 2019

Study setting: Hospitals of Sindh and Punjab

Sample size: 110 (40 cases, 70 controls)

Sampling Technique: Convenience sampling

Data collection tool: Demographical and risk factor data were collected using a short structured questionnaire

Data Collection technique: Inter personal Interview

Data Analysis: Descriptive frequencies and Odd ratio with 95 % Confidence interval was calculated. P value less than 0.05 was considered significant

Ethical consideration: Informed Consent, approved from ethical committee of Department of Community Medicine

RESULTS: Majority of the study participants (> 80%) didn't have adequate knowledge on the risk factors of the breast cancer. We had a total of 110 people, out of which 40 were cases and 70 were controls. According of our research, out of 40 cases, 15 females were reported of the breast cancer were at the age of 55-65 years. Out of 40 cases, 19 females who were reported of breast cancer were graduate and 9 females were illiterate. Out of 40 cases, 31 females who were reported of breast cancer were taking contraceptives as compared to the women who were not taking contraceptives were 9 in number. Out of 40 cases, 37 cases were living in urban and 3 were from the rural areas.

CONCLUSION The women who are between the age group of 55-65 years is at the high risk of developing breast cancer. The women who are taking contraceptive are at the high risk of developing breast cancer. Out of 40 cases, 37 females who are living in urban areas are reported to develop breast carcinoma as compared to the women living in rural areas.

KEY WORDS: Risk factors associated with female breast cancer from different hospitals.



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