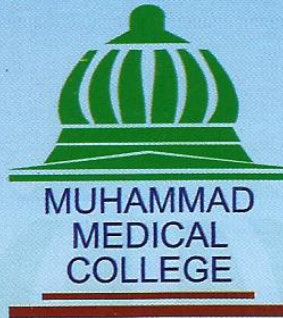




MUHAMMAD MEDICAL COLLEGE
MIRPURKHAS
11th ANNUAL MEDICAL SYMPOSIUM
28-29th October 2013
Developing Clinical Teaching
and Training In
THEME: Underprivileged Region

ABSTRACT BOOK



11th

ANNUAL
MEDICAL SYMPOSIUM

28-29th October 2013



Theme
Developing Clinical Teaching and
Training In Underprivileged Region



MUHAMMAD MEDICAL COLLEGE
MIRPURKHAS

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PROGRAM
Annual Medical Symposium 2013
DAY ONE: (28th October 2013)

PROGRAM	VENUE	TIMINGS
Registration	Entrance of Auditorium	08:00 – 08:30 am
Scientific Session – I (Free Papers) Students and Junior doctors	Main Auditorium	08:45 – 11:00 am
Scientific Session – II	Auditorium II	8:30 – 11:00 am
Tea Break		11:00 – 11:30 am
Scientific Session-III	Main Auditorium	11:30 – 2:00 pm
Inauguration of poster / Lunch/ Prayer		2:00 – 3:00 pm
Scientific Session-IV	Main Auditorium	3:00 – 5:30 pm
Scientific Session-V	Auditorium II	3:00 – 5:30 pm
CLOSE		15:30

PROGRAM
Annual Medical Symposium 2013
DAY TWO: (29th October 2013)

PROGRAM	VENUE	TIMINGS
Registration	Entrance of Auditorium	08:00 – 09:00
Scientific Session – VI Free papers	Main Auditorium	09:00 – 10:30
	I. Dr S Memon .– Fatty liver or “Steatosis”	
	II. Dr.Jewat Sunder– Hepatitis education in underprivileged children of rural (desert) community	
	III. Dr. Abdul Qadir Khan Hepatitis C Current Guidelines of Treatment	
	IV. Dr. Hassan Memon My child is not eating enough.	
	V. Dr. Noor Ali Samoon Empathy Rating Score of Toronto in Medical Students of Muhammad Medical College MirpurKhas	
Inauguration Session – I (Opening of Exhibition and Poster Viewing)	Exhibition and Poster Halls	10:30 – 11:30
Inauguration Session – II	Auditorium	11:30 – 12:30
	<ol style="list-style-type: none"> 1. Recitation of Holy Quran 2. Theme speech and welcome address Prof. S. Razi Muhammad (Managing Trustee) 3. Scientific work and research progress at MMC & MMCH over last one year Speech by Chief Guest 4. Vote of Thanks Prof. Ghulam Ali Memon 	
Scientific Session – VII	Main Auditorium	12:30 – 14:00 pm
	1. Dr. Qureshi Najma To Find Knowledge and Awareness of Hand Washing among Health Care Workers B.G.H Kingdom of Saudi Arabia	
	2. Dr. Uzma Bukhari Frequency and Pattern of Lymphoma in Adult Age Group	
	3. Dr. Aneel Kapoor Comparison of Vitamin B12 Level Among Vegetarian and Non Vegetarian Healthy Individuals in District Tharparkar	
Scientific Session – VIII & Society of Surgeons Mirpurkhas Chapter Annual Meeting.	Auditorium- II	12:30 – 14:00 pm
	<ol style="list-style-type: none"> 1. Dr. Mahesh Kumar Bilateral Cleft Lip & Palate, A study of 100 cases 2. Dr. Ehsan Jahangir Khan A study of 35 cases of helical rim defects 3. Prof. Faiz Muhammad Halepoto DCR Operation in 150 cases 4. Dr. Amir Iqbal Memon A Safe and Inexpensive Technique of Retrieval of Gallbladder Specimen after Laparoscopy 5. Prof. Dr. Raisuddin 	
Lunch, Prayers, Poster Viewing Exhibition	Hospitality Suites, Masjid, Poster Hal	14:00 – 14:45 pm
Awards Ceremony	Main Auditorium	14:00 – 15:30 pm
Close	Main Auditorium	15:30

ABSTRACTS FOR DAY-I
Scientific Session-I (SS1)

(SS1-1) Frequency of Sputum Smear Positive and Sputum Smear Negative Cases of Pulmonary Tuberculosis Patients in Chest OPD of DHQ Dera Ghazi Khan.

Authors: Mukhtar Hussain, Mazhar Ali, M. Faheem Yousif, Noman Rasheed, 4th Year MBBS

Supervisor: Dr. Asif Ali Shah, Department of Community Medicine, MMC

Abstract

Background: TB is a major health problem which is mostly neglected in the rural areas of Pakistan. It is more common in poor people of low socioeconomic families. The WHO has declared that TB is only second to the HIV/AIDS as the greatest killer worldwide out of all diseases caused by a single infectious agent. In the year of 2010 it accounts 8.8 million cases and 1.4 million people died globally. Pakistan contributes about 44% of the TB burden in the eastern Mediterranean region.

Objectives: The purpose of this study was to find out frequency of sputum positive and sputum negative cases of tuberculosis patients in the chest OPD of DHQ Dera Ghazi Khan during the last two months.

Methods & Materials:

- The study was conducted among the patients of pulmonary tuberculosis from Chest OPD of DHQ Dera Ghazi Khan. There were total 167 patients taken in research hospital.
- Along with local residents of Shah Sadar din and Kot Chutta, a significant number of patients who visit this point also included.
- The study included TB, smear +ve and smear -ve patients from July to September 2013
- Frequency of sputum smear positive and smear negative were diagnosed by acid fast bacilli and direct microscopy in laboratory.

Results: Among total 167 patients 98(59%) were males and 69(41%) females. 124 (74%) patients were diagnosed as pulmonary TB, (males 79(64%) and 45(36%) females). 43 (26%) cases were diagnosed as extra pulmonary TB, (males 18(42%) and 25(58%) females). In pulmonary TB patients 99 (80%) cases were presented with productive cough. Out of these 99 cases, 71 (72%) were sputum smear positive, among sputum positive (44(62%) males and 27(38%) were females) and 28 (28%) cases (18(64%) were males and 10(36%) were females) found to be sputum smear negative.

	Total Files	Extra pulmonary TB	Pulmonary TB	Cases With sputum	Cases Without sputum	Smear +ve	Smear -ve
Frequency of affected patient	167	43	124	99	25	71	28
Male Patient	98	18	79	62	16	44	18
Female Patient	69	25	45	37	09	27	10

Conclusion: Pulmonary cases reported are comparatively high. Most cases with productive cough were not in favour of N/G aspiration of AFB smear so the cases are diagnosed clinically and radiologically. Frequency of sputum smear positive cases is high as compared to sputum smear negative cases.

(SS1-2) Coverage of (Bacillus, Calmette, Guérin) BCG Vaccination Among the Girls of Mirpurkhas 2013

Authors: Maryam Fatima, Namra Iqbal Chaudhry, Syed M.A.

Background: Tuberculosis is an infectious disease caused by mycobacterium tuberculosis, which commonly effects the at the beginning of the 20th century, tuberculosis was one of the most urgent health Problems. 99% of world T.B cases were reported from 204 countries and In Pakistan about 400,000 new tuberculosis patients are reported every year it is a major cause of death of females and TB is responsible for 5.1% of the total disease burden in Pakistan

Objective: To know the frequency and coverage of BCG vaccine among girls student of Apwa School Mirpurkhas.

Methodology: A cross sectional study was conducted in government higher secondary school Mirpurkhas. A face to face interview was carried out by the closed ended questionnaire among all students of school and information was collected on demographic socio economic status and on the presence of vaccination mark of (Bacilli, Chalmette, Guerin) BCG

Results: Among total 200 students (girls), 171(86%) were Muslims and 29(15%) were Non-Muslims in which 15(25%) belongs to rural areas and 175(88%) belongs to urban areas. Among them 152(76%) were vaccinated and 48(24%) were not vaccinated. out of 48 un vaccinated children's mother education was nil 38 (79%), primary 3 (6%), secondary 5 (10%), and metric 2 (5%),

Status According To Religion

Religion	No. of student 200	vaccination	
		+ve	-ve
Muslim	171 (86%)	126(74%)	45 (26%)
Non Muslim	29(15%)	26 (89%)	3 (10%)

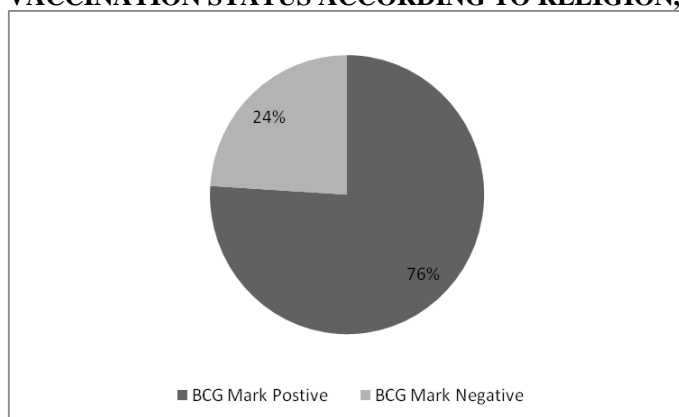
STATUS ACCORDING TO RESIDANCE

Residence	no. of Students 200	vaccination	
		+ve	-ve
Rural	25(13%)	19(76%)	6 (24%)
urban	175(87%)	136(78%)	39(22%)

STATUS ACCORDING TO MOTHER'S EDUCATION

Mother education of non vaccinated girls	Total 200
Nil	38 (78%)
Primary	3(6%)
Secondary	5(10%)
Metric	2(5%)

VACCINATION STATUS ACCORDING TO RELIGION, RESIDANCE, MOTHER EDUCATION



Total vaccination status of BCG vaccine

Conclusion: Non Muslim is more vaccinated than Muslim. The BCG vaccine was absent among 48(24%) of school going females which is high in illiterate mothers. More the illiteracy rate more will be the number of non vaccinated girls in society so vaccination programmes and vaccination campaign should have been organize for coverage of BCG in different villages and cities regarding health education. In order to have healthy and efficient population.

(SS1-3) Knowledge attitude and practice regarding homosexuality in the male inmates of distt. Jail Mirpurkhas, Sindh

Authors: Shahbaz Khaliq, Ahsan Rehman, Hafiz Muzammil Hussain, Anwar Ahmed. (4th year MBBS)

Supervisors: Dr.Asif Ali Shah (Department of Community Medicine & Health Sciences)

Dr. A.B. Rajar (Department of Community Medicine & Health Sciences)

Abstract

Background: The world homosexuality literally means as of same sex. Homosexuality is a sexual orientation characterized by sexual attraction or romantic love exclusively for people who are identified as being of the same sex. People who are homosexual, particularly males are known as 'gay', and females are known as 'lesbians'.

The aerialist western document concerning homosexual relationship comes from ancient Greece, where same sex relationship was the societal norm. Even homosexual marriages have occurred with relative frequency in the past, both within Christian and non- Christian communities. Researchers suggest that the Catholic Church, which has been extremely vociferous in its opposition to homosexuality in general, approved of same –sex marriages for over 1 500 years, only ceasing to perform them in the nineteenth century.

According to Pakistan law, same-sex sexual acts are illegal.

Objective: To assess the knowledge attitude and practice regarding homosexuality in the male inmates of the Distt. Jail Mirpurkhas Sindh.

Methodology: It is cross sectional survey in which 65 samples are collected, by interviewing

Results: According to our survey among prisoners of Distt. Jail Mirpurkhas 65 (out of 100) respondents show that they know about homosexuality, out of them 41(63%) told that they know about homosexuality from their friends.54 (83%) show that they also know about the diseases which spread through homosexuality.43 (66%) from them told that they felt uncomfortable when see homosexuality.59 (90%) agree that there is law to restrict homosexuality and 52(80%) agreed that it affect the society and social moral. As well as practices are concern only 5(8%) do practice of homosexuality and 60(92%) do not. Among them 03(4%) perform homosexuality for sexual desire 01(2%) for benefit and 01(2%) for money.

Our survey among male prisoners of Distt. Jail Mirpurkhas n=65	
Aware about homosexuality	41(63%)
Aware about disease spread by homosexuality	54 (83%)
Agree that there is law to restrict homosexuality	59 (90%)
told that they felt uncomfortable when see homosexuality	43 (66%)
Agreed that it affect the society and social moral	52(80%)
Do not practice of homosexuality	60(92%)
Practice of homosexuality	5(8%)
Perform homosexuality for sexual desire	03(4%)
For benefit and money.	01(2%)

Conclusions: There is a need to have check on the prisoners and stop these activities and taking appropriate steps like increasing the punishment or isolating the person who is creating problems .Facilitation and counselling should be provided to the people who are involved in homosexuality to get money and benefits.

(SS1-4) Prevalance of Neuro Psychiatric Problems during Pregnancy

Authors: Syeda Ameer Zahra (House Officer), Jamshaid Iqbal , Kashif Hussain (4th year), Nighat Nazar, Final Year
Supervisor: Prof .Dr Syed Razi Muhammad (Prof of surgery, Dr Fayaz Memon.(Assistant Professor in Medicine)

Abstract:

Objectives: To find out the prevalence of neuro psychiatric problems in pregnant women in 2 different centers. It is the 5 study in combination Psychosis, depression, Anxiety disorder, migraine and epilepsy.

Study Design : Retrospective study

Place and Duration: This study was conducted at outdoor patients in the OPD of Gynae and Obs Department of Muhammad medical hospital, civil hospital Mirpurkhas and from April 2013 to September 2013

Material and Methodology: A total number of 124 cases of pregment women attended OPD were selected having the neuro psychiatric problems and all of the patients were given to Performa containing questionnaire in patientsI having psychosis, depression, anxiety disorders, migrane and epilepsy problem in pregment women

Data Collection Method Face to Face Interview
Data Collection Intrumen Pre tested closed ended questionnaire.

Result: Out of 124 cases 68 patients were selected from civil hospital. and 56 were from Muhammad Medical College Hospital . The ages of patients were ranged between 18 to 35 year with a mean of 20 To 25 years female . 11(13.64%) were phycotic ,41(33.6) were depressive and 40(32.26%) patients have anxiety disorder 22(37.28%) suffering from migraine 10 (12.4%) were epileptic patients.

HOSPIT ALS	AGE GRO UPS	NO.OF PATIEN TS	PHY COSI S	DEPRE SSSIO N	ANXIETY DISORDE R	MIGR AINE	EPILEPS Y
CIVIL HOSPIT AL	18-25	68	7(10.29%)	22(32.35%)	20(29.41%)	12(17.64%)	7(10.29%)

MUHAM MAD MEDICA L HOSPIT AL	18-35	56	4(7.1 4%)	19(33.9 2%)	20(35.7%)	10(17.8 5%)	3(5.35%)
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Conclusion: In our study depression and .anxiety disorder is common in pregnant women

(SS1-5) Patient's choice of a doctor

Authors: Syed Raza Muhammad, Muhammad Taimur Ali, Syeda Masooma zehra

Supervisors: Prof. Dr. Syed Razi Muhammad

Abstract

Objective: When the patients have a choice of going to various doctors, what do they look for?

Methodology: Descriptive Cross sectional study was conducted on 100 students (60 male and 40 female) by systematic random sampling from 1st Year to 5th Year MBBS and some patients at Muhammad Medical College Mirpurkhas. Data was collected, edited, summarized, analyzed, frequency and percentages were extracted

Result: According to our research majority (73.33% male, 55% female) of the patients prefer hospital doctors, 60% of the male patients said that male doctors to be better while 45% of the females said that female doctors to be better than the other. 53% males and 55% female's patient's say that language makes a great impact on their choice of a doctor. 76.66% males and 50% females say that the fee of a doctor does not matter.

Regarding the qualification experience and reputation 96.6% males and 95% females prefer experienced doctors. 53.33% males and 50% female patients prefer professionally dressed experienced doctors. Majority of patients want the doctor to be descriptive and listens to them at an emotional level

Conclusion: It is concluded that most of the respondents prefer a highly qualified and experienced male hospital doctor.

They also prefer a doctor who is a good listener and communicator with their patient

	Male (out of 100%)	Female (out of 100%)
Prefer Hospital Doctor	73% males	55% female
Gender of a Doctor	40% say gender doesn't matter	45% say gender doesn't matter
Male/ Female Doctor	60% say Male doctors are better	45% say female doctors are better, 10% say males are better doctors
Language	Great impact 53% male	Great impact 55% female.
Fee	Doesn't matter 76.66% males	Doesn't matter 50% females
Qualification and experience	Prefer Highly experienced Postgraduate Doctors 96.6% male	95% female's Prefer Highly experienced Postgraduate Doctors
communicator	Prefer Descriptive and talkative doctor who's also a good listener at an emotional level 66.66% male	Prefer Descriptive and talkative doctor who's also a good listener at an emotional level 60% female

(SS1-6) Feeding presenting with Pediatric ward of

Authors: Aisha Zahra, Faiga Zafar, Fatima(Final year)
Supervisor: Prof. Dr. Saqib Baloch.
Institution: College & Hospital,

Abstract

dressing	Prefer professionally dressed doctors.53% male	Professional dressing 50% female
time he gives you	60% males say doctors should give more time	70% females say that time doesn't matter
visual Doctor visit or meet him/her in person	Prefer to meet him in person 70% males	Prefer to Meet him in person 50% females

pattern of children Acute Diarrhea in MMCH.

Siddiqua, Fatima-Tuz-Rabia Ishaq, Shehzeen

 Hassan Ali Memon,

 Muhammad Medical Mirpurkhas

Background: Diarrheal disease is the second leading cause of death in children under 5 year age. Each year diarrhea kills around 760,000 children. Globally there are nearly 1.7 billion cases of diarrheal diseases each year.

Aims: To find and prevent the predisposing factors of acute diarrhea by observing the feeding pattern of children under 3 years.

Methods and design: This is a retrospective study conducted at the department of Pediatric ward of MMCH. All the cases admitted in Pediatrics ward of MMCH from 1st January 2013 to 5th October 2013 are reviewed.

Result: This study was done on 40 patients having diarrhea of age under 3 years. Out of 40patients 14(35%) children were on breast feeding in which Male:Female ratio (1.33:1) and 26(65%) children were on bottle feeding in which Male:Female ratio(1.1:1) while breast feeding : bottle feeding ratio is(1:1.9).

In weaning out of 40 children 23 (57%) were on weaning :

In age group 0-6 months: 2 out of 12 children (16%) were weaning on semi-solids which is early.

In age group 6 months-3 years: 21 out of 28 (75%) children were on late weaning.

Age	Breast feeding			Bottle feeding			Breast + bottle feeding
	Male	Female	Total	Male	Female	Total	
0-6 mon	4	2	6	3	3	6	2
6-12 mon	2	3	5	7	3	10	1
1-2 yrs	2	0	2	2	6	8	1
2-3 yrs	-	1	1	2	-	2	
Total			14			26	4
%			35%			65%	10%

Conclusion: We concluded that 14 : 40 children were on breast feeding , 26 : 40 children were on artificial bottle feeding , 21 : 40 children were on late weaning ,2 children were on early weaning. Therefore bottle feeding + late weaning is the main reason for acute diarrhea.

(SS1-7) Prevalence and psychological sequelae of self-reported childhood sexual and physical abuse among boys child labor: results of a cross sectional survey

Authors: Anamta Rehman, Shahid Hameed, Syed MA

Abstract

Background: Globally Child abuse is a huge social and public health problem accounts for poor child's health, survival, and development. World Health Organization (WHO) estimated that 20% of women and 5-10% of men were sexually abused in their childhood and 25–50% of all children were physically abused. In Pakistan all types of child abuse especially sexual is increases and every day 3.9 children were sexually assaulted by their acquaintances. Current study was conducted with the objective to access the prevalence of child abuse, types and its effects on their life.

Methodology: In June-July, 2013 a cross sectional study was carried out among the 37 children (age 6-15 years), selected by using convince sampling technique from different occupational settings of DGK. Information was collected by using closed ended questionnaire after informed consent, entered and analysis by using Excel.

Results: Among n=37 more than fifty percent n=22(59.4%) children reported having experienced of abuse (sexually n=5(27%), physical n=17(73%) and verbal n=22(100%).

Abuse by owner of working place was reported by n=10 (Sexual n=3, Physical n=7) by friends n=8 (Sexual n= 1, Physical n=7) and by senior colleagues n=4 (Sexual n= 1, Physical n=3). The major adverse effect reported after abuse was start of drug addiction n=7(31.8%), behavioral changes n=18(82%) and social phobia n=15(68%),

Conclusions: Childhood sexual and physical abuse is more prevalent in our society and associated with a wide variety of psycho-socio problems. Programs for prevention of child abuse, for treatment and rehabilitation are urgently needed with formulation and implementation of child protection law

Total	Not Abused	Abused	Sexual	Physical	Abused by Owner=10	Abused by Friends =8	Abused by Colleagues=4
37	15	22	05	17	Sexual =3	Sexual =1	Sexual =1
					Physical =7	Physical =7	Physical =3

Key words: Child abuse, Prevalence, Psychological sequelae

(SS1-8) Spectrum of Diseases in Patients With Non-Traumatic Acute Abdomen

Authors: Syed Abdul Razzaq, Samiullah, Yasir Khan , Imran khan, Final Year MBBS.

Supervisors: Prof. Dr. AslamBalouch, Associate. Prof. Dr. ZubairYousfani, Assistant. Prof. Dr. Mairajghouri

Institution: Department of Surgery Muhammad Medical College, Hospital, Mirpukhas
Department of Surgery Unit II Bolan Medical Complex Hospital Quetta

Abstract

Object: To identify the spectrum of diseases leading to acute abdomen in local population presenting in surgical unit.

Study: Retrospective study from March 2011 to Sep 2013

Result: During the period under review, a total of 216 patients presented with non-traumatic acute abdomen of which there were 115 (53.24%) males and 101 (46.75%) females. The highest incidence of acute abdomen 78 (36.11%) was found in patients of 21-30 years age group, followed by under 20 age group 74 (34.25%) and 30-40 years age group 64 (29.62%).

The most common cause of acute abdomen was acute appendicitis accounting for 72 (33.33%) admissions. These patients were mostly young males in teens and twenties. Cholecystitis was second leading cause accounting for 50 (23.14%) cases and this affected more commonly in middle aged women's. intestinal obstruction affected 48 (22.22%) cases this affected commonly middle aged persons. and Gut perforation occurs in 36 (16.66%) cases, these having high mortality rates. Two hundred (92.59%) patients were treated successfully and discharged for home, while 2 (0.92%) left against medical advice. Mortality was (6.48%) and it was highest in patients presenting with perforation peritonitis.

Conclusion: The most common cause of acute abdomen in this study was acute appendicitis affecting young population. This was followed by intestinal obstruction and Gut perforation. Acute cholecystitis commonly affects the middle aged, post-menopausal women. Pancreatitis is rare cause of acute abdomen in this area.

(SS1-9) Prevalence of contraceptive usage among child bearing women at matli

Authors: syeda anum zaidi, Uzma Ghaffar, Madiha Imtiaz (4th year MBBS)
Supervisor: Professor Sir Asif Ali Shah

Abstract

Background: contraceptive prevalence is defined as proportion of reproductive population using contraceptive methods; it is a tool for country to analyze its family planning programs. family planning allows people to attain their desired number of children and determine the spacing of pregnancies Pakistan rank seventh in terms of population and the greatest number of this population is formed by the children.

Aims: To explore contraceptive usage among the child bearing women at matli and find out the factors by determine prevalence of contraceptive uses, pregnancy rate, age factors, and methods of contraception, religious belief, and communications

Study Design: cross sectional study through questionnaire of 150 child bearing women

Methodology: the data of a random sample of 150 women visiting at matli union council 1 and 2 and data was collected through interviewer-administered questioner.

Place and Duration: At matli talka hospital family planning center and union council 1&2 at matli 4 October to 20 October

Results: among the total sample of 150 that were studied showed that out of 150 133 88% are aware of contraceptive uses and the pregnancies rate is about 14.08% with their ages from 15-49 and the age factor effect the health of women from 8-39 of marriges. Out of 150 women the 139(92.6)% women have used contraceptive methods condoms 62(43.0%) injections 34(23.6%) nova 23(15.9%) Iud 16(11.6%) other 4(2.7%) and 80(53.3%) 150 say that it against the Islam and 70(43.3%) said that its not. The communication level between the mother-in-law and daughter-in-law is very low out of 150 women 89(59.3%) ratio.

Conclusion: the pregnancy rate is very high and the communication level is very low between the mother-in-law and daughter-in-law so we should aware the women by trained the lhw and lhw who suggest the women to use the contraceptive method and aware them about the importance of communication and provide them health facilities.

Recommendation: over all female education should be provided

(SS1=10) Perception of Doctors, Paramedics and Patients Regarding Health Care Services and Clinical Training in Rural Area

Authors: Muhammad Fahad Asif, (Final Year), SyedaBarihaZehra, Sehrish Nawaz (4th Year MBBS)
Supervisor: Prof. Dr. Syed Razi Muhammad
Institution: Muhammad Medical College, Mirpurkhas.

Abstract

Background: There have been certain beliefs regarding healthcare facilities and clinical teachings in rural area. So, a research needs to be conducted to critically analyze the situation.

Objective: To assess the perception of doctors, paramedics and patients regarding health care services and clinical training in rural area.

Method: It's a cross sectional study descriptive study in which pretested questionnaires were self-administered to 30 doctors, 30 paramedics and 30 patients asked about their satisfaction with rural area health services and clinical training. The subjects were asked about the reasons for their dis-satisfaction from health care services and clinical trainings in rural area

Conclusion: From our research, it is evident that doctors and paramedical staff are facing problems in providing health care. But in the end they are working hard and are successful in providing relatively convenient health care to the patients of rural area which are mostly poor.

Results:

Answers from Doctors

QUESTIONS	Strongly agree	Agree	Neither agree	Disagree	Strongly disagree
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	nor disagree				
Healthcare facilities available in rural area are satisfactory	0/30 0%	6/30 20%	2/30 6%	20/30 66%	2/30 6%
Salary given in rural healthcare service is satisfactory	0/30 0%	6/30 20%	1/30 3%	20/30 66%	3/30 10%
Equipment available in rural area is reliable and up-to-date	0/30 0%	18/30 46%	0/30 0%	11/30 36%	1/30 3%
Paramedical staff available in rural area is well trained	0/30 0%	16/30 53%	0/30 0%	13/30 43%	1/30 3%
Its difficult to deal with patients of rural area	0/30 0%	6/30 20%	0/30 0%	24/30 80%	0/30 0%
Hospital environment in rural area is satisfactory	0/30 0%	12/30 40%	1/30 3%	17/30 56%	1/30 3%
Hospital management of rural area is cooperative	4/30 13%	12/30 40%	0/30 0%	14/30 46%	0/30 0%
Medicines prescribed by doctors are easily available in rural area	1/30 3%	17/30 56%	3/30 10%	9/30 30%	0/30 0%
Clinical trainings undergoing in rural area is satisfactory	4/30 13%	16/30 53%	0/30 0%	9/30 30%	1/30 3%
Paramedical training undergoing in rural area is satisfactory	0/30 0%	19/30 63%	0/30 0%	10/30 33%	1/30 3%
Its easy to have CME in rural are	0/30 0%	16/30 53%	4/30 13%	8/30 26%	2/30 6%

(SS1-11) Morphological patterns of breast lesions: MMC experience of 146 cases

Authors: Fariha Arshad, Fareeha Manzoor, Jaisha Shujaat ,Nudrat Farooq.(Final year MBBS)

Supervisor: Prof. Dr. Abdul Rahim Siyal

Abstract:

Background: The incident of breast lesions is increasing in young females in Pakistan*. This study is carried out to describe the morphological patterns of breast lesions which would make a difference in early detection and management of breast cancer in future.

Methods: A retrospective study was conducted in department of pathology of MMC from Jan 2011 to sep 2013. All biopsy specimens of breast which came in above duration were included in study data was collected regarding gender,age, histological nature and grading of tumor.

Results: Total 146 patients biopsies comprising 141 female and 5 male patients were studied with age ranging from 11-85 years in which 88 cases of benign with age ranging from 11-60 years with average age of 25.4 and median 44.5 were taken. 58 cases of malignant with age ranging from 25-85 years with average age of 47.5 and median 29.5 were taken.

In benign cases fibroadenoma was commonest 61.5%(n=54)followed by TB granuloma 8%(n=7), chronic inflammation 8%(n=7),4.5% fibrocystic disease(n=4), 4.5% gynecomastia in males(n=4), 3.4% duct papilloma (n=3), 3.4% abcess(n=3),3.4% polyp(n=3), 2.3% low grade phyllodes (n=2), 1% accessory breast(n=1).

In malignant 82.7% was invasive ductal carcinoma NOS (n=48) followed by 7% (n=4) lobular carcinoma, 5.2% (n=3) papillary carcinoma, 1.7% (n=1) mucinous carcinoma in male, 1.7% (n=1) high grade phyllodes and 1.7% (n=1) non Hodgkin lymphoma.
According to Bloom Richardson classification cancer of grade 1 were 41.7% (n=24), grade 2 22.4% (n=13), grade 3, 36.2% (n=21).

Conclusion: In benign lesions fibroadenoma is most common specially in young female of 20-25 years. Benign lesions are also important because some of them harbour pre malignant foci. In malignant Invasive ductal carcinoma (NOS) is commonest in middle age group.

(SS1-12) Prevalence of malnutrition among the school going girls

Authors: Madiha Ilyas, Omama Abbasi, Zarque Bajwa (4th year)
Supervisor: Dr. Asif Ali Shah

Abstract

Background: Malnutrition is a general term that indicates a lack of some or all nutritional elements necessary for human health. Malnutrition may be calculated by body mass index. Global burden of malnutrition is 870 million people of 7.1 billion people of world. One in eight was suffering from malnutrition in 2010-2012. Long term consequences among females can be anemia, effect reproductive ability, and high mortality rate.

Aims and Objectives: The objective of study was found out the prevalence of malnutrition among the females of government school of Mirpurkhas.

Methodology: A cross sectional study was carried out btw 30 September to 20 Oct 2013. Total num of 135 students of Apwa high school Mirpurkhas were studied. collected information regarding demographics, interviews, close end questionair, measured height and weight, check dental carries and work on excel.

Result: IN our study mean age was 12 to 18yrs. Sample size consisted of all females. Average weight was 23.5kg-30kg. Average height was 121.2cm, Dental carries were 97% in students, Mean expenses or pocket money of students were 20Rs. 35% were rural residents and 65% were urban residents. 75(56%) were malnourished, 30(22%) were normal, 20(15%) were obese and 10(7%) were overweight.

BMI		
Normal	BMI 18.5	30(22%)
Malnourished	BMI <18.5	75(56%)
Overweight	BMI >18.5	10(7%)
Obese	BMI >24.5	20(15%)
Total		135

Discussion: we compare the malnutrition percentage among the developing and developed countries, In Pakistan 15million, South Asia 6.2million, America and Caribbean 4.3million are malnourished. Further we studied according to urban and rural regions, In Sind rural 48.8 urban 51.2, Punjab rural 97 and urban 3, AJK rural 12.88, urban 87.12, Fatta rural 2.7 urban 9, KPK rural 16.9 urban 83.1. Formal education of mothers of children under five year of age are in pakistan illiterate 59%, In urban 13%, rural 69%, Punjab 52%, Sind 62%. (International Food Policy Research Institute)

Province	Rural Malnourished child	Urban Malnourished child
Punjab	97%	3%
Sindh	48.8%	51.2%
Fatta	2.7%	97.3%
AJK	12.88%	87.12%
KPK	16.9%	83.1%

Conclusion: our study confirms the prevalence of malnutrition but also highlight its magnitude in sample people. There is need to address the issue to reduce the malnutrition and disseminate the education for intake of balanced diet.

(SS1-13) How can we reduce the usage of blood in our hospitals?

Authors: Dr. Saeed Ahmed,
Blood Bank Consultant & Head Husaini Blood Bank

The Challenge: Blood is a precious gift from a donor; such a gift should be utilized scientifically, efficiently and according to international standards i.e. blood should be separated into components like Pack red cells, FFP, Platelets, Cryoprecipitate, buffy coat, etc. This will decrease load on the blood banks and increase safety for the patients. Since transfusion medicine is not taught in our medical colleges nor we have absolute guidelines of blood transfusion for our house officers / residents / consultants, till then we will keep losing our money and shall risk the patient life for transfusion reactions and blood transmissible diseases.

Strategies to improve the usage of blood in our hospitals

Transfusion Committee: Each hospital should have a transfusion committee. It will form/follow transfusion guidelines and also monitor the implementation of these guidelines for the correct usage of blood products on international standards. This committee shall also advise to use alternatives to transfusion, discuss transfusion related issues with the blood prescribers / the staff responsible for transfusion & monitor transfusion to ensure safe blood transfusion, etc.

Transfusion Specialist

We should train our doctors in the field of transfusion medicines and these should doctors should head the transfusion committee.

Transfusion at laboratory Indices

Clinicians should never transfuse blood based on laboratory values. They should always consider clinical symptoms of the patient. Indication of transfusion is only when there are clinical symptoms.

Single Unit Transfusion

It is not necessary to transfuse the patient to normal hematological values, so small transfusions (e.g. single unit Pack Red Cell instead of two or three) should be done to bring the patients from “unsafe” to “safe” state and elevate serious symptoms. This also reduces the patient to multiple donor exposure and many complications related to blood transfusion.

Correct Selection/Transfusion of Blood Components: Always transfuse the required blood component. Whole Blood transfusion is only indicated (less than 1% of the total cases) when there is sudden blood loss of > 40% of the total body blood volume (requiring “albumin content” to raise blood pressure and “red cells” to improve hypoxemia) or in exchange blood transfusion in neonates.

Hematinic

The use of iron, vitamin B12 and Folic Acid should always be considered first in patient requiring red cells.

Local hemostasis

Local Hemostasis agents should be used whenever required.

Therapeutic Agents

Erythropoietin to increase red cell production, Thrombopoietin to increase Platelets production and anti fibrinolytic drugs should be tried.

Repeated Blood Sampling (anemia of nurseries)

In neonatal nurses & children wards, repeated blood sampling is a common cause of anemia. The transfusion committee should discuss with the Pediatrics consultant to find a solution and avoid such as anemia.

Surgeons Training

Transfusion specialist / transfusion committee should discuss surgeons to adopt procedures for bloodless surgeries.

Autologous Transfusion

Where one or two units of packed red cells transfusion is advised, transfusion committee can discuss the consultant for use of autologous transfusion in elective surgeries cases. This is cost effective and prevents the patient for many transfusion transmitted infections and transfusion hazards. Precaution: blood from septicemic patients should be not be collected, stored and transfused.

Intraoperative / Postoperative Blood Collection

The blood loss during operation can be collected in bowls of the machines. The collected red cells are washed and re-infused to the patient. The cost of the kit is high i.e. more than 12000 rupees but it reduces the allogeneic transfusion & thus donor exposure.

Alternatives to Blood: Strict bed rest and oxygen therapy may be beneficial in some circumstances.

Prothrombin Complex Concentrate

It is used when blood components fails to control bleeding. It consists of factor II, VII, IX, X, Protein C, Protein S, Heparin and antithrombin III. It is used in mitral/aortic valve replacement, coronary artery bypass, in urgent reversal of anticoagulation (e.g. warfarin reversal), etc. Dose is 25-50 IU per Kg. Usually single dose is given and sometimes two doses are required.

Statistics / Audits

Blood transfusion statistics should be available for quick & easy assessments of blood usage.

Conclusion: Blood is red & red is danger so do everything to reduce the exposure of the patient to single or multiple donor's therapy reducing the risk of transmissible diseases. This will lower the burden on the blood bank.

ABSTRACTS FOR DAY-I
Scientific Session-II (SSII)

(SSII-1) Frequency of Sputum Smear Positive and Sputum Smear Negative Cases of Pulmonary Tuberculosis Patients in Chest OPD of DHQ Dera Ghazi Khan.

Authors: Mukhtar Hussain, Mazhar Ali, M. Faheem Yousif, Noman Rasheed, 4th Year MBBS

Supervisor: Dr. Asif Ali Shah, Department of Community Medicine, MMC

Abstract

Background: TB is a major health problem which is mostly neglected in the rural areas of Pakistan. It is more common in poor people of low socioeconomic families. The WHO has declared that TB is only second to the HIV/AIDS as the greatest killer worldwide out of all diseases caused by a single infectious agent. In the year of 2010 it accounts 8.8 million cases and 1.4 million people died globally. Pakistan contributes about 44% of the TB burden in the eastern Mediterranean region.

Objectives: The purpose of this study was to find out frequency of sputum positive and sputum negative cases of tuberculosis patients in the chest OPD of DHQ Dera Ghazi Khan during the last two months.

Methods & Materials:

- The study was conducted among the patients of pulmonary tuberculosis from Chest OPD of DHQ Dera Ghazi Khan. there were total 167 patients taken in research hospital.
- Along with local resident of Shah Sadar din and Kot Chutta , a significant number of patients who visit this point also included.
- The study included TB, smear +ve and smear –ve patients from July to September 2013
- Frequency of sputum smear positive and smear negative were diagnosed by acid fast bacilli and direct microscopy in laboratory.

Results: Among total 167 patients 98(59%) were males and 69(41%) females. 124 (74%) patients were diagnosed as pulmonary TB, (males 79(64%) and 45(36%) females). 43 (26%) cases were diagnosed as extra pulmonary TB, (males 18(42%) and 25(58%) females). In pulmonary TB patients 99 (80%) cases were presented with productive cough. Out of these 99 cases, 71 (72%) were sputum smear positive, among sputum positive (44(62%) males and 27(38%) were females) and 28 (28%) cases (18(64%) were males and 10(36%) were females) found to be sputum smear negative.

	Total Files	Extra pulmonary TB	Pulmonary TB	Cases With sputum	Cases Without sputum	Smear +ve	Smear -ve
Frequency of affected patient	167	43	124	99	25	71	28
Male Patient	98	18	79	62	16	44	18
Female Patient	69	25	45	37	09	27	10

Conclusion: Pulmonary cases reported are comparatively high. Most cases with productive cough were not in favour of N/G aspiration of AFB smear so the cases are diagnosed clinically and radiologically. Frequency of sputum smear positive cases is high as compared to sputum smear negative cases.

(SS11-2) An Audit of Disease Burden In Surgery Ward, MMCH.

Author: Muhammad Kamran Ejaz, Muhammad Ali, Muhammad Farhan Malkani, Final Year MBBS

Supervisor: Prof. Dr. Syed Razi Muhammad, Department of Surgery, MMCH

Institution: Department of Surgery, MMCH, Mirpurkhas.

Abstract

Aims: To make an audit of surgery ward of MMCH of previous 6 months.

Methods: Record of admitted patient in of the surgery ward with diagnose diseases were observed

Results: A total number of 168 patients were admitted in the surgery ward MMCH out of which 106 were males and 62 females. Range of their age was 1-80 years (mean=39 years; median=40 years; mode=60years). The patient observed with Renal stone were 25 pt , Cholelithiasis 22 pt , BPH 19 pt, Hernia 14 pt, Appendicitis 9 pt, Fractures 9 pt , Haemorrhoids 8 pt, Other diseases 62 pt. 141 patients belonged to Mirpurkhas District while others were from outside.

Diagnosis	n=168	%age
Renal stone	25 (M=16,F=09)	15%
Cholelithiasis	22 (M=04,F=18)	13%
BPH	19 (M=19,F=0)	11%
Hernia	14 (M=10,F=04)	8%
Appendicitis	9 (M=06,F=03)	5%
Fractures	9 (M=07,F=02)	5%
Haemorrhoids	8 (M=06,F=02)	5%
Others	62 (M=39,F=23)	38%

Conclusion: In last 6 month more patients were admitted overall mortality was less than last year. Two commonest diagnosis were Renal Stone & Cholelithiasis while last year BPH & Appendicitis were commonest. Urological problems made the bulk of our surgical department patients. According to resources should be adjusted.

(SS11-3)Prevalence of violence in domestic women reported in different OPD's:

Authors: Sabiha Rasul, Um-e-Hunain (Final Year MBBS)

Supervisor: Dr. Saqib Baloch

Institution: Muhammad Medical College Hospital, Mirpurkhas.

Abstract

Background: Domestic violence is a pattern of behavior which involves the abuse by one partner against another in an intimate relationship such as marriage. Domestic violence can take many forms including physical aggression or assault(hitting, kicking, biting)or threats. Domestic violence can be mean endangerment unlawful imprisonment or harassment.

Aims: To assess the problems of females facing domestic violence.

Methods: It's a cross-sectional study on a sample size of 50 females from MMCH, Mirpurkhas which was conducted through self-administered questionnaires.

Results: Total females which were included in the research were 50. Range of their age was from 20-50 years. Most of females of age 25-40 years are affected most and they said that they faced violence because of financial problems 65%, mis-matched marriages 25%, age difference 10%.

Conclusion: Domestic violence and abuse is not limited to obvious physical violence. Laws on domestic violence vary by different country. Traditionally in most cultures, men had a legal right to use violence to discipline their wives.

(SS11-4)Prevalence of Smoking in Pregnant Women at Civil Hospital Mirpurkhas

Authors: Muhammad Muzammal Javed, Muhammad Bilal, Muhammad Taimoor Gull, Hafiz Muzammil Hussain (4th year MBBS)

Supervisors: Dr. Syed Razi Muhammad, (Department of Surgery)
Dr. Heme Lata (Department of Gynecology & obstetrics)

Abstract

Background: Tobacco is the single largest cause of disability and death in modern era. There is strong evidence indicating the relationship between tobacco and cancers, cardio vascular or lung diseases. Smoking during pregnancy has being associated to many complications.

Objective: To find out the prevalence of smoking among pregnant women at Civil Hospital ,Mirpurkhas , from september 2013 to october 2013.

Methodology: A cross-sectional survey was conducted and collect data by questionnaire through interviewing pregnant women, age from 20-35 years.

Results: Our sample size is 175, out of which 167(95%) were non-smokers and 08(5%) were smokers. Among smoker they said that they smoke 5-6 cigarettes / day.They start smoking at the age ranges from 16-18 years,average of 17 years. They all are poor and from rural areas.

#	Features	Smokers	Non smokers
1.	Gestational age	Less than 36 weeks (average 31 weeks)	36 ± 1 weeks (average 36 weeks)
2.	Anemic	More anemic 4-6 g/dl (Average 5 g/dl)	Anemic 7-10 g/dl (Average 8.5 g/dl)
3.	Chronic cough	Yes 08 (100%)	No,167(100%)
4.	Chest problem	Yes,08(100%)	No,167(100%)
5.	Newborns Weight	Average less than 2.5 kg	Average normal (3 kg)

Conclusions: From our study it is concluded that the smoker mother and their newborns are more at risk of diseases as compared to non-smokers.

(SS11-5) Outcomes of Violence During Pregnancy

Authors: Javeria Manzoor, 4th Year MBBS

Supervisor: Prof. Dr. Syed Razi Muhammad, Dr. Syed Asif .

Abstract

Background: Our title is explained as a female who has a baby within her womb and suffers violent or aggressive behaviour within their home,typically involving the violent abuse of a spouse. Abuse of women has been associated with adverse pregnancy outcomes. According to study in 2009,by HUMAN RIGHTS WATCH its estimated that b/w 70-90% of women have suffered some kind of abuse(PAK)

Objective/Methodology: To assess the outcomes (magnitude and determinants) of partner violence during pregnancy .A cross sectional study was conducted among the pregnant women in layyah (punjab) from july2013 till October 2013. Socio-demographic and reproductive history data were obtained through structured interviews I did, after making a proper questionnaire.

Results: Among total 150 pregnant women,100 (66.6%) reported marital violence(physical and mental)during the pregnancy. Among the 100 women who were ever abused, 20 (20%) reported mental violence(verbal and emotional abuse)only , 80 (80%) physical violence (by hand <slap, kick, punch> or by probe <stick , shoes , stones>) only and 14 (14%) sexual coercion that involved miscarriages most importantly. Majority of the women belonged to rural areas. Out of 100 ,56(56%) women were slapped,39(39%) kicked,23 (23%) punched,16 (16%) beaten with sticks,40 (40%)beaten with shoes, and 7(7%) bore stones. And out of 100 women,68(68%) were abused verbally and 57 (57%) were tortured emotionally Factors such as financial crisis, misbehave, forced marriages,2nd marriage, improper cooked food, education of husband and wife, spouse status , family history of abuse, have been shown to be associated with misscarriages,fetal injury(bruising,broken and fractured bones,and stab wounds),increase in anxiety and depression,suicidal attempts,and gynaecological problems.

Keywords: violence, pregnancy, abuse, women

PHYSICAL VIOLENECE	NUMBER	%AGE	EFFECTS
SLAPS	56	56	Bruises,depression
KICKS	39	39	Bruises,antenatal injury,miscarriage
PUNCHES	23	23	Bruise,antenatal injuries,

STICKS	16	16	Bruises,antenatal injury
SHOES	40	40	Depression,anxiety
STONES	7	7	Bruises,severe injuries

MENTAL VIOLENCE	NUMBER	%AGE	EFFECTS
VERBAL	68	68	Anxiety,depression
EMOTIONAL	57	57	anxiety,depression,inf erriorty complex

Conclusion: This study revealed that violence during pregnancy is becoming a more common problem among Pakistani women of reproductive age, suggesting a need for universal screening during antenatal care, and for support and referral. Further research is needed to determine factors that places pregnant women at greatest risk, and to assess the impact of violence on pregnancy outcomes

(SS11-6)A Study of Ischemic Heart Disease at MMCH, Mirpurkhas

Authors: Rahmat Ullah Baloch, Faisal Ali Baloch, M. Akhtar Baloch, Ashiq Hussain Baloch, Azhar Karim Baloch, Final Year MBBS.

Supervisor: Dr. Muhammad Saqib Baloch

Institution: Muhammad Medical College Hospital, Mirpur Khas, Pakistan

Abstract

Background: Ischemic Heart Diseases (IHD) are leading cause of admissions at hospitals and accounts for millions of deaths worldwide. There are various recognized risk factors, well defined tools of diagnosis and methods of treatment. The outcome can vary depending on the presentation and management strategies.

Objectives: To find out the risk factors, types, treatment and outcome of IHD in our hospital.

Methods and Patients: Retrospective analysis of 35 patients of IHD admitted in ICU and Medical ward of MMCH during the last 9 months.

Results: Out of 35 patients, 21 were males and 14 were females with a mean age of 52 years (range=28-76). In 29 patients (82%), a risk factor was identifiable. Top 3 risk factors were smoking (56%), hypertension (39%) and diabetes (34%). 43% of cases are presented with Non-ST segment elevated MI (NSTEMI). Overall in-hospital mortality remained 4%. All patients received aspirin on admission. Other drugs commonly used included beta-blockers (55%), ACE inhibitors (52%), nitrates (40%), clopedogril (25%), calcium channel blockers (22%) and heparin (12%). Although thrombolysis was indicated in 30% patients diagnosed with ST segment elevated myocardial infarction (STEMI), only two of them could afford to receive it.

Conclusion: In our study, commonest risk factor for IHD was smoking. NSTEMI was the commonest type of IHD (43%). In-hospital mortality was 4%. Only a small fraction of our patients could financially afford to have thrombolytic therapy because of poverty when it was indicated.

(SS11-7)Frequency of Anxiety and Depression in Migraine

Authors: M. Waseem Ejaz, Arsalan Ali, Saima khadim, Nuzhat zaheer,Sadia Ikhlaq Baloch (Final Year MBBS)

Supervisor: Dr. Fayyaz Memon (Associate Professor, MMCH)

Abstract

Objective: To see the frequency of Anxiety and Depression among patients with Migraine attending neurology clinic.

Design: Cross sectional study.

Setting: Department of Neurology, Muhammad Medical College & Hospital, Mirpurkhas District Head Quarter (DHQ) Jhang

Duration: 1st June 2013 to 30th September 2013

Methods: Referred patients of headache diagnosed as suffering from migraine were selected for the study. Diagnosis of migraine was based on the criteria for migraine designed by International Headache Society. Patients were enrolled irrespective of age and sex. Relevant investigations wherever required were carried out .After selection of the cases, the patients were administered the Hospital Anxiety & Depression Scale. All the findings were recorded on Performa. The data were compiled, tabulated and analyzed.

Results: 102 patients with migraine, 65 females (63.8%) and 37

males (36.2%), minimum age of presentation 11 years and maximum 71 years completed the study. Majority (75%) aged between 20 and 50 years.

Sex Distribution and Psychiatric Morbidity in Patients of Migraine(102)

Sex Wise Distribution	Diagnosed as migraine	Diagnosed to have Psychiatric illness	Patients of migraine with Anxiety alone	Patients of Migraine with Depression alone	Patients of Migraine with both Anxiety & Depression	Patients of Migraine without Anxiety or Depression
Male	37	23	10	06	7	14
Female	65	35	15	12	8	30
Total patients	102	58	25	18	15	44

Conclusion: Migraine has a significant association with anxiety and depression. Frequency of this association may be influenced by sex and age.

(SS11-8) Knowledge, attitude and practices regarding dengue fever among the citizens of Lahore.

Authors: Muhammad Fahad Asif, Muhammad Kamran Ejaz, Muhammad Asad Ali, (Final Year MBBS)

Supervisor: Prof. Dr. Syed Razi Muhammad

Institution: Department of Community Health Sciences, MMC

Abstract

Background: Dengue fever has hit Lahore, the 3rd most populous city of Pakistan as an epidemic twice. Huge efforts have been made by the government to educate people how they can save themselves from dengue fever and it has costed the health sector huge capital to invest on awareness campaigns which are launched through newspapers, televisions and billboards. There is a need to assess how people are responding to the awareness efforts by the health sector.

Objective: To assess the knowledge, attitude and practices regarding dengue fever among the citizens of Lahore.

Method: A cross-sectional study conducted by administering self-interviewed questionnaires randomly to the household members of an urban locality of Lahore city. A total number of 100 interviews were taken by randomly sampling the house numbers.

Results: There were total 100 people interviewed, range of age was 18-80 years [mean=34; median=32; mode=25] out of which 38% were males and 62% were females. 79% of our sample was educated above matric, 7% were educated below matric and 14% were uneducated.

Results	%age
Have heard the name of “Dengue Fever”	100
Think that dengue fever can kill the patient if remains untreated	100
Aware of the preventive measures against dengue	86
Aware of the clinical manifestations of dengue fever	84
Will rush to hospital immediately if symptoms develop	68
People not wearing appropriate clothes	52
Friends and family have suffered from dengue fever in the past	47
People not using mosquito sprays at home	36
People not using mosquito nets at home	32
Think that dengue fever is not transmissible	17
People took part in community efforts	11

Conclusions: People are well aware of the preventive measures against dengue fever but there is a lack in their practices. Govt. programs were helpful for the citizens to acquire knowledge but there is a need to motivate people to practice against dengue fever.

(SS11-9) Knowledge attitude and practice regarding Hepatitis-B Virus among the barbers practicing in Mirpurkhas

Authors: Rana Jamshaid, Mazhar Ul Haque, Mehmood Abro, Adnan Ahmed, 4th Year MBBS.

Supervisor: Prof. Dr. Syed Razi Muhammad, Dr. Syed Asif Ali.

Abstract

Background: Globally Hepatitis B Virus infects 2 billion people among them 350 million suffered from chronic, lifelong infection. In chronic HB carriers 15–40% of were susceptible to develop liver cirrhosis and hepatocellular carcinoma. HBV transmitted through infected needles blood transfusion, dental procedure and razor sharing and shaving in barber shops have been identified as key risk factors for the spread of HBV. Knowledge, attitude and practice (KAP) of Barbers would play a vital part in prevention and control of HBV.

Methodology: To assess knowledge attitude and practice, of barbers regarding HBV, a work based cross-sectional study was conducted from September-October, 2013. A list of the barbers was obtained from the union of barbers and decided all barber n=75 working in city Mirpurkhas will be enrolled in the study. After informed verbal consent a face to face interview was conducted with the help of pre tested closed ended questionnaire and information regarding knowledge about hepatitis, its mode of transmission, risk of transmission with razors re-use, change of blade and vaccination status were collected.

Result: Among total 70(93%) of barber heard about Hepatitis B the major routes of transmission was identified by unscrubbed blood transfusion 33(44%), reused of syringe 34(45%) and reused of blades 20(26.6%). Most of the barber has misconception regarding transmission routes such as shaking hand with the patients 11(14%), use of patient towel 38(50%) and hugging 46(61%). Among the total 19(25.3%) reported that they used one blade for two to three client, 72(96%) wash their instrument with dettol after shaving or hair cutting and 68(90%) use same potash alum after cut for every client. 47(62%) Barbers were vaccinated against HBV and 6(8%) reported that they have HBV infection and didn't received any treatment From generations, people of our society subject their selves to the shave cuts of uneducated babers in their unhygienic shops, unregulated by the health authorities. People getting services from these barbers suffer from shave cuts and they spread blood contact diseases like hepatitis B, hepatitis C, HIV, etc

Knowledge of barbers about hepatitis B

	YES	NO
Ever heard about viral hepatitis B	70(93%)	5(7%)
• Knew modes of transmission		
1- unscrubbed blood transfusion	33(44%)	42(56%)
2- reused of syringe	34(45%)	41(54%)
3- reused of blades	20(26.6)	55(73.4%)
4- shaking hands with patient	11(14%)	64(86%)
5- use of patient towel	38(50.6%)	37(49.3)

Attitude of barbers and towards risk factors for hepatitis

	YES	NO
Concerned about status of reused blades	19(25.3%)	56(74.6)
Concerned about using antiseptics	42(56%)	33(44%)

Practices regarding Hepatitis among barber shops

	YES	NO
Wash instrument with warm water	55(73%)	20(27%)
Wash instrument with Dettol	68(90%)	7(10%)
Usage of Potash Alum	68(90%)	7(10%)

Vaccination Status

	YES	NO
Infected from Hepatitis B	6(8%)	69(92%)

Vaccinated	0	75(100%)
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Conclusion: There is a need to develop more awareness by the health authorities among the barbers through awareness programs and conducting workshops and motivating them to practice that awareness. 3 out of 5 barber didnt concerned about the health of client. There is an immediate need for the health authorities to issue licenses to the barbers after giving them safety training as is done in other developed countries.

(SS11-10) Bomb Blast Survivors- Do they need psychological attention?

Authors: M. Fahad Asif, M. Asad Ali, Mohsin Zohaib, M. Kamran Ejaz, Asad Mehmood, Final Year MBBS.

Supervisor: Prof. Dr. Syed Razi Muhammad

Institution: Department of Community Health Sciences, MMC

Abstract

Background: Pakistan is facing the problem of terrorism in which there is a collision between state and terrorists but the price is paid by innocent public. As documented by South Asian Terrorism Portal, number of people which died in bomb blasts is 49,921 from 2003 to 2013 in Pakistan and number of survivors which witnessed these deaths is way higher. Peshawar has been the major victim of these bomb blasts.

Objective: To screen the survivors of bomb blasts in Peshawar for Post-Traumatic Stress Disorder (PTSD).

Method: A cross-sectional descriptive study conducted by administering self-interviewed questionnaires to the patients and their attendants of Peshawar which have survived a bomb blasts. A total number of 50 people were interviewed on the basis of convenient sampling. Screening was done on the basis of "Questionnaires for PTSD Screening by Governor of Nebraska".

Results: Out of a sample of 50, 41 (82%) were males and 9/50 (18%) were females. Range of the age of all the survivors was found to be 17-60 years (mean=33; median=34; mode=34 years of age). 39/50 (78%) were married and all of them had children to take care.

20/41 males and 1/9 females were injured in the incident from which 10 males and 1 female were disabled.

Results	Male (41)	Female (9)	Total (50)
Suffering from PTSD	16 (39%)	5 (56%)	21 (42%)
Re-experience repeated, distressing memories and/or dreams	39 (95%)	9 (100%)	48 (96%)
Lost interest in significant activities of life	32 (78%)	9 (100%)	41 (82%)
Have problem while concentrating	35 (85%)	8 (89%)	43 (86%)
Changed sleeping and eating habits	30 (73%)	8 (89%)	38 (76%)
Feel depressed	34 (83%)	8 (89%)	42 (84%)
Feel disinterested in life	24 (59%)	6 (67%)	30 (60%)
Continued drugs despite affecting their selves and loved ones	39 (95%)	9 (100%)	48 (96%)

Conclusions: A major proportion of survivors are suffering from Post-Traumatic Stress Disorder. Females are more affected than males in all the aspects. More than half of the females were affected whereas only 1/3rd of the males were affected by PTSD.

Recommendations: There have been efforts to manage the people who died in the blasts but there has been no significant effort by the government to rehabilitate the people which are alive, but affected physically and psychologically by the bomb blasts. Government should take steps to bring the survivors out of the PTSD and make them fruitful citizens.

(SS11-11) Safe Driving Practices Among the General Population

Authors: Syeda Bariha Zehra, Sehrish Nawaz (4th Year MBBS)
Supervisor: Prof. Dr. Syed Razi Muhammad, Dr. Jamshed Bashir, MMC.
Institution: Department of Community Health Sciences, MMC

Abstract

Background: Road traffic accidents are ranked 9th among the top causes of deaths worldwide. Young adults aged between 15 and 44 years account for 59% of global road traffic deaths. Most of the accidents take place due to unsafe driving behaviors by drivers. About 1.24 million people die each year on the world's roads and between 20 and 50 million sustain non-fatal injuries

Objective: To assess the safety of the driving behaviors among the drivers of Mirpurkhas.

Method: A cross-sectional study conducted by administering self-interviewed questionnaires randomly to the driver's sample of 82.

Results: There were total 82 drivers interviewed out of which 68 were males and 14 were females. Range of their ages was 18-78 years, mean=36 years, median=35 years and mode=22 years of age. 62/82 drivers were married, most of them having children and having a driving experience of 6 months to 40 years. 18/82 drivers have acquired their driver's license after appearing in a driving test whereas 64/82 drivers did not appear in a driving test ever. On average, a driver drives 15 hours/week. 26/82 drivers had accidents in the past in which they incurred injuries and out of them, only 8 have shifted to safe driving habits.

Question	Never	Hardly ever	Occasionally	Frequently	Always
Do you use seatbelts?	28 (34%)	4 (5%)	30 (37%)	14 (17%)	6 (7%)
Do you over-speed on streets?	58 (70%)	12 (15%)	10 (12%)	0	2 (2%)
Do you over-speed on highways?	30 (37%)	14 (17%)	6 (7%)	12 (15%)	20 (24%)
Do you use indicators while changing lane?	10 (12%)	0	4 (5%)	16 (20%)	52 (63%)
Do you show aggression while driving?	30 (37%)	18 (22%)	10 (12%)	6 (7%)	18 (22%)
Do you obey traffic signals?	16 (20%)	0	0	18 (22%)	48 (59%)
Do you use drugs before or during driving?	66 (80%)	6 (7%)	2 (2%)	2 (2%)	6 (7%)
Do you use mobile during driving?	30 (37%)	8 (10%)	24 (29%)	6 (7%)	14 (17%)
Do you maintain your car's health?	16 (20%)	0	16 (20%)	14 (17%)	36 (44%)
Do you overtake from the wrong side?	28 (34%)	22 (27%)	16 (20%)	10 (12%)	6 (7%)
Do you avoid driving while dizzy?	24 (29%)	12 (15%)	20 (24%)	8 (10%)	18 (22%)
Do you go near the car ahead?	40 (49%)	22 (27%)	4 (5%)	6 (7%)	10 (12%)

Do you eat or drink during driving?	36 (44 %)	12 (15%)	22 (27%)	8 (10%)	4 (5%)
Do you take your eyes off the road?	44 (54 %)	16 (20%)	16 (20%)	2 (2%)	4 (5%)
Do you give way to pedestrians?	10 (12 %)	2 (2%)	2 (2%)	20 (24%)	48 (59%)

Conclusions: The major cause of unsafe driving practice is that mostly drivers are untrained which did not ever appear in driving test .10% of the total drivers are those who never give indicators while changing direction and never slow down for pedestrians to pass.

Recommendation: Regulatory authorities should come up and make sure every driver on the road has acquired a driver's license after proper training. There should be awareness campaigns on roads. Traffic police should be motivated to fulfill their duties.

(SS11-12) Evaluation of Causes Of Haematuria in Patients Attending Surgical Department of MMCH

Authors: Arsalan Khan, Sana Ishaq, Zahid Waseem, Majid Nazir, Saleh Muhammad, Final Year MBBS.

Supervisor: Prof. Dr. Syed Razi Muhammad, Dr. Zubair Yousfani, Dr. Saifullah Brohi.

Institution: Department of Surgery, MMCH.

Abstract

Aim of Study: To find out the causes of haematuria in patients presented in Muhammad Medical College Hospital from the period of January 2013 to October 2013

Method: A retrospective study including randomly selected patients admitted in Surgical department of MMCH from January 2013 to October 2013. 140 patients were evaluated and then data was finalized.

Ethical approval was taken from hospital (MMCH) research ethics committee with (REC No. 011010/REC/013).

Exclusion criteria:

Already diagnosed patients.

Associated gynecological problems.

Age < 14 years.

Trauma cases excluded.

Results: Out of 140 patients of haematuria, we found most common age group between 40-60 years with male dominance 112/140 (80%). The most common causes of haematuria in our hospital were renal stones cases were 60 (42.8%), urinary tract infection cases were 40 (28.5%), benign prostatic hyperplasia cases were 34 (24.2%) and carcinoma of bladder cases were 6 (4.28%). The most common associated symptoms were burning micturition 70% followed by dysuria 20% and urinary retention 10%.

Investigations: Commonly done in these cases are urine DR 100%, ultrasound 75%, x-ray KUB 35%, IVP 20% & Cystoscopy 25%

Causes of Haematuria	No. of Patients	Painful	Painless
Renal Stones	60/140 (42.8%)	56/60 (93.3%)	4/60 (6.6%)
UTI	40/140 (28.5%)	36/40 (90%)	4/40 (10%)
BPH	34/140 (24.2%)	4/34 (11.7%)	30/34 (88.2%)
Ca of Bladder	6/140 (4.28%)	2/6 (33.3%)	4/6 (66.6%)

Conclusions: The most common cause of haematuria was renal stone. X - Ray KUB is a choice of investigation for pain full haematuria and cystoscopy with biopsy is a choice of investigation for pain less haematuria.

(SS11-13) Hematological Complications of Malaria in Pregnant Women in Tertiary Care Hospital (MMCH Sindh)

Authors: Syeda Ameer Zahra (House Officer), Jamshaid Iqbal, Ashraf Hussain, (4th Year)

Supervisors: Dr. Prof. syed Razi Muhammad (Surgery)
Dr. Mir Muhammad Sehto (Forensic Medicine)

Abstract

Objectives: To find out the hematological complication of malaria in pregnant women in tertiary care hospital (Muhammaed Medical College Sindh).

Study design: descriptive & observational study.

Place & duration: This study was conducted on Patients attending OPD of MUHAMMAD MEDICAL Hospital from Apr 2012 to FEB 2013.

Material & Methods: A total 120 cases of patients diagnosed with malaria attended OPD of MUHAMMAD MEDICAL. The diagnosis was made on the basis of laboratory finding for malaria. The hematological complications found included anemia, Leucocytosis & thrombocytopenia.

Results : Out of 120, 67 patients were anemic We divided pregnant women into 5 groups ,From 16-20 year 40 patients was found to have malaria and 22 were anemic and 34 patients were from 21-25 year and half of them was anemia .Age group from 26 to 30 year ,20 patients have malaria while 11 were anemic. In age group from 31-35, 15 patients have malaria 7 were anemic patients. The age group from 36-40, 11 patients was found to have malaria and 10 were anemic. According to the occupation status, majority was daily laborer and farmer and other was housewife. Out of 120 patients mostly patients were Multigravida. Mostly patients were anemic and 92 patients (76.60%) have Leucocytosis with Neutrophilia and 89 (74.16%) patients have complication of Lymphocytosis and 95 (80%) of patient have decreased level of monocytes and 72 patients (60%) have decreased level of platelet. Majority of patient have fever and majority of patients have associated symptoms of chill, sweating, feeling of hotness and coldness and 63% have back pain, 45.5% have headache, 23.3% have complication of Splenomegaly. The diagnosis of malaria made by clinical & confirmed by laboratory findings. The problem of hematological complications as anemia, Leucocytosis & thrombocytopenia were detected among the patient of malaria on the basis of hemoglobin concentration, complete blood picture & Urine detail report.

AGE GROUP	NO.OF PATIENTS	ANEMIC	LEUCOCYTOSIS	THROMBOCYTOPENIA
16-20	40	22(55%)	25(62.5%)	19(47.5%)
21-25	34	17(50%)	23(67.64%)	17(50%)
26-30	20	11(55%)	18(81.8%)	15(75%)
31-35	15	7(46.66%)	15(100%)	11(73.33%)
36-40	11	10(90%)	11(100%)	10(90%)

Conclusion: P.Vivax Malaria is more prevalent. Anemia, leukocytosis & thrombocytopenia are most common complications in these patient.

(SS11-14) Middle East Respiratory Syndrome

Author: Azra Pervaiz, Ujala Maryam, Sobia Saleem, Aqsa Urooj, 4th Year MBBS

Supervisor: Dr. Asif Ali Shah

Abstract

Background: Middle East Respiratory Syndrome is viral respiratory illness caused by Corona virus, with incubation period 12-14 days, transmitted through air by coughing, sneezing, close contact, touching, contaminated objects. Symptoms are coughing, malaise, chestpain, fever, diarrhea and renal failure. It may lead to complications such as pneumonia, renal failure. Lab test: PCR. 1st person reported in Saudia Arabia 24 Sep 2012 by EGYPTIAN virologist Dr. Ali Muhammad Zaki in Jeddah KSA, 60yr old with pneumonia and renal failure.

Methodology: We identified published studies of MERS Corona virus through medical research and reviewing references of retrieved articles. Index search term included the medical subject heading term introduction, host agent environment factors, pathology complications and global burden.

Result: From April 2012 present current as of 16 Sep 2013, 130 cases reported in following countries:

Countries	No.of cases	Deaths	Alive	Males	Females
France	2	1	1	2	0
Italy	1	0	1	1	0
Jordan	2	2	0	2	0
Qatar	5	2	3	2	3
S.Arabia	108	47	61	-	-
Tunesia	3	1	2	2	1
UK	3	2	1	-	-
UAE	6	2	4	-	-

In S. Arabia, UK and UAE males had greater ratio as compared to females but exact figures are unknown still.

Conclusion: At 16 SEP 2013,130 cases reported world wide (58 deaths). All cases associated with person to person transmission. Age of cases b/w 2 years to 94 years. 70% cases are males.

Recommendations:

It would be prudent to try reduce risk of infection by,

- 1- Avoiding close contact with people
- 2- Avoiding under cooked meat, raw fruit, vegetables and unsafe water

Avoid close contact with animals

ABSTRACTS FOR DAY-I
Scientific Session-III
(SS-3)

(SSIII-1) Causes and Solution to Intellectual Brain Drain in Pakistan

Authors: Arsalan Ghaffar, Sajid Mehmood, Asad Farooq, Hassan Asghar Muhammad Qasim, Final Year
Supervision: Prof Dr.Syed Razi Muhammad Department of Surgery
Institution: Muhammad Medical College, Mirpurkhas.

Abstract

Background: Brain Drain is the cynosure of all the eyes due to High outflow of qualifies and skilled workers from pakistan.the Aim of this paper is to Highlight causes and solution to intellectual Brain Drain in pakistan .primary data was collected from MMC students

Objective: To find the causes and solution to intellectual brain drain in Pakistan

Methodology: It is a cross-sectional descriptive study conducted through self-interviewed questionnaires among MMC student.

Result:Total number of subject n=100.Including 50 Males & 50 Females

Reason	Yes	No
Job dissatisfaction	90%	10%
Poor economic	88%	12%
Lack of proper planning by government	82%	18%
Less opportunity for further studies	84%	16%
Lack of developmental & research sources	94%	6%
Political instability & threats to life	79%	21%
Family consideration & living standard	65%	35%
Merit negligence	68%	32%
Current situations of country as terrorism	92%	8%
Lack of job opportunity	95%	5%

Conclusion: An Alarming percentage people of Pakistan intend to migrate to other developed countries. A significant proportion wished to stay in the host country either temporarily or indefinitely. Unless steps are taken urgently to address the factors contributing to the migration of people, the brain drain will continue to fuel huge inequalities in global world.

(SSIII-2) Wish List Among The MMC Students To Have The Cosmetic Surgery If They Would Have been Provided the Facilities.....

Authors: Reema Khilji, Tuaha Taseer (Final Year MBBS)
Supervisor: Professor Doctor Syed Razi Muhammad (Department of Surgery)

Abstract

Background: A medical speciality concerned with correction and restoration of form and funtion. It was first to have been performed in Roman Times.
Cosmetic Surgery has been defined as Surgery and related medical treatment undergone to improve appearance rather than for health reasons.

There is now aristig trend in people undergoin cosmetic procedures in order to acheivev better looks rather than for practicality and suddenly increasing as year go by.

Aims And Objectives: To find out about the students desire to get plastic surgery carried out in them.

Methodology: It is a cross-sectional study in which we have surveyed 100 students of Muhammad Medical college (50 male and 50 female) by self administrated questionnaires.

Results: In our study,100 MMC students between the ages of 18-25 years were surveyed. Out of these 42 Male and 37 Female were aware of cosmetic surgery while 8 Male and 13 Female were unaware of cosmetic surgery. About 35 students think that it is allowed in Islam while 65 think that it is not allowed. In our college about 10 % female and 42 % male want to get cosmetic surgery done on them, in which 38% female and 20 % male wanted to get laser hair removal, 10% female and 8% male wanted to get liposuction, 34% male and 6% female wanted to get hair transplant, 10% female and 4 %male wanted eye surgery, 6%female and 2 % male wants lip surgery, 2% female and 10% male wanted to get abdominal surgery and 28% female and 22% male wants to do nose surgery.

STUDENTS	Male	FEMALE	Total %
Awareness of cosmetic surgery	n=42 84%	n= 37 74%	79%
Lack of awareness of cosmetic surgery	n=8 16%	n=13 26%	21%
Cosmetic surgery Allowed in Islam	n=23 34%	n=12 46%	35%
Or not Allowed	n=27 54%	n=38 76%	65%

Conclusion: Many of the MMC students wants to have cosmetic surgery. They think it brings changes in their life and built up confidence in them. It is often seen that the person who can project the best self image makes the best impression. Modernisation and changing lifestyles have made the people realize the necessity for the self improvement.

We compared our result with previous result portfolio of survey 2011 and 2012,hence we concluded that most common cosmetic surgery that people prefer is Lipoplasty and breast augmentation mostly in U.S & BRAZIL while in MMC, Students mostly wants to have hair transplant(males) and laserhair removal(females) to be done.

According to Global Survey Isaps: Most common Countries in which cosmetic surgery have been done are given below in the graph. It includes surgical and non-surgical procedures e.g botox inj. & hyaluronic acid inj. etc.(refrences : www.cosmetic surgery statics, www.medical news today, www.science 20.com)

(SSSIII-3) Assessment of Refusal of Polio Vaccine Among the People of Mirpurkhas in September 2013

Author: Sohaib Azhar, Zarque Bajwa, Rizwan Naeem, Syed Azharali Shah, 4th Year MBBS.

Supervisor: Asst. Prof. Syed Asif Ali Shah (Department of Community Medicine)

Abstract

Introduction: In the early 20th century, polio virus causes paralysis to thousands of children every year. After introduction of vaccines polio was brought under control and practically eliminated as a public health problem all over the world except Pakistan, Afghanistan, and Nigeria. Pakistan had the third highest number of cases globally of polio with endemic poliovirus concentrated in two key provinces and areas, North West Frontier Province and Sind. One of the major reasons for polio cases in Pakistan is polio refusal

Objective: Find out the reasons of refusals of polio vaccine among the children of Mirpurkhas in Sept.2013

Methodology: There were 368 refusals in district mirpurkhas in September and October 2013. Parents of the 79 cases were approached and 57 agreed to participate in trial. List of refusal was obtained from DHO office and decide to carry out interview of polio refusal residing in 3 UCs of district. A face to face interview technique is used to collect information on demographic, socio economic and vaccination status and reason of polio vaccine refusal. Data was analyze by using excel

Result: Among the total 57 polio vaccine refusal having kids range from 1 to 5 year. 16% (9/57) parents are illiterate and 21% (21/57) were hafiz Quran and remaining 63 % (27/57) are middle and intermediate pass. 56% (32/57) were male children. All parents are familial with disease polio but no one knows how to protect child from that disease. 99% parents vaccinate their children against BCG and 40% parents vaccinate their children against measles, DPT, hepatitis. 73% parents recommend doctor for the treatment Majority of the parents think that

- Some religious scholars teach them that vaccine is haram because vaccine is derived from animal (49/57) 86%
- Some think that it is an anti-government propaganda (32/57)56%
- More female burden as compared to male (polio destroy ‘Y’ chromosome) (28/57) 48%
- Polio vaccine cause infertility to child (17/57) 30%
- Vaccine is not effective (expired) (14/57)24%

Conclusion: There is a strong misconception of the parents regarding vaccine of disease polio. There is a strong religious factor that motivates the parents to refuse vaccination because they think that it will cause infertility and it is the propaganda of western countries. And parents also think that vaccine derived from animal source but actually it is derived from human source because polio virus can only live in human.

Recommendation: The findings indicate that appropriate communication strategies should be designed through mass media and through health organization and implemented amongst the most vulnerable section of society, especially through health education campaigns, in order to have a constructive outcome in the near future.

(SSIII-4) Safe Driving Practices Among the General Population

Authors: Syeda Bariha Zehra, Sehrish Nawaz (4th Year MBBS)

Supervisor: Prof. Dr. Syed Razi Muhammad, Dr. Jamshed Bashir, MMC.

Institution: Department of Community Health Sciences, Muhammad Medical College, Mirpurkhas.

Abstract

Background: Road traffic accidents are ranked 9th among the top causes of deaths worldwide. Young adults aged between 15 and 44 years account for 59% of global road traffic deaths. Most of the accidents take place due to unsafe driving behaviors by drivers. About 1.24 million people die each year on the world's roads and between 20 and 50 million sustain non-fatal injuries

Objective: To assess the safety of the driving behaviors among the drivers of Mirpurkhas.

Method: A cross-sectional study conducted by administering self-interviewed questionnaires randomly to the driver's sample of 82.

Results: There were total 82 drivers interviewed out of which 68 were males and 14 were females. Range of their ages was 18-78 years, mean=36 years, median=35 years and mode=22 years of age. 62/82 drivers were married, most of them having children and having a driving experience of 6 months to 40 years. 18/82 drivers have acquired their driver's license after appearing in a driving test whereas 64/82 drivers did not appear in a driving test ever. On average, a driver drives 15 hours/week. 26/82 drivers had accidents in the past in which they incurred injuries and out of them, only 8 have shifted to safe driving habits.

Question	Never	Hardly ever	Occasionally	Frequently	Always
Do you use seatbelts?	28 (34%)	4 (5%)	30 (37%)	14 (17%)	6 (7%)
Do you over-speed on streets?	58 (70%)	12 (15%)	10 (12%)	0	2 (2%)
Do you over-speed on highways?	30 (37%)	14 (17%)	6 (7%)	12 (15%)	20 (24%)

Do you use indicators while changing lane?	10 (12%)	0	4 (5%)	16 (20%)	52 (63%)
Do you show aggression while driving?	30 (37%)	18 (22%)	10 (12%)	6 (7%)	18 (22%)
Do you obey traffic signals?	16 (20%)	0	0	18 (22%)	48 (59%)
Do you use drugs before or during driving?	66 (80%)	6 (7%)	2 (2%)	2 (2%)	6 (7%)
Do you use mobile during driving?	30 (37%)	8 (10%)	24 (29%)	6 (7%)	14 (17%)
Do you maintain your car's health?	16 (20%)	0	16 (20%)	14 (17%)	36 (44%)
Do you overtake from the wrong side?	28 (34%)	22 (27%)	16 (20%)	10 (12%)	6 (7%)
Do you avoid driving while dizzy?	24 (29%)	12 (15%)	20 (24%)	8 (10%)	18 (22%)
Do you go near the car ahead?	40 (49%)	22 (27%)	4 (5%)	6 (7%)	10 (12%)
Do you eat or drink during driving?	36 (44%)	12 (15%)	22 (27%)	8 (10%)	4 (5%)
Do you take your eyes off the road?	44 (54%)	16 (20%)	16 (20%)	2 (2%)	4 (5%)
Do you give way to pedestrians?	10 (12%)	2 (2%)	2 (2%)	20 (24%)	48 (59%)

Conclusions: The major cause of unsafe driving practice is that mostly drivers are untrained which did not ever appear in driving test .10% of the total drivers are those who never give indicators while changing direction and never slow down for pedestrians to pass.

Recommendation: Regulatory authorities should come up and make sure every driver on the road has acquired a driver's license after proper training. There should be awareness campaigns on roads. Traffic police should be motivated to fulfill their duties.

(SSIII-5) Frequency of Hodgkin's lymphoma in patient with cervical Lymphadenopathy presenting in Haleema Medical Centre, Multan

Authors: SabihaRasul, Ume-Hunain, Kehkashan Rafi, HiraKhaliq,Shahid Ahmed (Final Year MBBS)

Supervisor: Dr. Jamshed Bashir (Surgery Department MMCH, Mirpurkhas)

Abstract

Objective: To determine the frequency and pattern of presentation of Hodgkin's lymphoma in cervical lymph node enlargement at Haleema Medical Centre to see its pathological variants

Study Design: Case series

Study Setting: Surgical departments at Haleema Medical Centre

Study Duration: Five years from Jan 2007 to Dec 2012

Sampling: non – probable purposive

Study Variables: Study variables used were age, sex, symptoms clinical findings, stage & histopathology.

Results: A total of 500 patients with enlarged cervical lymph nodes were studied, amongst then 40 (80%) patients were diagnosed with Hodgkin's lymphoma (32 males & 8 females) (mean age was 23 years) (range 9 – 44 years). Out of there 40 patients, in 8 (20%) patients it was difficult to differentiate lymphoma clinically from tuberculosis on clinical examination commonest symptoms (100%) while fever, night sweats and weight loss were present in 45% patients.

Conclusion: Although tuberculous cervical lymph nodes enlargement is very common, but Hodgkin's lymphoma has a definite possibility of occurrence (8% in our study). Therefore, all patients with enlarged cervical lymph node should not be treated with anti – tuberculosis therapy. Diagnosis should be confirmed by biopsy, otherwise patients may land up with advanced stage of Hodgkin's lymphoma with poor prognosis.

(SSIII-6) A 5 Years Audit of Polio in Pakistan

Authors: Umer Zaib, Mussawir Manzoor, Shahid Ahmed, Kehkeshan Rafi, Hira Khaliq (Final Year MBBS)

Supervisor: Prof. Dr. Syed Razi Muhammad

Abstract

Introduction:

Poliomyelitis or infantile paralysis, is an acute, viral, infectious disease of the children's under 5 years age .1 in every 200 infection leads to irreversible paralysis Among those paralyzed, 5% to 10% die when their breathing muscles become immobilized. It multiplies in the intestine to invade the nervous system Initial symptoms are fever, fatigue, headache, vomiting, stiffness in the neck , pain in the limbs and leads to irreversible paralysis (usually in the legs). There is no cure for polio, it can only be prevented. Polio vaccine, given multiple times, can protect a child for life.

Aims and Objectives:

To determine the province of Pakistan having more cases of polio diagnosed every year.

Methodology:

It is a data base study in which record of fresh cases of polio diagnosed in Pakistan in last 5 years was observed data was collected from www.rotary.org

Results:

In 2009, total 89 fresh cases of polio were diagnosed all over Pakistan. **38 in FATA/KPK, 26 in Baluchistan, 18 in Sindh, 6 in Punjab and 1 in Gilgit/Baltistan** .In 2010, there were total 144 new cases of polio diagnosed out of which **65 in KPK/FATA, 42 in Baluchistan , 29 in Sindh, 7 in Punjab and 1 in Gilgit/Baltistan**. In 2011, total 198 cases of polio diagnosed all over Pakistan **82 in KPK/FATA, 73 in Baluchistan, 33 in Sindh, 9 in Punjab and 1 in Gilgit/Baltistan**. In 2012, total 58 cases of polio diagnosed all over Pakistan **47 in KPK/FATA, 4 in Baluchistan, 4 in Sindh, 2 in Punjab and 1 in Gilgit/Baltistan**. In 2013, total 39 fresh cases of polio are diagnosed till date **34 in KPK/FATA, 3 in Sindh, 2 in Punjab** and no cases were diagnosed in Baluchistan and Gilgit/Baltistan.

Province	2009	2010	2011	2012	2013
Baluchistan	26	42	73	4	0
Gilgit/Baltistan	1	1	1	1	0
KPK/FATA	38	65	82	47	34
Punjab	6	7	9	2	2
Sindh	18	29	33	4	3
Total	89	144	198	58	39

Conclusion:

Number of cases of polio is more in KPK/FATA due to
Local Militant force fully stopping polio teams from working.
False propaganda against vaccination.
Lack of awareness among the people.
Insufficient resources at district and union council level.

(SSIII-7) Impacts of mobile phones on medical students

Author: Hafiz Shoaib Ali, Aamir Riaz, Zahid Rasool, 4th Year

Supervisor: Dr. Syed Asif Ali Shah, Dr. A.B. Rajar, Asst. Prof. Muhammad Medical College, Mirpurkhas
Dr. Ali Hussain, Assistant Professor Shaikh Zayed Medical College, Rahim Yar Khan.

Abstract

Background: According to the Oxford Advanced Learner's Dictionary (2004), mobile phone is a telephone that does not have wires and works by radio that can be carried with to use everywhere. The craze of mobile phone started after 1980's in the world. Mobile phone culture stepped in the land of Pakistan after 1990s but mobile phone got its fame after 1994 after the establishment of some cellular networks. Now, every one person out of two in the world and every one person out of three in Pakistan has a mobile phone

Aims:

- To evaluate the impacts of using mobile phones on education, health and social behavior of medical students.
- To suggest and recommend the possible solutions to minimize the bad impact of using cell phone.

Methodology:

Study design: Observational Cross –section.

Place: Muhammad medical college, Mirpurkhas Sindh Pakistan.

Duration of study: 15-09-2013 to 30-09-2013

Sample size: 100 medical students

Results: Total number of students was 100, with male female ratio of 52:48. Their age varied from 17 to 25 years.

As regard of the negative impact on education of mobile phone using, 340 'Yes' (68 %) and 160 'No' (32 %) responses were observed among medical students. The p- value was < 0.005, calculated by using chi-square significant test. Out of 500 observations, 48 % 'Yes' and 59 % 'No' were observed by males while 52 % 'Yes' and 41 % 'No' were observed by females. The p-value of these findings was < 0.025.

Regarding the adverse effects of mobile phone using on health, 338 'Yes' (67 %) and 162 'No' (33 %) responses were observed among medical students. The p- value was < 0.005, calculated by using chi-square significant test. Out of 500 observations, 57 % 'Yes' and 41 % 'No' were observed by males while 43 % 'Yes' and 49 % 'No' were observed by females. The p-value of these findings was < 0.005.

Regarding the adverse effects of mobile phone using on social behavior, 401 'Yes' (80 %) and 99 'No' (20 %) responses were observed among medical students. The p- value was < 0.005, calculated by using chi-square significant test. Out of 500 observations, 53 % 'Yes' and 60 % 'No' were observed by males while 47 % 'Yes' and 40 % 'No' were observed by females. The p-value of these findings was < 0.025.

Analysis and Interpretation: The results of our study were very interesting. Almost 63%,68% and 80% were 'Yes' responses to negative impact of use of mobile phones on education , health and social behavior respectively. The female medical students gave more 'Yes' responses as compared to male medical students regarding adverse effects of use of mobile on education while male medical students gave more 'Yes' responses regarding adverse effects of use of mobile on health and social behaviour.

All the findings were found statistically significant using chi-square test. The p-values were less than 0.005. It is highly significant indicating that use of mobile phone does have negative impact on education, health and social behaviour among medical students. These findings are consistent with the literature regarding impact of use of mobiles.

Conclusion: It is concluded that the Mobile phone, no doubt, is a useful thing. One can share useful informations with classmates, teachers and scholars but at the same, it may also be a harmful tool. In addition of its adverse effects on education, health and social behavior of users, the radiations from mobiles are harmful to the brain. All the users of mobile phones, especially students and young children, are advised to make minimum needful use of mobile phone.

Recommendation: The students must be sensible and careful to get maximum advantages from this technology which was a dream 25 years ago, but a reality now. If the students use it wisely and properly then they can improve their education and construct a better future. We recommend the following;

- Jammer should be installed in the college premises and mobile phones should be allowed in fixed hours.
- No one is allowed to use mobile phone in class room.
- Education lessons should be delivered to the medical students on the bad effects of mobile uses.
- Hand-outs may be circulated among medical students on adverse effects of mobile uses.
- Electronic media can play an important role in highlighting the hazards of excessive use of mobile phones.

(SSIII-8) Frequency of Malarial Infection, Detection by Rapid Diagnostic Tests in Residents of Rural Mirpurkhas.

Author: Seyda Ameer Zahra, House officer Sadia, Final Year, Rana Jamshaid Iqbal 4th Year.

Supervisors: Saitho Mm, Dr. Noor Ali Samoon

Abstract

The World Health Organization estimates that in 2010 malaria caused 219 million clinical episodes, and 660,000 deaths.

Malaria is endemic to Pakistan and 64% and 36% of malaria cases are attributed to

P. vivax and P. Falciparum respectively.

Malaria Rapid Diagnostic Tests (RDTs) assist in the diagnosis of malaria by detecting evidence of malaria parasites in human blood.

- Tri- line design. Two test lines indicate Pf, Pv. results respectively.
- Only use 1 drop of blood. Small lancet, droppers are provided.
- Read result at 10-15 minutes

Objective: To Study the frequency of malarial infections in human residents of district Mirpurkhas..

Methods: The cross-sectional study identified malarial parasites in the blood slides of 5640 suspected malaria patients from May 2013 to July 2013 through RDT Rapid Diagnostic Test of Malaria case detection methods at Rural HCFs of Mirpurkhas, in support of DHQ Govt: Mirpurkhas and NGOs cooperation. SPSS 17 version was used for statistical analysis.

Results: Our study visions that out of 5640 suspected cases of malaria, 2144 (38.3%) were found to be positive for malarial parasite on R D T slides. Of these, 1694 (79.6%) cases were due to Plasmodium vivax infection and 450 (20.3%) had P. falciparum. though, seasonal variation was not seemed:

The prevalence was higher (n=1690, 78%) in males, n=454(22%) in females. Age-wise, the prevalence of the disease was 81.2% (n=334) and 80% (n=860) for age groups 1-10 years and 11-20 years.

Total Number of Patients=5640

Malarial patients		P.vive x	P.falci parum	Males		Females	
YES	NO			YES	NO	YES	NO
		1694(79.6%)	450(20.3%)				
2144(38.01%)	3496(61.98%)			1690(78%)	454(21%)	454(21%)	1690(78.8%)

Conclusion: Malaria infection in the residents was quite frequent in the study region, which is one of the hottest areas of Pakistan. In clinically-suspected cases of malaria, there was a high RDT Rapid Diagnostic Test of Malaria case

detection method. The high frequency rate of *P. vivax* shows a significant health hazard but *P. falciparum* also may lead to serious complications, including cerebral malaria.

Keywords: Malaria, Infection, RDT, Mirpurkhas

(SSIII-9) **Believes and attitude of people about blood donation**

Authors: M. Ali Arshad ,Zeeshan Ali, Umair Shujaa, Junaid Ramzan,Jibran Khalil (Final Year)

Abstract

Objective: To assess knowledge, attitude and practices regarding blood donation among general population.

Design: Descriptive cross sectional study.

Place: Muhammad Medical College Hospital Mirpurkhas.

Sample size: general population 100 participants.51female.48male

Introduction: A close ended questionnaire was designed according to the basic level of awareness regarding voluntary blood donation. Maximum number of participants was in the age group ranging from 20 to 40 years.

Results: 36.37% (36) (30M, 6F) out of 100 were voluntary blood donors and 53.54% (53) (18M, 46F) were non donors. 42.43% (42) think their health will deteriorate and 30.3%(30) think their physical activities will be disturbed after donating blood.48.49%(48) think that hypertensive patient and 18.19%(18) think diabetic patient can donate blood, while 51.52%(51) think hypertensive patient and 81.82%(81) think diabetic patient can't donate blood.30.31%(30) think obese person have more blood to donate 69.7%(69) don't agree with this.36.37%(36) think females can donate blood while 63.65%(63) think females can't donate blood. According to 12.13% (12) blood donation is forbidden in Islam.

Attitude of non donors

Reasons for not donating	Male	Female
Afraid of needle or sight of blood	6	3
Donation is harmful to health	3	0
Never had opportunity to donate	6	30
I am not fit to donate	3	12

Would like to donate in future	Male	Female
No	0	3
Only if family/friends require	15	21
As a voluntary donor	3	21

Attitude of donors

Frequency of donation	Male	Female
Once	12	3
Repeat	18	3
Site of donation		
Private blood bank	30	6
Opinion about blood bank service		
Good	15	3
Satisfactory	15	3
Information provided before donation		
No	12	3
Only verbal	12	3
Verbal and printed	6	0
Disliked which aspect		
None	15	6
Attitude of staff	15	0
Medical examination done before donation		
	24	0

Refreshment provided after blood donation	21	3
Would like to donate willingly again	24	6

Conclusion: There is an urgent need to create and strengthen program for motivation, retention and recruitment of blood donors in our country on the basis of observations of our study. Proper screening of the blood and

(SSIII-10) Prevalence and Risk Factors of Hepatitis B among Pregnant women

Authors: Amna Bibi, Zainab Tariq (4th year MBBS)

Supervisor: Dr.Syed Asif Ali Shah, Dr. Aqeela Memon.

Abstract

Background: Globally Hepatitis B virus (HBV) a public health problem account for over 2 billion infection with 350 million carriers. In Pakistan prevalence among general population is 4.3% with carrier rate 3-5% (7-9 million). The prevalence of HBV among pregnant women is 5% (range 0.6% to >20%) worldwide, leading mother to child transmission causing fetal and neonatal hepatitis, attributed for 30% to 50% of chronic carriers.

Methodology: A cross-sectional study was conducted among randomly selected 140 pregnant women attended the antenatal clinic of the District hospital of Rahim-Yar-Khan in June-July 2013. Rapid diagnostic test kits were used to screen for HB surface antigen (HBsAg). A face to face interview was carried out by using structured pre-tested questionnaire to obtain demographic and other information

Results: 16(11.42%) out of 140 pregnant women were found to be positive for HBsAg, highest risk age group was 20 to 29 years 10(62.5%). 16(100%) out of 16 infected women and 6(4.83%) out of 124 non-infected women had positive history of HBV in husband. Blood transfusion in last pregnancy was 14(87.5%) out of 16 infected women and 52(41.93%) out of 124 non-infected women. 10(62.5%) out of 16 infected women and 5(4.03%) out of 124 non-infected women had passed through dental procedures. Therefore, positive history of HBV in husband, Blood transfusion and dental procedures in last pregnancy were the most prevalent risk factors among infected women. Among the total 124, 76(61.29%) were vaccinated against HBV, while 0(0%) out of 16 infected women were not vaccinated.

RESULTS	Positive HBsAg	Negative HBsAg
Positive history of HBV in husband	16(100%)	6(4.83%)
Blood transfusion	14(87.5%)	52(41.93%)
Dental Procedures	10(62.5%)	5(4.03%)
Vaccination	0(0%)	76(61.29%)

Conclusions: Prevalence of the HBV among pregnant women in Rahim-Yar-Khanis of intermediate endemicity (11.4%). Past history of blood transfusion and HBV infected husband were most prevalent risk factor. Health education regarding risk factors, preventive measure should be given to pregnant women with the involvement of Lady Health worker and mass media. Free screening and immunization of all pregnant women should be incorporated in antenatal and postnatal program of hospital.

Key words: Hepatitis B, Pregnant women, Cross sectional study

(SSIII-11) Anemia in Pregnancy: A Neglected Female Health Problem in Pakistan

Authors: Maiza Waris, Fakhar Un Nisa. 4th Year MBBS

Supervisor: Dr. Syed M. Asif

Abstract

Background: Anemia in pregnancy constitutes a neglected female health problem in developing countries including Pakistan, account for high maternal mortality and morbidity and low birth weight. World health organization (WHO) has estimated that prevalence of anemia in pregnant women is 14% in developed and 51% in developing countries. Objective of this study was to access the prevalence of anemia in pregnant women of Faisalabad and Okara.

Methodology: 380 pregnant women that attended ANC clinic of DHQ hospital during June-July 2013 were selected by using systemic random sampling. Parity, gestational age, method of last delivery, health problem during pregnancy and hemoglobin level were obtained and analyzed. WHO criteria for anemia in pregnancy were used, mild (hemoglobin 9.0-10.9g/dL), moderate (hemoglobin 7.0-8.9g/dL) and severe anemia (hemoglobin <7.0 g/dL).

Results: Among 380 pregnant women, anemia was positive 47% (n=180) in pregnant women, highest prevalence 29.4% (n=53) was found in 20-24 years and over half 57.7% (n=104) belongs to rural area. Among n=180 anemic women 67.7% (n=122) reported with mild, 19.4% (n=35) moderate and 12.7% (n=23) severe anemia. 74.7% (n=284) pregnant women attended ANC in the period between 14-27 weeks of gestation. The most common symptoms was feeling tired/ weakness 90% (n=162) shortness of breath 69% (n=125) rapid heartbeat 57% (n=103).

Age	No of pregnant women	No of Anemic women	Mild anemic women:Hb(9.0-10.9g/dL)	Moderate anemic women: Hb(7.0-8.9g/dL)	Severe anemic women:Hb(<7.0g/dL)
15-19	55	7	1	2	4
20-24	60	53	39	9	5
25-29	105	43	33	6	4
30-34	58	29	18	7	4
35-39	48	24	14	7	3
40-44	33	15	10	3	2
45-49	21	9	7	1	1

Total anemic women=180(47%)

Total mild anemic women=122(67.7%)

Total moderate anemic women=35(19.4%)

Total severe anemic women=23(12.7%)

Conclusion: The prevalence of anemia was high 47% among the pregnant women of Faisalabad and Okara. Sensitization of women, husband and their family member regarding proper nutrition before and during pregnancy, pre and post conception care and iron and folic acid supplementation is recommended to reduce this problem.

Word Count: 249

Key words: Anemia, Pregnancy, Faisalabad and Okara

(SSIII-12) Prevalence Of Thalassemia Among The Children Of Cousin Marriages

Authors: Rana Jamshaid Iqbal , Rana Ibtessam Ali , Hassan Irshad , Syed Umair

Supervisors: Prof. Dr Syed Razi Muhammad , Prof.Dr Syed Asif , Prof.Dr Ab Rajar

Abstract

Background: Thalassemia is a widely prevalent Genetic Disorder in Pakistan. There is a positive association between Cousin Marriages and Thalassemia because of accumulation of carriers in Thalassemia prevalent families. The aim of our study is assessing that whether cousin marriage is risk factor for thalassemia and the awareness about importance of screening test in Thalassemia prevalent families.

Aims & Objective: (a) To determine the incidence of Thalassemia in the children conceived as a result of cousin marriages.

(b) To compare it with its incidence in the children of non-cousins.

(c) To make people aware of the importance of screening tests.

(d) To set necessary recommendations.

Material & Methodology: 117 patients who were known cases of Thalassemia were some of interviewed after taking verbal consent using self-administered, pre-tested questionnaire. All participants were selected randomly It is the cross sectional descriptive study which was conducted in Thalassemia Center near Ganga-ram Hospital Lahore from August to September.

Results: 81.2% (95) of total 117 thalassemia subject parents had cousin marriage and 18.8% (22) of the total 117 Thalassemia subject parents were unrelated(non-cousins). The prevalence in 1st degree cousin was 73.5%, 2nd degree cousin was 6.8%, 3rd degree cousin was 0.9%. Thalassemia was more prevalent in males 63.2 % (74 patients) than

that of females 36.8 % (43 patients).Most of the patients were between age group 4-13 years. 82.1% of subjects had hemoglobin level between 5-8 mg/dl. 96.6% parents of Thalassemia patients were unaware about the fact that they were Thalassemia carrier.

RESULT		Degree Of Relationship				Total
		Firs t	Secon d	Third	no relatio n	
Gender Of Thalasse mic Patient	Femal e	32	2	1	8	43
	Male	54	6	0	14	74
Total		86	8	1	22	117

Awareness	Frequency	Percent
No	113	96.6
YES	4	3.4
TOTAL	117	100

Conclusion: The prevalence of Thalassemia among children of cousin marriages was more than the non cousins,related were 81.2% and un-related were 18.8%.

Males were more involved then the females, males were 74 and females were 43 from the total strength of 117. Most of the patients were unaware from the causes.

(SS111-13) Islamic Principles & Blood Transfusion

Authors: Dr. S. Sarfraz H. Jafri -
Project Director, Husaini Blood Bank

Abstract:

The second Amman workshop on blood donor motivation and blood collection. Dr. M. Sartaway presented a paper entitled Islamic rulings on blood transfusion which presented several important conclusions concerning blood donation and the principles of Islam.

- While spilled blood is considered impure, donated blood is not spilled and the status of impurity does not apply to it.
- Blood transfusion between a man and his wife will not invalidate their marriage.
- It is forbidden to sell blood. However, if a person who is fit to donate blood refuses to do so without payment, it is permissible to pay on the part of the payer, but the payee commits an offence by mixing a bad deed with good one.
- Giving blood does not invalidate fasting; giving blood by transfusion to a fasting person does not invalidate the latter's fast.

Dr. Sartaway argues logically for the need for blood from a human being to save the life of another. Moreover, he argues that if giving blood to patient is necessary for survival or for relief, then, according to Islam it is mandatory to do so. This follows the basic Islamic principle which makes it imperative to preserve life, and the underlying Islamic rules "Harm must be eliminated" and "necessity overrule constraints" blood donation is in agreement with the principle of Islamic social justice.

Since Dr. Sartaway's text has such significance for blood transfusion in the Islamic world, the Arabic text is reproduced in full.

Islamic Rulings on Blood Transfusion

Remarkable advances have been achieved in medicine, in pursuance of human welfare. These have giving rise to a number of new issues which had never been tackled or judged by early Muslim scholars, since they did not exist at their time. However, since Islamic law is meant to regulate acceptable human behavior, it is imperative to arrive at rulings with regard to incipient medical issues such as: organ transplant in vitro. Fertilization (test-tube babies), surrogate motherhood, sterilization, blood transfusion, etc.

Muslim scholars have attempted to derive clear Islamic rulings on these and other issues, in the light of the principles of Islamic Faith and the general rules of Islamic law.

Islam enjoins preserving human life and protecting it against all potential harm, affection and hardship, and it insists on ensuring peace and security for human beings. This article is an attempt to identify the Islamic view of one of these incipient medical issues, namely, blood transfusion.

In most cases, blood transfusion is considered necessary and indispensable, since, from the medical point of view, it may be impossible for a particular patient to survive without it.

It is well known that blood cannot be produced artificially, as it consists of living cells which scientific research remains unable to synthesize. Nor can any use be made of animal's blood in this respect, because of its natural difference from human blood. Therefore, only the blood of a human being can be used to save the life of another.

Islamic law urges every Muslim to be in constant support of his brother, and even makes such support a legal requirement in many cases. According to a Hadith (saying) by the Prophet Muhammad, (peace be upon him) "He who relieves a believer of one form of distress in this life shall be relieved by God of a greater distress on the Day of Resurrection"; and "God will help any servant of His, as long as he continues to help his brother".

The Prophet (peace be upon him) enjoined Muslims not to abandon their fellow community members when they are faced with death or destruction: "A Muslim is a brother to every Muslim: he neither lets him down, nor does him injustice, nor gives him away", i.e. he does not let his brother fall victim to the enemy, or to a killer disease if he can prevent it.

Endeavoring to save the lives of Muslims, by protecting them from fatal dangers, and keeping them away from what is harmful, is one of the greatest obligations to the Almighty. God says "Whoso quickened a human being, it shall be as if he had quickened all mankind". Quickening a human being is achieved by saving his/her life from destruction, a case which is typically applicable to blood transfusion to a patient from a healthy person.

Therefore, if giving blood to a patient is necessary for his survival, or to relieve his complaint, then, according to Islam, it becomes mandatory, as a case of implementing a basic Islamic principle which makes it imperative to preserve human life. Two important main Islamic rules are also applicable here, namely: "Harm must be eliminated," and "Necessity overrules constraints". Furthermore, it is in agreement with the principles of social justice as implied in countless evidence.

Yet, if the use of blood in medical treatment is necessary, then having an adequate stock of blood and storing it are also necessary. It is an Islamic rule that when something is indispensable for meeting an obligation, then this very thing or action becomes obligatory. A great number of accidents take place every day, most of which require emergency treatment which cannot be completed without blood transfusion. Therefore, quantities of blood must be made available in hospitals. Hence, blood banks have been established.

This is the argument for blood donation. On the other hand, a patient may not refuse to take the necessary amount of blood since, by so doing, he puts his life at risk, something which is totally forbidden by God: "Do not kill yourselves; God has been to you Most Merciful (IV:29. "Do not cast yourself to ruin by your own hands" (II: 195).

It is also worth mentioning here that in the Hadith, there is an earnest call for phlebotomy and cupping in patient treatment, because of their proven benefits to man. This indicates that blood donation is not only harmless to the donor, but it is also useful to him, as it activates the process of replenishing blood cells.

The Prophet (peace be upon him) says: "Cupping is a most useful type of medical treatment". He also says: "If any of your methods of treating the ill is effective, an incision by a phlebotomy scalpel is certainly one".

Drawing blood by a syringe is similar to drawing it through phlebotomy; yet the blood taken by a syringe from one person can be beneficially used by transfusion into the veins of another person, while phlebotomy remains short of this.

To sum up, blood donation is a collective duty, i.e. if it is done by a few people, and the blood donated is sufficient to meet the existing and expected needs of the community, then the rest of the community have nothing to account for. But if the blood donated falls short of meeting these needs, all members of the community are guilty of an offence, since they will be considered as having abandoned to their fate those who are ill or battle and accident-stricken.

In certain cases blood donation becomes an individual duty. This applies, for example, in a situation where there is a patient whose blood group is matched by that of one single person within easy reach. Blood donation becomes this person's individual obligation. If he fails to fulfil it, he shall be considered as having committed a sin.

A great number of Muslims scholars have ruled blood donation permissible. No reliable opinion has been pronounced to the contrary.

Nevertheless, it should be mentioned here that putting this Islamic view into practice is subject to certain medical conditions known to professional people, such as: (a) donation must not be harmful to the donor, as in the case when the donor is young or anaemic, or when the amount of blood taken from him is likely to cause him adverse effects; (b) no blood should be given to a patient unless it is sure to benefit him. This can be guaranteed by carrying out the tests necessary to prove that the blood given is free of any pathological factors.

Legal consequences of blood donation

Questions that must be asked are:

1. Is the blood drawn out of the body by a syringe impure? If so, is it permissible to use it for medical purposes? There is consensus among scholars that blood becomes impure once it is out of the body. This is in accordance with the Quranic verse listing items prohibited to Muslims: "... Or blood poured forth" meaning: spilled blood. Blood drawn out by a syringe, however, is not spilled and consequently the status of impurity does not apply to it. Texts quoted from the Hadith enjoining the purifying of clothes and the body of blood drops or stains, consider such blood as "poured forth" or spilled. But, even if blood drawn by a syringe is considered impure, Muslim scholars tolerate medication with impurities in cases of need.
2. **Does blood transfusion entail prohibition of marriage between donors and recipients?**
Some of the Hadith make it clear that certain marriages are invalidated as a result of a child having been breast-fed by a woman other than his mother. This ruling has been explained, in detail, in books of Fiqh (Islamic Jurisprudence). The reason for such prohibition is the fact that breast-feeding helps bones and muscles to grow; such growth takes place while the infant is nourished with milk, before it depends solely on ordinary food. A Hadith of the Holy Prophet states that "the marriage-prohibiting breast-feeding is only that which helps bone and muscle growth." Blood transfusion does not bring about such growth, because the function of the blood is to carry nutritive substances to the cells of the body, and not to directly contribute to nourishing and sustaining the body. Therefore, if blood transfusion takes place between a man and his wife, it will not invalidate their marriage.
3. **Is selling blood permissible?**
God has given man a position of honour: "We have honoured the sons of Adam" for this reason, the selling of the human body, its organs, or blood is forbidden. However, if a person, who is fit to give blood, refuses to donate his blood unless he/she is financially compensated, it is permissible in this case to pay for the blood. Giving such a payment does not constitute an offence on the part of the payer, while the payee commits an offence and puts himself in the position of one who mixed a good deed with a bad one.
4. **Does drawing blood with a syringe break the fast (of a Muslim)?**
Donating blood does not invalidate fasting, nor does giving blood by transfusion to a fasting person invalidate the latter's fast.

Reference; Principal of Blood Transfusion- World Health Organization

Scientific Session-IV (SS-4)

(SSIV-1) Prevalence of junk food (fast food) intake among the medical students of Muhammad Medical College, Mirpurkhas

Authors: H. M. Yousuf, S. Waheed-Ul-Hassan, Fahad Siddiqui, M.Mohsin, Maqsood (4TH Year)

Supervisors: Dr. Syed M.A, Dr.A.B Rajar Dr.Aqeela, (Community Medicine Muhammad Medical College)

Abstract

Background: "Eat healthy and live healthy" is one of the essential requirements for long life. Unfortunately, today's world has been adapted to a system of consumption of foods which has several adverse effects on health. JUNK FOODS (fast food) are rich in calories and salts. Excess consumption of junk foods would lead to a wide variety of health disorders. The aim of the present study was to know about junk food eating habits of students, time duration of visiting JUNK FOOD restaurants, types of JUNK FOOD mostly used.

Methodology: A cross-sectional study was conducted among 260 Medical students of Muhammad Medical College Mirpurkhas through a pre-tested questionnaire.

Results: Among 260 students 240 (92%) were user of junk food out of which 118(49.16%) used regularly and 122(50.83%) used occasionally. There was marked female preponderance 126 (52.5%) and Males 114 (47.5%). Highest users of junk food were ranges from 19-23 years of age group.

Class wise Distribution Among Users

	1 ST YEAR	2 ND YEAR	3 RD YEAR	4 TH YEAR	FINAL YEAR
MALES	22(9.16%)	23(9.6%)	23(9.6%)	26(10.8%)	20(8.3%)
FEMALES	32(13.3%)	19(7.9%)	15(6.25%)	39(16.25%)	21(8.75%)
TOTAL	54(22.5%)	42(17.5%)	38(15.8%)	65(27.08%)	41(17.08%)

INTAKE OF JUNK FOODS BY TYPE

	PIZZA	BURGER	FRIES	BEVERAGE
MALES	70(29.16%)	54(22.5%)	26(10.83%)	113(47.08%)
FEMALES	74(30.83%)	54(22.5%)	28(11.66%)	118(49.16%)
TOTAL	144(60%)	108(45%)	54(22.5%)	231(96.25%)

Conclusion: Lifestyle changes has compelled us so much that one has so little time to really think what we are eating is right! Junk food contributes significantly to unacceptably high morbidity. In our study mostly students are users of junk food and they all know about the harmful effects on their health still they used it. In our study females are highest users of junk food and their age ranges from 19-23 years.

(SSIV-2) Hospital waste management in ten teaching hospitals of Distt. Faisalabad & Multan

Authors: Muhammad Muzammal Javed, Muhammad Bilal, Taimoor Gull, Hassan Jameel, 4th year MBBS

Supervisors: Dr Asif Ali Shah, Dr Muhammad Sharif, Dr A.B.Rajar, (Community Medicine & Health Sciences)

Abstract

Background: Hospital waste is a special type of waste produced in small quantities carrying a high potential of infection and injury. Inadequate and improper handling may have serious public health consequences and a significant impact on the environment. Hospital waste management means the management of waste produced by hospitals using techniques that will check the spread of diseases. In developing countries, awareness regarding hospital waste management in terms of its segregation, collection, storage, transportation and disposal is lacking.

Objectives: To evaluate the current practices of segregation approaches, collection and disposal systems in the hospitals of Faisalabad and Multan.

Methodology: A cross-sectional survey was conducted in ten hospitals of Faisalabad and Multan. The instrument of research was a self-administered questionnaire.

Results: No. of hospitals (n) = 10

#	Management	Yes	%	No	%
1.	Segregation	5	50	5	50
2.	Colour coding	5	50	5	50
3.	Vehicle for transportation	4	40	6	60
4.	Proper storage facilities	3	30	7	70
5.	Training session	4	40	6	60
6.	Maintenance of register	0	00	10	100

Methods

Methods	Incinerator	Municipal Landfill	Burning	Burial
	5 (50%)	2(20%)	2(20%)	1(10%)

Conclusion: There should be proper training and management of hospital staff regarding awareness and practices of hospital wastes is needed.

(SSIV-3) Treatment Outcome of Tuberculosis Patients Registered at TB Centre in a Private Teaching Hospital, Sindh

Author: Sundas Faryab, Maha Khan, 4th Year MBBS.

Supervisor: Syed MA, Rathor G.

Introduction: Increase incidence of multidrug resistance tuberculosis (MDR-TB) and lack of compliance with anti tuberculosis therapy (ATT) are major public health problem in developing countries including Pakistan. Implementation of directly observed treatment-short course (TB centre) strategy has been widely reported to improve the treatment outcome in different health settings. A study was conducted with objective to find out the treatment outcome of tuberculosis patients.

Method: A descriptive study was conducted in TB centre of private teaching hospital, District Mirpurkhas, province Sindh from January 2010- December, 2012. All registered patients were followed up during their course of treatment to assess treatment outcome in accordance of World Health Organization (WHO) guideline as: cure, treatment completed, default, treatment failure, death or other. Data were analyzed using Excel.

Results: Among 200 patients, n=146 (73%) had pulmonary and n=54 (26.6%) had extra pulmonary tuberculosis. The mean age was 35 years (range: 12-80); n=108 (53%) were male. Persons aged 30-34 years were highly affected n=39 (19%). Of all patients, treatment outcome was classified as Treatment success (cure and treatment completed) in n=117 (57%), defaulted in (n=52: 25.6 %), relapse n=5 (2%), treatment failed in n=8 (4%) and transferred out n=16 (7.8%) ,transfer in (n=1:0.5 %) death (n=1:0.5%) patients. Males were more likely to experience default n=32 (15.7 %) than females n=20 (9.8 %)

Types of T.B	Patients
Pulmonary T.B	146(73%)
Extra Pulmonary T.B	54(26.6%)

Treatment outcome	Patients
Treatment completed	117(57%)
Defaulters >2 months	52(25.6%)
Relapsers	6(2%)
Failure	8(4%)
Transfer out	16(7.8%)
Transfer in	1(0.5%)
Death	1(0.5%)

Drug resistance	Patients
STM resistance	1(0.5%)
MDR	1(0.5%)

Conclusion: Treatment success rate among tuberculosis patients was fairly satisfactorily with high defaulter rate, which may be corrected by enhance supervision, improved counseling activities and implementation of default tracing and home visit by health worker.

(SSIV-4) An audit on hystrectomy for indications, Histopathological diagnosis morbidity an mortality at MMCH.

Authors: Mehvish Hameer, Tayaba Kausar, Arsalan Khan, Sana Ishaque, M. Abu Bakar Final Year MBBS

Supervisor: Prof: Qamar un Nissa

Institute: Muhammad Medical College, Mirpurkhas

Design: Retrospective study.

Objective: An audit on hystrectomy for indications, Histopathological diagnosis morbidity an mortality at MMCH.

Abstract

Place and duration: Study was conducted at Gynae ward and pathology department from Oct: 2012 to Sep: 2013

Methodology: Data of patients regarding symptoms were collected from files and patients records histopathological reports were collected from department of pathology. The result was analyzed by percentage .

Result: Total 78 hystrectomy were done in Oct: 2012 to Sep: 2013 mean age of patients was 49 ranging from 35 to 60 years and parity ranges from 04 to 10 most common presenting complains were something coming out of vagina 42 (53%) excess menstrual blood loss 30 (38%) most common pre operative diagnosis is UV Prolapse 42 (53%) Fibroid 30 (38%) DUB 06 (07%) regarding histopathological diagnosis chronic cervicitis was most commonly diagnosed 16(20%) followed by fibroid 07(08%) leomyoma 06(07%) in UV Prolapse specimen kerotoacanthosis 10(12%) , post operative complication were Pyrexia 20% wound infection 10% Bleeding mild 20% Moderate 10% Swear 01% wound dhisence 0.5% trauma to adjacent structure 01%.

Conclusion: An yearly audit should be conducted an every institute to collect data to analyze the pattern of indication and lesion found on histopathology.

(SSIV-5) Preference of Doctor Brides & its impact on Pakistani Society

Authors: Asad Mehmood, Arshan Munir, Ghazi Tahir, Haris Azeem Khan, Ikrash Ali Khan , Final Year.

Supervision: Prof Dr S. Razi Muhammad, Department of Surgery

Dr.Zubair Ahmed Yousafani, Department of Surgery

Institution: Muhammad Medical College Hospital, Mirpur Khas, Pakistan

Abstract

Background: It used to be that she only needed to be fair from a good family, charming and pliable. Now it seems the perfect bride for the darling son must also be a doctor. Now a day, there are several articles being published in the newspapers which tell us that people are preferring doctor brides for their doctor sons due to several reasons which are to be scratched out systematically.(DAWN NEWS 26-07-2013)

Objectives: To assess the trend and reasons for the preference of doctors as brides in Pakistani society.

Methods: It is a cross-sectional descriptive study conducted through self-interviewed questionnaires among the parents, husbands and bachelors of Pakistani society including all the professions.

Results: Total number of subjects are 100 of which 22 are Parents 16(73%) prefer Doctor as daughter-in-law in which 16(72.7%) preferred because of good earning , 12(54.5%) preferred for better image , 12(54.5%) for betterment for grand children. Out of 100, 28 are Husbands of lady doctors 16(57%) they preferred for good understanding , 8(28%)As earning partner , 8(28%)Better status .50 are bachelors 42(84%) thought doctor as bride. 24(48%) have a personal desire to marry a doctor, 20 (40%) have a family pressure on them. 12(24%) got trend in family for lady doctor.

Total number of subjects n=100			
Parents n=22		Husbands of lady doctors n=28	
Prefer Doctor as daughter-in-law	16(73%)	Preferred for good understanding	16(57%)
Preferred because of good earning	16(73%)	As earning partner	8(28%)

Betterment for grand children	12(54.5%)	Better status	8(28%)
Bachelors n=50			
Thought doctor as bride	42(84%)		
Personal desire to marry a doctor	24(48%)		
Family pressure on them	20(40%)		

Conclusion: There is a huge number of parents and bachelors which have a mindset to prefer doctors as their brides but they forget that doctor brides may bring a family status and minimize chances of financial crisis for a family but a medical degree is not a qualification for a better family life.

Recommendation: Further studies should be carried out to assess the impact of restricting doctor brides from their jobs.

(SSIV-6) The Effect of Internet Usage among Medical Students

Authors: Ahsan Raza, Sehrish Khan, 4th Year MBBS.

Supervisor: Syed MA.

Abstract

Background: The internet is the largest set of computer networks that use the internet protocol. As its applications are found in every field of life be it knowledge, communication, entertainment and news. Globally it is being used by 77% population of developed countries and in Pakistan only 10% population used internet. Internet is the largest library of all and by social interactions internet has made people closer and closer meanwhile internet has become an unbreakable addiction giving rise of health and social problems. So this study was conducted with to assess the health and social effects of Internet among medical students.

Methodology: A cross-sectional study was conducted among randomly selected 200 students of Mohammad Medical College Mirpur khas in July-September2013. A face to face interview was carried out by using structured pretested questionnaire to obtain demographic and information regarding frequency of internet uses, health and social consequences was collected. Data was entered and analyzed by MS excel

Results: 102(51%)among 200 students were using internet daily.73(36.5%) were using for academic purposes and 67(33.5%) were using for communication,55(27.5%) students were using for entertainment. Health problems were reported by 139(69.5%)students while 46(23%) students were reported for immoral activities leading to social problems.

Frequency of internet users	Male users 100	Female users 100	Total users 200(100%)
Daily users	68(34%)	34(17%)	102(51%)
More than once a week	17(8.5%)	13(6.5%)	30(15%)
Once a week	12(6%)	18(9%)	30(15%)
Once a month	11(6%)	10(5%)	21(11%)
Less than once a month	8(4%)	9(4.5%)	17(8.5%)

Use for academic purpose	Male users 43(21.5%)	Female users 30(15%)	Total users 73(36.5%)
Use for entertainment	21(10.5%)	34(17%)	55(27.5%)
Use for communication	32(16%)	35(17.5%)	67(33.5%)
*Health problems	76(38%)	63(31.5%)	139(69.5%)
*Social problems	16(8%)	30(15%)	46(23%)

Conclusion: It is concluded that there is strong misuse of internet among medical student .Limited number of students use it for learning skills .Students should have to improve learning skills and there should be limitation to minimize social problems.

*Student spend more time on internet and become lazy and they indulge in immoral activities.

(SSIV-7) Stroke: Prevalence of Risk Factors For Stroke in Patients Admitted In Neurology Ward Of Muhammad Medical College Hospital, Ratanabad /Mirpurkhas.

Authors: Arsalan Ali, Saima Khadim,

Supervisor: Dr. Fayaz Ahmed Memon (Associate Professor)

Abstract

Objective: To determine the prevalence of various risk factors for stroke and its Sub-types among males & Females.

Design: Cross sectional / observational study.

Place and Duration Of Study: The study was conducted at the medical Department of Muhammad Medical College Hospital, Ratnabad Mirpurkhas. From 1st July 2012 to 30th June 2013.

Material and Methods: 100 Patients of CVA have been selected then a Performa has been fulfilled. patients with features of stroke confirmed by CT scan brain. Brain imaging showing abnormalities other then stroke have been excluded. The prevalence of various risk factors for stroke and its types among males and Females were evaluated.

Results: Out of total 100 patients, 78(78%) presented with infraction stroke and 22 (22%) with Hemorrhagic Stroke. Their mean age at presentation was 56.89 with SD=8.92 years. Hypertension 35(59.3%) and smoking 18(94.7%) were the most important risk factors among males, while the presents of diabetes mellitus 16 (55.2%) and IHD 10 (62.5%) were found to be more common among females. Forty-two (42%) and 11(11%) males, While 36(36.3%) and 11(11%) females suffering from cerebral infarction cerebral hemorrhage respectively. In-Hospital mortality was 09(09%).

PRESENTING COMPLAINTS OF STROKE (MALE & FEMALE)

PRESENTING COMPLAINTS	YES				NO			
	Male	Female	Total	%	Male	Female	Total	%
Weakness of left side	44	39	83	83.0	--	--	--	--
Weakness of right side	09	08	17	17.0	--	--	--	--
Vomiting	02	01	03	3.0	51	46	97	97.0
Headache	13	11	24	24.0	40	36	76	76.0

Fits	00	04	04	4.0	53	43	96	96.0
Loss of speech/ Aphasia	08	03	11	11.0	45	44	89	89.0
Coma	10	08	18	18.0	43	39	82	82.0

RISK FACTORS OF STROKE (MALE & FEMALE)

RISK FACTORS	MALE				FEMALE			
	Co unt	% withi n gende r	%wit hin risk	% of tot al	Coun t	% withi n gende r	%wit hin risk	% of total
History of Hypertension	35	66.0	59.3	35.0	24	51.1	40.7	24.0
History of Diabetes malitis	13	24.5	44.8	13.0	16	34.0	55.2	16.0
History of Hypercholest remia	09	17.0	47.4	9.0	10	21.3	52.6	10.0
History of Smoking	18	34.0	94.7	18.0	01	2.1	5.3	1.0
History of Sedentary life style	08	15.1	47.1	8.0	09	19.1	52.9	9.0
History of I.H.D	06	11.03	37.5	6.0	10	21.3	62.5	10.0
History of previous stroke	06	11.03	50.0	6.0	06	12.8	50.0	6.0

C . T SCAN FINDINGS & G.C.S SCORE OF STROKE PATIENTS

GCS	Gend er	C.T				Total	
		Cerebral Infarction		Cerebral Haemorrhage			
		Count	% of total	Count	% of total	Count	%
3 -7	Male	2	22.2	02	22.2	04	44.4
	Femal e	3	33.3	02	22.2	05	55.6
8 – 11	Male	5	55.6	01	11.01	06	66.7
	Femal e	1	11.1	02	22.2	03	33.3
12 – 15	Male	35	42.7	08	9.8	43	52.4
	Femal e	32	39.0	07	8.5	39	47.6
Tota l		78	78.0	22	22.0		

Conclusion: frequency of various risk factors was high in this study which is similar to that observed in developed countries. Hypertension and smoking were major risk factors for males, while diabetes mellitus and IHD were more common in females. We did not find any significant gender difference between the two stroke types.

Category: internal Medicine

Key Words: Hypertension, Ischemic Strokes, intracerebral hemorrhage, Diabetes mellitus, ischemic heart Disease.

(SSIV-8) Audit of Disease Pattern of Paediatric Patients at Muhammad Medical College & Hospital Mirpurkhas

Authors: Zahid Waseem Bhutta, Saleh M. Wattoo, M. Azhar Khan, Arsalan Khan M. Jameel, (Final year MBBS).

Supervisors: Dr. Masood Memon (Dept. Of Paediatrics MMCH)

Dr Dheeraj Kumar (Dept. Of Paediatrics MMCH)

Institution: Dept. Of Paediatrics Muhammad Medical College & Hospital Mirpurkhas.

Abstract

Background: Paediatric Medicine is an ever changing field. Requirements keep changing in terms of resources accordingly. It is therefore important to keep the needs of every department up to date.

Aims: To find out which types of diseases are common requiring admissions in Paediatrics ward at Muhammad Medical College Hospital Mirpurkhas(MMCH).

Study Design: It is a retrospective study of 110 patients admitted in Paediatrics ward at MMCH of last 6 months (April 2013-Sep 2013).

Results: Out of total 110 patients 65 were male & 45 were female of varying ages upto 12 years. Commonest age group was under one month(n=33; 30%).

Commonest 5 diagnosis were:

Commonest Diseases	No. Of Patients	Percentage of Patients
Acute Gastroenteritis	25	22.72%
ARI	18	16.36%
Pre-term delivery	17	15.45%
Sepsis	14	12.72%
Birth Asphyxia	8	7.27%
Others	28	25.45%

There were 4 deaths(3%) during the admission (2 pre-term, 1 Birth Asphyxia, 1 Sepsis)

Conclusion: Acute gastroenteritis is the commonest cause of admissions in this financially deprived community. Very seriously ill patients are seeking help at our hospital for management and treatment which is not provided at some local hospitals.

(SSIV-9) Risk factors of obesity / overweight among the students of MMC

Authors: Maimoona Bilal, Tahreen Mujtaba (4th Year)

Supervisor: Asst. Prof. Dr. Syed Asif Ali Shah

Abstract

Background: Obesity is considered as a global epidemic. .Overweight and obesity are defined as abnormal or excessive fat accumulation in the body that may affect health. Developing countries are faced with prevalence of overweight/obesity. Overweight and obesity are now considered as very important risk factors for many chronic diseases which exploit high cost of medical care.

Objective:

To identify risk factors leading to obesity

To suggest necessary recommendations

Methodology: A cross-sectional study was conducted among the medical students of MMC between September 2013- October 2013. Data collected by using a pre-tested questionnaire. Statistical analysis used was SPSS version software.

Results: 50 students who looked overweight /obese were selected and given questionnaire form. All 50 students responded to the questionnaire. Among them 80% are either obese or overweight and 20% are normal weighted. Among them n= 9(18%) are obese and n=31(62%) are overweight, among obese/overweight associated risk factor was over eating (n=31,77%), fast food (n=33,82%), intake of food 3-4 times/day (n=29,72%), soft drink (n=28,70%), meat user (n=29,72%), eat restaurant food (n=30,75%), use of snacks (n=30,75%), irregular meal habits (n=38,95%), less exercise (n=25,63%).

Risk factors associated with overweight and obesity among students of MMC

Risk factors	Male, n=17(34%)		Female, n=23(46%)		Total Obese/overweight M/F ,n=40
	Obese, n=4(24%)	Overweight, n=13(76%)	Obese, n=5(22%)	Overweight, n=18(78%)	
Over eating	4 (24%)	9(53%)	4 (17%)	14(61%)	31(77%)
Fast food	3(18%)	12(71%)	4(17%)	14(61%)	33(82%)
Intake of food per day (3-4 times)	3(18%)	13(76%)	3(13%)	10(44%)	29(72%)
Use of soft drinks (2-3 times/day)	4(24%)	11(65%)	3(13%)	10(44%)	28(70%)
Use of meat (3-4 times/week)	3(18%)	10(59%)	5(22%)	11(48%)	29(72%)
Hoteling (5-7 times/month)	3(18%)	9(53%)	3(13%)	13(57%)	30(75%)
Use of snacks (4-5 times/day)	4(24%)	10(59%)	5(22%)	11(48%)	30(75%)
Irregular meal habits	4(24%)	11(65%)	5(22%)	18(78%)	38(95%)
Less exercise	3(18%)	8(47%)	3(13%)	11(48%)	25(63%)

Conclusion: There is strong association between strong determinants of obesity and overweight. This study shows that high prevalence of obesity/ overweight among students of MMC has direct relationship with decreased physical activity and other factors like lack of diet control by students.

Recommendations: All stakeholders i.e. peers, parents, media, religious persons etc should have to play their respective role over this emerging health related issue.

Keywords: Risk factors, Students, Overweight, Obesity, Physical activity

(SSIV-10) Knowledge attitude and practice regarding homosexuality in the male inmates of distt. Jail Mirpurkhas, Sindh

Authors: Shahbaz Khaliq, Ahsan Rehman, Hafiz Muzammil Hussain, Anwar Ahmed. (4th year MBBS)

Supervisors: Dr. Asif Ali Shah (Department of Community Medicine & Health Sciences)

Dr. A.B. Rajar (Department of Community Medicine & Health Sciences)

Abstract

Background: The world homosexuality literally means as of same sex. Homosexuality is a sexual orientation characterized by sexual attraction or romantic love exclusively for people who are identified as being of the same sex. People who are homosexual, particularly males are known as 'gay', and females are known as 'lesbians'.

The aerialist western document concerning homosexual relationship comes from ancient Greece, where same sex relationship was the societal norm. Even homosexual marriages have occurred with relative frequency in the past, both within Christian and non-Christian communities. Researchers suggest that the Catholic Church, which has been

extremely vociferous in its opposition to homosexuality in general, approved of same –sex marriages for over 1 500 years, only ceasing to perform them in the nineteenth century. According to Pakistan law, same-sex sexual acts are illegal.

Objective: To assess the knowledge attitude and practice regarding homosexuality in the male inmates of the Distt. Jail Mirpurkhas Sindh.

Methodology: It is cross sectional survey in which 65 samples are collected, by interviewing

Results: According to our survey among prisoners of Distt. Jail Mirpurkhas 65 (out of 100) respondents show that they know about homosexuality, out of them 41(63%) told that they know about homosexuality from their friends.54 (83%) show that they also know about the diseases which spread through homosexuality.43 (66%) from them told that they felt uncomfortable when see homosexuality.59 (90%) agree that there is law to restrict homosexuality and 52(80%) agreed that it affect the society and social moral. As well as practices are concern only 5(8%) do practice of homosexuality and 60(92%) do not. Among them 03(4%) perform homosexuality for sexual desire 01(2%) for benefit and 01(2%) for money.

Our survey among male prisoners of Distt. Jail Mirpurkhas n=65	
Aware about homosexuality	41(63%)
Aware about disease spread by homosexuality	54 (83%)
Agree that there is law to restrict homosexuality	59 (90%)
told that they felt uncomfortable when see homosexuality	43 (66%)
Agreed that it affect the society and social moral	52(80%)
Do not practice of homosexuality	60(92%)
Practice of homosexuality	5(8%)
Perform homosexuality for sexual desire	03(4%)
For benefit and money.	01(2%)

Conclusions: There is a need to have check on the prisoners and stop these activities and taking appropriate steps like increasing the punishment or isolating the person who is creating problems .Facilitation and counselling should be provided to the people who are involved in homosexuality to get money and benefits.

(SSIV-11) Pre Hospital care time intervals among the victims of road Traffic accidents

Authors: Muhammad Umar Noor , Zeeshan Hussain , Mohsin Maqsood, Muhammad Irfan (4TH year MBBS)

Supervisor: Asst.Prof.Dr Syed Asif Ali (Department of Community Medicine)

Abstract

Background: Road traffic accident (RTA) is a neglected epidemic. It accounts for moderate to severe injuries in 20-50 million people with 1.2 million deaths globally, can be prevented by availability of rapid and competent pre-hospital services at the crash scene. Pre-hospital care in RTAs is unsatisfactory in many undeveloped countries including Pakistan and attributed to majority of deaths. The current study was design with objective to estimate Pre-hospital care time interval average in RTAs occurred in urban, rural and interurban areas.

Methodology: A hospital based cross-sectional study was conducted among RTA victims, selected by using purposive sampling technique from casualty and allied departments of Muhammad Medical Hospital and civil hospital Mirpurkhas from September to October 2013. Information on socio demographic characteristics, location, pattern of RTA, type, severity of injury and time of pre-hospital care were collected by using closed ended questionnaire.

Result: Among total 60 cases of RTA 37(61%) was occurred at urban and 23(39%) at rural roads, most of them

35(58.3%) were motorcycle users. There was a marked male preponderance 47(78%) and highest number 25(41.6%) of cases was reported from 25-34 years age group. Frequent injury was fracture of upper and lower limb 24(35%). The most identified reason was over speed 32(53%) and use of mobile 14(23%). Among RTA victims 19(31.6%) transferred to hospitals by ambulance, 34(56.6%) by local transport and 6(10%) by relatives from place of accident. The transferred time was less than 30 minutes among 27(73%) in inter-urban victims and more than one hour among 14(61%) in rural roads.

Total number of RTA victims n=60		Most frequent Causes of RTA		
Urban	Rural	Over speed	Uses of mobile	
37(61%)	23(39%)	32(53%)	14(23%)	
Most frequent type of Injury		Victim transported by		
Fracture of Upper & Lower limbs	24(40%)	Ambulance	Local transport	By relative
		19(31.6%)	34(56.6%)	07(11.6%)
Transport time to hospital				
Inter-urban Roads		Rural Roads		
Less than 30 min 27(73%)		> 1 hr 14(61%)		

Conclusion: RTA contribute significantly to unacceptably high morbidity and mortality. In our study most of the accidents were reported in urban areas among males of 25-34 age group due to over speed and use of mobile during driving. It is recommended that education session for importance and compliance of traffic law should be conducted at district level and development of district emergency services for RTA victims.

(SSIV-12) Prevalence of Hepatitis D among HBsAg positive patients in District Mirpurkhas

Authors: Madiha Khan, Noor-ul-Ain, 4th Year MBBS

Supervisor: Syed MA, Aqeela Memon.

Abstract

Background: Globally hepatitis D virus is public health problem It has been estimated that 5% (15 million) people are victim of this type of hepatitis. Co infection of HBV-HDV is more severe form of hepatitis provoke a spectrum of acute and chronic liver diseases like cirrhosis of liver, hepato carcinoma In Pakistan studies have shown the co-infection of hepatitis D with hepatitis B to be in the range of 30% to 58.6%. . The areas of high edemicity for HDV have shifted from southern Mediterranean region to less developed countries including Pakistan.

Objective: The objective of this study was to find out the prevalence of hepatitis D co-infection among HBsAg positive patients visiting to district Hospital Mirpurkhas .

Methodology: This was a retrospective record review conducted in District Headquarters Hospital (Civil Hospital) Mirpurkhas province Sindh. We reviewed 9847 records of patients with hepatitis B and D presenting between March 2006 and October 2013. Information was collected regarding co-infection of Hepatitis B & D, current treatment status, response to therapy and defaulter status on pre-designed structured proforma.

Results: The patients ranged from 10 to 65 years in age (mean=31+ 12). All (n=9847) of HBsAg positive patients were also screened for HDV antibody. Among these 160 (n=1.6) were positive for HDV antibody .with male (n=147). 92% .Most of of the patients belonged to the age group 20-29. These all 160 hepatitis D positive patients received the treatment ,out of which 57 (36%) were defaulters. Only 48 patients got end-treatment. PCR. out of which 45% (n=22) showed continuous Hep D viral reactivity .As for concerned to female sex involvement it shows 8% (n=13). Most frequent cases were reported from Taluka Husain Bux Mari 9+ve(26%) taluka jhudo7+ve(21%) taluka Digri6+ve(18%),Taluka Sindhri 7+ve(21%) taluka mirpurkhas4+ve(12%) taluka KGM1+ve(3%)

YEAR	HBs Ag+VE cases	HDV +VE	%
2006	1076	14	1.3
2007	1245	13	1
2008	1079	11	1
2009	1364	17	1.2
2010	1240	12	1
2011	1339	24	1.79
2012	1430	41	2.86
2013	1074	28	2.6
	9847	160	1.6

Conclusion: This study shows extremely high prevalence (1.6%) of hepatitis D in population of District and tends to increase over time. It is highly recommended to launch preventive measures like vaccination against Hepatitis B, awareness campaigns regarding risk factors, mode of transmission and prevention, As More than 300 million people have chronic (long-term) liver infections in the world and about 600 000 people die every year due to the acute or chronic consequences of hepatitis B, by reducing its prevalence we can restrict the HDV.

**Scientific Session-V
(SS-V)**

(SS-V-1) Authors: Arsalan Khan, Hafiz Aqeel Irshad, Muhammad Shan Zafar, Muhammad Rehan, Sana Ishaq, Final Year, MBBS

Supervisor: Prof. Dr Syed Razi Muhammad ,Prof .Dr Rehmatullah Soomro.

Abstract

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

Institution: This study was carried out in JINNAH HOSPITAL, LAHORE in the Department of Surgery from January 2013 to September 2013.

Methodology: The total number of patients were 180, which were attending the Surgical OPD or admitted in Surgical ward for treatment .All patients were divided into three groups.

- GROUP A Treated Medically by 0.5 % GTN ointment .
- GROUP B Treated Medically by 0.5% Nifedipine ointment .
- GROUP C Treated Surgically (Lateral internal sphincterotomy).

Results: Out of 180 patients, 142 (78.8%) were males and 38(21.2%) were females. Majority of patients were falling in age group 31 to 40 years .Out of 180 patients, 90 (50%) were treated Surgically and 90 (50%) were treated Medically . Out of 90, 45(50%) treated by 0.5% GTN ointment and 45 (50%) were treated by 0.5% Nifedipine ointment on their wish .

Patients treated by GTN ointment healing rate was 29/45 (64.5%) and recurrence rate 16/45 (35.5%), those who were treated by Nifedipine ointment, healing rate was 35/45 (77.7%) and recurrence rate 10/45(22.2%) and those who were treated Surgically, healing rate was 90/90(100 %) and recurrence rate (0%).The complications of Medical treatment were head ache and recurrence whereas Flatus incontinence and Fecal incontinence were complications of surgical treatment which were resolved within 2 months after surgery .

Features	Surgical Treatment	Medical Treatment	
		0.5% GTN Ointment	0.5% Nifedipine Ointment
Healing	90/90 (100%)	29/45 (64.5%)	35/45 (77.7%)
Recurrence	0/90 (0%)	16/45 (35.5%)	10/45 (22.2%)
Headache	9/90 (10%)	34/45 (75.5%)	9/45 (20%)
Flatus incontinence	18/90 (20%)	0/45 (0%)	0/45 (0%)
Fecal incontinence	4/90 (4.7%)	0/45 (0%)	0/45 (0%)

Conclusion Surgical treatment provide 100% healing to all patients, but for the patients who didn't not consent or unfit for Surgery, Nifedipineheals more fissures then GTN ointment.

(SS-V-2)Assessment of Food Quality in School Canteens Public vs Private Schools

Authors: Faisal Naeem Cheema, Waleed Yousaf , M.Farhan Sarwar, Mubashir Riaz (4th year)

Supervisor: Dr Syed Asif Shah , Asst.Prof Dr M.Shareef

Abstract

Introduction: Schools are in good position to endorse healthy foods related behaviors in students and help ensure appropriate food intake. Dietary services are one of the required care services in any school canteen. These services are part of the development of healthy eating habits of school children. Assessment of food quality in Beacon house school system (BSS) and Government girls school canteen (GGS) canteens was the main concern of the study. The study was aimed to assess the quality of food, satisfaction of students and the improvement strategies

Objective: The study was conducted to see food quality in BSS and GGS canteens, the services provided to the students and the satisfaction of students.

Methodology: For the purpose of data collection , two questionnaires, one open ended and one close ended, were formulated covering all the required variables.

Results: It is a cross sectional comparative study. There is no separate organizational structure for the improvement of food quality in BSS and GGS Bahawalpur. All the personnel involved in different stages of food preparation, food handling and delivery lacked any special training . There is no periodic examination of cook's and no means of vaccination and screening. A proper evaluation of dietary services and food quality is not done.

Conclusions: Since no separate organizational structure exist for dietary services in BSS and GGS Bahawalpur , so there is a room for a lot of improvement.

(SS-V-3)Dieting and its reasons among medical students of MMC

Authors:FarazShakoor, Muhammad Adil, MudassarShabbir, Ahmed Ali Sheikh, 4th year MBBS

Supervisions:Dr. A.B Rajar, Dr. Asif Ali Shah, Dr.M.Sharif (Community Medicine & Health Sciences)

Abstract:

Background:In most of the world obesity is rising and it is becoming a global public health problem day by day. Obesity is not only associated with many diet –related chronic diseases, but it is also associated with feeling of low

self-esteem, negative body image. Body negative image may initiate young adults in strict dieting and unhealthy eating behaviors to lose weight. Thus dieting is becoming a common phenomenon among university students to achieve their desirable body

Objective:To show the reasons of increasing dieting trends among medical students of MMC

Methodology:It is cross sectional survey, pretested questionnaire, among medical students of Muhammad medical college, Mirpurkhas

Results:Sample size was 350 all of them were aware of dieting, among these 175 were male and 175 female. Out of them 248 have never practice dieting and only 72 have practiced diet, among them 30 were male and 42 female. The result is based on those who practice diet, these are 72 in number.

	Reason for dieting									
	For slimness & smartness		Due to people attitude		Improve low self-esteem		Prevention of non-communicable disease		Impact on study	
Gender	Frequency	%age	Frequency	%age	Frequency	%age	Frequency	%age	Frequency	%age
Male	15	50%	21	70%	21	70%	12	40%	21	70%
Female	16	38%	33	78%	13	30%	03	07%	18	42%

❖ As evident from above, some respondent ticked more than one reason for dieting.

Conclusion:In our study females were highest respondent to practiced diet due to people behaviour while mostly male practice diet to improve their self-esteem .it is recommended that nutritionist/doctor should be concern for proper diet.

(SS-V-4)Control of Blood Glucose in patients with Type 2 Diabetes Mellitus at MMCH

Authors: Aysha Hameed, Mariam Zahra, Nighat Batool, SabahatNazir, Sehrish Ahmad Ali (Final year MBBS)
Supervisor: Dr.Fayaz Memon, Dr.Atif Ali

Abstract

Objective: To determine the frequency of control of blood glucose in type 2 diabetes mellitus patients attending diabetes' OPD in MMCH

Introduction: Diabetes mellitus is a metabolic disorder characterized by varying or persistent hyperglycemia resulting from defective secretion or action of insulin.

Study design: Cross Sectional

Place and Duration: Diabetes OPD in Mohammad Medical College Hospital from July 2012 to June 2013.

Methodology: 500 diagnosed patients of type 2 diabetes mellitus were included in this study.

Results: Out of 500 patients, 64% (n=320) were males and 36% (n=180) were female. 366/500(73.2%) patients had poorly controlled diabetes,254/366(69.4%)were males and 112/366(30.6%)were females. While 134/500(26.8%) patients had acceptable control of blood glucose,66/134 (49.3%)were males and 68/134(50.7%)were females.

Parameters	Males	Females
No. of patients	320(64%)	180(36%)
Mean Age	42 yrs	39 yrs
BMI	28-31.5kg/m ²	29-32kg/m ²
Poorly controlled FBS >110mg/dl RBS >180mg/dl HbA1C=7-9.5%	254(69.4%)	112(30.6%)
Controlled blood glucose FBS <110mg/dl RBS <180mg/dl Hb A1C=4-6%	66(49.3%)	68(50.7%)

Conclusion: This study proved that control of blood glucose remain poor, i.e 73.2% patients remain uncontrolled even after attempts to treat the disease, it shows that because of this poor control of blood glucose huge number of patients in future will land up with serious complications.

(SS-V-5)Knowledge and attitude about tetanus and its post exposure prophylaxis among MMCIAN

Authors:ZohaibhassanBaloch, Uroojasghar, ZohaibHassan, Aqsakiran (Final Year)

Supervisor: Prof DrSyed Razi Muhammad , Department of surgery

Abstract

Background:Tetanus is a illness characterized by an acute onset of hypertonic, painful muscular contraction usually of muscle of jaw and neck, gernalized muscle spasm without other apparent medical causes. Currently tetanus is a severe disease primarily of older adults, who are un vaccinated.

Aims:To evaluate students knowledge regarding fatality and prevention of tetanus and attitude towards vaccination and post exposure prophylaxis.

Method: A cross sectional study was done with help of performed questioner among randomly selected 100 students of MMC in which 50 were male and 50 were female.

Result:According to our survey 89% (45 boys & 44 girls) students have knowledge about tetanus and 11% (5 boys & 6 girls) don't know about tetanus ,65% (39 boys & 27 girls)are those who suffered from injury but only 51%(29 boys & 22 girls)have received ATS and remaining 14%(9 boys & 5 girls)doesn't received ATS after the injury.71%(35 boys&36 girls)think that tetanus is a fatal disease and only 61%(31boys&30girls)have received vaccination in their childhood(DPT).39%(19boys&20girls)are those who have received the booster(2nd dose).57%(37 boys&20girls) have seen the case of tetanus in their life. According to MMCIAN the main reasons behind the un vaccination are Unawareness 60 % (33boys&27girl), Illiteracy 24 % (14boys&10girls) ,No availability of vaccine16 % (3boys&16girls).

Individual ratio of all five classes of MMC

Questions	1 st year (20 students)	2 nd year (20 students)	3 rd year (20 students)	4 th year (20 students)	Final year (20 students)
Knowledge about tetanus	90% 10boys&8girls	90% 9boys&9girls	90% 9boys&9girls	85% 8 boys & 9 girls	95% 10boys & 9girls

Tetanus is Fatal disease	80% 8boys&8girls	75% 8boys&7girls	75% 8boys&7girls	80% 9 boys&7 girls	65% 7 boys & 6 girls
Tetanus vaccination in childhood	65% 7 boys & 6 girls	45% 3boys&6girls	65% 7 boys & 6 girls	65% 7 boys & 6 girls	60% 8 boys & 4 girls
Have received booster	45% 5boys&4girls	25% 1 boys & 4 girls	40% 4 boys & 4 girls	45% 5boys&4girls	40% 5 boys & 3 girls

(SS-V-6) Knowledge, Attitude and practice of influenza like illnesses among students of MMC

Authors: Wassam Aurangzeb, Rana Mubeen, Sohail Iqbal, Shahkar Mustafa, Syed Ejaz Shah, 4th Year MBBS.

Supervisors: Prof. Dr. Syed Razi Muhammad, Dr. Syed AsifAli, Prof. Dr. A.B.Rajar.

Abstract

Background: Influenza like illnesses are major causes of morbidity. This worldwide problem occur frequently from time to time affecting all parts of world. It can be sporadic, pandemic and epidemic. Therefore it is quite mandatory to make aware people to these type of illnesses, so that preventive measures should take.

Objective: To assess the impact of influenza like illnesses on health, academic work, performance among medical students of Muhammad Medical College.

Methodology: It is cross-sectional study, pre-tested questionnaire was conducted at MMC.

Result: Among 150 medical students 139(92%) were very well aware about the influenza like illnesses. Among all participants 73(48%) were infected from influenza like illnesses, out of which 52/73(71%) were male and 21/73(28%) were female. Among influenza infected students only 17 were vaccinated. Highest infected students range from 20-24 years of age group. It is epidemic at the time of research. Half of the students are suffering from influenza.

Conclusion: It is common and associated with substantial morbidity in medical students. Enhanced efforts to prevent influenza like illnesses, vaccination could improve health of medical students

(SS-V-7) A Study to determine the knowledge regarding ATLS among the students of 4th & Final year in MMC

Authors: M.SaeedAkram, M.Mohsin Akhtar, Hassan Mouhaiudin, Dilawar Khan (Final Year)

Supervisor: Prof. Dr. Syed Razi Muhammad

Institution: MuhammadMedical College Hospital, Mirpur Khas, Pakistan

Abstract

Background: Trauma is one of the leading causes of mortality in developing countries. Nonspecialist doctors are the first caregivers to attend to trauma patients. and undergraduate (4th & final year) medical students are upcoming doctors so they must have knowledge regarding ATLS

Objectives: To determine the knowledge regarding ATLS among the students of 4th & Final year in mmc

Materials & methods: This is a descriptive cross-sectional study conducted among undergraduate medical students (4th & final year). We prepared and shared out questionnaires to the respondents, and later analyzed the information and assessed the grading of students. The assessment grading of the level of knowledge is as follows [Table 1].

Table 1: Criteria for rating level of knowledge of ATLS

None	No knowledge of any of the stages of ATLS and components of primary survey
Poor	Knowledge of the main stages of ATLS+or – insignificant knowledge of components of primary survey
Satisfactory	Knowledge of main stages of ATLS+significant knowledge of components of primary survey
High	Knowledge of all stages of ATLS and almost all the components of primary survey
Excellent	Knowledge of all the stages of ATLS and all the components of primary survey

Results: 141 out 150 respondents (94%) filled and returned their questionnaires.86 (61%) were males & 55 (39%) females.79 (56%) were from final year & 62 (44%) from 4th year. When we reviewed the answers and rated the knowledge on basis of [Table:1],19 final year students and 5 4th year students were satisfactory,41 final year & 13 4th year students did poorly,11 final year students had a high knowledge,8 final year students showed excellent knowledge,44 4th year students have no knowledge
So from both 4th& Final year a total of 44 (31%) showed no knowledge,54 (38%) showed poor knowledge, 24 (17%) showed satisfactory knowledge, only 11 (8%) showed high knowledge, and 8 (6%) showed excellent knowledge.

132 (94%) agreed that ATLS is an essential course but 9 (6%) not agreed.125 (89%) agreed it should be made part of our MBBS curriculum.

Table 2: Our rating of respondents' knowledge of the ATLS protocol

Class	Level of knowledge				Total	
	Excellent		Satisfactory	Poor		None
Final Year	8	79	19	41	0	79
4 TH Year	0	62	5	13	44	62
Total	8 (6%)	141	24 (17%)	54 (38%)	44 (31%)	141

Conclusion: In our study majority of students about 31% & 38% showed no and poor knowledge respectively regardingAtls. So there is need to educate students about ATLS by conducting seminars about its importance specially in our country as we are facing a lot of disasters &terrorism .ATLS training should be made part of MBBS curriculum, further more a trauma care center must be attached with a teaching hospital so that when a medical graduate goes into practical field he/she must have the ability to tackle disaster situation efficiently.

(SS-V-8)Disturbance of menstrual cycle among medical students in hostel at MMC

Author: Sana Munir, Qurat-ul-Ain, SanamJaved (4th Year MBBS)
Supervisor: Dr.AsifAli Shah, Dr. HeemLata, Dr. Qamar-un-Nisa

Background:Menstrual problem is one of the most prominent problem being faced by young hostel girls all over the world.

According to WHO 43% hostel girls suffer from menstrual irregularity world wide.

Objective: To ascertain main causes of disturbance of menstrual cycle among medical student in hostel in MMC and how they handle it.

Methodology: From 1st SEP to 31 OCT 2013 , A cross sectional study was conducted among 78 hostel girls of MMC, selected by using convince sampling technique information was collected by using closed ended questionare after informed consent, entered and analyzed by Excel.

Results: Among 78 hostel girls,53(68%) having dysmenorrhea irregularity, 14(18%) having oligomenorrhea,8(10%) were having menstrual irregularity,6(8%) girls consult gynaecologist and 5(6%) girls take self treatment.

Conclusion. Menstrual irregularities pose a common problem among girls causing a wide range of depression,headache and other problems. Steps should be taken to eradicate all those factors that cause menstrual irregularity.

Oligomenorrhea	Menstrual irregularity	Consult gynaecologist	Take Self Treatment
14 (18%)	8(10%)	6(8%)	5(6%)

Hb (Average)	Regular menstruation	Irregular menstruation	Dysmenorrhea	Age group
11%	70 (90%) respondants	8 (10%) respondants	53 (68%)	18-25 Mean: 20 Mode: 22

(SS-V-9)To determine the association of cholelithiasis with choledocholithiasis (Surgical Jaundice)

Authors:Sana Ishaque, MehvishHameer, TayabaKausar, Abu Bakar, Arsalan Khan, Final Year.

Supervisor:Prof: Rehmatullah Soomro.

Objective:To determine the association of cholelithiasis with choledocholithiasis (Surgical jaundice)

Institute:Muhammad Medical College, Mirpurkhas.

Study Design:Retrospective study.

Place and duration:Study was conducted at surgery department from Sep: 2012 to Sep: 2013.

Methodology:Retrospectively All cases notes of patients diagnosed as cholelithiasis were seen all ultrasound reports were checked for any dilation in hepatobiliary tract.

Result:Total no of cases of cholelithiasis is 33 in Sep 2013. Among there 10(30%) males with mean age 50 years, and 23(60%) Females with mean age of 51.6 years. From there 4(12.12 years) cases of cholelithiasis associated with Surgical jaundice. All 4 cases were under gone for ERCP before cholecystectomy.

Conclusion:In our study 12% case of surgical Jaundice with cholelithiasis which is quite significant.

(SS-V-10)Awareness of Medical Students Regarding Dislipidemias(Hyperlipidemias)

Authors:Saleh Muhammad, M. Azhar Khan, Zahid Waseem, Arsalan Khan, M. Jameel(Final year MBBS)

Supervisor: Dr. Muhammad Ali (Dept. Of Medicine MMCH)

Dr. Atif Ali (Dept. Of Medicine MMCH)

Abstract

Background:Cholesterol metabolism has an important consequences on progression of coronary & cerebrovascular disorders. Obesity, lack of exercise and sedentary life style are the major reasons for dislipidemias. Simple life style, eat less and walk more can overcome this problem.

Objective:To assess the basic knowledge of medical students of MMC regarding islipidemias/hyperlipidemias.

Study Design:It is a cross-sectional, descriptive study.

Methodology:The study was conducted after informing the students regarding purpose of study and taking consent. Each student had to answer a set of ten questions.

Results:Out of 229 medical students, 186(81.2%) were able to define hyperlipidemia & types of cholesterol in blood. HDL & LDL were correctly identified as good and bad cholesterol by 181(79%). Only 76(33.2%) were able to name two or more lipid lowering drugs. Normal HDL & LDL levels were correctly answered by 50(21.8%) and

26(11.4%) students. Conferences/symposia(58.5%), media(20.5%) and internet(9.6%) were the major source of knowledge among medical students regarding dislipidemias.

Conclusion: Awareness of medical students regarding dislipidemias(hyperlipidemias) was good and beyond our expectations. Though clinical knowledge regarding normal & abnormal values was lacking.

(SS-V-11) Audit of ICU at Muhammad Medical College Hospital

Authors: Raja Shoaib Ahmad, Israr Khan (Final year)

Supervisor: Dr. Syed Razi Muhammad (Professor of Surgery)

Abstract

Background: The ICU at our centre has recently been modernized & upgraded. It is the only such centre to serve around 5 million population in the southern MIRPURKHAS Division.

Aims: To see the pattern of disease presentation & mortality at ICU of Muhammad Medical College Hospital.

Patient and Methods: Case record of 590 patients (372 males – 63%), (218 females – 37%) that were admitted to ICU of Muhammad Medical College Hospital between September 2012 to September 2013 were reviewed .

Results: Average age of the patients was 52 years . Most of the cases were referred by the Department of MEDICINE (425 patients – 72%) followed by SURGICAL Department (165 patients – 28%). The average length of stay in the ICU was 8 days . The commonest reason for the admission in ICU were CLD which include upper GI bleeding and hepatic encephalopathy , COPD , CVA, CRF, PTB, SOB, Burns, DM & Ischemic heart disease. Mortality occur in 195 (33% patients) & the leading cause of death was CLD (38%), COPD (28%), CVA (15%), CRF (12%) & PTB (5.5%).

Conclusion: Decompensated cirrhosis is the commonest reason of admission & that of mortality in our ICU.

(SS-V-12) Surgical Audit

Authors: Nighat Nazar, Huma Shabbir, Farrah Qazi (Final Year MBBS)

Supervisors: Prof. Dr. Rehmatullah Soomro, Dr. Saqib Balouch

Institution: Muhammad Medical College & Hospital, Mirpurkhas

Abstract

Background: Surgical Audit should be regarded as systemic critical analysis of medical care, including procedures used for diagnosis , treatment , use of resources , resulting outcome and quality of life for patients.

Aim: To review various diseases and treatment at Surgical Department MMCH from 1st Oct 2012 to 31st Sep 2013.

Method: Retrospective study of the registered records of patients at Surgical Department MMCH from 1st Oct 2012 to 31st Sep 2013.

Result:

Total Patients :208

Male: 152(73%)

Female: 56(26.9%)

Their ages varied from 3 years to 85 years.

Top Ten Diseases & their Treatment was

S.No	Diseases	Age	Treatment	Percentage
1	BPH	55-85 year	TURP	15.3%
2	Gall Stones	15-70 year	Laparotomy+	13.4%

			Polyolithotomy +Cholecystectomy+	
3	Renal Stones	40-60 year	Nephrolithotomy +Pyelolithotomy	12.9%
4	Inguinal Hernia	30-70 year	Hernioraphy	12.9%
5	Vesical calculi	40-70 year	Cystolithotomy+ Cystolithopexy	10.5%
6	Ureteric Stones	22-50 year	Optic uretic+UreterolithotomyLithotomy	6.2%
7	Appendix	20-35 year	Appendectomy	3.8%
8	FIA	22-60 year	Fistulectomy	3.3%
9	S.cyst	10-65 year	Excretion+Cystremove+Cyst Biopsy	2.8%
10	Intestinal Obstruction	30-50 year	Laprotomy	2.4%

Conclusion: Accordingly to study in Surgical Department MMCH ,BPH,Gall Stones & Renal Stones are most common Diseases found.

(SS-V-13)Spectrum of Bone Disease

Authors:Syed Nasir Shah, Syed Abdul Razzaq, Muhammad Tahir, ShafiurRahman, Final Year MBBS

Supervisor:Dr. Atiq-ur-Rahman, Dr. Atif Ali

Institution:Department of Medicine, Muhammad Medical College & Hospital, Mirpurkhas.

Abstract

Background:Disease affecting bones are various and present to orthopedics surgeons as well asRheumatologists physicians. No data exists in our region regarding the spectrum of such diseases.

Object:To find out the spectrum and demographic details of bony diseases presenting to our hospital.

Methods and Material:A retrospective study of the case series of all 58 patients that were admitted to MMCH with a bony disease.

Results:58 patients (31 females, 27 males) were admitted over the study period with bone diseases. Top most causes comprises of fractures, Rheumatoid Arthritis, OA, PID are about 42 (72%) includes:

- Fractures 23 (39%)
- Rheumatoid Arthritis 11 (18%)
- PID & OA- 8 (13%)

Conclusion:Fractures are unsurprisingly the commonest cause of diseases of the bones requiring hospital admission. A considerable proportion of patients however require admission due to advanced or complicated diseases of bones.

(SS-V-14) Patient Choice of Physician

Authors: ArsalanGhaffar, SajidMehmood, AsadFarooq, HassanAsghar, Muhammad Qasim, Final Year.

Supervision:Prof Dr.Syed Razi Muhammad Department of Surgery

Institution: Muhammad Medical College, Mirpur Khas.

Abstract

Background: In Pakistan, studies have already shown that people are more inclined towards using private physician when they need health services. Yet the main factors which build up public's mind to use certain health care system are to be scratched out.

Aim: To find out the factors behind the patient's choice of Physician.

Methodology: It is a cross-sectional study self-administered questionnaires in which 64 males and 36 females were picked up randomly in MMC.

Results:Total number of subject n=100.Including 64 males & 36 females.

Reason	Yes	No
Nearest to your location	88	12
He/She is known practitioner	70	30
Recommended by some friend	61	39
Recommended by family	46	54
Inspired by degree qualification of practitioner	93	7
You compare several practitioner that seen best	40	60
You like his or her behavior	68	32
You like building of hospital	56	44
You find environment friendly	76	24
You get appointment easily	36	64
According to gender	60	40
According to disease	70	30

Conclusion: This study shows the top factors which contribute in pushing a patient towards the choice of physician is degree qualification of practitioner .The second thing which patient prefer to nearest hospital.

DAY-2

(SS-6)

(SS-V1-1)Fatty liver or “Steatosis”

Authors: Dr. Prof. Sadik Memon, FCPS (Medicine), FCPS (Gastroenterology),
Head of Asian Institute of Medical Sciences, Hyderabad.

Fatty liver

It is the buildup of fat within the liver. This sometimes triggers inflammation of liver. It is also called as “Steatosis”.

There are two types of Steatosis:

1. Metabolic steatosis
2. HCV induced steatosis

The risk of steatosis is higher in patients with genotype 3.

About 40% of patients with HCV have steatosis.

Diet, exercise and healthy weight are important strategies to help reduce and eliminate Steatosis or fatty liver.

(SS-V1-2)Hepatitis education in underprivileged children of rural (desert) community.

Author: Dr: Jewat Sunder**, Dr: Satti jewat*

Institution: Sindh United (n) Developmental Educational Rural Society

Back ground: Hepatitis is globally challenging issue regarding, Awareness, education, prevention, and control, In Pakistan hepatitis is also alarming situation included the rural (desert) areas.

Aim & Object: Our aim to educate especially rural (desert) school children about hepatitis/causing factors and preventive measures at school level and also community level. Object is screening of HCV, HBsAg and HIV+SYPHILIS, Vaccination of Hepatitis B, and treatment of hepatitis –B and hepatitis –C Free of cost.

Duration (Place): January 2013 to August 2013

Methodology: Descriptive Study on SPSS on version 11.

Results: Education (Awareness) given to school children especially Underprivileged rural (desert), schools. Class six: by questionnaire results were out of 400 hundred school children as: Pre-test, Post-test:

1. What is Hepatitis? Pre test (45.9%) Post test (72.9%)
2. What are the causes of Hepatitis? Pre test (10.8%) Post test (78.3%)
3. Which Hepatitis is common in Pakistan? Pre test (32.4%) Post test (64.8%)
4. What are the clinical features of Hepatitis? Pre test (56.7%) Post test (97.2%)
5. How can we prevent from Hepatitis? Pre test (35.1%) Post test (67.5%)
6. Which vaccine is commonly used for prevention from Hepatitis?
Pre test (32.1%) Post test (48.6%)
7. Is Hepatitis treatable? Pre test (64.8%) Post test (66.7%)
8. How can we prevent our country from Hepatitis? Pre test (35.4%) Post test (51.35%).

Conclusion: Rural (desert) areas needs more attention regarding health education we can play a key role for any community for (Awareness) and decrease the burden of disease in the rural (desert) community.

Key words: Hepatitis (Education), Underprivileged, Rural (Desert) community

(SS-V1-3) Hepatitis C Current Guidelines of Treatment

Authors: Dr. Abdul Qadir Khan, MBBS, FCPS (Medicine), MSc Gastroenterology, Department of Medicine, MMCH.

Abstract

Introduction

Hepatitis C virus infection is the principal cause of deaths from liver disease and indication for liver transplantation. An estimated 170-200 million people are infected worldwide.

People newly infected with HCV are usually asymptomatic so Acute Hepatitis C is rarely identified or reported

(SS-V1-4)Dr., my child is not eating food!

Prof. M. Hassan. A. Memon

Many parents continue to feed children milk for a long time. And also out of "LOVE" give them many non-nutritious foods, which fill their tummy without providing them adequate calories and nutrients. On the top of that, they expect their children to eat food, which naturally, they cannot as their tummies are already full. Clinically, these children are malnourished with varying degrees of anemia and mineral deficiencies. Parents have to be explained to :

1. Initiate weaning foods at 6-months age,
 2. Stop non-nutritious junk foods,
 3. and give them solids before offering them fluids.
-

(SS-VI-5) Empathy rating scale through Jefferson in Medical Students at Muhammad medical college MirpurKhas

Authors:S.Raza Muhammad, Dr. Noor Ali Samoon, Prof: Dr.Razi Muhammad

Abstract

Aim: To examine Medical students empathy scale

Methods:-Empathy scale of Jefferson was instrument of 366 Medical students at Muhammad Medical College by points scale a higher number of on the scale indicates more agreements *strongly agree 1-2-3-4-5-6-7 strongly disagree* Individually empathy score were collected and analyzed by SPSS17 and disruptive studies was obtained to examine empathy in respondent.

Result:-Our study respondent reported for 366 participant, depict that out of 366, 193 (27%) respondent believe that empathy is an important therapeutic factor in medical treatment, 64(44.8%) students are strongly agree that there patient feel better when they understand their feelings, 153(41.8%) participant are strongly agree to understand of their families feeling they do not influence medical or surgery treatment, about 147(41.8%) students are strongly agree that an important components of their relationship with their patients is there understanding of emotional status of their patient and 141 (38.6%) respondent are strongly agree that they try to understand patients shoes when providing care to them.

Conclusion:- JS Score corrected that the direction of scoring was appropriate and indicating statistically significant and showing higher level of empathy among students followed by disagree on negative acts of empathy rating scale.

SSVII

(SSVII-1) To Find Knowledge and Awareness of Hand Washing among Health Care Workers B.G.H Kingdom of Saudi Arabia .

Author :- Qureshi Najma Dr. MBBS DCP

Abstract

Object :- To find out hand washing application at Badaya General Hospital Al Qaseem. Kingdom of Saudi Arabia .

Introduction :- Proper hand washing is the most important source to reduced cross infection / nosocomial infection in any healt care setup. It is responsibility of hospital administration to provide hand washing facilities in all working areas of hospital. (Water , Liquid soap , Tissue & alcohol scrub) .

Methodology :- 340 health care workers participate in this data . 5 Questions paper was filled by all the participant.

Q:1 :- What are 5 situation of hand washing describe by W.H.O. ?

Q:2 :- What are 7 step of hand washing ?

Q:3 :- Are ? facilities of hand washing alvaible in working areas ?

Q:4 :- What is the benefits of hand washing ?

Q:5 :- Training received by all health care workers ?

Results :-

Our study contained

Doctors :-	50	14.7 %
Nurses :-	140	41.16%
Sanitary Workers :-	50	14.7 %
Other Technical Staff :-	<u>100</u>	<u>30.0 %</u>
Total :-	340	100 %

Q:1 was correct answered by 300 (88.2 %) wrong answered by 30 (8.8%) not answered 10 (3 %) .

Q:2 was correct answered by 290 (85.2 %) wrong answered by 35 (10.2 %) not answered 15 (4.6 %) .

Q:3 was correct answered by 340 (100 %) .

Q:4 was correct answered by 320 (94.1 %) wrong answered by 0 (0 %) not answered 20 (6.9 %) .

Q:5 was yes received by 330 (97 %) not received 10 (3 %) .

Conclusion:- More than 85 % of over health care workers have good knowledge about hand washing . 97 % of the staff received training about that matter . 3 % are recently new staff . In Hospital hand washing facilities available 100 % .

Recommendation :- Muhammad Medical College Hospital administration need for urgent implementation of infection control polices and procedures in hospital .

(SSVII-2) Frequency and Pattern of Lymphoma in Adult Age Group

Authors: Name : Dr. Uzma Bukhari.. Associate Professor Pathology, Muhammad Medical College Mirpurkhas.

Co-authors : Dr. Saba Jamal, Dr. Javed I Kazi, Consultant Histopathologists, Dr. Ziauddin University Hospital. Karachi

Introduction: Lymphoma represents one of the major health problems all over the world. Pakistan is a part of the lymphoma belt, the geographical boundaries of which extend from south-western Asia to Middle East and Northern Africa.

Objective: To determine the frequency and pattern of lymphoma in adults in a tertiary care hospital.

Study Design: Descriptive Cross Sectional.

Place & Period of Study: Histopathology Department, Dr. Ziauddin Hospital. 09 years, from 2003 to 2011

Material & Method: 298 cases of lymphoma were retrieved from surgical pathology records. After routine H & E stain examination, a panel of immunohistochemical stains was applied on formalin fixed paraffin embedded tissue. The data was analyzed for type of lymphoma, distribution and immunophenotypic features.

Results: Out of 298 cases diagnosed as lymphoma, 194 cases were Non Hodgkin's Lymphoma and 104 cases were Hodgkin's lymphoma. In Non Hodgkin's Lymphoma, Diffuse large B-Cell lymphoma was the commonest (102 cases) followed by other types of Lymphoma. In Hodgkin's Lymphoma, 103 cases were Classical Hodgkin's Lymphoma and one case was reported as Nodular Lymphocyte Predominant Hodgkin's Lymphoma. In classical Hodgkin's Lymphoma, 72 cases were diagnosed as Mixed Cellularity Type.

Conclusion: In adults, Non Hodgkin's Lymphoma is more frequent than Hodgkin's Lymphoma with Diffuse large B-Cell lymphoma being the commonest Non Hodgkin's Lymphoma.

Keywords: Lymphoma, Hodgkin's Lymphoma, Non Hodgkin's Lymphoma.

(SSVII-3) Comparison of Vitamin B12 Level Among Vegetarian and Non Vegetarian Healthy Individuals in District Tharparkar

Authors: Dr Aneel Kapoor*, Nudrat Anwar Zuberi*, Dr Muktiar Baig** Dr. Shamsul Arfeen Khan***

*Department of Biochemistry, BMSI JPMC Karachi, *Department of Biochemistry, BMSI JPMC Karachi,

**Department of Biochemistry, BUMDC Karachi.

*** Department of Biochemistry MMC, Mirpurkhas.

Abstract

Background/Objective: Subjects adopting a vegetarian diet are liable to vitamin B12 deficiency. Its deficiency is characterized by megaloblastic anemia, fatigue, weakness, neurological changes, such as numbness and tingling in the hands and feet, its deficiency may exert indirect cardiovascular effects.

The current work was undertaken to investigate vitamin B12 status in apparently healthy vegetarians in Mithi, district Tharparkar, Sindh.

Subjects and methods: This study was conducted in the department of Biochemistry BMSI JPMC Karachi and blood samples were collected from Mithi district Tharparkar, Sindh in 2012. One hundred vegetarian (lacto- and lacto-ovo-vegetarians) and one hundred non vegetarians (omnivores), age ranging from 20-40 years were enrolled for this study. Hemoglobin concentration, means corpuscular volume and serum vitamin B12 level were measured, using conventional methods.

Results: Mean serum vitamin B12 level and mean hemoglobin were significantly lower ($p < 0.001$) while mean corpuscular volume (MCV) was significantly higher ($p < 0.001$) in vegetarian as compared to non vegetarian. In vegetarian group 51(51%) subjects had vitamin B12 level less than cut off value (200 pg/ml). In this group, 38 out of 74 (51.3%) and 13 out of 26(50%) were males and females respectively and no significant difference in mean value was observed in both genders. In non vegetarian group 21(21%) subjects had vitamin B12 deficiency. In this group, 09 out of 72 (12.5%) and 12 out of 28(43%) were males and females respectively and no significant difference in mean value was observed in both genders.

Conclusion: Vegetarians are more prone to develop vitamin B12 deficiency so they must take vitamin B12 supplement and/or B-12 fortified products to avoid its deficiency consequences.

Key Words: Vitamin B12, Vegetarian ,Non Vegetarian, Hb, MCV.

SSVIII Society of Surgeons

(SSVIII-1) Bilateral Cleft Lip & Palate, A study of 100 cases

Dr. Mahesh Kumar, Head of department & Chairman Plastic surgery department, LUMHS.

Introduction:

Bilateral cleft lip & palate is a common congenital anomaly. After 500 normal deliveries, one baby is born with cleft lip & palate. It may be complete or incomplete or both. Bilateral complete cleft lip is mostly associated with protruded premaxilla & absent collumela.

Materials & Method:

It is a study of 100 cases of bilateral cleft lip & palate seen at Liaquat University of Medical & Health Sciences Jamshoro from 2008 to 2013 (5 years).

There are different techniques but all were managed by Bilateral Millard procedures.

Results:

The results of 100 cases will be discussed during presentation.

(SSVIII-2) A study of 35 cases of Helical rim defects

Dr. Ehsan Jahangir Khan

Introduction: Ear reconstruction has remained a challenge for plastic surgeons because of its unique structure, function and appearance. Multiple reconstructive options are available for helical rim defects like primary closure, local skin flaps, helical rim advancement, conchal cartilage composite grafts, rib cartilage graft cervical tube formation & temporoparietal fascia flap.

Materials & Methods: This study includes 35 cases of helical rim defects of both sexes who were presented to the plastic and reconstructive surgery unit at Liaquat University of Medical and Health Sciences Jamshoro in the period from January 2009 to December 2012.

Duration of study: 4 Year study

Conclusion: One third helical rim defects are best closed by advancing helix in both directions, as described by Antia & Buch.

Two third- or more than 2/3 helical rim defects, a thin tube of retro auricular skin or neck can be applied to residual scapha with acceptable good results.

(SSVIII-3) DCR Operation in 150 cases.

Authors: Prof. Faiz Muhammad Halepoto. Department of Ophthalmology. Muhammad Medical College, Mirpurkhas.

Abstract

Classical modified and DCR with intubation was done in last 5 years.

No failure was encountered due to vast experience of author.

DCR (Dacryocystorhinostomy) is done for chronic dacryocystitis from age of 4-60 years.

Patients is discharged get relief from watery and discharge from affected Eye.

(SSVIII-4) A SAFE AND INEXPENSIVE TECHNIQUE OF RETRIEVAL OF GALLBLADDER SPECIMEN AFTER LAPAROSCOPY

Amir Iqbal Memon, Wali Muhammad Mahri

Department of Surgery

Liaquat University of Medical & Health Sciences, Jamshoro, Sindh, Pakistan

ABSTRACT:

Background:

Laparoscopic cholecystectomy is associated with greater chances of intra abdominal stone spillage and implantation and port site contamination when gallbladder specimen is retrieved without endobag. Economical sterile surgical gloves can be used instead of expensive commercial endobags to retrieve the gallbladder specimen and also intra abdominal spilled stones safely without complications.

Objective:

Evaluate the safety and cost effectiveness of sterile surgical glove endobag technique for retrieval of gallbladder specimen after laparoscopic cholecystectomy.

Study Design:

Observational study

Place & Duration:

Department of Surgery Liaquat University Hospital Jamshoro from July 2009 – June 2012.

Material &Methods:

Four hundred patients with the diagnosis of symptomatic uncomplicated cholelithiasis, who underwent laparoscopic cholecystectomy with four port technique, were included in the study. In all these patients sterile surgical hand glove endobag (size 6½, 7) was inserted through 10mm umbilical port and gall bladder specimen was retrieved along with any spilled gallstone. Tense and distended gallbladders with packed stones were decompressed prior to retrieval without enlargement of the facial opening. The whole procedure was done under direct vision. Patients less than 15 years age, known cirrhotic and carcinoma gallbladder were excluded from this study. The whole process is observed for its safety and cost effectiveness.

Results:

Gall bladder specimen in all four hundred cases, (276 (69%) female and 124 (31%) were male) retrieved through the 10mm umbilical port in surgical glove endobag. In 36 (9%) cases gallbladder was acutely inflamed and oedematous, which were opened and decompressed at the umbilical port site inside the endobag before retrieval. In 20 (5%) patients wound infection observed at the umbilical port site. In 01 (0.25%) patient spilled gall stones were recovered after two years from supra umbilical port presented as a chronic discharging sinus.

Conclusion:

Surgical glove endobag technique is simple, safe and economical with fewer complications.

Keywords: Laparoscopic cholecystectomy, endobag, gall bladder specimen retrieval.

Miscellanies abstract and case report

Case Report

Ca Stomach

Authors: M. Fahad Asif, Muhammad Asad Ali, Kazim Abbas, Asad Mehmood, (Final Year)

Supervisor: Asst. Prof. Dr. Abdul Qadir Khan, (Department of Medicine, MMCH)

Institution: Department of Medicine, Muhammad Medical College Hospital, Mirpurkhas.

Introduction: Adenocarcinoma of stomach is the second most common carcinoma worldwide rare before the age of 40 but its incidence steadily climbs thereafter and peaks in the seventh decade of life. Mostly occurs sporadically whereas 8-10% have inherited familial component and develop in families with the germline mutations in p53 and BRCA2.

Abstract: A 48 year old male fruit vendor presented with the complain of constipation from 1 year, epigastric pain from 6 months and melena from previous 6 months.

The patient was alright 1 year back, then developed disturbed bowel habits and started suffering from constipation. After 6 months he had epigastric pain which was not related with meals but radiates to the backside. He complains of melena from previous 6 months which is associated with weight loss.

His sleep, appetite and bowel habits are disturbed due to this problem.

There is no significant past surgical or medical history as well as family history of such symptoms. He is married and has 3 kids which are normal. He is a smoker from previous 20 years.

On examination, there was a palpable mass at the left upper abdomen which was hard in consistency. His liver was enlarged by 3cm.

Investigations	Findings	Normal value
Blood CP	↓ Hemoglobin 7.8G% ↑ WBCs 22,000/mm ³ ↑ Platelets 500,000/uL	12-16G% 4,000-11,000/mm ³ 150,000-400,000/uL
Serology	HBsAg Negative Hepatitis C Virus Antibody Negative	
Electrolytes	↑ Urea 34 mg/dl	7-20 mg/dl
U/S Abdomen	<i>Liver shows mild enlargement in size with homogenous parenchyma and the radiologist advised for a CT Scan of the abdomen.</i>	
CT Scan Abdomen	Generalized, concentric, diffused, polypoidal soft tissue thickening involving the stomach. Most likely lymphoma with involvement of the stomach, pancreas, liver, adrenals and extensive lymphadenopathy.	
Endoscopy stomach	Irregular, friable growth at fundus and body of stomach, biopsies were taken and sent for histopathological examination.	
Biopsy	Poorly differentiated infiltrating adenocarcinoma.	

Poorly Differentiated Infiltrating Adenocarcinoma Of Stomach

FINAL DIAGNOSIS

The patient was referred to KIRAN hospital for further treatment and till date did not come up for the follow up.

I

Case Report

INH Induced Psychosis

Authors: Muhammad Fahad Asif, (Final Year MBBS), Syeda Bariha Zehra, Sehrish Nawaz, (4th Year MBBS)

Supervisor: Prof. Muhammad Ali, (Department of Medicine)

Institution: Department of Medicine, Muhammad Medical College Hospital, Mirpurkhas.

Introduction: INH is included as a part of the DOTS regimen used for the treatment of tuberculosis. It is a prodrug which is activated by bacterial catalase-peroxidase enzyme in Mycobacterium Tuberculosis.

INH can very rarely cause psychiatric disorders include psychosis, obsessive compulsive neurosis and mania. The mechanism of this rare side-effect is thought to be INH's ability to cause a deficiency of pyridoxine leading to disturbance of normal tryptophan metabolism.

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It also inhibits the activity of brain which leads to decrease in γ -amino butyric acid and synaptic transmitters resulting in neurological illness.

Abstract: A 50 year old male presented in MMCH OPD with complains of hemoptysis, productive cough and low grade fever for 2 weeks. He was admitted, diagnosed with pulmonary tuberculosis and the treatment was started. As he was a known case of Advanced Chronic Liver Disease secondary to Hepatitis C, he was cautiously started with a special regimen of Anti-Tuberculosis drugs which included Isoniazid, Streptomycin and Ethambutol. He was discharged from the MMCH on the 10th day after exhibiting some clinical improvement.

However, he was again brought to MMCH in unconscious state with history of hemoptysis, chest pain, fever, left sided pleural effusion and constipation. He was already receiving ATT for past 17 days and now he was diagnosed and treated for Porto-Systemic Encephalopathy (PSE) as his Total Bilirubin was 6.5 mg/dl and Direct Bilirubin was 4.4 mg/dl. He was transfused blood to treat his anemia because Hb was 7.2 G%.

On the 7th day of his second admission in MMCH Medicine Ward, he was aphasic, off food, off legs, incontinent of urine and was disoriented. He was given clean enema to relieve his constipation as part of his treatment to PSE. On 15th day of his admission, MMCH Psychiatrist was called upon because the patient was behaving odd and was very confused. The psychiatrist empirically diagnosed that the patient was most likely to be suffering from INH Induced Psychosis. There was no family history of mental illnesses. For psychosis, he was being treated with Resperidone.

But the condition of the patient continued to deteriorate and on 20th day, he developed Right Sided Hemiplegia and was shifted to ICU. On 21st day, he had high grade fever, his chest showed crepitations and ultimately he died.

Case Report

Pancytopenia with Hepatosplenomegally

Authors: M. Fahad Asif, M. Kamran Ejaz, M. Shahab Hanif (Final Year), Zainab Fatima (4th Year)

Supervisor: Asst. Prof. Dr. Abdul Qadir Khan, (Department of Medicine, MMCH)

Institution: Department of Medicine, Muhammad Medical College Hospital, Mirpurkhas.

Introduction:

Pancytopenia can be defined as decreased number of all the cells below normal value which includes RBCs, WBCs and platelets. Causes of pancytopenia are aplastic anemia, viral, acute leukemia, myeloma, lymphoma, carcinoma, megaloblastic anemia, SLE, etc.

Hepatosplenomegally is defined as the enlargement of liver and spleen which may be due to leukemia, lymphomas, aplastic anemia, myeloproliferative disorders, SLE, infective mononucleosis, etc.

Abstract:

A 25 years old male was hospitalized due to presenting complains of weight loss, fever, weakness, pallor and repeated blood transfusions from 8 months.

The patient was alright 8 months back, then developed weight loss, fever, weakness associated with pain in both legs that increases on walking and also disturbs his sleep.

The patient has no significant past medical and surgical history. He did not take any supplements or illicit drugs.

On examination, he appeared pale. Cardiorespiratory examination was unremarkable. Liver and spleen were enlarged 3cm and 10cm below costal margin respectively were noted with no palpable lymph nodes.

Date	Investigation	Findings	Normal Range
2-9-13	Blood CP	↓Hb [5.9g/dl] ↓ Hematocrit [18.0%] ↓ Platelets [60 x 10 ⁹ /l]	12-18 g/dl 40-54% 150-450 x 10 ⁹ /l
16-9-13	Blood CP	↓Hb [5.4g/dl] ↓ PCV [17%] ↓ WBCs [1,300/mm ³] ↓ RBCs [4.38m/mm ³] ↓ Platelets [21,000/ul]	12-18 g/dl 40-54% 4,000-11,000/mm ³ 4.5-5.5m/mm ³ 150,000-400,000/ul
	LFTs	No significant findings [SGPT=38U/L; Bilirubin=0.5mg/dl]	

17-9-13	Blood CP	Reticulocytes [1.5%]	
19-9-13	Hepatitis Profile	Hepatitis B Non-reactive Hepatitis C Non-reactive	
	Blood CP	↓Hb [6.1G%] ↓RBCs [2.15 x 10 ¹² /l] ↓Hematocrit [18.5%] ↓Platelets [55 x 10 ⁹ /l]	12-18 g/dl 4.5-5.5m/mm ³ 40-54% 150-450 x 10 ⁹ /l
20-9-13	Bone Marrow	<p>Peripheral blood film shows normochromic normocytic red blood cells with leukopenia and low platelet.</p> <p>Bone marrow aspirate shows blast cells consisting of 95% of total nucleated non-erythroid cell population. These blasts cells are small to medium in size with high nucleus to cytoplasm ratio. Cytoplasm was scanty and agranular. Nuclei of blast cells show condense chromatin with inconspicuous nuclei. Normal hematopoiesis is suppressed.</p> <p>Bone trephine touch prep: showing blast cells. Occasionally megakaryocytes are seen.</p> <p>Immunocytochemistry: LCA positive, PANB (CD79a) positive, PANB (CD20) negative, PANT (CD3 & CD5) positive in reactive T-cell. CD10 positive, TDT positive and MPO negative.</p>	
Final Diagnosis: Acute Lymphoblastic Leukemia			

Case Report

Eosinophilic Panniculitis & Eosinophilic Vasculitis

Authors: Muhammad Fahad Asif, Chaudhary Waleed, M. Yasir, Mohsin Zohaib, (Final Year)

Supervisor: Asst. Prof. Dr. Abdul Qadir Khan, (Department of Medicine, MMCH)

Institution: Department of Medicine, Muhammad Medical College Hospital, Mirpurkhas.

Introduction: Eosinophilic panniculitis is an unusual type of panniculitis characterized by a prominent infiltration of subcutaneous fat with eosinophils without an exact etiopathogenesis.

Eosinophilic vasculitis is vessel inflammation due to infection with the infiltration of eosinophils.

Histologically, there is fibroid necrosis of vessels in dermis with vessel destruction and a dense perivascular, predominantly eosinophilic infiltrate.

Abstract: A 35 year old female patient came with the history of papules all over the body for last 5 years. These papules initially involved some part of the body then gradually increased to involve the whole body, forearm, legs, chest associated with marked itching and weight loss.

She has a family history of allergic asthma.

Patient also complains of fever, right leg swelling with pain, the pain in leg increases by walking.

Ultrasound of leg shows right leg Deep Vein Thrombosis (DVT) and for that warfarin was given and advised to monitor Prothrombin Time of the patient.

Skin biopsy was done which revealed the diagnosis of "Eosinophilic Panniculitis and Eosinophilic Vasculitis"

Case Report

Tuberculoma

Authors: Muhammad Fahad Asif (Final Year MBBS), Syeda Bariha Zehra Sehrish Nawaz (4th Year MBBS)

Supervisor: Dr. Waseem Raja (Department of Medicine, MMCH)

Institution: Department of Medicine, MMCH.

Introduction:

Intracranial tuberculomas are space occupying masses of granulomatous tissue that result from hematogenous spread from a distant focus of tuberculous infection. Histologically, the mature tuberculomas are composed of a necrotic caseous center surrounded by a capsule that contains fibroblasts, epithelioid cells, Langhans giant cells and lymphocytes.

Abstract:

On 11-09-2012, A 35 year old married female with a history of fever, headache for 25 days and brought report in which typhidot was positive, she was given antibiotic and antimalarial drugs already.

She presented with low grade fever and headache. On direct questioning, she gave history of diplopia.

On examination there was bilateral VI nerve palsy, neck rigidity was positive. Rest of the clinical examination was unremarkable.

On investigation, CBC was normal, Hb was 11.0G%, WBCs 6000/mm³, ESR 40mm in 1st hour, LFT were normal, urea and creatinine were normal and random blood sugar was normal. X-ray chest was normal.

On MRI brain with contrast, tuberculoma was diagnosed and then ATT was started. After 8-10 days of ATT, she came on second visit with history of vomiting and confusion especially in the morning.

On CT Scan, hydrocephalus was diagnosed. A neurosurgeon was referred who advised shunt.

After 2-3 days of shunting, the patient developed drug induced hepatitis. HBsAg and Hepatitis C serology were negative, IgM serology and Hepatitis A were negative, SGPT 200U/L and bilirubin 3.0mg/dl. SHE regimen of ATT was started along with steroids and LFT was closely monitored. As LFT became normal, Rifampicin later on Pyrazinamide was added.

Adherence to basic protocol like history taking and clinical examination are the key factors in proper management of patients. So clinicians should not run after labs totally but respect the basic protocols.

Psycho social rehabilitation by rural (desert) Rotarians, Among the Disable & Polio Victims

Authors: Dr: Satti Jewat**, Dr: JewatSunder**, Aziz Memon*, Dr: Robert Scott

Institution: RC-KHIPRO SUNDERS, NATIONAL POLIO PLUS, ROTARY INTERNATIONAL.

Aim & Object: Our aim to aware the communities about importance of polio two drop and engage the community disabled persons especially, polio victims for rehabilitation, and object only one polio free Pakistan, polio free globe.

Methodology: Descriptive Study on spss 11 version.

Results:

Male: 115(76.6%) Females: 35(23.3%) Total: 150 cases

Age: 1-5=11(9.5%), 5-15= 9 (7.8%) 5-30=26(22%)

30-onwards 69(60%)

Females: 35(23.3%),

Age: 1-5=2(1.7%), 5-15= 4(3.4%) 5-30=11(9.6%)

30-onwards 18(15.6%)

Males: 29(8.6%) one leg affected, 26(4.6%) two leg affected

11(3.3%) generalized (body) weakness,8(1.3%) one hand affected

3(2%) two hand affected,2(1.3%) deaf,0(0%) blindness

Females: 13(8.6%) one leg affected, 7(4.6%) two leg affected

5(3.3%) generalized (body) weakness, 3(1.3%) one hand affected

2 (1.3%) two hands affected 2(1.3%) deaf, 4(2.6%) blindness

Conclusion: Psycho social rehabilitation is way of management where we achieve emotional, structural, fundamental rights of disable community, for the community, and to improve health status.

Key words: Psycho social rehabilitation, Rotarians, Polio Victims

Diarrhea and its features among students

Authors: Zainab Fatima, Madhiya Imtiaz, Falak Fatima, Anum Zaidi (4TH Year)

Supervisor: Dr Syed Asif Ali Shah

Institution: Muhammad Medical College Mirpurkhas.

Abstract

Background: It is common cause of death in developing countries and the second most common cause of infant death world wide. In severe cases stool volume can exceed 14 liter per day and without fluid resuscitation result in death .Comparing estimates of the current global burden of diarrheal disease .that the incidence of diarrhea have not changed although over all diarrheal mortality has declined. For children aged under 5years ,a median of three episodes of diarrhea occurred child per year ,approximately 4.6 million children used to die each year of dehydration caused by diarrhea, though the mortality due to diarrhea have been reduced to 1.7 million ,it continues to take a high toll on children in developing countries.

Aims and objectives: To know the frequency, and clinical features of diarrhea among students.

Methodology: Cross sectional study through questionnaire of 110 students.

Results: Total 110(male=55, female =55) students of different years participated in this study. Their ages were between 20 -25 years. 62.7% of students complain of abdominal pain cramps loose motion. 34% complaining of nausea and vomiting while remaining 3.6% of students complaining of fever.

No of diarrheal patient.	Male 55	Female 55	Total 110(100%)
SIGN AND SYMPTOMS: 1.Abdominal pain+cramps+loose motion	30(54.5%)	39(70.9%)	69(62.7%)
2.Nausea/vomitting	23(41.8%)	14(25.4%)	37(34%)
3.Fever	2(3.6%)	2(3.6%)	4(3.6%)

Conclusion: Diarrhea is a common complaint among students. In most students it is presented with abdominal pain, while lesser number have nausea and vomiting fever was and infrequent symptom

Causes of stress among Medical students living hostels of Muhammad Medical College.

Authors: Kalsoom Akbar, Sadia Rauf, Sidra Kiran, Sundas Arooj & Zeenat Khatoon (Final year)

Supervisor: Prof. Dr. Syed Razi Muhammad

Abstract

Introduction: Stress is a common problem of students living in hostels related to both external and internal factors. External factors include study problems, relationships, home problems and all the situation facing in hostel. Internal factors influence the ability to handle stress.

Aim and Objective: To determine causes of stress among medical students living in hostels of MMC.

Methodology: A cross sectional study was conducted on 100 students of MMC among them 50 were males and 50 were females.

Results: We have done our research work among medical students, according to survey most common cause of stress in students is home sickness (missing family too much) 56%, then the bad results (disturbed study and sleep habits) 60%, communication problems (hesitation) 54%, money problems (too much expenditures) 96%, family problems (financial problems) 36%, hostel related problems (unsufficient facilities) 60%, diet related problems (unhygenic mess) 80% & physiological stress (weather) 60%.

In 82% of students there is no pre-morbid condition and no family history of stress.

Conclusions: The result of the study reveals there is an immediate need to take step to set standard of hostel facilities, there should be check on mess to provide good quality of food and healthy atmosphere to upgrade their morals.

The standards are also to be regulated and supervised by some governing bodies like college/universities.

Knowledge, Attitude and Practice Regarding Usage of Anxiolytics among Students of Muhammad Medical College, Mirpurkhas

Authors: Sana Mujahid, Shazia Zafar, Munnaza Iram, Jamshaid Iqbal (4TH Year)

Supervisors: Prof. Syed Razi Muhammad, Dr. Syed Asif Ali Shah, Dr. Aqila Memon.

Abstract

Background: Anxiety is defined as feeling of worry, nervousness, uneasiness, loss of interest in studies and games among people .It is estimated that, by the year 2020, anxiety and depression will be the second most cause of disability worldwide . In Pakistan, social adversity experienced by large proportion of population has resulted in a higher level of depression. According to WHO's 2005 estimates, neuropsychiatric disorders account for 1-2 million deaths every year. Only 40,000 deaths were attributed to mental disorders and 1,82,000 to use of drugs .

Methodology: To access knowledge, attitude and practice regarding usage of anxiolytics among students of Muhammad Medical College. A cross sectional study was conducted from July 2013 to October 2013 . After informed consent a questionnaire was distributed among medical students to collect information regarding knowledge, attitude and practice of anxiolytics.

Results: 61.36% Boys and 38.63% girls claimed to suffer anxiety. Most affected age group was 21-23 years. Males 224(61.36%) are more prevalent. Majority of medical students 138(37.8%) were affected from anxiety due to the study problems. 138(37.8%) suffered anxiety from 1 to 3 years. Due to this disorder, 295(80.85%) students have sleep disturbance. 129(47.95%) said that their anxiety was relieved by anxiolytic these drugs of these (89.59%) used these drugs by themselves and only 10.40% used after consulting with the doctor. 37.91% parents were aware about their children for using these drugs.

Total Respondents: 400
Affected From Anxiety:365
Used Anxiolytics: 269

CLASSES	AFFECTED FROM ANXIETY		REASONS			
	MALES	FEMALES	STUDY	PERSONAL PROBLEMS	MENTAL DISTURBANCES	OTHERS
1 ST YEAR	7.67%	4.65%	5.20%	3.01%	1.64%	2.46%
2 ND YEAR	9.86%	6.3%	6.84%	2.46%	4.10%	2.73%
3 RD YEAR	12.38%	9.31%	4.10%	6.02%	78.39%	4.10%
4 TH YEAR	16.16%	8.49%	8.76%	3.83%	5.75%	6.30%
5 TH YEAR	15.3%	9.86%	12.87%	4.93%	4.38%	3.01%
TOTAL	61.36%	38.63%	37.80%	20.27%	23.28%	18.64%

Clinical features regarding anxiety among medical students:

Classes	Clinical Features				
	Sleep disturbance	Tachycardia	Diaphoresis	Palpitation	Trembling
1 st year	15.89%	9.04%	7.39%	13.97%	8.76%
2 nd year	13.4%	6.57%	5.20%	9.86%	15.06%
3 rd year	18.63%	11.78%	9.86%	11.23%	12.60%
4 th year	20.27%	15.61%	18.08%	17.26%	7.67%
5 th year	12.60%	18.08%	19.45%	15.34%	13.15%

Conclusion: This study revealed that frequency of usage of anxiolytic drugs increased day by day. Male student suffered more anxiety as compared to females .Ratio of usage of anxiolytics was greater among fourth and final year student.

Prevalence of Social Phobia Among Medical Students

Authors: Hassan Jameel, Muhammad Muzammal Javed , Faiza Liaquat, Farwa Azhar (4th year MBBS)

Supervisor: Dr. A.B Rajar, Dr. Asif Ali Shah, Dr. Sharif(Community Medicine & Health Sciences)

Abstract

Background: Social anxiety disorder (Social phobia) is an irrational fear of being observed and judged by other people in various social settings. It is often a chronic, disabling condition that is characterized by a phobic avoidance of most social situations.

Objective: To find out the prevalence of social phobia among the medical students of MMC.

Methodology: A cross section study was conducted by a pretested questionnaire, presented among the medical students of Muhammad Medical College, Mirpurkhas.

Results: Sample size was 173 in which 70 were male and 103 were female.

#	Features	Males	Females	Total
1.	They are self-conscious before 'superiors' (teachers, employers, authorities)	59 (84%)	81 (79%)	140 (81%)
2.	They get anxious if they have to speak or perform in any way in front of a group of strangers	56 (80%)	80 (78%)	136 (80%)
3.	When someone disagrees with them, they tend to take it as a criticism, feel offended and anxious.	53 (76%)	78 (76%)	131 (76%)
4.	They have a sense of isolation, either when alone or among people.	51 (73%)	76 (74%)	127 (74%)
5.	They miss opportunities to make a point or show their knowledge because they afraid to speak up.	50 (71%)	64 (62%)	114 (66%)

As evident from above some respondents ticked more than one option.

Conclusions: It is concluded from our study that most male and female students are self conscious in front of superiors and they lack confidence, due to which they miss opportunities to show their knowledge.

Causes of stress among Medical students living hostels of Muhammad Medical College.

Authors: Kalsoom Akbar, Sadia Rauf, Sidra Kiran, Sundas Arooj & Zeenat Khatoon (Final year)

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Conclusions: The result of the study reveals there is an immediate need to take step to set standard of hostel facilities,there should be check on mess to provide good quality of food and healthy atmosphere to upgrade their morals.

The standards are also to be regulated and supervised by some governing bodies like college/universities.

An Audit Of Ultrasound Scan Done In MMCH Durring 1st July 2012 To 30th June 2013

Authors: Prof: Dr. Syed Razi Muhammad, Asst Prof: Dr. Raffat Shaheen (HOD Radiology)

Dr. Muhammad Aqil Khan Chohan (SR. Radiology)

Institution: Sonology Department of Muhammad Medical College & Hospital.

ULTRASOUND SCAN

MALE (no & %)	Female (No & %)	Total
558 (44.56 %)	692 (55.36 %)	1250

SOURCE OF REFERREL

Department	MALE (NO & %)	FEMALE (NO & %)	TOTAL PATIENT (NO & %)
OPD	342 (43.67 %)	441 (56.33 %)	783 (62.64 %)
MEDICAL WARD	84 (48.55 %)	89 (51.45 %)	173 (13.84 %)
SURGICAL WARD	53 (55.98 %)	42 (44.02 %)	95 (7.6 %)
GYN&E & OBS	00 (00 %)	52 (100 %)	52 (4.16 %)
PAEDS	09 (52.94 %)	08 (47.06 %)	17 (1.36 %)
ICU & CCU	49 (58.33 %)	35 (41.67 %)	84 (6.72 %)
OTHERS	21 (45.65 %)	25 (54.35 %)	46 (3.68 %)

COMMONEST 10 DIAGNOSES IN PATIENT HAVING ULTRASOUND

DISEASE	TOTAL	MALE	FEMALE
GENITO URINARY TRACT DISEASE	423 (33.84 %) Average Age: 45yrs Range : 10 – 75	191 (45.15 %) Average Age: 45yrs Range : 10 – 75	232 (54.85 %) Average Age: 45yrs Range : 10 – 75
LIVER PARENCHYMAL DISEASE	231 (18.48 %) Average Age: 40yrs Range : 10 – 75	157 (67.96 %) Average Age: 40yrs Range : 10 – 75	74 (32.04 %) Average Age: 40yrs Range : 10 – 75
HEPATOSPLENOMEGALLY	91 (7.28 %) Average Age: 35yrs Range : 10 – 75	45 (49.45 %) Average Age: 45yrs Range : 10 – 75	46 (50.55 %) Average Age: 45yrs Range : 10 – 75
ULTRASOUND F.W.B	153 (12.24 %) Average Age: 30yrs Range : 20 – 40	-----	153 (100 %) Average Age: 30yrs Range : 20 – 40
CHOLELITHIASIS & CHOLECYSTITIS	83 (6.64 %) Average Age: 45yrs	31 (37.34 %) Average Age: 45yrs Range : 20 – 60	52 (62.65 %) Average Age: 45yrs Range : 20 – 60

	Range : 20 – 60		
ASCITES	75 (6.0 %) Average Age: 45yrs Range : 40 – 75	41 (54.66 %) Average Age: 45yrs Range : 40 – 75	34 (45.34 %) Average Age: 45yrs Range : 40 – 75
PLEURAL EFFUSION	41 (3.28 %) Average Age: 40yrs Range : 20 – 60	27 (65.85 %) Average Age: 40yrs Range : 20 – 60	14 (34.14 %) Average Age: 40yrs Range : 20 – 60
PELVIC INFLAMMATORY DISEASE (P. I. D)	47 (3.76 %) Average Age: 33yrs Range : 25 – 50	-----	47 (100 %) Average Age: 33yrs Range : 25 – 50
UTERINE FIBROID / RPC'S BLOOD CLOT / MASS	29 (2.32 %) Average Age: 35yrs Range : 30 – 50	-----	29 (100 %) Average Age: 35yrs Range : 30 – 50
OVARIAN MASSES / CYST	21 (1.68 %) Average Age: 40yrs Range : 30 – 50	-----	21 (100 %) Average Age: 40yrs Range : 30 – 50

Perception of Doctors, Paramedics and Patients Regarding Health Care Services and Clinical Training in Rural Area

Authors: Muhammad Fahad Asif, (Final Year), SyedaBarihaZehra, Sehrish Nawaz (4th Year MBBS)

Supervisor: Prof. Dr. Syed Razi Muhammad

Institution: Muhammad Medical College, Mirpurkhas.

Abstract

Background: There have been certain beliefs regarding healthcare facilities and clinical teachings in rural area. So, a research needs to be conducted to critically analyze the situation.

Objective: To assess the perception of doctors, paramedics and patients regarding health care services and clinical training in rural area.

Method: It's a cross sectional study descriptive study in which pretested questionnaires were self-administered to 30 doctors, 30 paramedics and 30 patients asked about their satisfaction with rural area health services and clinical training. The subjects were asked about the reasons for their dis-satisfaction from health care services and clinical trainings in rural area

Conclusion: From our research, it is evident that doctors and paramedical staff are facing problems in providing health care. But in the end they are working hard and are successful in providing relatively convenient health care to the patients of rural area which are mostly poor.

Results:

Answers from Doctors

QUESTIONS	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Healthcare facilities available in rural area are satisfactory	0/30 0%	6/30 20%	2/30 6%	20/30 66%	2/30 6%

Salary given in rural healthcare service is satisfactory	0/30 0%	6/30 20%	1/30 3%	20/30 66%	3/30 10%
Equipment available in rural area is reliable and up-to-date	0/30 0%	18/30 46%	0/30 0%	11/30 36%	1/30 3%
Paramedical staff available in rural area is well trained	0/30 0%	16/30 53%	0/30 0%	13/30 43%	1/30 3%
Its difficult to deal with patients of rural area	0/30 0%	6/30 20%	0/30 0%	24/30 80%	0/30 0%
Hospital environment in rural area is satisfactory	0/30 0%	12/30 40%	1/30 3%	17/30 56%	1/30 3%
Hospital management of rural area is cooperative	4/30 13%	12/30 40%	0/30 0%	14/30 46%	0/30 0%
Medicines prescribed by doctors are easily available in rural area	1/30 3%	17/30 56%	3/30 10%	9/30 30%	0/30 0%
Clinical trainings undergoing in rural area is satisfactory	4/30 13%	16/30 53%	0/30 0%	9/30 30%	1/30 3%
Paramedical training undergoing in rural area is satisfactory	0/30 0%	19/30 63%	0/30 0%	10/30 33%	1/30 3%
Its easy to have CME in rural are	0/30 0%	16/30 53%	4/30 13%	8/30 26%	2/30 6%

Reasons of Donor Deferral During Blood Donation Process - A Single Centre Experience

Authors: Sana Khokher, Muhammad Nadeem, Munira Borhany, Tahir Shamsi, Imran Naseer, Samson Boota, Arshi Naz

Institution: National Institute of Blood Disease and Bone Marrow Transplant Karachi, Pakistan

Abstract

Introduction: Transfusion is an irreversible event that carries potential benefits and risks to the recipient. Donor screening encompasses the medical history requirements for the donor, the mini physical examination and serologic testing of the donor blood. Any one of the area may preclude a potential donor from the donation process.

Objectives: To study the various causes of donor deferral during donor selection and blood collection process.

Materials and Methods: A retrospective, cross-sectional study was carried out at the department of blood bank, donor area, NIBD, Karachi from Jan 2012 to December 2012. All the blood donors were included.

Results: A total 924 (12.4%) donors were deferred out of 7428. Among them 785(85%) were males and 139(15 %) were females. The age ranged from 17 - 55 years. Amongst them, only 57(6.1%) came for voluntary donation while others were exchange donors.

Major reasons for donor deferral were positive previous history of hepatitis or jaundice (200 cases, 21.6%), low levels of haemoglobin for acceptable limit (148, 16%), low levels of platelets then acceptable limit for apheresis (98 cases, 11%). Other causes included adverse reaction during blood donation, being under weight and taking antibiotics or disprins (55 each respectively). Running any sort of infections (45 cases), recent h/o surgical/ dental procedures (42 cases), high blood pressure at the time of donation & having donated blood in the past 8 weeks (40 cases each), followed by history of malaria within last 6 months (30 cases) and history of blood transfusion during surgical procedure within 12months (10 cases).

Conclusion:

Appropriate donor questionnaire and proper implementation of SOP is first line of defence and minimizes the risk of transfusion-transmitted infections. This is not only helps in providing safe blood transfusion but also reduces the work load of serological screening.

Key words: Blood donation, Donor deferral, Blood transfusion.

Spectrum of Hemoglobinopathies in Karachi Region

Authors: Samar Gul, Muhammad Nadeem, Abdul Sattar, Danish Zahid, Shariq Ahmed, Arshi Naz, Tahir Shamsis

Institution: National Institute of Blood Disease & Bone Marrow Transplantation Karachi, Pakistan

Abstract

Introduction: Inherited hemoglobin disorders are commonest monogenic disease globally. Approximately 7% of the world population is carriers of such disorders. About 300,000 to 400,000 babies with severe forms of these diseases are born each year all over the world with highest frequencies in tropical regions.

Objective: The objective of this study was to identify the spectrum of various hemoglobinopathies in our centre

Method and material: Study was conducted in National Institute of Blood Diseases and Bone Marrow Transplantation Centre, Karachi from 1st August 2012 to 30th June 2013. Hemoglobin electrophoresis at alkaline pH (8.2) was performed initially on 1134 patient's samples. Additionally 138 samples were also retested by HPLC and/or DNA analysis for confirmation of diagnosis. Positive and Negative predictive value for A2 estimation by Hb Electrophoresis was calculated when compared with HPLC and DNA analysis results.

Results: Samples of 1134 patients were analyzed for suspected hemoglobinopathy by Hb electrophoresis. Normal Hb electrophoresis pattern was seen in 753 (66.4%). Out of remaining 381 samples, 222 (58%) were Beta Thalassemia minor, 63 (17%) were Beta Thalassemia major, 32 (8%) had sickle cell disorders (Sickle Cell Trait/ Sickle Cell disease/ Sickle-Beta Thalassemia), 32 (8%) had Hb D disorders (Homozygous/ heterozygous/ Hb D-Beta Thalassemia), 7 (2%) had HbH disease, 6 (2%) had Hb E disorders (Hb E Trait/ Hb E Disease/ Hb E-Beta Thalassemia). The positive predictive value of Hb electrophoresis for detection of Hb A2 was only 59% and negative predictive value was 87%.

Conclusion: In Karachi region, all common types of inherited hemoglobinopathies are present. High degree of suspicion is required to establish the diagnosis. Hb electrophoresis alone is not sufficient to screen all Beta Thalassemia minor individuals, a second method should always be employed, if not in all, then at least in individuals with high degree of suspicion on the basis of other hematological parameters.

Key Words: Hemoglobinopathies, Hb Electrophoresis, HPLC, DNA analysis