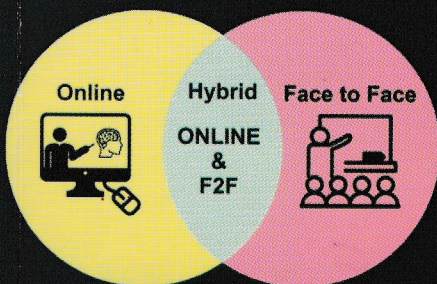


ABSTRACT BOOK

18th Annual Medical Symposium

27th - 29th October 2020



Theme

Online / Face to Face / Hybrid
Teaching Methods in Medical Education



CONTENTS

Abstr act DOCTORS.....	04
Abstr act 3RD YEAR	16
Abstr act 4TH YEAR	18
Abstr act FINAL YEAR	56

PREFACE

Research is an important ingredient of the mission of Muhammad Medical & Dental College. It is my earnest desire to develop the deep understanding and inculcate in the minds and soul of every student the gist of the best evidence practice. Hence it is necessary for every student of fourth and final year to have at least one research project. Before graduating every student has completed at least two research project that he/she presents in annual symposium of the MMDC that is religiously held every year.

I am not going to discuss “Survive”, perhaps the most organized and structured online programme held during the lock down, since I am including my introduction to the report on survive.

Kindly go through it to understand the essence and depth of this phenomenon.

My sincere congratulation to all those who are attending and participating in the annual medical symposium of 2020.

PROF. SYED RAZI MUHAMMAD

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ABSTRACT

DOCTORS

“SURVIVE” A UNIQUE AND POWERFUL TOOL OF ONLINE MEDICAL/DENTAL EDUCATION

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Principal Muhammad Medical College, Mirpurkhas

ABSTRACT

Difficult new situations and challenges are regular features of our modern life. I believe that one can somehow stay prepared to face them by following the three principles.

1. By investing the free time to prepare and develop the skills that can help in meeting the challenges expected to come in one's chosen profession. So, when I started Muhammad Medical College, I immediately realized that I lack the essential knowledge and skills required in general and human resource management, administration, and financial accounting. I overcame these deficiencies by attending weekend courses and doing MBA from Karachi.
2. By keeping one's slate clean. So, when the challenges appear, there is no pile of unfinished and unavoidable work that has to be completed, tiring us before facing the actual challenge.
3. By avoiding all superstitions and by understanding and accepting all realities. This allows us to make hard, practical decisions by undertaking a holistic analysis and combating every aspect of the problem in a way that has been proven successful in the past.

I have spent the last two decades reading, studying and attending seminars, workshops and courses in medical education. This involves completing my courses of certificate, diploma and masters in medical education online from the university of Dundee. University of Dundee uses Moodle which is a learning management systems (LMS). At Dundee, all communications, announcements, submission of assignments and dissertation, their assessments and grading and academic chats between teachers and students takes place within Moodle.

So, when the Covid-19 crisis began on 2nd March this year and holidays were announced by the government, we stopped the classes but continued the ward posting where students of final year came forward and actively taught the junior students of 4th and 3rd year under the supervision of senior doctors. Final year students were in turn taught by the senior faculty and we spent 14-15 hours every day in wards, ICU, A & E, Operation Theatres, Laboratories, Radiology and Endoscopic departments. New schedules were drawn. These 12 working days were most rewarding for the clinical groups. The patients were much better cared too. However, with the worsening condition, students were allowed to go home on 13th March. Some of the students had tears in their eyes when leaving. I didn't feel any different since I believed that we could safely prepare our students for their coming role without putting them at extra risk.

I phoned the Vice Chancellor of our affiliating University, LUMHS. He told me that the government has announced holidays till 31st May. We both knew that the holidays could go beyond that. I held faculty meetings, asking them to prepare schedule of online daily submission of assignments and weekly tests. I and our head of IT department, Mr. Zubair spent most of the next two days (Saturday and Sunday) getting the Moodle up and establishing students' portal for each class, scheduling the daily assignment for each subject taught in one class. I named the whole Online programme of MMDC as “SURVIVE”. Each student had to prepare one assignment of each subject every day. So, a first year BDS student had to make 4 assignments per day and a total of 20 assignments per week. Students of first, second and third years MBBS had to prepare 3 assignments per day and 15 assignments per

week. Students of 4th and final years had to make 4 assignments per day and 20 assignments per week. Every class had to take a weekly test of all the subjects and then prepare another assignment of post-test discussion with 3 box scheme, where all the mistakes and missed concepts were discussed. This went on for 9 weeks initially. Each student completed (and teachers assessed, graded and commented) an average of 46 assignments per subject during this period. For a total of 21 subjects (17 MBBS and 4 BDS) by 550 students, this made a total of 531,300 assignments. If you add post-test assignments (9 tests by 550 students with a total of 4950 assignments), this takes the total to 536,250 assignments. I salute my students, faculty and IT department to carry this huge load of producing, checking, grading and commenting on over half a million assignments. This indeed makes “Survive” one of the most unique Online programmes by any Medical or Dental College of Pakistan. Each class had two WhatsApp groups. I included the teachers of relevant subjects in the groups of respective classes. There was frequent communication between the teachers and students discussing the difficult concepts. Online reading material and lectures were provided for many (but not all) the topics. Students were encouraged to search the web and find authentic original & review articles as well as the guidelines. Reading substandard books and plagiarism (copying and pasting from the web and copying from colleagues) were heavily discouraged.

بنا لیتا ہے موج خون دل سے اک چمن اپنا
وہ پابندِ قفس جو فطرتا آزاد ہوتا ہے
اصغر گونڈوی

From 1st June we have started the second phase named “SURVIVE- AGAIN”. This will continue to 31st July or whenever the colleges are opened. Again, the similar level of work will be involved.

There are 3 types of learning.

1. Traditional Face to Face (F2F) learning
2. Online (e learning) and
3. Hybrid (Blended) learning.

At the beginning of this year, every student and faculty member had witnessed a F2F programme in the first 3 months. This was followed by the lockdown where MMDC followed, without wasting a single day, 4 and a half months of online learning. When MMDC reopens, hopefully on 1st of August, they will experience a hybrid programme, blending F2F and online learning.

Like any new thing, this idea of turning to massive online learning through “Survive” was also looked at with suspicion. There was resistance from some of the faculty members and students. They thought that online learning was probably some inferior sort of learning.

آئین نو سے ڈرنا، طرز کہن پہ اڑنا
منزل یہی کٹھن ہے، قوموں کی زندگی میں
اقبال

I had to assert that the reality was quite the opposite. I presented the following studies to prove my point.

1. Brandon-Hall Study- This study showed that online learning saves 40-60% of learner’s time than learning the same material in a F2F setting. The quality of learning is also improved by online learning.
2. The *Research Institute of America*- Online learning enhances the rate of retention by 25% to 60% while retention rates of F2F learning is only 8% to 10%. It may be due

to the fact that an online learner can refer back to the learning material again and again.

3. IBM has recently discovered that online learners learned almost five times more content during the same time as F2F learners.

4. Britain's Open University's study has discovered online courses consume 90% less energy and releases 85% less CO2 emissions per student than F2F learning. (Knowledge Direct Web)

Actually, there was no alternative. Globally, over 1,190,287,189 (about 1.2 billion) affected learners, which account for 68% of total enrolled learners, went out of the classroom (<https://en.unesco.org/covid19/educationresponse>). As a result, online learning became the only tool available for all these students and their institutions.

We got no time to formally train our faculty or students. However, our WhatsApp groups and Facebook pages came handy and we (Me and Mr. Zubair) started writing posts and interacted with the faculty and students on daily basis (actually hourly basis), answering their queries, writing guidelines and recording short videos to illustrate our points and train our students and faculty.

In the initial days, I had to check assignments and make MCQs of many subjects. Slowly and gradually students started joining in. This was a very busy time. I trained two of my junior doctors (Dr. Saba and Dr. Hyder) and they proved a wonderful support. Still, I had to submit assignments of individual students (who emailed or Whatsapped them to me), guided them how to reduce the size of assignments and adopted techniques to avoid plagiarism. The dates of submission had to be extended many times. Few frustrated students got aggressive and had to be controlled with a carrot and stick approach. Some students wanted to avoid assignments as it consumed lots of time. However, I made it clear that:

- Assignments will continue in the current mode and will have to be submitted by everyone.
- We will discuss the problems and difficulties, but we will remain positive and boost each other's morale like a true family does. Students can share their frustration and depression by personally messaging the me or a teacher. But on the general forum, only positive and morale boosting posts should be shared.
- The schedule of assignments and tests on the portal will be strictly followed in spirit and order. No teacher, senior or junior will change anything (in fact only the Principal and the head of IT department have comprehensive administrative rights to edit anything on the portal). If some change is necessary, the teacher will discuss with the principal and that too much before the assignment is due, and then the Principal will make the necessary amendment.
- Only standard textbooks will be followed. Students should not follow the substandard books which largely discourage the concepts and promote rote learning. This goes much beyond destroying the understanding of a subject. It adversely affects one's mindset, thinking, character and personality too.
- Plagiarism will not be accepted. Copy and paste culture will be discouraged. Hence students must make assignments in their own handwriting and then make a pdf of the entire assignment and submit it in one piece. The size of the file may have to be reduced by using the proper software.
- Students & faculty have been strongly advised to get a good internet connection. They have been encouraged to discuss within the family and peers to improve their IT skills. No professional, including doctors, can progress in today's world without good IT skills.

Unfortunately, our educational system does not promote higher levels of cognition and affective domains. It merely promotes passive learning and rote memorization. As a result,

most of the teachers and students rely on passive lectures and on substandard books which merely stress on remembering and recalling the facts until the examinations are over. Imagine how useless is the information that the student memorises with endless effort, that:

- a. is easily accessible on google
- b. students are going to forget it soon anyway.
- c. is of no use in data interpretation and problem solving.

Our system is riddled with the old and outdated ideas. This can produce the followers and not the leaders. This results in producing the graduates who remember the long lists and facts but cannot think, inquire, create or lead. Examination system also favours people who are good in rote memorization. This has flooded the shops with substandard books from the poorly qualified people who have not mastered the subject but worked to find tricks to rote memorize the facts, so these facts can be spilled on the examination papers. Teachers enjoy the role of the sage who cannot be questioned and is the epitome of the entire system.

The world of education has gone through a paradigm shift with Benjamin Bloom (1956) publishing his work 64 years ago suggesting three domains of learning, i.e.: The cognitive domain (6 sub domain), the affective domain (5 sub domain) and the psychomotor domain (7 sub domain).

1. The cognitive domain (knowledge-based)
 - a. Knowledge (Remember)
 - b. Comprehension (Understand)
 - c. Application (Apply)
 - d. Analysis (Analyse)
 - e. Synthesis (Create)
 - f. Evaluation (Evaluate)
2. The affective domain (emotion-based)
 - a. Receiving
 - b. Responding
 - c. Valuing
 - d. Organizing
 - e. Characterizing (Internalising)
3. The psychomotor domain (action-based)
 - a. Perception
 - b. Set
 - c. Guided response
 - d. Mechanism
 - e. Complex overt response
 - f. Adaptation
 - g. Origination

Our educational system still favours only knowledge and sometimes comprehension subdomains. Higher levels of cognition and affective domains are largely ignored and resisted.

Internationally, the passive learning is seen as a waste of time, and the centre of learning has shifted from the teacher (facilitator) to the student (active learner). Alison King (1993) has given it a name in her work "From Sage on the Stage to Guide on the Side". She writes: *"In most college classrooms, the professor lectures and the students listen and take notes. The professor is the central figure, the "sage on the stage," the one who has the knowledge and transmits that knowledge to the students, who simply memorise the information and later reproduce it on an exam-often without even thinking about it---assuming that the student's brain is like an empty container into which the professor pours knowledge. Students are passive learners rather than the active ones. Such a view is outdated and will not be effective*

in the twenty-first century, when individuals will need to think for themselves, pose and solve complex problems, and generally produce knowledge rather than reproduce it.”

She further writes:

“Active learning simply means getting involved with the information presented- really thinking about it (analysing, synthesizing, evaluating) rather than just passively receiving it and memorizing it. Active learning usually results in the generation of something new, such as a cause-effect relationship between two ideas, an inference, or an elaboration, and it always leads to deeper understanding.”

Daniel H Pink (2005) has endorsed King’s point by saying that the world has now moved from the “Information Age” or the “Industrial Age”, and we now live in “The Conceptual Age”. Erica McWilliam’s (2009) has produced her famous work “The 21st Century Teacher: From Sage- to Guide- to Meddler.” While she accepts that learning should be active and learner (student) based, she remains very critical of the idea of a teacher withdrawing from learning process to allow the students to be more active. She writes:

“Many of the teachers who see themselves as Guide are as unlikely to be “fascinating” as they are to be “challenging”. In reality, we have seen the high ground of “guiding” too easily collapse into passive child- minding and worksheet distribution. When this occurs, Guide-on-the-Side becomes a high moral-ethical excuse for the teacher to “step out” of the main game of teaching, and to sit at the margins of the physical, mental and emotional activity that is so vital to learning”.

She suggests a third meta-category “geared up for creative capacity building—that of Meddler-in-the-Middle. This meta-category is descriptive of active interventionist pedagogy in which teachers are mutually involved with students in assembling and/or dis-assembling knowledge and cultural products. Meddling is a re-positioning of teacher and student as co-directors and co-editors of their social world. As a learning partnership, meddling has powerful implications for what “content” is considered worthy of engagement, how the value of the learning product is to be assessed, and who the rightful assessor is to be”.

Unfortunately, many teachers are still stuck on old and discarded “Sage on the Stage role”. The forced lockdown will force them to unlearn and become first “Guide on the Side” allowing the student to take the active role and later become a "Meddler-in-the middle" where he co-creates with the student. This is why I have stressed that the interactive discussion on the challenging concepts are far more important than the traditional lectures. Frequent critical discussions are far more important than long traditional lectures that the students and teachers are so used to. Jess Gifkins (2020), a Research Fellow at the Asia-Pacific Centre for the Responsibility to Protect, compares active discussion on important conceptual issues with lectures (passive learning):

" Active learning promotes recall and deeper understanding of material, as students are engaging with the content rather than simply listening to it. The education literature commonly quotes studies showing that when. students are passively listening their concentration limit is between 10 and 20 minutes, a small fraction of a lecture. Passively listening is not as good at promoting higher-level skills like ‘apply’, ‘analyse’ and ‘evaluate’."

One thing that this pandemic has made very clear is that everyone shows his/her true colours in crisis. Whereas those who truly love their institution have come out with courage and hard work, and have joined hand to support the institution. Some have shown their negative colour and tried to make small groups and promote despair, discontent and chaos. Some others have seen it as a long holiday where they can turn their back to their institution and their students/teachers. I see this as an opportunity to find people’s true colours and carefully choose and strengthen the team with sincere and honest people. Alhamdulillah some of the

staff and students have come forward who have further strengthened our team and countered the trouble makers. There are many other problems that we have faced. The accounts department comes warning that the balance of expenses and income is getting out of hand, with the salary expenses pending and the income being halted (since the fees is unlikely to come until the college reopens). One of the colleagues says that many colleges are deferring the salary of the staff, who are not working during lockdown. But I have taken the option of taking loans from the banks, and Alhamdo lillah, every employee's salary is being paid on time.

In this world of marketing and propaganda, we have seen people who run a few online lectures and claim to have promoted online learning. Most of the students of MMDC can see through them. However, few immature students, especially those who get carried away easily with negative comments, fall to the trap and make suggestions which if accepted, would promote passive learning. "Survive" is a phenomenon which is hard to match in any developing country. Started without any trained staff, establishing the entire system of daily assignments with the support material and textbooks, within 48 hours of the beginning of lockdown has been a real achievement. The continuous active discussion on the topic with the dedicated faculty and fellow students, the checking of each and every assignment with grading and comments (a total of half a million assignments during first two phases and will reach one million by the end of July), the weekly tests to challenge and grade the 550 students and a unique post-test self-assessment by each student, ensuring that whatever deficiency has resulted in wrong answer, gets corrected and the student never repeats the same mistake. With as many recorded lectures on WhatsApp and online lectures on zoom as possible, "Survive" will be remembered by the generations to come.

The way forward at Muhammad Medical & Dental College:

In my opinion, both the F2F and online learning have their strengths and weaknesses. The trick lies in good planning, execution and full commitment. Perhaps some form of careful blending will give the better results. This has already been proven by Bernard et al.'s (2014) meta-study of blended learning in higher education. Students in blended programs have turned out to achieve better than students following F2F only studies. Similar findings have been made by other studies – e.g., Israel (2015), Northey et al. (2015), Southard, Meddaug and Harris (2015), González-Gómez et al. (2016) and Ryan et al. (2016). Hence, I am planning to pursue the Hybrid learning at MMDC. While regular F2F activities will continue, online submission of assignments and regular online tests will be conducted

Following steps have already be taken and will continue:

1. Daily lectures will be given on zoom.
2. Students will be involved with daily online interactive discussions with teachers and peers, using Moodle and WhatsApp groups.
3. Students will submit assignments online on Moodle on daily basis.
4. Students will have weekly online tests. Such frequent testing is known to stimulates the students to work and perform harder, providing them ample feedback on their work, and has a positive influence on student study time and performance (Bangert-Drowns et al 1991).
5. Students will be included in the Board of Studies that will plan and monitor the progress of the Hybrid course.

Following steps are to be taken from now onwards to further strengthen "SURVIVE:

1. Every HoD should collaborate with his faculty and make them participate in Survive. However, whatever plan has been projected on the portal will be strictly followed. The Vice Principal will liaise with the HoDs and faculty to draw a programme of delivering the lectures (on zoom) and recording and displaying them on the portal.

2. Only the Principal will have the authority to make changes in any assignment, lecture or the test of Survive, according to the prevailing situation and recommendations. Discipline is the most important component of any online learning programme.
3. Mr. Zubair will be the Chief Information Officer (CIO) and will ensure that the IT environment of the entire programme “SURVIVE” especially Moodle runs smoothly.
4. Daily classes on zoom will be conducted on each subject for every year from 28th June 2020. The daily lectures, assignments and weekly tests will be held on the topics displayed on the Moodle.
5. These classes will be recorded and will be added to the portal so the students can go back to them again and again. The CIO will design a plan to record every delivered lecture which will be attached on the portal to the assignment. He will be assisted by Mr. Faisal Ali, Mr. Awais, Mr. Adnan and Mr. Sajid Rehman.
6. The Vice Principal Dr. Shamsul Arfeen will supervise the regular and smooth running of the classes. He will be assisted by Dr. Saba Fatima, Dr. Hyder Pehalwani and Dr. Hira Anwer.
7. Dr. Saba Fatima will supervise the attendance of Survive.
8. Mr. Hyder will attach the recorded lectures, lectures in text form and reading material of each assignment on the portal.
9. The teachers will conduct the classes from a classroom in the college and the students will take classes from home.
10. Each teacher will conduct classes on each topic of the week which are already displayed on the Portal for a duration of 10-20 minutes. This duration is proven by research to be the most effective during which, a student can be maximally attentive on a topic. These lectures will aim to facilitate the self-study and making of assignments by the students. They will be more focused on developing the key concepts and answering the frequently asked questions on the topic, rather than covering the topic in details. Hence a teacher can take 3-5 topics in one day. The time table will be drawn by the Vice Principal, Dr. Shams Arfeen, and approved by the Principal Prof. Syed Razi Muhammad. Each designated teacher will strictly follow the schedule and will not change it without the permission of the Principal. There will be no mutual exchange. The teacher will regularly check, grade and provide the feedback to the assignments of the students. This should be done weekly and there should be no backlog.
11. The performance of every teacher will be recorded and there will be a weekly feedback by the students on each teacher’s performance including that of the Principal on a standard form.
12. There will be a class teacher for each class who will ensure and record on a structured form, that the lectures, assignments and tests are conducted regularly and smoothly. The designated class teacher will check, grade and discuss the post-test discussions regularly. He/she will be assisted by a male and female student of the class.
13. The Vice Principal will arrange a meeting to discuss these points with the faculty and the team. The faculty not present in Mirpurkhas will join the meeting on Zoom.

Following steps will be taken from next academic years:

1. The affiliating University, LUMHS has decided to go for modular system. MMC & MDC will be better equipped to get along due to the students and faculty already well aware of Moodle, Zoom and Whatsapp interactions, regular submission of assignments and weekly tests. Besides we have an excellent department of Medical Education with the principal himself a Master of Medical Education from Dundee and a well-trained IT department.

2. Every subject's course will be broken down to 40 weeks. This will be further divided into modules as divided by the affiliating University. Each week will be further broken into 5 parts.
3. Every teacher will know his/her work for all 40 weeks, with lectures, tutorials and small group teaching. The teacher will be responsible for checking and grading the daily assignments and preparing high C2 or C3 MCQs on the topics designated to him/her. This will be included in the job description of the teacher.
4. Each student will know his/her work for all 40 weeks, with **F2F** lectures, tutorials and small group teaching.

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HELICOBACTER PYLORI TREATMENT GUIDELINES

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ABSTRACT

INTRODUCTION: In 1979, Warren was first to observe these bacteria in an inflamed gastric epithelium. He discovered that H. Pylori could lead to peptic (Stomach and Duodenal) ulcer. With its flagella and its spiral shape, the bacterium drills into the mucus layer of the stomach. H. Pylori is a common worldwide infection. H. Pylori may also have a role in functional dyspepsia. Risk factors for acquiring the infection include low socioeconomic status. Abdominal pain is the most common complaint. Active peptic ulcer disease, confirmed history of peptic ulcer disease, Gastric MALT Lymphoma are established indications for diagnosis and treatment.

TREATMENT: H. Pylori is an infectious disease that is typically treated with a combination of 2-3 antibiotics along with a Proton Pump Inhibitor. The American College of Gastroenterology guideline recommends 14 days of treatment with a PPI, Clarithromycin, and amoxicillin. This bismuth quadruple therapy consisting of a PPI, Bismuth, Tetracycline, and a nitroimidazole for 10 to 14 days is also an option. Sequential therapy consisting of a PPI and Amoxicillin for 5 to 7 days followed by a PPI, Clarithromycin, and a Nitroimidazole for 5 to 7 days is an alternative. In patients with an allergy to penicillin – Metronidazole as an alternative to amoxicillin.

KEYWORDS: H. Pylori, Peptic Ulcer disease, Dyspepsia

**AN AUDIT OF BLOOD TRANSFUSION AND BLOOD GROUPS WERE DONE IN
MUHAMMAD MEDIAL COLLEGE HOSPITAL MIRPURKHAS.**

Supervised by Prof Dr. Syed Razi Muhammad.

Dr. Hyder Ali Pehilwani Rind (Lecturer Pathology MMDC).

ABSTRACT

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 2719 patient blood were transfused 1007 (41%), were males patients and 1712 (59%) were female, from 1st-september-2018 to 31st – August -2020. Time periods are two years. The data collect from the Muhammad Medial College Hospital Mirpurkhas pathological Lab,

Total Transfusion

Sex	Numbers	%
Male	1007	41%
Female	1712	59%
Total	2719	99.9%.

RESULT BY AGE GROUP:

Age	Number	Percentage
Age < 1 y	123	16.96%
01 - 14 y	136	17.90%
15 – 44	842	16.96%
45 – 64	812	21.65%
> 64	806	26.51%

NO OF TRANSFUSION DEPARTMENT WISE:

Ward	Male	Female
OPD (CASULTY)	22	127
Medical 01	140	198
Medical 02	403	101
G & Obs	00	432
Surgical	103	85
Paeds	88	43
ICU	102	56
Neurology	32	08

NO OF BLOOD GROUP WHICH ARE TRANSFUSED:

BLOOD GROUPS:	Female	Male	Total
A +ve Positive	423	345	768
A-ve Negative	26	241	267
B+ve Positive	298	187	485
B-ve Negative	17	06	23
AB+ve Positive	193	186	379
AB-ve Negative	12	28	40
O+ve Positive	198	298	496
O-ve Negative	21	36	57

Blood Groups Percent in positive and Negative:

Group - ve	%	Group + ve	%
387	14.28%	2332	86.32%

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

ABSTRACT

3RD YEAR

PREVALENCE OF SUPERSTITIONS AMONG MEDICAL STUDENTS AND FACULTY IN MUHAMMAD MEDICAL COLLEGE

Muhammad Haider Azhar¹

Supervisor by: Professor Dr. A.B Rajar

Department of Community Medicine

ABSTRACT

BACKGROUND: Although the concept of superstition encompasses a wide range of beliefs and behaviors, most can be united by a single underlying property, the incorrect establishment of cause and effect: a belief or practice resulting from ignorance, fear of the unknown, trust in magic or chance, or a false conception of causation'. In a world increasingly dominated by science, superstitious and indeed religious thinking typically take a back seat in academic affairs. However, superstitions play a central role in many small-scale societies, and indeed remain prevalent in the popular culture of all societies.

OBJECTIVE: To find out the frequency and pattern of superstitions among faculty and students of Muhammad Medical College, Mirpurkhas

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

RESULTS: The questionnaire was distributed to 100 students and faculty members. Among them 46 were male and 54 were female. 15 sample of questionnaire were distributed to each class from 1st year to final year and 25 to faculty. 54% students disagreed on the belief "if a black cat crosses your path, you will have bad luck" while 42% students were agreed and 4% were unsure about their belief. 57% disagreed, 37% agreed and 6% were unsure about "wearing your birth stone will bring you good luck". 61% disagreed, 37% agreed and 2% were unsure about "itchy palms means money will come your way". 69% disagreed, 29% agreed and 2% were unsure about "if the bottom of your feet itches you will make a trip". 39% students disagreed, 58% students agreed and 3% were unsure about "believing on your birth star". 62% students disagreed, 35% agreed and 3% were unsure about "wishing upon a shooting star". 27% disagreed, 71% agreed and 2% were unsure about "does it compulsory to wear the wedding ring in fourth finger of the left hand". 51% disagreed, 46% agreed and 3% unsure about "if left eye blinking indicates something wrong is going to happen". 72% students disagreed, 25% agreed and 3% were unsure about "if u broke the glass is the sign of happiness/bad luck". 56% students disagreed, 36% agreed and 8% were unsure about "opening the scissor and closing it without a reason causes family problem at home". 61% students disagreed, 34% agreed and 5% were unsure about "you should never call one back when the person is leaving the house". 59% students disagreed, 34% agreed and 7% were unsure about "cawing of the crow announces the arrival of some guest". 77% students disagreed, 19% agreed and 4% were unsure about the no. 13 is unlucky". 64% students disagreed, 30% agreed and 6% were unsure about "breaking of mirror is the bad sign". 56% students disagreed, 40% agreed and 4% were unsure about "wearing black color on wedding is unlucky". 57% students disagreed, 39% agreed and 4% were unsure about "believing lucky day". 69% students disagreed, 27% agreed and 4% were unsure about believing on unlucky day". 58% students disagreed, 40% agreed and 2% were unsure about "believing in lucky colour". 72% students disagreed, 23% agreed and 5% were unsure about "believing in unlucky color".

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

ABSTRACT

4TH YEAR

SURVEY REGARDING LOW ATTENDANCE IN LECTURES AT MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Aamir Abbas, Muhammad Bilawal, Bilal Munir, Shah Zain, Jamil Ahmed
Supervised By: Dr. Jamil Ahmed, Muhammad Medical College Mirpurkhas

ABSTRACT

INTRODUCTION: Low attendance in lectures is not a new problem. It has been identified previously. Number of causative factors has been suggested including illness, transport problems, inconvenient lectures times, poor content of lectures and poor lecturing technique. Low attendance may affect this process and hinder their professional growth.

OBJECTIVES: To identify factors responsible for low attendance and factors that improve the attendance of medical students.

METHOD: After the approval of department of medical education of Muhammad Medical College, Mirpurkhas a cross sectional research was conducted by using close ended questionnaire. 100 students enrolled between September to October 2020. The sample size was calculated by using SPSS software version 22.

RESULTS: Our study include total 100 students of college in which 50 were male and 50 were females. Numerous students were agreed that they prefer self-study rather than taking classes. Almost 2/3 of students prefer internet source for learning. We also observe that strictness of teacher is also one of the factors for absenteeism.

CONCLUSIONS: Our findings revealed that the majority of the students prefer self-study, because the most of the students think that they can get the lecture notes from classmates. While strictness' of the teacher was perceived as one of the main demotivating factor for attending classes. This raises concerns for the educators to rectify these factors in order to improve student's attendance in lectures.

EXPLORING THE EXPERIENCE OF THE OLDER ADULTS LIVING IN OLD AGE HOMES, SINDH

Muhammad Abeer Khan¹, Muhammad Wahaj Khan¹, Rajan Kumar¹, Dr. Asif²

Supervisor by: AB Rajar², Students of 4th year¹, Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: Globally the elderly population is growing at a startling rate. A WHO report on global health and ageing estimated in 2010, 524M people were aged 65/>65, i.e. 8% of population. By 2050 it is expect to triple to about 1.5 billion (16% of the world population) Demographic shift, is affecting the lives of this vulnerable group and institutionalization of the elder adults. The aim explore the experiences of older adults living in shelter homes in Pakistan. Identify the reasons for their admission to these institutions. Assessment of cognitive impairment of the elder people residing in this old age home with the help of Mini Mental state Examination score.

METHOD: A cross-sectional study design was adapted for the study. A purposive sample of 47 elderly males and females' were selected from old age home in Rashidabad, semi-structured interview and questionnaire were introduced. The data was entered and analyzed by SPSS-version 25.

RESULT: 47 Participants included in this study had mean age of 65 years. Study included 5 major themes. Lack of support system (82%) and insensitive behavior of children (70%) was the major reason behind leaving the home. 64% participant feel loneliness and helplessness and 79% have psychological consequences face in the family. Mostly 14.9% participant said that village life is the most positive and happiest moment of his or her life. 70 % participants had faced poverty and 30 % had family disputes are problems. Majority were of the view that faith in God and the prayers are the best solution for coping with challenges in life. 66% participants were willingly and 34% unwillingly living in old age house.

CONCLUSION: This study concluded that the factors that pushed the elderly into the old houses were lack of physical, Psychological, emotional and financial support from their family and children. Insensitive behavior of children, left the seniors citizens neglected and helpless. The study also uncovered challenges of unemployment and family dispute amongst the elderly that made them dependent, distress, helpless and lonely. The majority of elderly were satisfied with the management and facilities provided by the old house management team at Rashidabad.

KEYWORDS: Older adults, Old age homes, experiences, challenges, mini-mental state examination, quantitative study.

KNOWLEDGE, ATTITUDE AND PRACTICE ABOUT COVID-19 AMONG UNDERGRADUATE MEDICAL STUDENTS AT MUHAMMAD MEDICAL COLLEGE

Aatika Falak¹, Aiman Salam¹, Nazmeen¹, Hunaina Mariyum¹,

Supervisor by: Dr. AB Rajar²,

Students of 4th year MMDC, Department of Community Medicine

ABSTRACT

BACKGROUND: Coronavirus disease 2019 (“COVID-19”) is an emerging respiratory disease that is caused by a novel coronavirus and was first detected in December 2019 in Wuhan, China. The WHO declared the novel coronavirus outbreak a global pandemic on March 11, 2020. In this time of crisis, research on KAP is vital for understanding the student’s level of awareness about knowledge, attitude and practice towards COVID-19. Hence the aim of this study was to assess the knowledge, practice and attitude regarding COVID-19 among undergraduate medical students at MMC.

METHODOLOGY: This cross-sectional study was conducted in Sept-Oct 2020, in Muhammad Medical College with a total number of about 170 undergraduate medical students. The study was conducted by using closed ended questionnaire. Data were entered and analyzed by using SPSS version 22.

RESULTS: A total of 170 participants 68 % were males and 102% were females. The mean age (19.4). Mostly (27.6%) males and (35.8%) female said that social media is the source of information about deadly coronavirus. Most students are aware of modes of transmission, risk factors, symptoms, preventive measures of COVID. (31.7%) females (30%) males are in favor that symptoms appear after 2-14 days. (54.1%) female (38.2%) male are in favor that disease is dangerous. (45.8%) females (27.6%) males afraid to go common places to avoid infection. (37.6%) females (24.7%) male are in favor that preventive measures are sufficient for prevention. (39.4%) females (26.4%) male feel their self at risk. (38.2%) female (28.2%) male are in favor to go to doctor and avoid normal activities if they feel flu like symptoms. (52%) female (36%) male take safety precautions and preventions. Most students use mask to cover nose in crowded places to prevent coronavirus infection. (21.1%) females (19.4%) male are in favor of getting vaccine.

CONCLUSION: Our study revealed that mostly students are aware about modes of transmission, risk factors, symptoms and preventive measures of COVID-19. Students show good attitude by using face mask in crowded places and by social distancing. Students show good practice by washing hand, refraining from shaking hand and following the etiquette of coughing and sneezing. The study might be fruitful in conducting further research of its kind.

KEYWORDS: KAP, COVID-19, Medical Students, MMC.

KNOWLEDGE, ATTITUDE & PRACTICE OF EXCLUSIVE BREASTFEEDING AMONG THE LACTATING MOTHERS VISITING MMCH

Yoza Malik¹, Saima Nazir¹, Arham Shahjahan¹, Aisha Rasheed¹,

Supervisor by: Prof.AB Rajar²

Medical students of 4th year MBBS¹, Professor of Community Medicine²

ABSTRACT

BACKGROUND: Exclusive Breastfeeding means that infant receives only breast milk up to 6 months, no other liquids or solids are given with exception of oral rehydration drops / syrups of vitamins, minerals or medicines. Exclusive Breastfeeding can avert major causes of neonatal death such as sepsis acute respiratory tract infections, meningitis and diarrhea. The aim of this study was to find out the knowledge, behavior about the importance of exclusive breast feeding among lactating mothers visiting to MMCH. Moreover breastfeeding reduces the risk of postpartum hemorrhage, breast cancer and ovarian cancer

METHOD: Descriptive Cross Sectional survey was conducted in September 2020 – October 2020 in Muhammad Medical Hospital. Lactating mothers of children from 6 months – 2 years. It was done by predesigned and pretested questionnaire, in 60 mothers. Questionnaire comprise 21 items used to measure participant's knowledge, attitude and intention to practice. The data was entered and analyzed by SPSS 22 version.

RESULT: From total of n=60 lactating mothers, mean age 26-30 Years. n=56 (93.3%) Muslim, n=58 (96.7%) married. Most participants were aware of EBF 58 (96.7%). n=34(58.3%) said source of information is school, family and neighbors. n=31 (51.7%) of participants immediately breastfed after delivery. n=38(63.3%) participants said EBF is needed beyond 6 months. Majority of the participants n=49 (81%) agreed with EBF significance in preventing diarrhea. n=19 (33.3%) participants discarded colostrum n=40 (66.7%) participants gave their last child honey before breastfeeding after delivery. EBF knowledge and behavior is significant among lactating mothers. Small ratio of participants discarded their first milk.

CONCLUSION: My study reveals that the majority of the lactating mothers are about the implementation of EBF. Their behavior and practice towards the knowledge given by health institutes is positive. However, there is a major need to educate the mothers about not wasting the colostrum specifically.

KEYWORDS: lactating mothers, breastfeeding, health benefits

**PREVALENCE OF DEPRESSION ANXIETY AND STRESS AMONG LAB
CONFIRMED COVID-19 PATIENTS IN PAKISTAN 2020**

Fiza shakeel , Muqadas Arshad, Alina Asghar,
Supervisor by: Dr. Asif Shah

ABSTRACT

INTRODUCTION: In December 2019, China reported unusual cases of pneumonia COVID-19 caused by SARS Cov-2. The severe outbreak of covid-19 has affected the mental health of Pakistanis .The objective of this article was to determine the prevalence of depression anxiety and stress among COVID-19 patients. To find out the associated factors of depression anxiety and stress among COVID-19 patients.

METHODS: A questionnaire based cross-sectional survey was conducted among covid-19 cases in Sindh and Punjab from Sep-Oct 2020.A total of 100 participants were recruited through convenience sampling. Depression, anxiety and stress were measured using DASS-42, a 42 –item self-reported questionnaire. The frequencies and percentages are measured by using Excel and Epi info version 7.

RESULT: Out of 100 COVID-19 patients the depression, anxiety and stress was high in males (57%) and in females (43%). In age group participants, < 40 years of age have more depression, anxiety and stress than participants with age of >40. In occupation worker have 44% depression, anxiety and stress than non-worker 24% & student 32%. In marital status, married have (65%) depression anxiety and stress than unmarried (35%).

CONCLUSION: The overall prevalence of DASS among COVID-19 cases was high. Predominate in Male gender and age group 20-30. It creates a burden for affected individuals and their families and may produce economic and social hardships. It is recommended that Governments and health officials provide accurate information and refute rumors about pandemic to reduce impact of misinformation on general public’s emotional state. Also optimistic and positive thoughts and attitude toward the COVID-19 spread are protective factors against depression, anxiety and stress.

WORK PLACE VIOLENCE AGAINST HEALTH CARE WORKERS IN PAKISTAN: A RISING EPIDEMIC

Hafiza Amna Abbasi, Hafiza Amina Jahangir, Rida Khan,
Supervisor by:Dr. Muhammad Asif

ABSTRACT

INTRODUCTION: WPV in healthcare settings is a global phenomenon, declared a major public health problem in 49th World Health Assembly 1996. It can have adverse effects on their performance outcome. The objective of this study was to explore the prevalence of WPV against HCW, to determine types, reasons of WPV and to investigate the consequences of it.

METHODS: A questionnaire based cross-sectional study was conducted in MMDC (Sindh) and Punjab (BVH, other hospitals) from September-October 2020. The study population were HCWs (Doctors, nurses and others) using convenient sampling technique. The frequencies and percentages were calculated using Excel and Epi info version 7.

RESULTS: Out of 81 HCWs, 62% HCWs faced verbal abuse and 7% verbal threats during the last 12 months. Patient's male attendants (63%) were chief perpetrators. Female HCWs of age 20-30 years faced more violence. Maximum incidents occurred in emergency departments (52%). Unexpected complications, delay in treatment and unexpected death were some of the factors responsible for WPV. Lack of training to respond effectively to violence and reporting procedure was seen.

CONCLUSION: About 3/4 HCWs (74%) experience WPV perpetrated by patients or attendants annually. Most Prevailing was verbal abuse, faced by young female HCWs working in ED. WPV has negative impact on HCW's and majority (41%) are unable to report the incidents. Frequent perpetrator was male, attendant. Reason of violence were unexpected complications and others. It is recommended that safe, sound and healthy environment should be provided to HCWs, to design interventions which can help in addressing factors promoting violence against HCWs. There is a need to train HCW's skills in emergency communication and skills to de-escalate violence.

A SURVEY ON KNOWLEDGE AND ATTITUDES TOWARDS MEDICAL ETHICS AMONG UNDERGRADUATE STUDENTS OF MMC, MIRPURKHAS

Anam Jan¹, Moomal Raheela¹, Nazish, Rani Mari¹.

Supervisor by: AB Rajar² Students of Muhammad Medical College¹, Professor Department of Community Health Sciences Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: Medical ethics is a core issue for all specialties and is encompassed in professionalism. It is a presumption that not dealt appropriately in the undergraduate teaching curriculum. There is a paucity of awareness lectures and seminar workshops in teaching setups for medical ethics for undergraduates in developing countries. After completing their studies, Health care professionals are expected to know ethical principles and apply them in their clinical practice. Hence this study was conducted to assess the knowledge and Attitude about Medical Ethics among undergraduate students of MMC.

METHODOLOGY: This was a cross-sectional descriptive study carried from September-October 2020 among students of Muhammad Medical College Mirpurkhas. All students n=133 were approached, a closed ended questionnaire was administered for collection of information regarding medical ethics and socio-demographics Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 133 Participants (51.8%) Male & (48.1%) Females. Mean age (\pm 21).53.7% know very well about the Basic principles of medical ethics, (51.32%).The most common source of getting knowledge about ethics was lectures, seminars 65.50% followed by clinical discussions 26.7% and own reading/media 9.7%.Majority 93.07% are strongly agreed about importance and implementation of basic principles including the informed consent among doctors. Students having age >20 (48.12%) are strongly agree that physician must maintain utmost respect, fairness and ensuring the autonomy of the patients. A huge number of participating (38.35 %) strongly agree (33.83%) agree with the physician must stay abreast and practice in accordance prove their skills. Females (54.85%) strongly agree and (48.37%) male are agree with protection of patient confidentiality and doctors should examined the patient of opposite sex in the presence of third person. Female (54.03%) and (51.33%) male are strongly agree to not disclose the privacy and veracity. (36.3%) females are strongly agree that doctor must respect patient's dignity and privacy and also (38.6%) disagree and (34.2%) strongly disagree to listening and respecting the patient's view does an important role in the duties of doctor. Most of 89.01% strongly disagree that medical ethics teaching should not be integrated with in the medical curriculum.

CONCLUSION: This study shows that the undergraduate medical students are not only aware about the basics principles and rules of medical ethics but they have common consensus on implementation all levels of patient care like taking consent, persevering the confidentiality and privacy of the patients. In our Study we evaluated that majority of students possessed a fine knowledge of Medical ethics & principles.

KEY WORDS: Knowledge and Attitude, Medical Ethics, Medical Students, MMC.

SHORTENED GENERAL ATTITUDE AND BELIEF SCALE

Ayesha Inshal, Mahwish Fatima, Zahra Khan, Anum Jan, Iqra Shams,
Supervised by: Dr. Syed Razi Muhammad.

ABSTRACT

INTRODUCTION: Irrational beliefs are attitudinal beliefs strongly emphasize sense of obligation and compulsion and result in emotional and behavioral disorders. Adjustment in adolescents can be analyzed from emotional, social and educational standpoints.

OBJECTIVES: The main goal of this research was to study the irrational beliefs and social, emotional, and educational adjustment.

METHOD: After approval from ethical committee of MMDC, 44 girls of 4th year of MMDC filled psychometrically tested questionnaire in August, 2020. Data is entered and analyzed in SPSS Version 22.

RESULTS: A total of 44 girls responded to the questionnaire. Around 28 (64%) girls said that they have worth as a person even they do not perform well at tasks that are important to them, while 8(18%) disagree to this. 7 (16%) girls said that when people they like, reject them or dislike them it is because they are bad or worthless person, while 33(75%) girls disagreed. 34 (78%) girls said that they cannot stand being treated unfairly and they think unfairness is unbearable, while 5(11%) girls disagreed. 28 (63%) girls said that they think it is terribly bad when people treat them with disrespect agreed while 11(25%) disagreed. 12(28%) girls said that they cannot stand hassles in their life while 13(29) girls disagreed.

CONCLUSIONS: The main goal of this research was to study the irrational beliefs and social, emotional and educational adjustment. Realization of adolescents' needs and showing respect to individual differences by colleagues, peers, parents and college administrators can contribute to their adjustment during education attainment.

IMPACT OF INFORMATION TECHNOLOGY ON QUALITY OF LEARNING AND TEACHING

Muhammad Azam Qaisrani, Muhammad Sohail Farooq, Daniyal Shair Mustafa,
Ahmed Sufyan Arain, Supervisor by: Dr. Jamil Ahmed

ABSTRACT

INTRODUCTION: Traditional process of teaching and learning in medical education has been replaced by new and emerging technologies (online classes, conferences, zoom meeting, telemedicine). Advances in medical education in recent decades are in significant correlation with the advances in the information technology. Information Technology is having a major impact on all areas of education- curriculum, methods of teaching, classroom learning etc.

OBJECTIVE: To assess the impact of information technology on quality of learning and teaching among undergraduate medical students of MMDC.

METHOD: A cross-sectional study was conducted on first year to final year medical students from September to October 2020. Data was collected on structured questionnaire. The questionnaire was developed and validated. Data was entered on SPSS version 22. The results were presented with frequencies and percentages.

RESULTS: A total of 100 medical students responded to the questionnaire. Around 87 (87%) agreed that communication and information technology has improve the quality of medical education. About 67% of the students agree that application of web-based learning will improve the quality of medical education. About 74% of the students are in the favor to include official computer course in medical curricular. 63% of the medical students agree to attend online courses verses face to face classes.

CONCLUSION: Advances in medicine in recent decades are in significant association with the advances in the information technology. Almost half of the students responded that the IT facilities should be increased so that maximum use of IT services can be done. The study found that IT can be a useful tool in solving problems in medical education, but the lack of technology and resources is still a serious limitation in resources poor settings.

Keywords: Information Technology, Medical Education, Quality of learning

KNOWLEDGE, ATTITUDES AND PRACTICES IN TRAVEL RELATED INFECTIOUS DISEASES

Daud Khosa, Niaz Khan, Waqas Khan, Muhammad Umair, 4th Year Students, Muhammad Medical College, Mirpurkhas, Assigned by: Dr. Jameel Ahmad

ABSTRACT

INTRODUCTION: In this topic we discuss about the spread, prevention and control of traveler infectious diseases which can affect travelers all over the world and also can leads to death if not treated on time so the whole topic is about the guidelines to travelers that how can they safe yourself and other from diseases and other problems during traveling.

OBJECTIVE: The aim of this study isto know how many people knows about the spread of diseases and other travel related problems during has travel and also give more information to people for preventing the spread of most diseases all over the world.

METHOD: A cross section study was done among the students of Muhammad Medical and Dental College. In which data collected by our group from the students of 1st 2 nd 3 rd 4 th and final year MBBS from both male and female through questionnaire of 16 questions in the month of October 2020. The data was entered and analyzed on SPSS version 22.

RESULTS: A total of 100 students can take part. In which (40%) have knowledge about traveler diarrhea and others travel related infectious diseases, (26%) can follow preventive measures during travel, (16%) knows which foods can be caused of infection, (18%) become sick on return from travel.

CONCLUSION: The main focus of this study was to educate people about the problems and infectious traveling diseases which maybe they faced during distinct traveling. When people are aware about everything which maybe happen in their travel then they will be take steps to protect himself from these coming challenges and hence the spread of these infectious diseases can be reduced and many lives can be

**DIABETIC PAPILOPATHY TREATED WITH INTRAVITREAL RENIBIZUMAB: A
CASE REPORT**

Sanam Akhtar, Hafiza Amina Jahangir,
Supervisor by: Dr. Rajesh Rathi

CASE REPORT

In this report, we present a case of diabetic Papillopathy that resolved after a single dose of intravitreal renibizumab injection. A 50-year-old male presented with painless visual loss in his right eye. His visual acuity was 1/10 in the right eye and 10/10 in the left eye. Anterior segment examination of both eyes was unremarkable. Posterior segment of the right eye showed non proliferative diabetic retinopathy with a swollen optic disc. Fluorescein angiography and optical coherence tomography were performed. There was dye leakage from the right optic disc. Optical coherence tomography revealed a significant increase in retinal nerve fiber layer thickness. Magnetic resonance imaging of the brain and orbit were normal. The patient received a single intravitreal renibizumab (0.5 mg) injection. Two weeks after the injection, there was a marked regression of the disc swelling. Three months after the injection the optic disc was pallor and visual acuity was 6/10.

ASSESSMENT OF HARASSMENT FACED BY FEMALE MEDICAL STUDENTS OF MMC DURING TRAVEL

Aalia Rasheed, Faryal Gohar, Samina Imtiaz,

Supervisor by: Dr. Jamil Ahmad. Community Medicine. MMC. 4th Year Students

ABSTRACT

INTRODUCTION: The environmental agencies worldwide recommending increase dependency on public transport for decreasing the negative environmental impacts of transport such as congestion in cities, noise and air pollution. With the expansion of Public transport, the incidences of harassment among females in public transit are widely reported despite explicit policies and reporting mechanisms designed to prevent harassment. Therefore, this study aims to identify the prevalence of harassment in public transportation and its consequences on female medical students

OBJECTIVE: To determine the prevalence of harassment face by female medical students of Muhammad Medical College during travel.

METHOD: A cross-sectional study on 140 medical students was conducted. A structured, validated questionnaire was administrated. The medical students of Muhammad Medical college from second year to final year were enrolled. The data was entered and analyzed on SPSS version 22.

RESULTS: Almost 61 % female students revealed that they were harassed during their education tenure at MMC. Multiple time harassment was reported by 45 (53%). The majority of female found to be harassed at night time 42(49%), followed by evening 28 (33%). The common place of harassment was buses 61(72%), commonly reported harassment was during Journey with friends 36 (42%) followed by travelling alone 25 (29%) . The common age of harasser was around 25-50 years 37(43%), followed by 15-25 years 35(41%). The harassment mostly from stranger was reported around 65(76%). The girls who took action against harassment by talking to family were around 22 (26%), while those who did something else was 25(29%). The type of harassment reported by females was mainly visual and verbal 43(51%). Around half of the girls reported the impact of harassment on mental health 42 (49%).

CONCLUSION: The prevalence of harassment in public transportation was two third among female medical students and the cases were significantly higher in students who travel more frequently in the night and evening. The public transport was strongly associated with the harassment among female students. The findings of the study indicate that awareness and interventions are needed at the national, regional, district, municipality, and rural levels for controlling the high burden of harassment in Pakistan

**ASSESSMENT OF KNOWLEDGE, ATTITUDES AND PRACTICES TOWARDS INFECTION
PREVENTION AMONG HEALTH CARE WORKERS IN MUHAMMAD MEDICAL
COLLEGE HOSPITAL AT MIRPUR KHAS**

Fatima Ali¹, Nadia Rehman¹, Izwa Haroon¹, Saba Riaz¹,

Supervisor by: Dr. AB Rajar², Students of 4th Year MBBS¹, Department of Community Health
Sciences Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: Hospital acquired infections/nosocomial infections pose a real and serious threat to both the patients and health care workers. Common pathogens may easily be transmitted through health care workers' hands, equipment, supplies and unhygienic practices. Adherence to infection prevention and control guidelines is critical to improving the quality of hospital care based on their efficacy in reducing the occurrence of infections that comprise patients' outcomes. The aim of this study was to assess the knowledge, attitudes and practices against infection prevention with respective comparisons by socio-demographic features of the health care workers.

METHODOLOGY: This was a cross-sectional descriptive study carried from 15th September-22 October 2020 among Health care workers at Muhammad Medical College Hospital Mirpurkhas. All Health care workers n=47 were approached, a closed ended questionnaire was administered for collection of information regarding age, gender, job status, level of education and their working experience after telling the purpose of study. Data was entered and analyzed by using SPSS version 22.

RESULTS: All 47 respondents Male (68.1%) Female (31.9%) with mean age (29) who participated in the study returned the questionnaire and which was a response rate of 100 %. The highest proportion of respondents was nurses comprising (42.6%) followed by dispensers (23.4%), lab technician (10.6%), OT technician (6.4%), health technician (6.4%), others (10.6%). 100% health care workers used to use gloves during their work. 87.2% participants believe that personal hygiene decrease the risk of contamination. 78.7% participants are vaccinated for common pathogens.

CONCLUSION: This study shows that most of the health care workers are aware about using gloves, antiseptics, and sterilization of equipment. They have positive attitude towards personal hygiene and vaccination to decrease the risk of infection. They are practically involved in hand washing and wearing mask and gown properly for every procedure.

KEY WORDS: KAP Study (Infection prevention) Health care workers, MMCH.

PREVALENCE AND ASSOCIATED RISK FACTORS OF NEEDLE STICK INJURY AMONG THE HEALTHCARE WORKERS IN MMCH

Gohar Ibraheem, Soman Rasool, Qadeer Ahmad,
Supervisor by: Dr. Jameel Ahmad

ABSTRACT

BACKGROUND: A Needle stick injury is an accidental skin penetrating stab wound from a hollow bore needle containing another person's blood or body fluid. Healthcare workers including doctors, nurses and dispensers are at risk of exposure to blood-borne pathogens following NSIs. Needle stick injuries has the potential of causing HBV and HCV. Therefore, a thorough understanding of the safe practices while handling needles is crucial for HCWs to create a risk-free workplace environment.

OBJECTIVE: To assess the prevalence and associated risk factors of needle stick injury among the healthcare workers in MMCH.

METHOD: A cross-sectional study was carried out at Muhammad Medical College Hospital on 100 Healthcare workers. A 20-item pre-structured questionnaire was administered to Hospital Staff including doctors, nurses and dispensers in various departments. The data was entered and analyzed on SPSS version 22.

RESULTS: A total of 100 responses were taken for this study, out of which 45 were doctors, 29 nurses and 26 dispensers. Of all the HCWs, 95% of the Healthcare workers assisted in the removal of needles. 56% of the HCWs re-sheath the needle while 41% did not re-sheath the needle and rest of the 3% use some other method after administration of injections. Out of all, 30% of HCWs separate needle with bare hand and 54% of the HCWs separate needle with gloved hands and 16% never separate. 70% of HCWs sustained needle stick injury during the past 12 months. 42% of incidents occur due to individual carelessness or accidentally. 74% of HCWs were vaccinated against hepatitis B virus. 69% of HCWs received training for prevention of needle stick injuries. 42% of HCWs read a copy of safety policy and disposal of waste.

CONCLUSION: The awareness regarding NSIs was found very low amongst all HCWs. Therefore, be made compulsory for all HCWs to attend infection prevention and control training before induction to improve the level of awareness and ensure safe practices. Reporting to the concerned authorities, screening of HCWs after needle stick injuries and promotion of safety measures should be made obligatory.

Prevalence of Depression, Anxiety, and Stress Among Type A & Type B Personality Traits among Muhammad Medical College Students 2020

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Dept. of Community Medicine²

ABSTRACT

INTRODUCTION: Type A personality behavior was first described as a potential risk factor for heart disease in the 1950s by cardiologists Meyer Friedman and Ray Rosenman. Type A are more competitive, highly organized, ambitious, impatient, highly aware of time management or aggressive whereas Type B are more relaxed and less irrational than the former. This study correlates personality trait with mental health disorders

OBJECTIVE: To find out the frequency of Type A and Type B personality among the students of Muhammad Medical College. To find an association between personality types with depression, anxiety, and stress (DAS)

METHODS: A cross sectional descriptive study was conducted among students in MMC during the months of September and October 2020. A modified Jenkins Activity Survey and D.A.S.S 42 was used to evaluate personality type and level of depression, anxiety, and stress. Upon evaluation, results were categorized into groups such as gender and age

RESULTS: A sample size of 170 revealed that 91 students between First year and Final year to be Type A and 79 students to be Type B personality. The highest prevalence of Type A personality was noted in Third Year, for Type B Final Year (5th) showed the greatest prevalence as compared to other years. Among Type A, 47% were normal when assessing depression, Type B rated normal at 33%. Type B showed a higher prevalence of mild depression with it being 13% whereas Type A was 11%. In Anxiety, Type A showed a higher disposition in both mild and moderate anxiety being 15% and 12%, respectively. Compared to Type B being 11% mild, and 4% moderate. Stress calculations revealed similar results to anxiety with Type A mild stress being 22% and moderate stress being 3.5% whereas Type B was 11% mild and 0% moderate. Gender wise, 30% of males and 22% of females were Type A, and 21% males and 25% females were Type B

CONCLUSION: According to our study, Type A students were more prone to being anxious or stressed out as compared with Type B. Type A existed in all years with a gradual decrease from 1st to 5th year. It is possible that age and educational training can play a factor in developing one's personality. Gender also played a role as females were more likely to be Type B. One's ability to cope with depression, anxiety and stress can be a valuable asset in the medical field as well as other fields.

Key words: Depression, anxiety, stress, personality

FACTORS AFFECTING CAREER CHOICE AMONG HIGHER SECONDARY STUDENTS OF MIRPURKHAS

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ABSTRACT

BACKGROUND: Career guidance is widely accepted as a powerful and effective method of bridging the gap between education and the world of work. Students will come through high school with knowledge of their preferences and interests because of their interactions with many stakeholders in their environment. Career guidance programmes are therefore intended to help students understand their own potentials and develop them to the full. A career choice is a decision that most human beings make. Therefore, the goal of career guidance and counselling is to allow an individual to explore his or her options. The aim of this study was to investigate the level of family influence, school environment, peers and impact of gender on career pathways among higher secondary school children of Mirpurkhas city.

METHODOLOGY: This was a cross-sectional descriptive study carried from 1 October - 15 October 2020 among Higher Secondary Schools of Mirpurkhas City. Students of Szabist, AJ Science college, Little folks higher secondary school and Government Girls higher secondary schools of Mirpurkhas City. Data was entered and analyzed by using SPSS version 26.

RESULTS: All 184 respondents Male (32%) Female (68%) who participated in the study returned the questionnaire and which was a response rate of 100 %. Male (30%) and female (22.8%) are strongly agree with parental influence on career guidance. Male (29.8%) and Female (21.74%) are agree with parental values and believes on career choice. Male (3%) and female (13.6%) are agree with quality of teaching positively influence on career choice. Male (26.5%) and Female (30.6%) are disagree with masculine and feminine identity impact on career choice. Male (2%) and Female (24%) are agree with peer advice essential to fellow students.

CONCLUSION: It can be concluded from this study that the family has a significant role in influencing students' career choices followed by peers, teachers (school environment). Parental education, family business, quality of teaching positively, parental encouragement and advice are critical in students' choices of careers. It can also be concluded that schools play a pivotal role in students' choices of careers and gender has no influence in students' choices of careers. Both male and female students were interested in the same careers and are equally competent in the subjects they do at school. Both male and female role models are influential in students' choices of careers.

KEY WORDS: Career choice, Parents influence, School influence, Gender influence, Peer influence, Schools & Colleges of MIRPURKHAS CITY.

GENDER AWARENESS AMONG MEDICAL STUDENTS

Muhammad Jamal Manzoor, Muhammad Faisal Awais, Muhammad Saad, Sheraz Ejaz,
Supervisor by: Dr. Jamil Ahmad

ABSTRACT

INTRODUCTION: Gender is an important social determinant that influences healthcare. The lack of awareness on how gender influences health might lead to gender bias and can contribute to substandard patient care. Social inequalities between men and women influence health at different levels from structural to individual health behavior. Gender awareness meant to promote and encourage a general understanding of gender-related challenges.

OBJECTIVE: Our objectives were to assess gender sensitivity and the presence of gender stereotypes among medical student.

METHOD: A cross-sectional study was conducted at MMDC in September-October 2020. A Questionnaire was adopted from previous work. The questionnaire was modified based on our local settings and was used for data collection. A total of 120 students were requested to fill up the questionnaire at MMDC. Data was entered in SPSS version 22. Computation of frequencies, percentages of all categorical variables was done by using SPSS and the associations between different variables were evaluated using the Pearson's correlation test.

RESULTS: A total of 120 medical students responded to the questionnaire. Around 68 (57%) medical students(male+female) said that sometimes addressing differences between men and women creates inequality in health care.62 (52%) medical students said that It is not necessary to consider gender differences in presentation of complaints.82 (68%) medical students agreed that It is easier to find causes of health complaints in men because men communicate in a direct way and vice versa,.60(50%) medical students agreed with this statement male patients better understand the approach of medical students than female patients and vice versa. 74(62%) medical students said male medical students are always more efficient than female medical students. 70(58%) medical students agreed with this statement female medical students are too emotionally involved with their patients and 50(42%) medical students disagreed with this statement.

CONCLUSION: Medical students' gender sensitivity seems to improve throughout the medical curriculum, and women students have less stereotypes towards patients than men do. Our assessment of gender awareness throughout the academic years shows promising results. The implementation of a gender-sensitive teaching in the medical curriculum could improve students' knowledge, limit gender bias and improve patients' care. An early sensitization on gender bias and their influence on health among medical students of MMDC could contribute to improve the quality of medical care and ensure equity in healthcare.

PERCEIVED SOCIAL SUPPORT AMONG MMC STUDENTS.

Jawad Ahmed, M Siidique Hyder, Rizwan Laghari, M Salman Irshad.

Supervisor by: Dr. Jamil Ahmed Soomro

ABSTRACT

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. Social support has positive and influential role on academic success. Social support plays an important role in building positive attitude towards college assignments and sense of belonging to the institution.

OBJECTIVE: To determine the status of perceived social support and related personal and family characteristics of medical sciences students of MMC.

METHODS: A cross-sectional study was conducted on undergraduate medical students of Muhammad medical college Mirpurkhas from 1st Year to final year MBBS using cluster random sampling method. We adopted a structured questionnaire containing 48 self-administered questions including 25 questions of measurements of personal and family characteristics. A using Vaux's social support scale (Cronbach's $\alpha=0.745$) was used classify social support. Data was entered and analyzed on SPSS, $P<0.005$ was considered significant.

RESULTS: The mean score of the perceived social support was 17.06 ± 3.6 . Almost 60.3% of the participants reported low social support. There was a significant relationship among the perceived social support and sex ($p=0.02$), faculty ($p<0.0001$), ethnicity ($p=0.034$) and the duration of weekly residence in dormitory ($p=0.031$). But no significant relationship was found between this variable and other individual and familial characteristics.

CONCLUSION: Based on students' low social support and importance of social support in reducing stress and academic failure, the decision makers should need to provide efficient supportive interventions for students. Also, female medical students are at higher risk and should be given appropriate attention while designing interventional programs.

KEYWORDS: Social support, Medical student, Muhammad Medical College.

KNOWLEDGE AND PRACTICES REGARDING USAGE OF FACE MASK IN MEDICAL STUDENTS OF MMC DURING CURRENT COVID-19 PANDEMIC

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Supervisor by: A.B. Rajar² Students of fourth year¹, Department of Community and Health Sciences², Muhammad Medical College, Mirpurkhas.

ABSTRACT

BACKGROUND: COVID-19 is caused by severe acute respiratory syndrome (SARS) coronavirus 2 (SARS-CoV-2). Its outbreak was first time experienced in the Wuhan City of China at the end of December 2019. The COVID-19 pandemic is posing a huge global health threat. A primary route of transmission of COVID-19 is via small respiratory droplets. Public mask wearing is most effective at stopping spread of the virus. Efficacy of face mask depends on proper usage. The aim of this study was to assess the level of knowledge of students regarding proper usage of face mask during COVID-19 pandemic.

METHODOLOGY: This was a cross-sectional descriptive study carried from September-October 2020 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 regarding knowledge and practices of Face Mask during COVID-19 pandemic, Data were entered and analyzed by using SPSS version 22.

RESULTS: Out of 100 sampled students 92 (92%) students were regularly using face masks during lecture time. Before COVID-19 only 15 students used the Face mask earlier. 94% students experienced respiratory distress while using face mask. 60 % students touch the filter part of mask while wearing and taking off the mask. 33% of the students had the habit of reusing the mask. 83% students thought that social distancing is neglected by face mask users. Prevalence of surgical masks was 59%, cloth masks was 28% and 13% for N-95 masks amongst the students.

CONCLUSION: It can be depicted from this study that majority of the students of MMC know the importance of wearing the mask. The surgical masks are most preferred type, followed by cloth masks and N-95 respirators. Study highlights that prevalence of reuse of mask is very high. They have a malpractice of touching the filter part of mask during wearing and taking off the mask. Study reveals that persons wearing mask tend to neglect social distancing.

KEYWORDS: Face Mask/COVID-19, Medical students, MMC.

PATIENT'S PERCEPTIONS OF WRITTEN CONSENT

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Supervisor by: Dr. Jamil Ahmed. Community Medicine Muhammad Medical College

ABSTRACT

INTRODUCTION: The role of consent to treatment, in ethical terms, is to safeguard patient's autonomy. The principles of informed consent, confidentiality and privacy are often neglected during patient care in developing countries like Pakistan. Cultural values in Pakistan offer a challenge to the practice of medical ethics in Pakistan. This is because crucial decision making is often done by family members or is left entirely up to the physician. Also patient's awareness of legal and ethical issues related to the consent process is often limited. We assessed the patient's perception of written consent among the patients seeking healthcare in the Department of Obstetrics and Gynecology in the teaching hospitals of Sindh and Punjab.

OBJECTIVE: To examine patient's perceptions and practice of the informed written consent before undergoing surgical procedure.

METHOD: A cross-sectional study was conducted in teaching hospitals of Sindh and Punjab in October 2020. A Questionnaire was adopted from previous work (BMJ,2006). The questionnaire was modified based on our local settings and was used for data collection. A total of 100 patients were requested to fill up the questionnaire in Gynecology /Obstetrics and surgery wards of teaching hospitals of Sindh and Punjab.

Data was entered in SPSS version 22. Computation of frequencies, percentages of all categorical variables was done by using SPSS and the associations between different variables were evaluated using the Pearson's correlation test.

RESULTS: A total of 100 patients responded to the questionnaire. Around 87(87%) said that signing the consent form is a legal importance.52(52%) patients said that signing the consent form removes their right to be compensated.53(53%) Patients said that they have the right to change their mind after signing the consent form.62(62%) Patients said that if they are not able to sign the consent form, the operation cannot take place even if this means that they could die. 80(80%) Patients said that if they can't sign the consent form, their next of kin can sign on their behalf. Patients said that the consent form made it clear that what was going to happen. 48(48%) Patients said that the consent form made them aware of the risks factor of the operation. 18(18%) Patients said that the consent form was just another piece of paper. 82(82%) Patients said that they had just signed the consent form so they could have the operation.83 (83%) Patients said it was to protect the hospital from litigation.

CONCLUSION: Lack of patients' awareness and cultural values in Pakistan are among two major barriers for patients to exercise their power of informed written consent at her/his own. In our study half of the patients perceive that signing the consent form has some legal importance. Similarly, sufficient number of patients were unaware of the role of informed written consent before undergoing any surgical procedure. Patients should be made aware of their rights to medical ethics and doctors should be imparted formal training in medical ethics and national legislation on medical ethics to regard patient's rights.

PSYCHOMETRIC PROPERTIES OF LIEBOWITZ SOCIAL ANXIETY SCALE & PREVELANCE OF SOCIAL ANXIETY DISORDER AMONG GIRL STUDENTS OF 4TH YEAR OF MUHAMMAD MEDICAL COLLEGE, MIRPUR KHAS

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Students of 4th Year MMDC¹, Principal and Dean of Muhammad Medical & Dental College²

ABSTRACT

BACKGROUND: Social anxiety disorder (SAD) is a common mental health condition. It is a persistent and overwhelming fear of being watched and judged in social situations such as meeting new people, dating, being on a job interview and answering a question in class, or having to talk to a cashier in a store. Such individuals avert their gazes, show fewer facial expressions and experience difficulty in initiating and continuing conversation and blush, sweat, tremble, feel a rapid heart rate, or feel their “mind going blank”. They might feel nauseous or sick to their stomach, or show a rigid body posture, make little eye contact, or speak with an overly soft voice.

OBJECTIVE: To compare social anxiety disorder among Girls of 4th Year during and after Lockdown by using Leibowitz Social Anxiety Scale (LSAS).

METHODOLOGY: A Cross sectional study was performed and data was collected through 24 close-ended questions using Liebowitz Social Anxiety Scale questionnaire. Total of 44 questionnaires were distributed among the girls of 4th year MBBS. The data was entered and analyzed in SPSS version 20.

This is a 24 items scale, divided into 2 subscales, 13 comprising of performance anxiety, and 11 concerning social situations. The items are rated on a Likert Scale from 0 to 3 on fear experienced during the situation, and then regarding avoidance of the situation.

RESULTS: It can be concluded that the inceptive aim of conducting this study was achieved and the study showed that LSAS is a rational and reliable scale for detecting SAD. N=44(100%) were female students. We compared results during and after lockdown. During lockdown 52.3% girls showed no social anxiety but after lockdown it raised to 62.4%. There are no very severe cases after lockdown which were 6.8% before. Overall percentages have declined when compared with the previous ones.

According to this research results;

The most frequently feared situations during lockdown were;

1) Urinating in public bathroom
2) Meeting strangers
3) Writing while being observed
4) Looking strangers in eyes

The most frequently feared situations after lockdown were;

1) Urinating in public
2) Participating in small group
3) Going to party
4) Interaction with strangers

The situations avoided the most during lockdown were;

1) Urinating in public bathroom
2) Returning goods to store
3) Eating in public
4) Resisting a high pressure salesperson

The situations avoided the most after lockdown were;

1) Urinating in public bathroom
2) Expressing a disagreement
3) Speaking up at meeting
4) Giving report to group

CONCLUSION: We found how lockdown had affected the social anxiety disorder in our girls. Prevalence of SAD was more during lockdown due to strain of pandemic. Emergence of COVID19 brought much misfortune that affected people socially, psychologically and economically. Social interaction, peer communication were put on pause. Girls are fed the fact to avoid anything or anyone that is a stranger which was the reason of avoiding all kind of interactions with strangers. Male dominance and Perversion were the reasons given by girls, when asked. Study also showed that half of the sample population showed no signs of SAD and thus needs no medical intervention at the moment. The cases of marked to moderate SAD cases may require CBT. Severe and very severe cases might require clinical intervention along with CBT.

DISCUSSION: LSAS is used in studying treatment outcome of SAD. It is also a self-report measure of social anxiety associated with psychometric aspects. A study in year 2011 examined the LSAS characteristics in 97 African Americans diagnosed with an anxiety disorder and it was proved to be a reliable source for psychometric analysis.

Another study was done to examine the psychometric properties of the Liebowitz Social Anxiety Scale on a large sample recruited from 16 Latin American in 2018. Results showed that it seems to be a valid measure of global social anxiety for Spanish and Portuguese-speaking countries.

The present findings support those of international studies that attest to the excellent psychometric properties of the LSAS-SR, making it the gold standard.

52.3% of our sample population showing no social anxiety, depicts that moderate heed is given to communication skills of students during peer interaction and one needs to educate the students about it and work on their interpersonal skills whilst allowing them to work in group projects and the only way to achieve this is through interactive workshops, peer interaction based symposiums and research projects.

The results of this research transcended the expectations of the researchers which shows that only little effort is needed to overcome this issue because the environment at this institution is extraordinarily encouraging and all the personnel are always working to improve interpersonal and peer communication skills. One must think beyond cognitive biases and dehumanization and practice empathy as it is one of the highest forms of knowledge.

Following are the reasons that support our research results

1. Our sample population comprised only of female students of specific class.
2. The female students inhabit such society where the daily news headlines include more than one cases of feminine abuse of any kind.
3. Evils like Misogyny, Cybercrime based blackmailing, Violence, Perversion including Pedophilia have deeply penetrated their roots in this society.
4. Anxiety in the form of fear and avoidance compels women to avoid the situations mentioned in our questionnaire as much as possible.
5. Speaking, eating and/or drinking in public were noticeable fears found in different countries like America, Portugal and Spain during this research. By their results we can say that women or men experience no fear using public bathrooms and is considered as a norm but results were very opposite in our research.
6. The marked fear and avoidance of urinating in public bathrooms exists because public bathrooms and/or try rooms are considered a taboo as women are afraid that there might be a camera hidden somewhere or there might be someone peeping from the window, door and/or other side of the mirror (two way mirror).
7. Meeting strangers is yet another unconventional phenomenon. Young girls are fed the fact to avoid any person that they do not know and yet women (regardless of age) have one of the highest ratio for being harassed in the society. One can never estimate somebody's intentions.

RECOMMENDATION: Mental Health Education in the form of Counseling workshops, Symposiums and Seminars should be conveyed. The aim should be to convey the message that there's no shame in being diagnosed with a mental disorder and seeking help in coping with and managing your mental illness. Humans learn when an example is set before them of people who did such heinous crimes and were punished for it. The fear of being held accountable for a crime can somehow prevent the crimes from happening and proper legal proceeding for such criminals will set the perfect example. Multi-disciplinary approach is needed for protecting women's rights and bringing justice to the victims and cognitive behavioral therapy for traumatized victims. After all it is a cruel world. One can only be safe enough and can avoid going to unsafe places alone and let their whereabouts be known to their family and friends when going to an unrecognized place or when meeting a stranger. Avoid wearing provocative clothes. One should always speak up and learn to say No when they are not willing for something. After all it is their body, their choice. Islam is the biggest protector of Women's rights. Islam teaches that men and women have complimentary, yet different roles because it is best suited to their nature and it would be foolish to treat both genders the same and to ignore their differences. If everyone stuck to their roles and respected the differences of other genders the world would be a better place. Mistreatment of women in some countries or families is due to cultural factors that some people inappropriately follow, not because of religion. Religion teaches us to be a good human first and gender later. Everybody has their own parameters of idealism but unbiased person is meant to be an optimist and broad minded and hence a believer of equal human rights. Unbiased person (man) respects the differences of every individual and treats them on the basis of being human and not a specific gender.

KEY WORDS: Liebowitz Social Anxiety Scale (LSAS), Social anxiety disorder (SAD), Cognitive behavioral therapy (CBT), peer communication skills, empathy, Psychometric properties, MBBS, MMDC.

HEALTH RELATED QUALITY OF LIFE IN MMDC, MIRPURKHAS

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Muhammad Medical and Dental College¹

Supervisor by: Dr Jameel Ahmad², Department of Community Medicine².

ABSTRACT

INTRODUCTION: Quality of life' is defined as one's subjective perception of one's own well-being within one's sociocultural context .There may be several determinants of this situation, such as academic overload contact with diseases and death and the medical curriculum. High frequencies of stress anxiety and depression are found among medical students. Some studies have detected links between suicidal ideation, depression and burnout and medical students' quality of life.

OBJECTIVE: To assess the Health related quality of life of medical students in MMDC, Mirpurkhas

METHODOLOGY: A Cross sectional study was conducted from 15th September to 20th October of 2020. Data was collected through a close ended questionnaire consisting of 14 questions given to students. Over all 100 questionnaires were distributed throughout the college. The data was entered and analyzed in SPSS version 22.

RESULT: Our questionnaire is filled by 100 students in which n=50 males and n=50 females are include. 18% of males and 17 % of females answered us that they are having good health, and 16% of males and 11% of females answered us that they are having excellent health while 3% of males and 1% of females are having poor quality of life. 10% of males and 15% of females are doing there daily activity on regular basis. 13% of males and 19% of females think that they don't have any mental stress, depression and emotional problems.

CONCLUSION: Quality of life in our study varies from excellent to poor. Also non-academic routine was found inconsistent among students.Major impairments in HRQL were observed among Year 3 students, students with depressive symptoms and women. Medical schools should institute efforts to ensure that students' HRQL and emotional support are maintained, particularly during critical phases of medical training.

KEY WORDS: Quality of life, MMDC.

INSOMNIA SEVERITY INDEX

Moomal Raheela¹HunainaMaryium¹Nimra Ghouri¹,Aiman Salam ¹, ArtikaFalak¹, Nazmeen¹
Supervisor: Sir Syed Razi Muhammad²

ABSTRACT

BACKGROUND: Insomnia is the prevalent complaint with significant morbidity, it often remains unrecognized untreated. Brief and valid instruments are needed both for screening and outcome assessment. The insomnia severity index: psychometric indicators to detect insomnia cases and evaluate treatment response.

Objective: The purpose of this study to check the insomnia severity index of the girls of fourth year of Muhammad Medical Collage Mirpurkhas.

METHODOLOGY: This study is a cross sectional descriptive study where 43 the girls of fourthyear of Muhammad Medical Collage filled a closed ended questionnaire between July to October 2020. Data was enter and analyzed by using SPSS version 22 .

RESULTS: Around 16(36.4%) girls have a mild difficulty falling sleep and 18 (40.9%) have no difficulty staying sleep and 09(20.5%) have mild and severe early awaking problems and mostly girls are satisfied with their sleep pattern and girls do not worried about current sleep pattern and they consider sleep problem does not interference with their daily functions.

CONCLUSION: About 60% of the 4th year girls of MMDC have some sort of sleeping problems but some of them having subthreshold and clinical insomnia.

KNOWLEDGE, ATTITUDE, AND PRACTICE RELATED TO MANAGEMENT OF MALARIA AMONG HEALTH PRACTITIONER OF MIRPURKHAS.A CROSS-SECTIONAL SURVEY

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ABSTRACT

BACKGROUND: Malaria remains an important cause of illness and death in children and adults in Pakistan. Its control requires an integrated approach that is prevention and treatment with effective antimalarial agents. The treatment policy from use of monotherapy to the currently recommended artemisinin based combination therapies (ACT). ACTs are highly effective and well tolerated.

OBJECTIVE: TO determine knowledge, attitude and practice regarding treatment of malaria according to WHO guidelines in Doctors of Mirpurkhas.

METHODOLOGY: The study design was cross sectional comparative conducted in MPK (local doctors) from September to October 2020 the study consisted of n=20. Close ended scale questionnaire by random sampling inclusive criteria was Medical Practitioners, exclusive criteria were RMPs & Specialists. Statistical analysis was done on SPSS v.22.

RESULTS: total doctors 20, all were from MPK district and City, maximum monthly malarial cases treated were 30 and minimum were less than 5, for adult falciparum malaria treatment was artemether and lumefantrine, and the dose were 80/480 bd for 3 days, treatment of vivax in chloroquine sensitive areas is chloroquine and the dose is 4 stat 2 after 6 hours 1*bd for 2 days, in pregnancy falciparum is treated with clindamycin and quinine, and 60% pts, don't receive proper Rx, injection of artemether is used when oral route is not possible.

CONCLUSIONS: About half of the Doctors included in our study who were treating malaria, were not treating malaria according to updated WHO criteria Doctors should be educated by conducting seminars and distributing free literature about the updated WHO guidelines.

KEY WORDS: Malaria, Falciparum, Vivax, WHO, Artemether, Lumefantrine, Quinine.

ROSENBERG'S SELF-ESTEEM SCALE

Nazish¹, Rani Mari Baloch¹, Sahrish Nazi¹
Supervisor: Prof. Dr. Syed Razi Muhammad²

ABSTRACT

BACKGROUND: The Rosenberg's Self-esteem scale developed by the sociologist Morris Rosenberg is a self-esteem measure widely used in social science research. Self-esteem is defined as a positive and negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself. The Rosenberg's Self-esteem Scale (RSS) is the most widely used instrument to measure this trait although the test offers results by levels (low, medium, high) the mean of score, it is the indicator mostly used in scientific studies. The purpose of this study is to compare self-esteem levels between the girls of fourth year and final year of Muhammad Medical College Mirpurkhas.

METHODOLOGY: This is a cross-sectional descriptive study conducted where 45 girls of fourth year of Muhammad Medical College filled a closed ended questionnaire between July-October 2020. Data was entered and analyzed by using SPSS version 22.

RESULTS:

Question No:	Mean Value Of Fourth Year	Mean Value Of Final Year	P Value
Q1	3.4	2.7	0.0003
Q2	2.6	2.4	0.1696
Q3	3.3	2.7	0.0001
Q4	3.4	2.5	0.0001
Q5	2.9	2.7	0.0878
Q6	2.9	2.6	0.0563
Q7	3.2	2.6	0.0010
Q8	2.0	2.0	0.7114
Q9	3.3	2.8	0.0054
Q10	3.5	2.8	0.0006
TOTAL	31.08	26.46	0.0001

According to our study, the mean value of each question of girls of fourth year is high than mean value of each question of girls of final year except Q8 where mean value is same in both classes. The difference between the two classes in Q1,3,4,7,9,10 are statistically highly significant.

CONCLUSION: The overall difference and differences in 6 of the 10 questions in RSES were statistically significant between two classes.

KEY WORDS: Rosenberg's Self-esteem scale, positive and negative attitude, fourth year and final year girls.

FEMALE TEACHER'S PERCEPTIONS ABOUT GENDER DISCRIMINATION AT THE HIGHER SECONDARY SCHOOLS OF MIRPURKHAS

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ABSTRACT

INTRODUCTION: Gender discrimination is the idea that men and women are not equal and that gender affects an individual's living experience. It refers to unequal treatment or perception of individuals based on their gender. These differences arise from distinctions in biology, psychology, and cultural norms. The aim of this study was to find out the perceptions of higher secondary school female teachers about the gender discrimination at their working places & to compare the views about gender discrimination between the female teachers working at private and government sectors.

METHODOLOGY: This cross-sectional study was conducted in Sept-Oct 2020, in Higher Secondary Schools of MPK with a total number of about 52 female teachers. The study was conducted by using closed ended questionnaire. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total no. of 52 participants were female teachers. Mostly female teachers (46.14%) disagreed the idea of gender discrimination at their working place while other (30.78%) were neutral. Female teachers of private sector (25%) gave neutral response about men are more superior than women while female teachers of Government sector (19.23%) disagreed. Teachers from private sectors (26.92%) & teachers from Government sectors (19.23%) were not satisfied with their current salary.

Conclusion: This Study reveals that the Government sector female teachers disagreed to gender discrimination. Private sector female teachers have mixed reviews. There are mixed responses about salary, promotion/opportunities, respect and satisfaction with job by both sectors.

Keywords: Gender discrimination, Female teachers, and Teacher's perceptions.

EMPATHY IN MEDICAL STUDENTS AS RELATED TO ACADEMIC PERFORMANCE, CLINICAL COMPETENCE AND GENDER

Rizwan Yaqoob, Rizwan Niaz, Hamza Tariq, Hanzala, Jamil Ahmad

ABSTRACT

BACKGROUND: Empathy is the mediating role of the doctor–patient relationship. It helps to understand the patient's frame of reference and also to establish a relationship of openness, mutual respect, trust and deep understanding. It represents the capacity of the physician to ‘stand in the patient’s shoes and view the world from the patient’s perspective.

OBJECTIVE: To assess the empathy in medical students with regards to academic performance, clinical competence and gender. This study aims to analyze the perceptions of medical students on the importance of empathy in the doctor–patient relationship, and to analyze the gender differences and in the different years of the course.

METHOD: A cross sectional study was conducted on undergraduate medical students in Muhammad Medical College, MirpurKhas. A total of 100 students from First year MBBS to Final year MBBS responded to structured questionnaire. The structured questionnaire was developed and validated. The data was entered and analyzed on SPSS version 20. Our data consists of categorical variables only, therefore, we presented it with percentage and frequency.

RESULTS: Our findings show that empathy scores are associated with ratings of clinical competence and gender.

CONCLUSION: It may be concluded that females are more empathetic than men, and empathy grows throughout the course. It is recommended to carry out a longitudinal study in order to follow the evolution of these students as well as to analyze factors that contribute to the increase in empathy characteristics. Majority of students agreed that empathy related syllabus should be taught in medical schools. Patients feel better when their physicians understand their feelings.

RECOMMENDATION: It is timely and important to examine the impact of changes in the health care system on doctors’ empathy, and to empirically study empathy among medical students, examining its correlates and investigating its stability and changes as students’ progress through medical school and residency training. Interpersonal relationships between patients and doctors is important to optimal clinical outcomes. Therefore, it is important to address the measurement of empathy, its development and its correlates in medical schools especially Muhammad Medical College, MirpurKhas.

Keywords: Empathy, Medical students, Academic performance, Gender.

COMMUNICATION AND INFORMATION TECHNOLOGY IN MEDICAL EDUCATION

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Medical College Mirpurkhas Supervised by: Dr. Jamil Ahmed.

ABSTRACT

INTRODUCTION: Communication and information technology (C&IT) refer to all the technology used to handle telecommunication network based control and monitoring function For example: Broadcast, media, intelligent building management systems, audiovisual processing and transmission systems, C&IT has more recently been used to describe the convergence of several technology and the use of common transmission lines carryings very diverse data and communication types and formats, There is no university accepted definition is C&IT because the concepts, methods and applications involved in C&IT are constantly evolving on an almost daily basis.

OBJECTIVE: To determine future developments in communication and impact of ICT on medical education.

METHOD: After the approval of department of medical education of Muhammad Medical Collage Mirpurkhas, A cross sectional research was conducted by using closed ended questionnaire from 102 student in the period September to October 2020. The sample size was calculated by using SPSS software version 22

RESULTS: Our study include total 102 students of Muhammad Medical Collage Mirpurkhas in which 51 were male and 51 are female. Numerous students were agreed that the communication and IT has a big role to play in medical education and they considered it critical for improving medical education, while some students have different opinion, they were disagreed that C&IT has limitation (such as training and orientation of students and teachers in IT) which can be overcome before digitalizing the medical education.

CONCLUSIONS: Past few years have seen rapid advances globally in communication and information technology including in Pakistan. In our study we observe difference in opinion with regards to digitalizing medical curriculum however, sizable number of students agree to integrate IT in Medical curriculum. Our literature review has revealed that provision of the IT application into medical has important implications for education. Institutionalizing IT system can enhance the learning environment in medical education

PUBLIC HEALTH QUESTIONNAIRE (PHQ-9) AND GENERAL ANXIETY DISORDER (GAD-7)

Aalia Rasheed, Faryal Gohar, Samina Imtiaz, Fatima Ali, Nadia Rehman (4th year)

ABSTRACT

INTRODUCTION: The PHQ-9 is a nine question instrument given to patient in a primary care setting to screen for the presence and severity of depression .The GAD -7 is a self-reported questionnaire for screening and severity measuring of generalized anxiety disorder .It has seven items which measure severity of various sign of GAD

OBJECTIVE: To generate normative data and to further investigate to construct validity and factor structure of PHQ-9 and GAD-7 in the Fourth year female students of Muhammad Medical college .

METHOD: A cross section study in Muhammad Medical college students of fourth year was conducted online from July –Aug,2020 (n=32) and second data was collected again from the same class in Sept –oct,2020.The data was entered and analyzed in SPSS version 22

RESULTS: July –Aug, 2020 (PHQ-9): 15(47%) = No depression, 6(19%) = mild depression, 8(25%) = moderate depression ,3(9%) = moderately severe depression

July-Aug, 2020 GAD-7: 13(41%) = no anxiety ,8(25%) = mild anxiety ,10(31%) = moderate anxiety,1(3%) = severe anxiety

SEPT-OCT, 2020 (PHQ-9): 5(15%)= no depression ,13(41%) = mild depression, 7(22%) = moderate depression ,3(9)= moderately severe depression ,4(12%) = severe depression

Sept-Oct, 2020 (GAD-7) : 8(25%) = no anxiety ,14(44%) = mild anxiety ,9(28%) = moderate anxiety , 1(3%) = severe anxiety

CONCLUSION: According to Study PHQ-9 and GAD-7 were higher in period of SEPT –OCT ,2020 as compare to JULY –AUG ,2020

PREVALENCE OF LONELINESS /SOCIAL ISOLATION AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE.

Umar Abdullah¹ Asghar Abbas¹ Shaheryar Farooq¹ Asad Shabbir¹,

Supervisor by: A.B Rajar²Students of 4th Year MMDC¹, Professor of Community Medicine²

ABSTRACT

BACKGROUND: Social isolation refers to the absence of social interaction, contacts and relationship with the family and friends, with neighbors on an individual level, and with “society at large” on a broader level. Medical students usually feel a lot burden due to their tough routine, curriculum and examinations, they don’t have enough time to spend with their colleague, family etc... that’s why this study was conducted to find out the prevalence of social isolation among them.

METHODOLOGY: A Cross sectional study was conducted from 15th August to 15th of September 2020. Data was collected through a close ended questionnaire consisting of 20 questions given to students. Over all 120 questionnaires were distributed throughout the college. The data was entered and analyzed in SPSS version 22.

RESULTS: From total of n=120 Students, n=60(50%) Male while n=60(50%) were Female. Out of n=60 male students, n=33 were found to be in socially isolated and in n=27 students, were found to be normal. Out of n=60 female students, n=40 were found in social Isolation and in n=20 students, were found normal. 32% of Students answered that no one around them knows them well, 23% said sometimes, 22% answered us never while 22% are with rarely. Most of the students which includes 35% said that no one knows them well and 28% students feel that there is no one to whom they can talk to. Social isolation is more in female students than male students. Female students of 2nd year and 3th year are at highest risk of social isolation.

CONCLUSION: According to our study, social isolation was found among Students of Muhammad Medical College. Social isolation in Female students is more than Male students. One must concern a psychiatrist for help and awareness. Students must take care of each other.

KEY WORDS: Social Isolation, Medical Students, MMC.

WORD COUNT: 336

PERCEIVED STRESS SCALE

Arham Shahjahan, Saima Nazir , Yoza Malik , Aisha Rasheed , Uraba Zafar, Raghad Saleem. Students of 4th year, Supervised by: Prof. Syed Razi Muhammad.

ABSTRACT

BACKGROUND: College students face a wide range of ongoing stress. Previous researches indicate that stress can reduce academic achievements and decrease motivation. 47% students were found stressed in past year record in Pakistan. Moreover students stress level has been altering during lockdown and

METHODS: Descriptive Cross Sectional study was done in 42 girls of 4th year of MMC during July 2020– August 2020 & September 2020–October 2020. A predesigned questionnaire was used in study. Perceived Stress Scale was used for the assessment. 14 questions were asked with options of never (0), almost never (1), sometimes (2), nearly always (3) and always (4). Hence a participant could score between 0-56.

RESULTS: in our study, the results clearly show that 44% students were stressed during lockdown, while 47.4% students were stressed after lockdown.

During lockdown, stress level ranged from 18-41. After lockdown, stress level ranged from 18-44.

During lockdown, 1 student had stress value 21 or below while after lockdown 6 students had stress value 21 or below.

During lockdown, 14 students had stress value 30 or below while after lockdown 23 students had stress value 30 or below.

During lockdown, 24 students had stress value 40 or below while after lockdown 8 students had stress value 40 or below.

CONCLUSIONS: Results showed that stress level was reduced during lockdown as compared to after lockdown. After lockdown the stress level has been elevated.

KEY WORDS: stress level, medical students, perceived stress scale, MMC

**ASSESSMENT OF PSYCHOLOGICAL WELLBEING OF MEDICAL STUDENTS OF
MUHAMMAD MEDICAL COLLEGE
DURING COVID-19 PANDEMIC MIRPURKHAS**

Zahid Hussain Rajar¹, Abdul Hameed Sehto¹, Danyial Shabir Memon¹,

Supervised by: AB Rajar² Students of Muhammad Medical College¹, Professor Department of
Community Health Sciences Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: COVID-19 (Corona Virus Disease 2019) is a highly infectious disease with a long incubation period which was caused by Sars-Cov-2. Apart from physical sufferings, the consequences of this quarantine on the mental health and well-being at personal and population-levels are many fold. Imposed mass quarantine applied by nationwide lockdown programs, can produce acute anxiety, irritation and distress, due to factors like sense of getting cornered and loss of control. The aim of this study was to assess the psychological well-being of undergraduate medical students.

METHODOLOGY: A cross-sectional study was conducted from September-October 2020 at Muhammad Medical College Mirpurkhas. All students n=176 were approached, a closed ended questionnaire was administered for collection of information regarding psychological well-being and demographics characteristics. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total n =176 with 43.2% male and 56.8% female, mean age was \pm 22 years. Only 5.7% are married. Majority of students 69.4% were anxious, nervous, 65.7% didn't had control over being worrying. About 57.4% have been having trouble relaxing all the times. It was hard to sit still while feeling restlessness by 52.3%. A little interest or pleasure had been observed among students up to 49.5%. The sleep was moderately disturbed by 52.2% and 48.3% dissatisfied and used to awake early.

CONCLUSION: Our study found that most of the undergraduate medical students were psychologically not well during last few months. It seemed difficult to cope with the crisis.

KEY WORDS: Psychological-Wellbeing, Medical Students, MMC

CORRELATION OF HELPING ATTITUDE WITH BLOOD GROUP AMONG THE UNDERGRADUATE STUDENTS OF MMC

Fatima Hussain¹, Zainab Hussain¹, Sanam Akhtar¹, Sahrish Nazir¹,

Supervisor by : AB Rajar² Students of 4th Year MBBS¹Department of Community Health Sciences Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: Helping attitude is a willingness and concern for welfare of other that is purely selfless. Helping attitude reduce negative emotions of daily life. Nowadays helping others seems a difficult act in the young generation associated with many factors like situational, social and dispositional. When there is more positive helping attitude there will be less hopelessness among people. This study was conducted to find out the correlation of helping attitude with the blood groups.

METHODOLOGY: This was a cross-sectional descriptive study conducted from September-October 2020 among students of Muhammad Medical College Mirpurkhas. All students n=150 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=150 students. n=75 (50%) belong to male gender and n=75(50%) to female gender. n=30(20%) participant were taken from each year of education. The most frequent blood group was “O+” n=50(33.3%).n=111(74%) participated in welfare work. n=130(86.7%) have gone to hospital in order to show sympathy n=70(46.7%) and for services n=45(30%). n=141(94%) are ever ready to help others and out of them n=92(61.3%) are never tired while helping others. A common reason for welfare work was to get spiritual satisfaction to help other as reported by n=111(74%) students. n=146(97.3%) have a positive intention for welfare work in future, in such a way to arrange free medical camp n=68(45.3%).

CONCLUSION: According to my study undergraduate medical students who have positive blood group have more tendency of helping others as compare to those having negative blood groups. The students having “O+”shows more helping attitude. Majority of students go to hospital to ask for someone for the services of people and in order to show sympathy to them. Most of the students get spiritual happiness followed by thankfulness by helping others. Many students want to arrange free medical camp and build hospitals for their future welfare work.

KEY WORDS: Helping attitude, Blood groups, Medical students MMC.

VEIL OR NOT TO VEIL CROSS SECTIONAL VIEWS BY GIRLS OF MUHAMMAD MEDICAL AND DENTAL COLLEGE.

Zoya Ismail¹ Maryam Noor¹ Misbah Shaheen¹ Kiran Sabir¹,

Supervisor by: Professor AB Rajar², Students of 4th Year MMDC¹, Department of Community Medicine²

ABSTRACT

BACKGROUND: Veil is a piece of fine material worn by women over the face for concealment or protection from certain element and it is also known niqab, mask or ruband. Veil is considered mandatory. The practice of veiling is integral to three religions (Islam, Christianity and Judaism) as well as to other religious and cultural traditions. In Islam according to Holy Quran: “O Prophet! Ask your wives, daughters, and believing women to draw their cloaks over their bodies. In this way it is more likely that they will be recognized ‘as virtuous’ and not be harassed. And Allah is All-Forgiving, Most Merciful” (Surah Al-Ahzaab 33:59). In ancient Rome a red veil distinguished newly-married women from the unmarried. In some religions, the veil is obtained as a reward at the age of sixty years. In Christianity, veil is given to virgins by the bishop to distinguish from nuns.

OBJECTIVE: The main aim of our study was to find the purpose and practice of veil among girls of Muhammad Medical and Dental College (MMDC).

METHODOLOGY: A cross sectional study was conducted from 15th of September to 15th of October 2020 in Muhammad Medical and Dental College. It was a closed ended survey. Total of 130 questionnaires were distributed among girls of all professional years. Data was collected and analyzed by SPSS version.

RESULTS: In our study 52% of girls preferred wearing veil. Most girls felt confident with faces concealed with either mask or veil. Veil served its true purpose as it saved from foul sight (41%), Symbol of purity (15%), Protected from dirt and sunrays (14%) and Boosted confidence (30%). Despite veil being a part of our beautiful religion Islam, but the most prominent reason behind wearing veil is the social stigma.

CONCLUSION: It can be concluded that many girls wear veil because of social pressure. Evils like cat calling, body shaming, assaults are increasing day by day. Veil is a part of our beautiful religion Islam. The Quran instructs Muslim women to dress modestly. Veil does not only protect women against dust and harmful sun rays, but it also serves as a good armor against foul and evil sight. Veil/Mask has also played a crucial role in COVID19 pandemic. Modesty is the best of jewelry a woman can wear. It is a decent dress code and imparts dignity and good looks.

KEY WORDS: Veil, Protection, MMDC, Saved from foul sight, armor

ABSTRACT

FINAL YEAR

INSOMNIA SEVERITY INDEX

Luqman Younis, Majid Manzoor, M.Ahmad Shafiq, M.Absar Ahmad,
Assigned by Prof. Dr. Syed Razi Muhammad

ABSTRACT

INTRODUCTION: Insomnia is a prevalent complaint with significant morbidity, it often remains unrecognized and untreated. The study examined psychometric indices of the *Insomnia Severity Index* (ISI) to detect cases of insomnia in a population-based sample and to evaluate treatment response in a clinical sample. The *Insomnia Severity Index* (ISI) is a brief instrument to assess the severity of both night time and daytime components of insomnia

OBJECTIVE: To assess the Validation of the Insomnia Severity among students of Muhammad Medical College, Mirpurkhas.

METHOD: A cross sectional study was conducted on undergraduate medical students in Muhammad Medical College, Mirpurkhas. A total of 100 students from First year MBBS to Final year MBBS responded to structured questionnaire. The questionnaire was developed and validated. The data was entered and analyzed on SPSS version 20. Our data consists of categorical variables only, therefore, we presented it with percentage and frequency. Study conducted after the approval/permission from Principal of Muhammad Medical College, Mirpurkhas.

RESULTS: A total of 100 students responded to the questionnaire. Convergent validity was supported by significant correlations between total Insomnia Severity Index score and measures of fatigue, quality of life, anxiety, and depression. The results also indicated that the Insomnia Severity Index is a valid and sensitive measure to detect changes in perceived sleep difficulties with treatment.

CONCLUSION: The present findings indicate that the Insomnia Severity Index is a reliable and valid instrument to quantify perceived insomnia severity. The Insomnia Severity Index is likely to be a clinically useful tool as a screening device or as an outcome measure in insomnia treatment research.

LIEBOWITZ SOCIAL ANXIETY SCALE

Sajjan Akram, Altamash Qureshi, Adnan Saleem

Assigned by: Prof. Dr. Syed Razi Muhammed

ABSTRACT

INTRODUCTION: LSAS was developed in 1987 by Michael Liebowitz. It is related to fear and avoidance of different social situations. It is characterized by marked and persistent fear of social situations leads the individual to phobic avoidance behavior which have major impact in life.

OBJECTIVE: To assess the way that social phobia plays the role in life across variety of situations. To assess the fear and avoidance associated with social phobia. First question asks how fearful you feel in the situation. Second question asks how often you avoid the situation.

METHOD: It was a cross sectional survey study that is carried out among 50 boys of final year MBBS of MMDC. The students completed questionnaire that contain 24 questions of fear and avoidance each. Then we take the mean of each question of fear and avoidance and made graph by comparing both options of single question.

RESULTS: From our results after taking mean, we find that students of final year usually avoid social interaction with other people but percentage of students is greater in fear when they are observed by others.

CONCLUSIONS: LSAS is normally distributed and demonstrated excellent internal consistency. LSAS is demonstrated by correlation with common measures of social anxiety and avoidance but it also correlates with measures of depression. It suggests that fear subscale and avoidance subscale may be not sufficient distinct in clinical samples.

RECOMMENDATIONS: LSAS appear to be a reliable, valid and treatment sensitive measure of social phobia. For further study of LSAS both samples with severe social phobia and community is needed.

PHQ-9 & GAD-7 SCORING FOR DEPRESSION AND ANXIETY DISORDERS

Aqsa Zahra khan, Ayesha khan, Students of Final Year, Muhammad Medical College
Mirpurkhas Supervised by Dr. Syed Razi Muhammad

ABSTRACT

BACKGROUND: PHQ-9 (patient health questionnaire) is validated tool to screen for & diagnose depression, also been validated as a tool for measuring response to treatment. GAD-7 (generalized anxiety disorder) is self administered patient questionnaire and is used as screening tool and severity measure for generalized anxiety disorder. PHQ9 had 9 & GAD7 had 7 questions, each option is marked from not at all (0), several days (1), more than half day (2), nearly every day (3). Hence possible score in PHQ9 ranged from 0-27 & GAD7 from 0-21.

OBJECTIVE:

- It describes importance of screening and rates of depression, anxiety in primary care
- To understand how to administer, score & interpret the following screening tools in primary care:
 - PHQ9 (depression)
 - GAD7 (anxiety)

METHODOLOGY: After approval by the ethical committee of MUHAMMAD MEDICAL COLLEGE, 38 girls of final year of MMC filled a psychometrically tested questionnaire during & after Lockdown. Data entered and analyzed using SPSS version 22.

RESULT: The girls have shown decreased level of depression and anxiety after lockdown (October) as compared to lockdown in July. Mean of PHQ9 is 1.05 & mean of GAD7 is 1.3 during lockdown while mean of PHQ9 1.08 & mean of GAD7 is 1.1 after lockdown.

CONCLUSIONS: The research shows that 30 out of 38 girls were depressed & 29 out of 38 were suffering from anxiety during lockdown while after lockdown 28 of 38 girls were depressed and 25 were suffering from anxiety. According to data highest depression score is 20/27 and lowest depression score is 2/27 while highest anxiety score is 18/21 and lowest one is 1/21.

VARK-A GUIDE TO LEARNING STYLES AMONG FINAL YEAR GIRLS

Hafiza Ushna Babar, Ashaar Maryam, Bushra Arshad, Wadha Imran,
Students of Final Year, Muhammad Medical College Mirpurkhas
Supervised By: Prof Dr Syed Razi Muhammad

ABSTRACT

INTRODUCTION: The VARK model created by NEIL FLEMING is currently one of the most widely accepted model of learning styles. It describes four modalities of learning styles that are visual, auditory, reading/writing and kinesthetic.

OBJECTIVE: Our aim of research is to determine the learning style among final year girls of Muhammad Medical and Dental College by using VARK- a guide to learning styles.

METHODOLOGY: After approval by ethical committee of Muhammad Medical and Dental College, 45 girls of MMDC filled a psychometrically tested performa in July 2020. Data is entered and analysed by using SPSS VERSION 22.

RESULTS: Our results has shown that there were 16 questions in our questionnaire out of which, in 8 questions, majority have shown auditory learning style which is 36%.

CONCLUSION: According to our research, majority have chosen auditory learning style which is 36% which is preceded by kinesthetic learning style i.e 28% after that we have reading/writing i.e 19% which is followed by visual learning style i.e 17%.

COGNITIVE FAILURES

Behram Zafar, Inamullah, Sajid Ali

Students of Final Year, Muhammad Medical College Mirpurkhas

Assigned by: Prof. Dr. Syed Razi Muhammad

ABSTRACT

BACKGROUND: Cognitive failures affects memory, attention and judgment due to primary or secondary abnormalities of the central nervous system (CNS). Neurocognitive disease develop mostly in later stage of life. Cognitive patients may suffer with psychiatric symptoms like depression, anxiety, paranoia, hallucinations, and delusions. Delirium, dementia, and amnesic disorder are some of the major cognitive disorders

OBJECTIVE: To determine the status of cognitive failures in student of Muhammad Medical Mirpurkhas.

METHODS: In this cross-sectional study, the target population included the students of Muhammad Medical College Mirpurkhas From 1st year to 5th year, of whom 50 were selected by cluster random sampling method. The study tool was a two-part questionnaire containing 25 self-administered questions including 8 questions of forgetfulness , 7 questions of Distractibility and 8 questions of false triggering.

Data were analyzed using SPSS version 22.

RESULTS: Total 50 students, 27% students responded that very rarely read something and find you have not been thinking about it. 32% students responded that very rarely they forget why they went from one part of the house to another. 30% of students occasionally fail to notice signpost on road. 30% of students fail to listen people name when meeting them. 26% of students responded that occasionally leave important letters unanswered for days. 32% of students responded they never find their self suddenly wandering whether they have used a word correctly.

KEYWORDS: Cognitive Failures, Medical student, MMC

EATING DISORDER EXAMINATION

Hiba Khadim, Hira Islam, Sobia Sameen, Fareeha Zafar, Final Year MBBS Students Muhammad Medical & Dental College, Mirpurkhas Supervised by: Dr. Syed Razi Muhammad

ABSTRACT

INTRODUCTION: Eating disorder is a group of condition characterized by abnormal eating habits due to insufficient or excessive food intake. Eating disorders frequently occur with other psychiatric disorders such as depression, substance abuse, and anxiety disorders. The exact cause of eating disorders is unknown.

OBJECTIVE: To assess the incidence of eating disorders in the girls of final year at Muhammad Medical and Dental College Mirpurkhas.

METHOD: The study is cross sectional research conducted among 44 girls of final year MBBS of MMDC. The students completed the questionnaire that had 28 questions asking about the eating habits in the last 28 days. Each question could be marked in scale of 0-6, except between 13-18, where number of days or times losing control or an action e.g. episodes of overeating making sick in last 28 days is asked. So the number scored by each student would be $22 \times 6 = 132 +$ numbers given in question 13-18. Possible mean score of each question would be 0-6. Practically we found that our participants scored between 0.86 to 4.18 with a mean of 2.3.

RESULTS: Significant fraction of final year girls of Muhammad Medical and Dental College are at risk of development of eating disorders.

RECOMMENDATIONS: Students should eat healthy diet and should follow nutrition plan, do exercise and physical activity to maintain their shape and weight according to their age and height. Students should be encouraged to follow an evidence based self health programme. Such strategies should be designed to prevent occurrence of such disorders among medical students.

ATTENTION DEFICIT HYPERACTIVITY DISORDERS AMONG THE FINAL YEAR GIRLS OF MMC.

Farheen Bilal¹, Abida Idrees¹, Hafsa Khalil¹, Eaza Bashir¹, Dr.Syed Razi Muhammad²
Students of final year¹, Principal of MMC, Dean of Department of surgery², Muhammad Medical
and Dental College Mirpurkhas.

ABSTRACT

BACKGROUND: Adult attention deficit hyperactivity disorders (ADHD) Self Report (ASRS V1.1) Symptoms checklist, consisting of 18 questions which are designed to stimulate dialogue between a therapist and her patient and to help confirm if they may be suffering from symptoms of (ADHD). Self-reported English questionnaire used for the study consisted of two parts. PART A had 6 question about Inattention and PART B had 12 question about Hyperactivity. Those who fill 4 or more questions in part A, falling in grey zone, had higher probability of ADHD.

METHODOLOGY: A cross sectional study was conducted among 45 girls of final year students of MMC on 23-July-2020. Data entered and analyzed using SPSS version 20.

RESULTS: In Part A, the answer of 10 girls fell in grey area in 4 or more questions and indicated sever probability for ADHD. Whenever 8 girls fell in grey area in 3 questions. In Part B, 24 girls fell in grey area in 4 or more questions. Of these, 9 fell in grey area in part A too. These 9/45 girls obviously had higher probability of suffering from ADHD.

CONCLUSION: This study shows that 20-25% of the girls of final year may have higher probability of ADHD.

KEYWORDS: Adult, Attention deficit hyperactivity disorder, Behavior, Hyperactivity, Objective measures, Psychometrics, Quantified Behavior Test Plus.

MIND WANDERING

Saira Safdar , ¹ , Saba Iodhi , Saba Akbar , Saima Zulqarnain

Supervised by: Prof. Dr.Syed Razi Muhammad , Students of Final year, Muhammad Medical College Mirpurkhas

ABSTRACT

BACKGROUND: Mind wandering is a phenomenon in which attention drifts away from the primary task to the task UN related thoughts. IT is a pervasive feature of human cognition often associated with the withdrawal of task related executive controlled processes.

OBJECTIVE: The objective of this study was to evaluate the factors and causes among the final year students.

METHODOLOGY: After approval by the ethical committee of Muhammad medical college 45 girls of final year of MMC filled a psychometrically tested performa containing five questions in July 2020. Data entered and analyzed using SPSS version 22. 5 questions were numbered as almost never (1), Very infrequently (2), somewhat infrequently (3), somewhat frequently (4) and very frequently (5). Hence one student could score from 5 to 25 range in the questionnaire.

RESULTS: Most students (30/45) replied to almost never to Q: 03 (I do things without paying full attention). Most students replied to very frequently to Q: 01 (9/45) (I have difficulty in maintaining focus on simple or repetitive work).

CONCLUSIONS: Overall mind wandering score was 285 out of a possible maximum of 1125 which suggest that mind wandering is a frequent and common phenomena that can adversely affect the concentration and studies of the students.

KEYWORDS: Drifts, floats, stray, hike.

ROSENBERG SELF-ESTEEM SCALE

Hafiz M Hassan, Haris Saleem, M Ramzan, Makki, M Mudassir, Hamza Alam Final Year

Assigned By: Prof. Dr. Syed Razi Muhammad,
Muhammad Medical College, Mirpurkhas.

ABSTRACT

BACKGROUND: The Rosenberg Self-Esteem Scale is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. The items are answered on a four-point scale ranging from strongly agree to strongly disagree.

METHODOLOGY: Study Design : Study Setting : Cross sectional Muhammad Medical College Study Population : Students of MMC Data Collection Tool and Technique Pretested close ended questionnaire was distributed among 50 Statistical Analysis students of MMC. : Data entered and analyzed by SPSS Version 22.

RESULTS: Among 50 MMC Students, majority of students have High Self Esteem i.e 44. 4 of them have Inflated Self Esteem. Only 2 of them are found with Low Self Esteem.

CONCLUSION: According to our study, majority of students have high self-esteem. Students have good ability to tolerate stress and have great self confidence in their lives. A little bit tension about future is present among students. But almost majority of students have high self-esteem.

KEYWORD: Self-esteem, Students of Muhammad Medical College.

EVALUATION OF EMOTIONAL INTELLIGENCE AMONG THE STUDENTS OF MMC

Muhammad Ahmed Raza, Muhammad Nauman Malik, Muhammad Hamza Shafee, Final Year
MBBS, Muhammad Medical College, Mirpurkhas
Supervised by: DR Syed Razi Muhammad

ABSTRACT

INTRODUCTION: Emotional intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you. It also involves your perception of others: when you understand how they feel, this allows you to manage relationships more effectively

Emotional intelligence is an awareness of your actions and feelings – and how they affect those around you. It also means that you value others, listen to their wants and needs, and are able to empathize or identify with them on many different levels.

KEY POINT: Although "regular" intelligence is important to success in life, emotional intelligence is key to relating well to others and achieving your goals. Many people believe that it is at least as important as regular intelligence, and many companies now use emotional intelligence testing to hire new staff

COMPONENTS AND TRAITS

➤ **WELL BEING**

- Happiness
- Optimism
- Self esteem

➤ **SELF CONTROL**

- Stress management
- Emotion regulation
- Impulse control

➤ **EMOTIONALITY**

- Emotional perception
- Emotional expression
- Empathy
- Relationship

➤ **SOCIALISING**

- Social awareness
- Assertiveness
- Emotion management

➤ **OTHERS**

- Adaptability
- Self-motivation

▶ **AIMS AND PURPOSE**

- ▶ To determine the difference between the emotional intelligence among the students of MMC

▶ **METHODOLOGY**

- ▶ **STUDY DESIGN:**

- ▶ After approval by the ethical committee of Muhammad Medical College, students of fourth & final year MMC find a psychometrically tested Performa in July 2020. Data entered and analyzed using SPSS version 20.

CONCLUSION: The actions we create in our life are mostly based on our emotions and intelligence. It makes sense of communication and organizational skills, they will be lead to having the ability to make proper decisions and interactions with others.

KEY WORDS: emotions, intellect, organizational skills, self-motivation, adaptation

PERCEIVED STRESS SCALE AMONG FINAL YEAR GRLS DURING AND AFTER LOCKDOWN

Anam Hassan, Iqra Nazir, Hania Tariq, Heeba Khan,
Supervisor: Prof. Dr. Syed Razi Muhammad²

Students of Final Year Muhammad Medical College¹, Department of Surgery

ABSTRACT

BACKGROUND: Perceived stress scale is most widely used psychological instrument for measuring perception of stress. It is measure of the degree to which situations in one's life are appreciated as stressful.

OBJECTIVE: This study aims for finding the stress among girls of final year MBBS Muhammad medical and dental college MIRPURKHAS during and after lockdown.

METHODOLOGY: After approval by the ethical committee of Muhammad Medical College, 45 girls of final year of MMDC filled a questionnaire that contain 14 different questions with both positive and negative aspects to their level of stress during and after lockdown.

RESULTS: The girls have shown a decreased level of stress in October as compared to lockdown in July. Mean of July is 2.11 and of October is 2.05 out of 45 girls of MMDC out of 14 questions that were included in the questionnaire two questions were statistically significant and 12 questions were non-significant. There were five questions that showed drastic variations. Out of which there were three questions that showed more stress level in July and two in October

CONCLUSION: Most girls have shown decreased level of stress in October than in July. IN 12/14 Question students marked more stress during lockdown then post lockdown period however these difference was statistically significant in two question only.

Q: In the last month, how often have you been upset because of something that happened?
Unexpectedly?

Q: In the last month, how often have you felt that things were going your way?

Key words: stress, lockdown, psychological instrument.

AN AUDIT AND EXPERIENCE OF “SURVIVE”, THE ONLINE LEARNING PROGRAM OF MMDC

Huriza Saleem, Aysha Shakeel, Final Year MBBS
Supervised By: Prof Dr Syed Razi Muhammad

ABSTRACT

INTRODUCTION: This survey is to assist us to understand student’s experiences in using new digital media and online technologies for learning. The results will be used to enhance the quality of the wholly online units for future students.

OBJECTIVE: This study examined students experience and satisfaction level in using new digital media and online “Survive” programme.

METHODOLOGY: After approval by ethical committee of Muhammad Medical and Dental College, used data collected from random 123 students of MMDC who filled a psychometrically tested Performa in July 2020. Data is entered and analyzed by using SPSS VERSION 22.

RESULT: The result showed that out of six components regarding survive audit, **Assessment** and **attributes development** showed more level of satisfaction among students regarding survive experience with mean values of **6.0589** and **6.0190** simultaneously.

CONCLUSION: All the students showed higher level of satisfaction for various components of the “Survive” programme. The component “**teaching staff and other students**” showed higher level of satisfaction in 1st year MBBS and final year MBBS as compared to 1st year BDS, and this difference was statistically significant (**p value 0.048 and 0.018**) respectively. The component “**assessment**” showed higher satisfaction level in 4th year MBBS as compared to 1st year BDS, and 1st year MBBS, and this difference was statistically significant (**p value 0.018 and 0.02**) respectively. “**Unit performance**” showed higher level of satisfaction in Final year MBBS as compared to 4th year MBBS, and this difference was statistically significant (**p value 0.004**). However, P value was not significant gender wise.

RECOMMENDATIONS: The results clearly showed that students values online study programme, so it is highly recommended and it should continue and convert in hybrid programme.

AN AUDIT AND EXPERIENCE OF “SURVIVE”, THE ONLINE LEARNING PROGRAM OF MMDC

Huriza Saleem, Aysha Shakeel

Supervised By: Prof Dr Syed Razi Muhammad

ABSTRACT

INTRODUCTION: This survey is to assist us to understand students’ experiences in “Survive”. An extensive online study programme was conducted during the lockdown at Muhammad Medical and Dental College, Mirpurkhas. Every class had daily lectures on Zoom, discussions on WhatsApp groups, online submission and grading of assignments on Moodle and weekly tests. This programme was named as “Survive”.

OBJECTIVE: This study examined student’s experience and satisfaction level in “Survive” programme.

METHODOLOGY: After approval by ethical committee of Muhammad Medical and Dental College, data was collected from random 123 students of MMDC who filled a Performa in July 2020. Data is entered and analyzed by using SPSS VERSION 22.

RESULT: There were six components in which students gave varied response from a possible of 1-7 marks. These included: **Assessment** and **attributes development**, showing more satisfaction with mean values of **6.0589** and **6.0190** simultaneously. **Others included** Organization and structure (5.63), Teaching and learning (5.85), Teaching staff and other students (5.59) and Unit performance (5.81).

CONCLUSION: All the students showed higher level of satisfaction for various components of the “Survive” programme. The component “**teaching staff and other students**” showed higher level of satisfaction in **1st year MBBS** and **final year MBBS** as compared to **1st year BDS**, and this difference was statistically significant (**p value 0.048 and 0.018**) respectively. The component “**assessment**” showed higher satisfaction level in **4th year MBBS** as compared to **1st year BDS**, and **1st year MBBS**, and this difference was statistically significant (**p value 0.018 and 0.02**) respectively. “**Unit performance**” showed higher level of satisfaction in **Final year MBBS** as compared to **4th year MBBS**, and this difference was statistically significant (**p value 0.004**). However, P value was not significant gender wise.

RECOMMENDATIONS: The results clearly showed that students value online study programme, so it is highly recommended and it should continue and convert in hybrid programme.

ROSENBERG SELF-ESTEEM SCALE

Komal javaid, 1 Laila Salem, 1 Hafsa munawar, 1 Haleema Sadia, 1 Irum Jahangir, 1, Final Year MBBS, Muhammad Medical & Dental College, Mirpurkhas
Supervised by: Dr. Syed razi Muhammad

ABSTRACT

INTRODUCTION: Rosenberg self-esteem is a social survey questionnaire. It is a ten items scale that measures global self-worth by measuring both positive and negative feelings about the self. Self-esteem is a central construct in clinical, developmental, personality, and social psychology.

OBJECTIVE: The objective of our research is to find out level of self-esteem among fourth and final year girls of MMC by Rosenberg Self-Esteem Scale.

METHOD: after approval by the ethical committee of Muhammad medical college, 4th and final year girls of MMC filled a psychometrically tested proforma in July 2020. It contained 10 questions, each marked as strongly agreed (4), Agreed (3), Disagreed (2) and strongly disagreed (1). Hence one student could score between 10-40 marks. Mean score for a .Question could range from 1-4. Data edited and analysed using spss version 22.

RESULTS: according to our research, 4th year scored higher in overall and in Q 1, 2,3,4,7,8,10. These differences are statistically significant. In final year students the Highest self-esteem mean value among questions is 2.8/4 (question 1Positively worded “I take a positive attitude towards myself) and lowest self-esteem value is 2/4 (question 3-negatively worded “I wish I could have more respect for myself”) while in 4th year the highest self-esteem value is 3.5/4 (question 1) and lowest self-esteem value is same as in final year results i-e 2/4 (question 3).

CONCLUSION: Although 4th year scored higher, it should be realized that this is a self-reported questionnaire, reflecting the perception of self-esteem about oneself which may be different from actual self-esteem. It is interesting to note the both highest scoring and lowest scoring questions are the same (question 1 &3) of two classes.

KEYWORDS: self-esteem, Rosenberg scale, central construct, positive and negative outcomes.

**ASSESSMENT OF PROFESSIONALISM AMONG THE GIRLS OF FINAL YEAR
MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS.**

Kiran Sajjad¹Madiha Anees¹ Students of 5th Year¹ Professor of Department of Surgery²

Assigned by: Syed Razi MUhammad²

ABSTRACT

INTRODUCTION: The conduct, aims, or qualities that characterize or mark a profession or a professional person.

BACKGROUND: Ineffective communication, lack of empathy, patients' dissatisfaction, conflict and ultimately results in poor doctor patient relationship.

This lack eventually results in disapproval towards physician and his/her professionalism and may even be regarded as one of the potential causes of increasing mistrust and violence against the healthcare professionals.

METHODOLOGY: A cross sectional descriptive study was conducted among the girls of Final year Muhammad Medical College. Information was collected through the modified professionalism mini evaluation exercise questionnaires (PMEX) score which consists of 4 components to assess the professionalism by girls. Statistical analysis was performed by SPSS 22.

RESULTS: A total of 44(N= 44) female students participated in the study. Of the four skill domains of professionalism, the mean \pm standard deviation score of doctor-patient relationship skill was 4.1 ± 0.66 , reflective skills 3.8 ± 0.58 , time management 3.9 ± 0.79 and interprofessional relationship skills 4.1 ± 0.63 . Total mean \pm standard deviation was 3.97 ± 0.49 .

Comparing to another study in Pakistan by Rehman et al (2019), we found that the doctor-patient relationship in our students was higher 4.1 ± 0.66 verses 3.81 ± 0.67 . The difference was statistically significant with a p value of 0.0096. Our results were higher or similar in other 3 factors (reflective skills 3.8 verse 3.7, time management 3.9 verses 3.9, interprofessional relationship 4.1 verses 4.1 and total professionalism 3.97 verses 3.92). But these differences were not statistically significant.

CONCLUSION: In our study there is evidence for a good professionalism among the girls of final year. This compares favorably with another study in Pakistan.

KEYWORD:

Professionalism, Modified PMEX score and Medical Students.

PREVALENCE OF PROFESSIONALISM AMONG THE STUDENTS OF MUHAMMAD MEDICAL AND DENTAL COLLEGE

Mohsin Abbas¹, Farhan Gull¹, Mustafa Khan¹, Fayyaz Anjum,

Assigned by: Prof. Dr Syed Razi Muhammad²,

Students of 5th year¹, Muhammad Medical and Dental College Mirpurkhas²

ABSTRACT

BACKGROUND: Professionalism refers to a series of behavior that demonstrate that a person has achieved a professional status. Professionalism is a trait that's highly valued in the work place. It has many attributes including; 1. Specialized knowledge 2. Competency 3. Honesty and integrity 4. Respect 5. Accountability 6. Self-regulation 7. Image 8. Consistency.

AIMS: of our study to evaluate professionalism in; 1. doctor-patient relationship skills 2. Inter-professional relationship skills 3. Time management skills.

METHODOLOGY: This was a cross-sectional descriptive study carried from October 2020 among students of Muhammad Medical and Dental College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding opinion of MMDC students about Professionalism, Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 100 students, In Doctor-Patient relationship 46 males and 32 females always listen actively to patient. 24 males and females show interest in patient as a person. 30 males and 36 females always maintain patient's confidentiality. In case of Inter-professional skills 20 males and 10 females listen actively to people at work place. 22 females and 16 males always maintain boundaries to peers and colleagues. In time management skills 28 males and 24 females always being on time. 20 males and females always complete task in a reliable fashion.

CONCLUSION: Regarding Muhammad Medical and Dental College our Study concluded that the art of behavior to the patients or among themselves is more than enough is founded. Moreover professionalism is vast sea of principles some of them are present among us and something needs to improve. Prof Dr. Razi Sb also working on this day and night. Everything needs time to improve and we are satisfied with our results.

KEYWORDS: Professionalism, Students, MMDC

FIND THE PERSONALITY TYPE OF BOYS OF FINAL YEAR BY USING JUNG TYPOLOGY:

Assigned by Prof. Dr.Syed Razi Muhammad

Group Members: M.Arif, Karan Kumar, M.Asim, Ishtiaq Mazari

ABSTRACT

INTRODUCTION: The Jung personality test measures your preference for dealing with and relating to people, processing information, making decision and organizing your life.

OBJECTIVE: The Main Objective of this study was to know the personality type of boys of final year

METHODOLOGY: An online test was conducted by using the questionnaire of Jung and results were arranged sample size was 50 students.

RESULTS:

- The two major personality types were observed among the students of final year
- ENFJ=26%
- ESFJ=16%

CONCLUSION:

- The study show that most of the boys of final year have two personality type
- 1)ENFJ
- 2)ESFJ

TEACHING STRATEGIES: FOR ENFJ

- Cooperative learning
- Inquiry based instruction
- Differentiation
- Technology in the class room
- Behaviour management

KEYWORDS:

- ENFJ(extravert, intuition ,feeling ,judging)
- ESFJ(Extravert sensing feeling judging)
- Total words=160

MEMORY FUNCTION

Muhammad Siyyam, Sajjad Khan, Dheraaj Kumar, Jawad Ali Babar
Supervisor by: Prof Dr. Syed Razi Muhammad, MMC, Mirpurkhas

ABSTRACT

INTRODUCTION: It is a self reporting questionnaire that was developed to measure memory complains. It consist of various dimensions which include frequency of forgetting, retrospective function, seriousness scale and mnemonics useage scale.

OBJECTIVES: To asses' perception of memory functioning of final year boys in Muhammad Medical and Dental College Mirpurkhas.

METHOD: It was a cross sectional survey study that is carried out among 40 boys of final year MBBS of MMDC. The students completed questionarrie which consist of 64 items which include retrospective function, frequency of forgetting, mnemonic useage. We use spss 23 for data entry and find the percentage of each questions.

CONCLUSION: According to our research MFQ has moderate validity with memory measures. We conclude that boys of final year have some minor memory functioning problems.

RECOMMENDATIONS: We can improve memory functioning without medication by recalling, recognition, relearning, paying attention through your senses like eye contact and test and by organized information.

THE EXCESSIVELY MIND WANDERING SCALE

Saad Ayub, Awais Mughal, M atir, Haris Ali, Final Year Students Muhammad Medical College
Mirpurkhas Supervision of: Dr. Syed Razi Muhammad

ABSTRACT

INTRODUCTION:

Mind-wandering sometimes referred to as task unrelated thought or autopilot, is the experience of thoughts not remaining on a single topic for a long period of time, particularly when people are engaged in an attention-demanding task

OBJECTIVE:

The main objective of this study was to know the mind wandering of final year boys.

METHODOLOGY:

This survey was conducted in Muhammad medical college. Data collection was in close ended Questionnaire method and analyzed by spss version22.

RESULTS:

The questionnaire was distributed to final year students of Muhammad Medical and Dental College Mirpurkhas. Significant fraction of boys have mind wandering

RECOMMENDATIONS:

Perform yoga and exercises and take a few massage sessions to reduce stress and ease muscle tension. Take medications if related with other medical illnesses.

Keywords: MIND WANDERING, students, MMC, Final year

PREVALENCE OF V.A.R.K AMONG FINAL YEAR MALE STUDENTS OF MMCH

M.Asad Raza Jatoi¹, M Saad Ahsan Khan¹, M Sarmad Qaisrani¹, Kamran Ahmed, Wajahat Pahilwani, Supervisor by: Dr Syed Razi Muhammad, Students of Final Year¹, Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND. Learners use different modalities to receive and understand new information. For many people one or two dominant styles are more effective when learning new information. For this reason, it is important to include varieties of modality on our lessons, so we can give all students equal opportunity to understand the content we teach. Preferred learning styles of learners are different, which depends on taste, mentally preparedness, as well as physical condition in terms of sensory modalities. Identifying and employing appropriate learning styles could play an important role in selecting teaching styles, which can improve education ultimately. 1.

METHODOLOGY: This was a cross-sectional descriptive study carried from July-October 2020 among Final Year students of Muhammad Medical College Mirpurkhas. Students n=40 were approached, a closed ended questionnaire was administered for collection of information regarding, Prevalence of V.A.R.K. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 16 questions were asked from 40 students, according to the response on each Question, KINESTHETIC (222), AURAL (205), READING and WRITING (116) and VISUAL (97). The study concluded that most common learning style in students is KINESTHETIC and than AURAL methods.

CONCLUSION: The study concluded that most common learning style in most of the students is KINESTHETIC and than AURAL methods. Most of the students were unimodal and had same learning style preference. No significant relationship was found between type and number of learning style and academic achievement.

KEYWORDS: Prevalence of V.A.R.K, Students, MMC.

ANXIETY AND DEPRESSION AMONG MEDICAL STUDENT

Saad Zafar, Anwaar Ul Haq, Farhan Haider Salman Akhtar, Shahzad Azam, Final Year
MBBS, Muhammad Medical & Dental College, Mirpurkhas
Assigned By: Prof Dr. Syed Razi Muhammad

ABSTRACT

BACKGROUND: Anxiety: Feeling of worry, nervousness about something with an uncertain outcome.

DEPRESSION: A condition that involves body mood and thoughts that effects the way a person eat, sleeps and feel about himself.

To determine the Prevalence of Anxiety and Depression among Medical Students in Muhammad Medical College, Mirpurkhas.

METHODOLOGY: Study design=> cross sectional study, Study technique=> simple, random, sampling, Study tool=>validated questionnaire, Data collection procedure=>Data was collected via self-administered questioners from 50 medical students. The verbal consent was obtained from students before distributing the questioners. Data analysis=> Analysis was done using SPSS version 22.

RESULT: According to GAD-7 Scoring, out of 100 students have 30.3%, 12.5% and 6.7% mild, moderate and severe general anxiety disorder respectively While 50.5% students have no general anxiety disorder. According to PHQ-9 Scoring, 25.4%, 22.7% and 9.4% were mild, moderate and severely depressed respectively, while 42.5% students are not depressed.

CONCLUSION: Current study demonstrated that a remarkable proportion of Medical Students are suffering from Depression and Anxiety. There was a strong evidence of association of Anxiety in Female than male because of more sensitive and emotional. Whereas Significant association of Depression and anxiety is observed in Younger age (19 to 21), First Year and Second Year. Screening among Medical Student is recommended.

Key words: Anxiety, depression, Students MMDC

MEMORY FUNCTIONING AND ASSESSMENT OF MEMORY COMPLAINTS: A CROSS SECTIONAL STUDY AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Sadia Gulzar Cheema* Aisha Ramzan* Aneeqa Tabbasum
Sir Syed Razi Muhammad**, Student of final year*** Muhammad medical college,
Mirpurkhas.

ABSTRACT

BACKGROUND: The original purpose for developing the Memory Functioning Questionnaire was to create an instrument for the assessment of self-perception of memory abilities components include General Rating Scale, Retrospective functioning scale, Frequency of forgetting scale, Frequency of forgetting during reading scale, Remembering past events scale, Seriousness scale and mnemonics usage scale.

METHODOLOGY: After approval by the Ethical committee of Muhammad Medical College, 49 girls of final year of MMC filled a psychometrically tested proforma in July 2020. Data entered and analyzed using SPSS version 22.

RESULTS: General rating scale showed some minor problems (56.7%) and no problem (42%). Retrospective Functioning scale One year ago much worse 16.3% same 30.6% much better 52.9%. Frequency of forgetting scale showed that in some questions participants always forgot in about 50% of times, whereas in other questions, same percentage claimed to have never forgotten.

Frequency of forgetting during reading scale ranged from never 47% to always 32.6%. Remembering past events scale Last month very bad 24.5% fair 24.1% very good 51% between six month and one year very bad 24.5% fair 28.6% very good 36.7%. Forgetfulness of serious events ranged from very serious 41% to not serious 36.7% Participants claimed to use Mnemonics between 25% (always) to 53% (never)

CONCLUSIONS: Psychometric analysis showed that General rating scale of some minor problems (56.7%) and No problem (42%). Majority with some minor problems includes the following factors, forgetting scale Seriousness scale, and Retrospective functioning scale.

KEY WORDS: Memory functioning, psychometric analysis, medical students.

ASSESSMENT OF EMOTIONAL INTELLIGENCE AMONG THE GIRLS OF MMDC

Saima Ismail¹, Maria Farooq¹, Shaista Jawaid¹, Masooma Jafferi¹, Zainab Hussain², Fatima Hussain², Kinza Bajwa³, Fatima Aslam³, Shafaq Rasheed³.

Supervised by: Dr Syed Razi Muhammad⁴ Students of final Year¹ & 4th year MBBS² and 1st Year BDS³ Professor of Surgery, Muhammad Medical College Mirpurkhas⁴

ABSTRACT

INTRODUCTION: Emotional intelligence is the capacity to be aware of, control and express one's emotions, and to handle interpersonal relationships. It is the key to both personal and professional success. The study of emotional intelligence is comprises on five components that are well-being, self-control, emotionality, sociability and others. Each component is divided into traits. That is well-being (happiness, optimism, Self-esteem), self-control (stress management, emotion regulation, impulse control), Emotionality (Empathy, emotion perception, emotion expression, relationship), Sociability (emotion management, assertiveness, social awareness) and others (adaptability, self-motivation).

AIMS AND OBJECTIVES: To determine the emotional intelligence, along with its four components and traits, among the students of MMDC. To compare the emotional intelligence of various classes of MMDC.

METHODOLOGY: After approval by the ethical committee of Muhammad Medical and Dental College, 144 girls of MMDC filled a psychometrically tested Performa in July 2020. Data entered and analysed using SPSS version 22

RESULTS: Mean \pm standard deviation score of the four factors of trait emotional intelligence were determined. The mean \pm standard deviation score of well-being of the study participants was found to be the highest of the four factors with a value of 4.7 ± 0.965 . The mean \pm standard deviation score of self-control was found to be 4.4 ± 0.896 . The mean \pm standard deviation score of sociability 4.3 ± 0.891 . The mean \pm standard deviation score of emotionality was 3.9 ± 1.196 and was the lowest among four components.

COMPONENTS	TRAITS	1 st Year BDS	1 st Year MBBS	2 nd Year MBBS	4 th Year MBBS	5 th Year MBBS
WELL BEING	HAPPINESS	5.3	4.5	4.5	5.1	4.4
	OPTIMISM	5.1	4.9	4.8	5.8	5.4
	SELF ESTEEM	4.4	3.7	4.3	4.1	4.7
SELF CONTROL	STRESS MANAGEMENT	4.2	4.3	5.2	4.6	4.9

CONCLUSIONS: When different classes were compared, there was no statistically significant difference in overall emotional intelligence or in top four components. However,

	EMOTION REGULATIO N	3.7	4.4	4.7	4.4	4.4
	IMPULSE CONTROL	4.8	4.0	5	4.2	3.6
EMOTIONALITY	EMOTION PERCEPTIO N	5.3	5.1	4.8	4.9	4.3
	EMOTION EXPRESSIO N	4.5	3.5	3.5	4.8	4.0
	EMPATHY	3.7	4.0	4.3	4.4	4.3
	RELATIONS HIPS	3.4	3.6	4.3	3.0	4.5
SOCIOABILITY	SOCIAL AWARENES S	4.8	4.6	5.1	5.0	4.3
	ASSERTIVE NESS	4.5	3.8	4.7	4.5	4.1
	EMOTION MANAGEME NT	4.0	4.1	3.9	3.9	3.5
OTHERS	ADAPTIBILI TY	3.9	4.2	4.9	4.4	4.6
	SELF MOTIVATIO N	4.3	3.8	4.6	4.5	4.3

when components were compared to each other, we found that students scored higher in well-being (0.000), self-control (0.000) and sociability (0.000) compared to overall emotional intelligence. Adaptability and self-motivation did not show statistically significant (P=0.241) difference when compared with total emotional intelligence. Emotionality is highest in second year MBBS, well-being is highest in fourth year MBBS, Self-control and Sociability is highest in second year MBBS but these differences are statistically insignificant. Total emotional intelligence is highest in second year MBBS girls and lowest in first year MBBS. There was no statistical significant association in between class of study for total emotional intelligence, well-being, self-control, emotionality, sociability, adaptability and self-motivation.

MIND WANDERING

Saira Safdar , ¹ , Saba Iodhi , Saba Akbar , Saima Zulqarnain

Supervised by: Prof. Dr.Syed Razi Muhammad , Students of Final year, Muhammad Medical College Mirpurkhas

ABSTRACT

BACKGROUND: Mind wandering is a phenomenon in which attention drifts away from the primary task to the task UN related thoughts. IT is a pervasive feature of human cognition often associated with the withdrawal of task related executive controlled processes.

OBJECTIVE: The objective of this study was to evaluate the factors and causes among the final year students.

METHODOLOGY: After approval by the ethical committee of Muhammad medical college 45 girls of final year of MMC filled a psychometrically tested performa containing five questions in July 2020. Data entered and analyzed using SPSS version 22. 5 questions were numbered as almost never (1), Very infrequently (2), somewhat infrequently (3), somewhat frequently (4) and very frequently (5). Hence one student could score from 5 to 25 range in the questionnaire.

RESULTS: Most students (30/45) replied to almost never to Q: 03 (I do things without paying full attention). Most students replied to very frequently to Q: 01 (9/45) (I have difficulty in maintaining focus on simple or repetitive work).

CONCLUSIONS: Overall mind wandering score was 285 out of a possible maximum of 1125 which suggest that mind wandering is a frequent and common phenomena that can adversely affect the concentration and studies of the students.

KEYWORDS: Drifts, floats, stray, hike.

JUNG TYPOLOGY TEST

Summiya Mughal, Parisa Abbasi, Sumbul Soomro, Munazza Rasheed
Supervisor : Dr Syed Razi Muhammad Student of Final Year MBBS
Professor of Surgery Department MMC Mirpurkhas

ABSTRACT

INTRODUCTION: The Myers-Briggs Type Indicator was developed by Isabel Myers and Katherine Briggs based on the teaching of Carl Jung. The MBTI is a self inventory questionnaire that helps identify a person's personality type and preferences. The model classifies individual according to their behavioral preferences on scales derived from Jung's theory of psychological types. The MBTI system uses a four scales structures for identifying and categorizing individual; and each of the four scales represents two opposing preferences.

METHDOLOGY: Design: cross sectional Study setting: Mirpurkhas, Sampling Technique: Random, Study Duration: 23 July –October 2020, Data Collection: Closed Ended Questionnaire, Data Entry and Analysis Software: SPSS Version 22

AIMS AND OBJECTIVES: The ultimate goal of MBTI is to allow people to explore and understand their own personalities including his or her strength, weakness, and general preferences .It can also help determine career preferences that would best match his or her personality.

EXTROVERT: prefers the external world of things, people and activities.

INTROVERT: prefers the internal world of thoughts, feelings, fantasies and dreams. .
Thinking: Prefers evaluating information or ideas rationally, logically.
Feeling: Prefers evaluating information by weighing ones overall, emotional response.

CONCLUSION: I believe that in knowing my personality type it will help me career wise education wise ad social wise. Now I will know how to deal with people my education and my future career because I understand now even better that having a different personality type can help with everything in general. The MBTI has taught me that in every human being there are different personality type and we should not expect everybody to be or act the same.

RESULT: Our results have shown that there are 70% EXTROVERT over 30% INTROVERT, 65% SENSING over 35% INTUITIVE, 85% FEELING over 15% THINKING, 80% JUDGING over 20% PERCEIVING. According to my research the most common type of personality we found is (ESFJ) i.e. extrovert, sensing, feeling, judging.

**ATTENTION RELATED COGNITIVE ERROR SCALE (ARCES) AND MINDFUL
ATTENTION AWARENESS SCALE(MAAS)**

Tooba Tasawar, Aisha Shaikh, Kainat Hanif

Assigned by: Dr Razi Muhammad

ABSTRACT

INTRODUCTION: The Attention-Related Cognitive Errors Scale (ARCES) measures the frequency with which one experiences a variety of everyday cognitive failures for which an attention lapse is the most likely cause. As such, it is a measure of everyday mistakes that people make as a result of not paying sufficient attention to the task at hand and can be used as an assessment of cognitive impairment. The Mindful Attention Awareness Scale (MAAS) was created to specifically capture attention and awareness in daily life. Mindfulness is defined as paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

METHODOLOGY: Study population: 45 students
Population area: Final year MBBS

RESULT: most of the students are affected of MAAS which is about 70% and 50% of the students are affected by ARCES

CONCLUSION:

Our study shows that final year girls of Muhammad Medical College are suffering from Attention related cognitive errors and mindful attention awareness. Most of the girls sometimes do their work unintentionally, and sometimes with active mind.

KEYWORDS: COGNITION, ERROR, ARCES, WELL BEING, MINDFULNESS, CONCIIOUSNESS.

EATING DISORDER AMONG FINAL YEAR STUDENTS OF MMCH

Usama Shafiq, Usama Sharif, Waqar Ayaz, Muhammad Sanallah,

Supervisor by: Prof. Dr. Syed Razi Muhammad

ABSTRACT

BACKGROUND: Eating disorders are mental illness that cause serious disturbance in a person's every day diet. It can manifest as eating extremely small amount of food or severely overeating. The condition may begin as just eating too little or too much but obsession with eating and food over takes over the life of a person leading to severe changes.

OBJECTIVE: To determine the status of eating disorders in students of Muhammad Medical college Mirpurkhas.

METHODS: In this cross-sectional study, the target population included the students of Muhammad Medical College Mirpurkhas Sindh from final year students, of whom 50 were selected by cluster random sampling method. The study tool was a three-part questionnaire containing 28 self-administered questions. Data were analyzed with using SPSS version 22.

RESULTS: According to our research 34% of students tried to exclude food in order to influence their shape and weight. 28% of students had a desire to have an empty stomach with aim of influencing your shape or weight. 32% of students have a definite fear that they might gain weight. 30% of students deliberately tried to limit the amount of food they eat to influence shape or weight. 38% of students said that a number of times they had a sense of lost control over eating. 29% of students felt uncomfortable about others seeing their shape or figure

CONCLUSION: Our data shows that most of the students had a great influence of diet about their body shape or weight.

KEYWORDS: EATING DISORDER, Students, MMC.

ATTENTION RELATED COGNITIVE ERRORS AND MINDFUL ATTENTION AWARENESS

Wasim Nazir Khan, Ali Hasham Bhatti, Pawan Kumar, Hassan Ashraf, Umer Iqbal
Students of 5th year¹, Muhammad medical college
Supervise by Prof Dr Syed Razi Muhammad

ABSTRACT

BACKGROUND: At all levels of ability lapse of attention are clearly a part of everyone's life. Some are merely life. Some are merely inconvenient such as missing a familiar turn-off on the highway and some are extremely serious such as failures of attention that cause accidents injury and loss of life.

> Beyond the obvious costs of accidents arising from lapse in attention there is lost time efficiency personal productivity and quality of life in the lapse and recapture of awareness and attention to everyday tasks.

METHODOLOGY: This was a cross-sectional descriptive study carried from July to October 2020 among students of Muhammad Medical College Mirpurkhas. All students n=50 were approached, a closed ended questionnaire was administered for collection of information regarding, ARCE & MAAS. Data were entered and analyzed by using SPSS version 22.

RESULTS: Total 50 students, 50 male student from final year. Our Questionnaire contain 12 questions and each question have 5 options. Never =1 , rarely=2, sometimes=3, Often=4, Very often=5. According to our research most of the Final Year Medical Students 37% responded that SOMETIMES 24% students Rarely 16% students Never 13% students Often and 8% Very Often suffering from the ATTENTION RELATED COGNITIVE ERRORS and MINDFUL ATTENTION AWARENESS.

CONCLUSION: The study concluded that Medical students are sometimes suffering from Attention related cognitive errors and mindful attention awareness.

KEYWORDS: ARCE&MAAS, Students, MMC

MULTIFACTORIAL MEMORY FUNCTIONING AMONG MMC STUDENTS MIRPUR KHAS

M.Uzair, M. Yasir, M. Altaf, M. Waqar
Assigned by Professor Razi Muhammad

ABSTRACT

BACKGROUND: Construction of meta-memory is a multidimensional construct that includes what people believe about their own memory and how they control and monitor their memory processes (Dunlowsky & Thiede 2013).

It may include memory related knowledge, perceptions, appraisals, emotions, and self-regulation.

METHODOLOGY: This was a cross sectional descriptive study carried from October 2020 among students of MMC Mirpurkhas. All students n=30 were approached, a close ended questionnaire was administered for collection of information regarding Multifactorial memory functioning (T.SCORING), and data were entered and analyzed by using SPSS version 22.

RESULT: From total of n=30, 10 students from each class (3rd year, 4th year and 5th year). We found that 90% students have average memory functioning, 7% below average, 3% have above average memory functioning according to **T.SCORE**.

CONCLUSION: According to my research 90% students in MMC have average memory functioning.

KEYWORDS: Multifactorial memory functioning among MMC students

INSOMNIA SEVERITY INDEX

Zainab Yousaf, Uroosa Dharejo, Wahida Minhaj, Final Year MBBS, Muhammad Medical College, Mirpurkhas Supervised By: Professor Syed Razi Muhammad.

ABSTRACT

INTRODUCTION: Insomnia severity index is a brief instrument that was designed to assess the severity of both night time and daytime components of insomnia. The questionnaire include seven questions. Each contain the options, none (0), mild (1), moderate (2), severe (3), and very sever (4).hence a student good score between 7-28 marks in questionnaire.

OBJECTIVES: The objective of our research is to find out the percentage of insomnia severity index among the MBBS final year students of MMDC before and after lockdown.

METHODOLOGY: After approval by the ethical committee of Muhammad Medical College, 33 final year MBBS girls of MMDC filled a psychometrically tested Performa in July and October 2020. Data entered and analyzed using SPSS version 22.

.RESULT: Out of possible total score of 924, students made an accumulative score of 342/924 during lock down and 570/924 after the lock down. During lock down the score for questions ranged from 33(Q.1 and Q.5) to 38(Q.3). After lock down the score ranged from 30(Q.1) to 40 (Q.4). It is interesting to note that student scored least in Q.1 (difficulty falling in sleep) in both periods.

CONCLUSION:

Pre and post-lockdown assessment of insomnia severity index among the MBBS final year girl's students of MMDC signifies that the insomnia among students have been severe post lockdown. Which is evident in result