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MEDICAL
COLLEGE

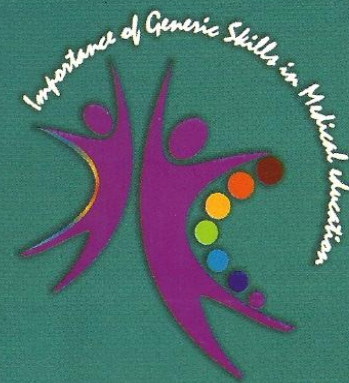
12TH ANNUAL MEDICAL SYMPOSIUM

SEPTEMBER 17-18TH, 2014

Importance of Generic Skills in Medical Education

Abstract Book

MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS
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FOREWORD

Welcome by Managing Trustee

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

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

Syed Razi Muhammad
Managing Trustee, Muhammad Medical Foundation

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for Education and Research

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Invitation Letter

Dear Colleagues

On behalf of the Organizing committee we would like to extend our special invitation to attend and participate actively at 12thAnnual Medical Symposium, organized by Department of Community Health Sciences, Muhammad Medical College Mirpurkhas. This year's conference will take place on September,17-18 in S Razia Memorial Auditorium of Muhammad Medical College.

During the past11 years, the conference has brought medical students and faculty members from all around the Pakistan and world to present their work, share their research, interact with other students.

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

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

We are looking forward to welcoming you at 12thAnnual Medical Symposium

Congress!

Sincerely,
Symposium Organizing Committee

Scientific Committee

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Hepatitis B Vaccination Coverage among the Injection Drug Users (IDUs) Residing in District Sheikhpura

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BACKGROUND: Hepatitis B virus (HBV) infection is seen in all ages and high risk groups including sex workers, health care worker, injection drug users imposed high morbidity and mortality. According to global statistics over two billion cases are infected with HBV of whom 350 million are chronic carriers. Injection drug users account for 21.6% of total cases of Hepatitis B which is associated with lack of awareness, poor vaccination coverage, and sharing of syringes. Current study was conducted with objective to find out the prevalence of knowledge, attitude and practice regarding Hepatitis B among IDUs

METHODOLOGY: A Cross sectional descriptive study was conducted among injection drug of District Sheikhpura from July-August 2014. Total 60 respondents were identified by using snow ball sampling. Informed consent was taken, face to face interview were conducted to collect information regarding knowledge, attitude and practice towards Hepatitis B. SPSS version 16 was used for data analysis.

RESULT: Out of 60 IDU, n=18(30%) were belongs to 36-40age group. n=45(75.3%) IDU had heard about hepatitis B and n=30(50%) knew it was transmitted by using of reused syringes and unprotected sex. n=13(21.7%) subjects identified vaccination as a preventive method for hepatitis B but only n=10(17%) were vaccinated for HBV, multiple reasons were reported for not vaccination including lack of motivation n=15(30%), no need felt n=12(24%), never thought of vaccination n=10(20%), lack of knowledge n=5(10%) and lack of belief in vaccination n=8(16%). n=28(46.6%) subjects give history of not sharing of injection with their friends. The self-reported seropositivity of Hepatitis B Surface Antigen in IDU was n=18(29.7%) among them only n=6(33%) got the treatment and completed. From the total n=45(75%) SHOW intention to leave drug addiction.

CONCLUION: Despite the availability and accessibility of a cost effective Hepatitis B vaccine since mid-80, the vaccination coverage among IDU is low. Health education needs to be improved in all high risk groups including IDU and vaccination camp followed by treatment should be conducted among IDUs with the involvement of local health authorities.

KEY WORDS: Injection Drug Users, Hepatitis B Virus, Sheikhpura

WORD COUNT: 330

Prevalence of Hepatitis B and Associated Risk Factors among Transgender in District Sahiwal

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BACKGROUND: Transgender is a high risk group for blood borne infections like Hepatitis B, C and HIV/AIDS. Globally prevalence of hepatitis B among transgender is 16.5% and attributed to high morbidity and mortality, in Pakistan prevalence is higher i.e. 21%. Literature identified multiple epidemiological determinants including lack of knowledge, multiple sex partners, sharing of shaving blades and low vaccination against Hepatitis B. A cross sectional study was conducted with the objective to find out the prevalence of Hepatitis B surface antigen and associated risk factors among transgender living in district Sahiwal, Punjab, Pakistan

METHODOLOGY: By using cross sectional study design a survey was carried out among transgender group of District Sahiwal in July-August 2014. n=54 transgender were identified by using convince sampling method, after taken informed consent a face to face interview was conducted, information regarding associated risk factor of hepatitis by using closed ended questionnaire. For sero-prevalence of Hepatitis B among transgender 3cc blood sample was collected and send to laboratory of District Headquarter Hospital. SPSS version 16 was used for data entry and analysis.

RESULT: Out of 54 transgender, n=12(22.22%) were positive for HBs Ag on ELISA among them 41-45 age group in highly effected which n=6(50%). Associated risk factor is multiple sex partners without any protective device n=7(58.33%), sharing of blade N=3(25%), history of injection from quack n=2(16.66%). Among the total population n=42(77.7%) were not vaccinated against Hepatitis B.

CONCLUSION: The survey showed high prevalence 22% of Hepatitis B among the transgender associated with sexual practices, sharing of blades and injection history and lack of vaccination. It is highly recommended to conduct health education with involvement of local mass media and carried out screening and vaccination camps for transgender population.

KEY WORDS: Transgender, Hepatitis B, District Sahiwal

WORD COUNT: 283

Prevalence and reasons associated with Tuberculosis's treatment defaulters among patients reported in Institutes of Chest diseases, District Kotri

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BACKGROUND: Tuberculosis (TB) is contagious infection, reported since the ancient times and still challenging public health problems, attributed to 8.8 million new cases with 1.1 million deaths globally. Pakistan having 5th position among the highest burden countries, contributes about 61% of tuberculosis burden in the Eastern Mediterranean Region (EMR). The incidence rate of TB was 231/100 000, with 34/100,000 mortality rate. The upsurge of TB in Pakistan accounts to multiple factors including poor compliance with Directly Observed Treatment Short Course (DOTS), lead to poor treatment outcomes. Thus we embarked on this study in Hyderabad City to determine the defaulter rate and factors that are associated with defaulting.

METHODOLOGY: A cross-sectional study was carried out from May to August 2014 among 50 TB defaulters reported in year 2013 in Institutes of Chest diseases, Kotri District. All defaulters were identified by review of record with the help of Medical officer. Trace and contact them, request were made for participation in study, face to face interview were carried out to collect information on demographic and clinical characteristics, including history, treatment, outcome and reasons of leaving the treatment of tuberculosis. The data was entered and analyzed by SPSS version 16

RESULTS: A total of 50 defaulters were studied. Out of them n=30(60%) were male and same were married, n=31(62%) were illiterate. Among total n=40(80%) were cases of pulmonary TB and n=10(20%) cases of extra pulmonary. Of 50 defaulters, n=9(18%), n=18(36%) and n=23(46%) abandoned treatment within first month, second months (intensive phase) and after 2 month of treatment respectively. Different reasons were reported for lack of compliance with drug including feeling better/cured n=24(48%), appearance of drug side effects n=20(40%), n=6(12%) some family problems. All of them showed interest in re-starting the treatment of TB again.

CONCLUSION: Defaulting rate was high during initial two months (intensive phase of treatment), multiple factors were attributed for defaulting poor perception of feeling better, drug side effects and family pressure. So it is highly recommended to conduct health education session to give awareness on importance of compliance with drug and develop a mechanism for tracing and re-start of treatment among defaulters.

KEY WORDS: Tuberculosis's Treatment, Defaulters, Prevalence

WORD COUNT: 350

Health problems of Transgender population of District Rahim-Yar khan

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BACKGROUND: Previously “Transgender” used for number of different groups including cross-dressers, genderqueer and transsexuals. Today transgender is most often used by those who feel comfortable in a gender to which they were not assigned at birth. There are two form of transgender male to female and female to male former one is more common. Globally the estimated count of transgender is over 14 million among them 80,000 are living in different cities of Pakistan. Considerable health problems, verbal harassment and physical violence accompany the powerful social stigma faced by transgender people. Current study was carried out with objective to find out the prevalence of social, physical and sexual problems of transgender population

METHODOLOGY: A cross sectional, descriptive study was undertaken among transgender individuals of Dera-Gazi khan and Rahim-Yar Khan in May-August 2014. Total n=50 transgender were approached by using snow ball sampling, face to face interview was conducted for collection of relevant information after taken informed consent. Collected data were entered and analyzed by using SPSS version 16.

RESULTS: Interviews of 50 transgender were conducted, most of them n=28(56%) belongs to 19-24 years age groups, n=20(40%) were illiterate. n=41(85.4%) transgender were male to female. More than half n= 29(58%) were earn more than 10,000 rupees by adopting dance as a profession. n=18(24.6%) transgender have history of sex with male remaining n=34(75%) said that their master (Guru) don't ask for illegal work like sex. Among total n=28(62.2%) said they live like women for getting spiritual satisfaction. n=28(57%) respondents have had history of vertebral harassment, teasing/hooting by peoples, while n=4(8%) reported sexual attempt. Among total n=25(50%) were positive for skin problems due to use of excessive make up. n=35(79.5%) transgender were not vaccinated against Hepatitis B.

CONCLUSION: Results of current study suggested that transgender were facing many types of socio and health problems, most of them were not vaccinated. Effective utilization of this neglected group same as India will help to rise in social status and overcome the associated health problems. It is also recommended that screening and vaccination for hepatitis B should be conducted for transgender population.

KEY WORDS: Transgender, Problems, District Rahim-Yar khan

WORD COUNT: 346

Health Problems Associated with Pesticide Exposure among the Farmers

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BACKGROUND: Human pesticide poisoning has become major public health issue these days. Worldwide highest level of pesticide exposure is found in the applicators and people living adjacent to agricultural land. Globally estimated 3 million persons die each year from pesticide poisoning. A higher proportion of pesticide poisonings and deaths occur in developing countries due to lack of occupational safety standards, protective clothing, poor labeling of pesticide, knowledge of pesticide hazards. 70-80% farmers and farm workers handle pesticide directly are at high risk of exposure. A study was conducted to assess the health problem associated with pesticide exposure.

METHODOLOGY: By using cross sectional study design a survey was conducted among the farmer of district Mirpurkhas in August 2014, total 156 farmers were identified by using convince sampling method. After taken informed consent information on demographic socio-economic status, history of pesticide exposure and associated health problems were collected by using closed ended questionnaire. SPSS version 16.0 used for data analysis

RESULTS: Among total n=156 respondents, n=94(60.3%) were illiterate, n=143(91.7%) were married, n=70(44.9%) belongs to 25-30 age group. Multiple health problems were reported among pesticide exposure breathlessness n=18(11.5%), skin problems n=67(42.9%), excess sweating n=59(37.8%). excess salivation n=43(27.6%), sleeplessness n=66(42.3%), discoloration of nails n=28(17.9%), n=12(7.7%) were dropping of nails, nausea n=47(30%), backache n=73(46.8%), Eye itchiness n=82(52.6%), skin itching n=76(48.7%), memory loss n=20(12.8%), infertility n=12(7.1%), deformity in infant n=11(8.3%), pesticide poisoning. n=43(28.5%), protective measures n=19(12.4%), gloves n=5(26.3%), face mask n=14(37.7%).

CONCLUSIONS: Results identified multiple health problems difficulty in breathing, skin problem, memory loss, eye itchiness, infertility, deformity in infants and pesticide poisoning which is associated with lack of personal protective measure in the field. So it is highly recommended that immediate attention should be given to the implementation of proper awareness programs for farmers and pesticides workers regarding pesticide regarding storage of pesticide and usage of safety measures during handling, spraying

KEYWORDS: Farmers, Pesticide, Acute symptoms

WORD COUNT: 305

Prevalence of Hepatitis B and C among female prisoners of Jail Kot Lakhpat

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BACKGROUND: Globally 500 million people are infected by different types of Hepatitis. According to Pakistan's recent survey Hepatitis B surface antigen (HBsAg) as 2.5% and Hepatitis C virus (HCV) as 5%. The Global mortality rate due to hepatitis B and C is 2.7% of all deaths. Literature review suggested very high hepatitis B and C antibody prevalence amongst the prison inmates range from 11-40% but little information regarding HBV and HCV infections among Pakistani female prisoners exists. This study investigated the prevalence and risk factors associated with HBV and HCV infections among female prisoners in Jail Kot Lakhpat Lahore.

METHODOLOGY: A cross-sectional descriptive study was conducted at Jail Kot Lakhpat, Lahore in May-Aug 2014. Blood sample of all female prisoners n=35 were collected after taking consent and tested for detection of HBV surface antigen, antibodies against HBsAg (anti-HBs) and antibody against HCV by ELISA. A face to face interview was conducted to collect the demographic, socio-economic status and associated risk factors information. Data was entered and analyzed through the SPSS version 16.

RESULT: Among the total n=35, n=15(42%) female were positive on ELISA among them n=13(86.6%) were positive for hepatitis C and n=2(13.4%) for hepatitis B, most of the cases n=7(46.6%) were of age 30-40 years. Multiple risk factors reported by hepatitis B and C patients' blood transfusion in last 2 year n=8(53.3%), dental treatment n=5(33.3%), hepatitis positive history in husband n=2(13.33%), history of injection taken from quack n=8(53.3%), history of surgical procedure n=7(46.6%). On cross tabulation hepatitis were more frequent among illiterate n=7(46.7%), n=11(73.3%) were taking hepatitis treatment and n=4 didn't find any progress. All n=35(100%) have no history of vaccination of hepatitis B.

CONCLUSION: We concluded that the most common cause of hepatitis B and C was blood transfusion, reuse of syringes and surgical procedure. It is highly recommended to conduct health education session for female prisons with organization of hepatitis B vaccination camp for uninfected.

KEY WORDS: Hepatitis B and C, blood transfusion, injection.

WORD COUNT: 318

Prevalence and Associated factors of Tetanus Toxoid Vaccination Coverage among pregnant women of two Districts of Pakistan

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BACKGROUND: Tetanus is a vaccine preventable, non-communicable infectious disease which is highly prevalent in developing countries and attributed to estimated 309,000 deaths per year globally. Regarding (MNT) it is estimated that every year worldwide 5% of maternal deaths occur due to tetanus and 14% neonates die due to low TT vaccination. 22, 000 neonatal deaths occur in Pakistan/year due to MNT. Regarding these facts the study was conducted in D.G khan and Nawabshah to find out the tetanus coverage in the pregnant women.

METHODOLOGY: It was a cross sectional study conducted in Department of Gynaecology and Obs: in District Headquarter Hospital of Nawabshah and DG Khan for the period of 2 months from July to August 2014. The study population was the women who came for antenatal care visit during their pregnancy. Data was collected by asking questionnaire from pregnant women and was analysed by SPSS V16.

RESULT: Total 187 women were interviewed from which n= 126(67.4%) belongs to rural area and n=103(55.1%) were illiterate. Among total n=110(58.8%) give history of vaccination out of them n=17(15.4%) had received 1 dose and n=52(47%) received 2 doses, n=30(27%) received 3 doses, n=10(9%) received 4 doses, n=6(5.4%) received 5 doses. Mostly n=85(75.4%) received from the health facilities n=76(40.6%) were not vaccinated due to multiple reason including money shortage n=39(20.85%), lack of knowledge n=29(15.50%), n=2(1.06%) due to busy schedule, n=2(1.06%) feared injection, n=4(2.1%) family pressure. More than half n=101(50%) women want to complete their vaccination course.

CONCLUSION: It concluded that vaccination coverage in pregnant women against tetanus is below which is attributed to multiple factors like money shortage, lack of knowledge and also that (EPI) has failed to achieve WHO recommended (90%) coverage of Vaccination among pregnant women. It is recommended to conduct health education campaign for pregnant women.

KEY WORDS: Tetanus, vaccination, Pakistan.

WORD COUNT: 294

Prevalence of Childhood Violence among the Medical Students by Parents

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BACKGROUND: Violence against children reported in different forms (physical, sexual, neglect, emotional and psychological) and at multiple levels (individual, household, institutional, and societal). Childhood violence by parents in developing countries appears to be major social problem from last decade, which may be resulted of injury, psychological harm, behavioural problem and maldevelopment /deprivation. According to UNICEF, annually 133–275 million children worldwide witness domestic violence. For establishing the precise magnitude of child violence current study was conducted among the medical students.

METHODOLOGY: A cross-sectional Descriptive study was conducted among students of Muhammad Medical College students, Mirpurkhas from July to September 2014. Total 300 students were identified by using convince sampling technique after taking informed consent a face to face interview was conducted to collect the information on history of violence by parents, associated and its effect on personality. Collected data was entered and analyzed by using SPSS version 16.

RESULT: Approximately 300 of participants n=282(94%) have been exposed to childhood violence by their parents. Most frequent reason was lack of interest in education n=94(31.3%), give more time to Playing n=54(18.0%), due to fighting with bro & sis n=84 (28.0%). After being exposed to violence, n=64(21.3%) stops to study, n=46 (15.3%) harm themselves and n=35(11.7%) run from house for short period. On the cross tabulation drug addicted fathers 16/20 beat more as compare to not addict. Near half of the respondent 163(54.3%) reported behaviour of kindness/soft, n=62(20.7%) normal and n=61(20.3%) rude during childhood period by their parents. After being exposed to such violence in their childhood n=147(49.0%) of people said that they will continue practice in their children in future while are against n=131(43.7%) to such violence.

CONCLUSION: Childhood violence by parents was high 94% among the medical students associated with multiple side effects. Near half respondents have intention to continue these practices with their children in future So it is recommended that health education supposed to conducted among medical students to give awareness regarding effects of violence on personality development

KEY WORDS: Childhood Violence, Parents Attitude, Medical Students

WORD COUNT: 328

Prevalence of Respiratory illness among the Brick Kiln workers working in District Umerkot, Sindh

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BACKGROUND: Globally occupational risk factors are major causes of respiratory symptoms and illness accounts for 11% Asthma and 13% chronic obstructive pulmonary disease. In Pakistan, a significant number of people attached in brick kilns profession which are mainly living adjacent to brick kiln. It is estimated that exposure to wood and coal smoke associated with a 70% increased risk of having chronic obstructive pulmonary disease. A cross sectional survey was conducted among brick kiln workers working in District Umerkot, Sindh

METHODOLOGY: A cross sectional survey was conducted among the brick kiln workers of District Umerkott, Sindh, Pakistan. Non-probability, convenience sampling technique was used for selection. A total of 244 peoples were assessed using our questionnaire in three days. We included all brick kiln workers as males, females and children's of all ages having worked in the kilns for at least 5 years. Informed consent was sought from all participating workers before inclusion in the study Data was entered and analyzed by SPSS version16.

RESULT: Total n= 244 brick kiln workers were interviewed, majority n= 43(17.6%) belongs to 30-34 age groups, n =145(59.4%) were male, n=198(81.1%) were married, n=131(53.75%) reported 1-5 hours daily. More than three quarter n=207 (84.5%) were living adjacent to working place. n=97(63.8%) workers had sputum (phlegm) with cough. Near half n=119(48.8%) reported whistling sound with difficulty during breathing and among them n=49(41.0%) reported to physician and diagnosed as chronic Asthma. On the cross tabulation among the 244 workers of brick kiln n=83(34.0%) were cigarette smokers, among them (51%) cigarette smokers had cough while (30%) non-smokers had cough. n=141(57.8%) workers had history of working in muddy area since 1 year or more had cough as compare to working history less than one year.

CONCLUSION: So we concluded that smoking environment, nature of work, duration of the exposure of smoke, age and lack of use of preventive measures were very strong deterrents of developing sign and symptoms of respiratory problems.

KEYWORDS: Respiratory Illness, Brick Kiln Workers, Umerkot

WORD COUNT: 350

Knowledge Attitude and Practices of Medical students regarding Middle East Respiratory Syndrome (MERS-Co V)

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BACKGROUND: From September 2012 to till date Corona virus (MERS-Co V) posed potentially serious health challenges for world because of its high contiguous nature and associated morbidity and mortalities. The Middle East Respiratory Syndrome (MERS) virus has similar symptoms SARS Corona virus with addition of acute renal failure. Globally Upto 15th May 2014, total 572 people were infected and accounts for 172 (30%) deaths. Scientific research confirmed human-to-human transmission and camels as a possible host of MERS-Co V. This study was conducted to evaluate the knowledge, attitude and practices of medical students toward MERS-Co virus

METHODOLOGY: A cross sectional, descriptive study was undertaken among medical students of a private medical college located in rural area of Sindh in May-August 2014. All n=350 students were approached informed consent were taken and a closed ended questionnaire was administrated to assess their knowledge attitude and practices toward MERS disease. Collected data were entered and analyzed by using SPSS version 17

RESULTS: Total n=360 questionnaire were distributed, n=350(97%) were returned. n=187(53.4%) were male. Most of the student belong to 4th year n=77(22%). Among total n=300(85%) have heard the name of MERS, among them n=141(47%) students have knowledge regarding only 1-2 sign and symptom i.e. cough and flu. n=178(59.3%) know only 1-2 mode of transmission sneezing, contact with infected person. n=244(81.3%) think MERS can cured, from which n=131(43.6%) answer treatment is antibiotics. n=113(38%) feel compassion and desire to help. n=205(68%) were friendly and supportive. Among the total n=227(70.2%) think MERS virus infected respiratory system. n=253(77.1%) showed more intention to get complete information regarding natural history of disease most of them n=85(26.4%) identified teacher, n=84(26.1%) newspapers, n=34(10.6%) TV and n=33(10.2%) health workers as may be a source of information.

CONCLUSION: Results from the current study showed poor Knowledge and practices but have had good attitude, so it is highly recommended that health education seminars on MERS CoV should be conducted for the medical students in the college.

KEY WORDS: Corona virus (MERS CoV), KAP. Medical Students

WORD COUNT: 321

Risk factors of Leukemia among Children and Adults: A case Control Study

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BACKGROUND: With the advancement of modern sciences the epidemiological pattern of diseases shift from communicable diseases to non-communicable diseases like cancer which still pose a big problem threatening to health of societies. Among the different types of cancers, leukemia appears to have greatly increased in frequency which accounts for 380,700 cases with 257500 deaths in 2008 globally. Limited studies have focused to identify the causative factors for leukemia. This implies the necessity of this case-control study. This study was undertaken with objective to investigate potential risk factors of leukemia.

METHODOLOGY: A hospital-based case-control study with 65 cases (40 child and 25 adults) and 130 age sex matched controls was conducted at 5 different hospitals of Province Punjab in May-September 2014. A face to face interview was carried out with cases and control in adults and from parents of child's cases and control to obtain information on associated risk factors. Bivariate analysis was done by using SPSS version 16.

RESULTS: in adult cases mean age was 30.6 and n=11(44%) of the cases were diagnosed at the age 30-39 years. On bivariate analysis leukemia risk associated with working in chemical factory (OR 6.7; 95% CI: 1.25-1.7; p<0.05), positive trauma history (OR 4.89; 95% CI: 1.38-4.39; p<0.004), use of dye for hair colour (OR 4.14; 95% CI: 1.28-4.95; p<0.003), smoking (OR 2.26; 95% CI: 0.89-3.25; p<0.05). born at 1st and 4th number (OR 2.53; 95% CI:0.97-3.41; p<0.037),live near crops(OR 2.15; 95% CI:0.88-3.07; p<0.069), work in oil-refining factory (OR 3.27; 95% CI:0.86-4.23; p<0.12), spend more than 7 hour in-front of sun indicates a strong association with risk of developing leukemia (OR 4.57; 95% CI:1.36-5.23; p<0.002). In 40 child cases mean age was 7.4, n=15(37.5%) were diagnosed at the aged range 6-10 years. On bivariate analysis leukemia risk was found to be increases in child with positive trauma history (OR 7.89; 95% CI: 1.99-4.96; p<0.000), born at 1st and 4th number (OR 2.13; 95% CI: 0.99-2.76; p<0.028)

CONCLUSION: Multiple modifiable and not modifiable risk factors were identified as a risk factors of leukemia for children and adults. Knowledge of these particular risk factors and avoiding of risk factors can be used to reduce the incidence of disease

KEY WORDS: Case Control Study, Leukemia, Risk Factors.

WORD COUNT: 350

Risk factors of Female Breast Cancer: A case Control Study

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BACKGROUND: Globally, with 1 million new cases in the world each year, breast cancer is the commonest malignancy in women and comprises 18% of all female cancers. The disease burdens of cancer are rarely considered for developing countries like Pakistan. Yet, few realize that Pakistan, a country located in South Asia and classified as part of the third-world, suffers from a high burden of breast cancer. The Karachi Cancer Registry suggests that the age-standardized annual rate of breast cancer in Pakistan is 69.1 per 100,000, a figure equivalent to European and North American rates. Current study was conducted with objective to identify the associated risk factors of BC.

METHODOLOGY: Hospital based case-control study was conducted in Shaukat Khanum Memorial Cancer Hospital & Mayo Hospital Lahore in July–August 2014 with 120 diagnosed breast cancer cases & 240 controls. Information on demographic characteristics & potential risk factors were collected from both groups by using close ended questionnaire after taken informed consent. The strength of association between each risk factor and breast cancer risk has been assessed through bivariate analysis by using SPSS version 16.

RESULTS: Mean age of cases was 46.6. Study variables showed that there were significant difference between cases and controls, according to education level and marital status. On bivariate analysis BC risk was found to be increased in married women (OR 72.42, 95% CI:2.33-3.31, $p<0.05$), Cigarette smoking (OR 29.03, 95% CI:3.44-196.41, $p<0.05$), Obesity (OR 22.62, 95% CI:6.311-38.55, $p<0.05$), X-ray chest >2 times (OR 5.14, 95% CI: 2.33–5.95, $p<0.05$), breast enhancement cream usage (OR 5.8, 95% CI: 2.26-11.0, $p<0.05$), Excessive use of red meat (OR8.03, 95%,CI:2.39-4.04, $p<0.05$), Huka smoking (OR 3.94,95%,CI:1.61-7.80, $p<0.05$), Contraceptive usage (OR5.13,95% CI:2.08-9.46, $p<0.05$),Early pregnancy <20 years (OR 10.0,95%,CI:3.74-10.94, $p<0.05$), Early menarche (OR 3.00,95%,CI:1.46-2.42, $p<0.05$) and Lack of Breast feeding (OR 11, 95% CI: 2.46-3.94, $p<0.05$).

CONCLUSIONS: Multiple modifiable and non-modifiable risk factors were identified former can be avoiding by using preventing practices against these risk factors. So it is highly recommended that health education against the BC should be conducted with the involvement of mass media

KEY WORDS: Case control study, Female Breast Cancer, Risk factors.

WORD COUNT: 357

Prevalence of Pre-Diabetic State among Medical Students of a Private Medical College, Mirpurkhas

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BACKGROUND: Pre-Diabetes is a condition associated with impaired glucose tolerance test and having high risk for development of frank diabetes. Globally 171 million cases were present which expected to rise to 366 million by 2030. Americans, Africans, Asians and Arabians are 1.5 to 2 times more likely to develop diabetes over their lifetime. In future Pakistan with India and china will be the largest contributors of the world in diabetic load. Little information are available on pre-diabetic state of medical students, therefore this study was carried out to identify the high risk pre-diabetes individuals and their associated risk factors.

METHODOLOGY: A cross sectional, descriptive study was conducted among medical students of Muhammad Medical College, Mirpurkhas. Total 100 were identified by using convenience sampling technique, after taking informed consent WHO recommended procedure Oral Glucose tolerance test were performed and a face to face interview was conducted to collect information on associated risk factor by using closed ended pre tested questionnaire. Data was entered and analyzed by using SPSS version 16.

RESULTS:- In the total sample n=49(49%) students belongs to 20-22 y age group, n=56(56%) are male. All were disease free at the time of study. n=64 (64%) have the positive familial history for diabetes, n=38(60.3%) have type 2 diabetes and n=25(39.7%) have type 1 diabetes. Among them n=12(12%) were at pre-diabetic state (FBS>110 &RBS>140) detected on oral glucose tolerance test. Among the case n=5(41.7%) overweight, n=4(33.3%) obese, n=3(25%) normal, n=9(75%) have positive family diabetic history. n=6(50%) spend 2-5 hour free with no physical activities, n=10(90.9%) take junk food, n=11(91.7%) take stress about their family/study, n=6(50%) have positive history of familial obesity. Among them n=2(16.7%) are cigarette smokers smoke 3-5 cigarettes in a day.

CONCLUSION:- Results of current study showed 12% prevalence of pre-diabetic person among the medical students and have positive familial diabetic history and obesity, obese, sedentary lifestyle, stress, junk foods uses. Health education should be given to all medical students including high risk group to adopt preventive measure i.e. maintain their weight, avoid junk food and stress, exercise daily and periodic screening to minimize the risk of diabetes in future.

KEY WORDS: Pre-Diabetic State, Oral Glucose tolerance test, Frank Diabetes

WORD COUNT: 350

Is Blood group has association with Helping Attitude: A Cross Sectional Study among Medical Students of a Private Medical College, Mirpurkhas

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BACKGROUND: Helping attitude toward others refers to voluntary actions intended to aid the others, with reward regarded or disregarded. Nowadays helping others seems a difficult act in the young generation associated with many factors like situational, social and dispositional. Whenever there is positive helping attitude in people there will be no concept of hopelessness among needy. Therefore a study is conducted to assess the correlation of helping attitude in different blood groups in young medical students.

METHODOLOGY: This was a cross-sectional descriptive study carried on June-August 2014 among students of Muhammad Medical College Mirpurkhas. All students n=350 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 16.

RESULTS: From total of n=350 students. n=247(71.0%) belong to male gender, most of them n=77(22.1%) were study 4th year, frequent blood group was O positive n=93(26.7%). Among total n=220(63.2%) participated in charity work in this n=85 (24.7%) have blood group "O". common reason for charity work was to get spiritual pleasure to help other as reported by n=258(74.1%) students. n=293(84.2%) have a positive intention of charity work in future in way like to build hospital n=123 (35.3%).

CONCLUSION: According to study students were highly involved in charity work. The blood group "O" show more positive attitudes to helping others. It is recommended that other students who have no intention towards helping others need an active education program to encourage and promote the charity trends.

KEY WORDS: Helping attitude, Medical students, Blood group

WORD COUNT: 258

Epidemiology of Ovarian Cyst in Pakistan: A Case Control Study

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BACKGROUND: A globally ovarian cyst is a common gynaecological problem among child bear and postmenopausal women. The incidence of ovarian cysts is approximately 15 cases/100000 women. In United States ovarian cysts are diagnosed in more than 21000 women annually causing an estimated 14600 deaths. Insufficient information is available on associated risk factor of ovarian cyst among women of Pakistan. To fill this existing gap of knowledge we conducted this study.

METHODOLOGY: We carried out a case-control study in district headquarter hospital of two district of Punjab Province in July - August 2014 with 60 diagnosed cases of ovarian and 120 controls. Information on demographic characteristics and potential risk factors were collected from both groups by using closed ended questionnaire. Bivariate analysis was used to assess the strength of the association between each risk factor and risk of ovarian cyst by using SPSS version 16.

RESULTS: The majority of the participant cases (36.7%) in this case-control study are aged less than 45-54 years at the time of diagnosis. Their mean age was 35.1. Study variables showed that there were significant difference between cases and controls, with respect to education level and family history. On bivariate analysis ovarian cyst risk was found to be increases in women with positive family history (OR 7.8; 95% CI: 2.07-4.22; $p<0.05$), Body mass index (>25) (OR 14; 95% CI: 2.24-4.2; $p<0.05$), Use of contraceptive (OR 9.6; 95% CI: 2.28-4.58; $p<0.05$), Excessive use of chicken in daily diet indicates a strong association with risk of developing breast cancer (OR 6.6; 95% CI: 1.95-4.10; $p<0.05$),

CONCLUSION: The strongest associations with ovarian risk in the local population were observed with family history of ovarian cyst, BMI, use of contraceptive and excessive use of chicken in daily diet. It is noteworthy that the Overall, the findings of our study corroborate with the results of previous investigations on descriptive epidemiology of risk factors for ovarian cyst. Nevertheless, this study fill the existing gap of the knowledge will provide the template to policy maker for executing more targeted campaigns of prevention and early diagnosis in the population.

KEY WORDS: Case control study, ovarian cysts, Risk factors.

WORD COUNT: 349

Causative Factors Pushing Women into Dar-ul-Aman (Shelter-Homes) and associated problems: A cross sectional survey

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BACKGROUND: Dar-ul-aman is shelter home for inmate women. Social discrimination, rape, sexual exploitation, force and underage marriages, with domestic violence are the major contributor factors which pushing the women to shelter homes. Living in shelter home is associated with different types of social, psychological, mental, sexual and physical problems Limited information is present on causative factors who push the women into Dar-ul-aman.To fill this existing gape of knowledge of current study was conducted among women who were living in different shelter homes of Punjab.

METHODOLOGY: By using cross sectional study design a survey was conducted in June-August 2014among the women living in Dar-ul-aman of District Okara and Rajan pur. All women n=53 were identified, information regarding socio- health problems, reasons of leave home were collected by face to face interview with closed ended questionnaire. Collected data was entered and analyzed by using SPSS version 16.

RESULTS; In the total study population n=32(60.4%) were belongs to 15-20 year age groups , n=47(88.7%) were married. Different reasons were reported for leave home the most frequent was divorced n==16(30.2%), followed by force marriage n=13(24.5%), torture n=13[24.5 %) were any torture and n=4(7.5%) not known their rights n=38(71.7 %) and admitted through court n=15(28.3%). in the Dar-ul-aman n=21(39.6%) women felt unsecure. Among the total n=2(3.8%) faced physical torture, n=9(17%) mental torture n=2(3.8%) face sexual assault. n=31(58.5%) does not wants to reconciliation with family.

CONCLUSION: Result identified different reasons for living in Dar-ul-aman like divorce, feeling of unsecure, force marriage. They were facing different problems physical torture, mental torture, sexual assault. It is recommended to give empowerment to rural women by adopting public private partnership strategy with proper monitoring of staff to avoid associated problems.

KEY WORDS: Dar-ul-aman, Health Problems, Women

WORD COUNT: 283

Prevalence of Refractive Errors among the Students of Mirpurkhas

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BACKGROUND: Refractive error remains one of the primary causes of visual impairment worldwide. It is estimated that 2.3 billion people worldwide have refractive errors; out of which 1.8 billion have access to adequate eye examination and affordable corrections leaving behind 500 million people, mostly in developing countries with uncorrected error causing either blindness or impaired vision due to insufficient treatment and less awareness. In Pakistan 11.4% of the blindness is due to uncorrected refractive errors. This study was conducted to evaluate the prevalence of refractive error among the students of different educational institute of Mirpurkhas

METHODOLOGY: A cross sectional, descriptive study was undertaken in June-July 2014 among the students of different institute (School & computer centers) of Mirpurkhas. After getting permission from headmasters we identified 95 students by using random sampling, after taken informed consent eye examination and face to face interview were conducted. Collected data were entered and analysed by using SPSS version 17

RESULT: The total sample size is n= 95. Among them n= 52(54%) were males, most of them belongs to 16-24 year ages group. n=30(32%) found weak eye side on examination: Among them n=7(24%) reported water flow from their eyes by focusing as they read books, and focusing on computer , n=20(67%) students fell headache during reading of books. n=22(72%) have positive family history of errors of refraction, n=10(33%) of them reported history of eye examination but failed to compliance with glasses.

CONCLUSION: Result suggested that weak eye side was highly reported among positive respondents who were positive for family history. Periodic eye examination should be conducted among the schools for early diagnosis of problems associated with refractive error

KEY WORDS: Refractive error, Prevalence, Students, Mirpurkhas

WORD COUNT: 272

Prevalence and Associated Hazards of Smoking among Pregnant Women Reported at Civil Hospital Mirpurkhas

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BACKGROUND: Tobacco is the single largest cause of disability and death in modern era. In the European Union 13 million more are suffering from a serious chronic disease with over 650,000 deaths annually. Use of tobacco during pregnancy is a neglect public health problem which has strong association with child low body weight, premature birth, and sudden infant death syndrome. To assess the prevalence of smoking and associated hazard among the pregnant women current study was conducted.

METHODOLOGY: A cross sectional, descriptive study was undertaken among civil hospital Mirpurkhas in August-2014. n=75 pregnant women were identified by using convince sampling, informed consent were taken, face to face interview were conducted by using closed ended questionnaire to collect information health hazards associated with smoking in pregnancy. Collected data were entered and analysed by using SPSS version 17

RESULTS: Our sample size was n= 75 out of which n= 08 (11%) were smokers; consume 5-6 cigarettes / day. Mean age of starting of smoking was 17 years (range 16-19 years). All have poor socio-economic status and belongs to rural area. Multiple reasons were identified for smoking including just for time pass n=4(50), to remove headache n=2(25%) and forced by husband n=2(25%), all of them were not aware about hazards of smoking. n=4 (25%) smoker women have delivered baby which have low birth weight (less than 2.5 kg). No one reported any congenital abnormality among their children. All were have haemoglobin less than 8 g/dl. Chronic cough and sputum and difficulty in breathing were also present in all smoker women.

CONCLUSION: From our study it is concluded that the smoking was highly prevalent in women of rural area associated with anemia and certain respiratory problems and causes low birth baby. Health education session supposed to be conducted during antenatal care and give awareness on hazards of smoking

KEY WORDS: Pregnancy, Smoking, Low Birth Weight

WORD COUNT: 304

Risk Factor of Scabies among Hostel Students of District Muzaffargarh: Result of Cross Sectional Survey

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BACKGROUND: Scabies is parasite infection characterized intense purities, rashes, and lesions, attributed to 130 million infections worldwide most of them reported in developing countries. It is common dermatitis infectious among individuals who has history of living in poor hygienic condition, congested environment, sharing of personal users and low knowledge about disease. By keeping view these determinants a study was conducted among students to find out the prevalence of scabies and associated risk factors

METHODOLOGY: It was a cross sectional study conducted in students of different hostels of District Muzafargarh, Punjab from July to august 2014. Total 105 individuals were selected by using connivance sampling technique, closed ended questionnaire were administered to collect information on scabies and associated risk factors. Data was entered and analyzed by SPSS V16.

RESULTS: Out of 105 respondents n=95 returned the questionnaire, most of them n=66(66.3%) were belongs to 16-20 year age group, n=51(53.7%) were studying in intermediate. n=56(58.9%) were positive for clinical features of Scabies. They reported more than one reason for scabies n=36(70%) had common practices to share the personal users things like towel, bed sheet and others, n=31(61%) sleep closed to one another n=15(21%) clean their bed sheet after more than 3 week and near n=49 (96%)all were living in congested environment.

CONCLUSION: Prevalence of scabies was high (53.7%) among students of different hostels of District Muzafargarh. it is recommended that Health education program should be evolved through hostel management, and examination for scabies supposed to be conduct among high risk students with the help of department of Health

KEY WORDS: Scabies, Hostile Students, Unhygienic Condition

WORD COUNT: 256

Awareness of Barbers Regarding Health Hazards associated to Their Profession: a Cross Sectional Survey

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BACKGROUND: Barbering is a very ancient profession, which is related with the use of combs, towels and blades, if these are not properly disinfected leads to transmission various infections includes dermatitis, scabies, Hepatitis B and C, HIV and etc. The objectives of the study assess awareness among barbers regarding health hazards related to their profession and to identify professional practices linked with infection transmission.

METHODOLOGY: A work place based cross sectional study is conducted in May-August 2014 among barbers of Mirpurkhas. 60 barbers were selected by using convince sampling, information regarding health hazards associated with their profession and practices linked with infection transmission were collected by face to face interview with the help of closed ended questionnaire. Data was analysed by using SPSS 16.

RESULTS: Among the total n=15(25%) belongs to 36 and above age group, n=30(50%) of the subjects were educated among them n=14(46.7%) middle, n=11(36.7%) matriculation. n=27(45%) of the subjects have been doing barbering since 5 years, n=33(55%) choose this profession because of poverty, n=39(65%) of the subjects are satisfied with their profession, n=29(48.3%) of subjects work daily for 10 hours. n=35(58.3%) of the subjects aware about the risk of diseases in their profession, n=47(78.3%) of the subjects have heard about the hepatitis, n=37(61.7%) were not vaccinated against hepatitis B. In the total n=8(13.3%) of the subjects were having hepatitis, all got treatment and cured except one. n=36(60%) of the subjects didn't heard about scabies, n=18(30%) were having scabies and n=12(20%) of them didn't get any treatment. n=31(51.7%) of the subjects were having dermatitis on their hands, n=20(33.3%) didn't get any treatment.

CONCLUSION: Knowledge among barbers about health hazards associated with their profession is poor. Majority of subjects don't have any perception of unhealthy working practices in barbering and threat of hazardous infection to the Customers. There is moderate awareness about the various modes of transmission of hepatitis among the barbers, and most of them don't know about vaccination. A behavioural change communication campaign should be initiated without delay to protect the health of these workers and of the general population.

KEYWORDS: Barbers, Infection Practices, Health hazards

WORD COUNT: 343

Prevalence of Dieting and associated Health effect among Hostel Girls of Muhammad Medical College

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BACKGROUND: The high prevalence of obesity in modern societies is a major public health problem and is rising day by day. Obesity imposed some chronic diseases with feeling of low self-esteem and negative body image. Prevalence of obesity is high among all age groups but it is two to three times higher among 20 years age group. Negative body image initiates young adults on dieting and unhealthy eating behaviours to lose weight. Thus dieting is becoming a common phenomenon among university students to achieve their desirable body weight. To assess the prevalence of dieting and associated effect current study was carried out among the medical students.

METHODOLOGY: A cross sectional descriptive study was conducted among hostel girls of Muhammad Medical College in June-August 2014. After taking the informed consent of all 108 girls, a questionnaire was administered to collect information demographic, socio-economic status, practices of dieting and associated risk factors. Data was entered and analysed by SPSS version 16.

RESULTS: Among total n=45(41%) respondent were practicing the dieting which was more frequent n=30 (66%) in age group 19-22. The most frequent reason for dieting was to reduce weight to get smartness as reported by. n=29(64%). Different health related issues were reported n=36(80%) feel weakness, n=12(26.6%) feel dizziness, n=29(66.4%)from constipation &n= 11(24.4%) suffered from diarrhoea, n=11(24.4%)have disturbed menstrual cycle& n= 28(62.2%) have irritative behaviour due to dieting, n=29(66.4%) felt backache, n=34(75.5%) felt headache, n=37(82.2%) have mental problems, n=4(8.88%) felt lack of concentration during lectures due to dieting.

CONCLUSION: Our study reported high prevalence of dieting multiple health problems were identified including headache, weakness, backache, constipation, disturbed menstrual cycle, irritative behaviour, diarrhoea, lack of concentration during lectures. So it is recommended that dieting practices should be conducted under the supervision of dietitian to avoid the undesirable effects.

KEY WORDS: Dieting, Weakness, Female Medical students

WORD COUNT: 295

Prevalence and Risk Factors Associated with High BMI among adult Population of Muhammad Medical College

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BACKGROUND: Obesity is associated with increased consumption of more energy-dense, nutrient with high levels of sugar and saturated fats, combined with reduced physical activity. Obesity has reached epidemic proportions globally, more than 1 billion attributed to chronic disease like diabetes, cardiovascular disease, hypertension and stroke. Students are at high risk of obesity and overweight as they have certain high risk behaviours like use of junk food and decrease physical activity. A cross sectional study was conducted with objective to assess the prevalence and associated risk factors of obesity among medical students

METHODOLOGY: A cross sectional study was conducted among medical students of Muhammad Medical College from June- August 2014. BMI of 370 agreed student was measured by using WHO criteria for categorization of obesity and overweight (BMI >30 for obese and 25-29.9 as overweight). Face to face interview was conducted to assess the associated risk factors with the help of questionnaire. Collected data entered and analyzed by using SPSS Version16.

RESULTS: Among the total n=70(4.8%) respondents n=48(68%) were overweight (male 18(37%), female n=30(62.5%) and n=22(32%) were obese (male 10(45.4%), female 12 (54.5%)). Risk factors associated with obesity and overweight were over eating n=57(81%,) meat eating three times in week n=35(50%), use of cold drink daily n=56(80%), use of fast food three times in week n=62(88.5%), hoteling 2 times in week n=39(55.7%), 2 chocolates per day n=57(81.4%), heavy breakfast=40(57.1%) , eating during watching television =65(92%), lack of playing n=52(74.2%), lack of exercise n=65(92.8%).

CONCLUSION: Increase BMI was highly prevalent among the medical students associated with unhealthy life style and use of junk food .so it is highly recommended that health education given to the students regarding hazard of high BMI with advice of increase physical activity.

KEY WORDS: Obese/overweight, Medical Students, Risk factors.

WORD COUNT: 280

Knowledge Attitude & Practice about Dengue Fever among Students of Muhammad Medical College

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BACKGROUND: Dengue fever (DF)/dengue haemorrhagic fever (DHF) has emerged as an important public health problem throughout the world. According to current estimates, at least 100 countries are endemic of dengue and about 2.5 billion people are at risk in tropical and subtropical regions, with about 50 million dengue infections occurring annually. Knowledge regarding any diseases among any group of population is an important epidemiological deterrent which determines the good preventive practices. The present study was designed to assess the

METHODOLOGY: A cross-sectional study was conducted among medical students of Muhammad Medical College, Mirpurkhas in July-August 2014. Total 250 students were identified by using systemic random sampling with the help of attendance sheet, after taken informed consent a closed ended questionnaire were administered to collect information regarding knowledge attitude and practices of medical student toward dengue. Data was collected and analysed by using SPSS version 16.

RESULTS: Among Total 250 students n=139(55.8%) were male, highest number n=185(75.2%) of students were belongs 20-24 age group. n=249(99.9%) respondent heard about the dengue fever. More than half n=147(59%) identified mosquito as a vector and only n=83(33.3%) know that it is caused by virus and. n= 230 (92.4%) students identify that fever and petechial spot as a dengue symptoms. n=184(73.9%) students have knowledge about the diagnostic test for dengue. n=161(64.6%) shows compassion and desire to help dengue patient n=150 (60%) were supportive to the dengue patients. n=28(11.8%) students reported that history of death due to dengue in their close relatives. Among the total n=185(75.2%) students have used precautions i.e. wear full cloths, n=100(54%) use repellents to repel mosquito, n= 120 (64.8%) wear full cloths, n= 85(45.9%) drink boiled water

CONCLUSION: The study shows average knowledge, good attitude and practices in regard of dengue fever. It was highly recommended to conduct seminars for student of Medical College

KEYWORD: Dengue fevers, Awareness, Precautions, Medical Student

WORD COUNT: 306

Prevalence of Refractive Errors and Usage of Spectacles among Vehicle Drivers in Mirpurkhas, Sindh

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BACKGROUND: Refractive error is an error in the focusing of light by the eye and a frequent reason for reduced visual acuity and it is one of the known causes of visual impairment worldwide. In drivers, refractive error effect driving skills and may lead to accidents. Generally, there is limited information on prevalence of refractive errors among drivers, to fill the existing gap of knowledge current study was conducted with objective to find out the prevalence of refractive error among drivers

METHODOLOGY: A cross-sectional survey among drivers of District Mirpurkhas was undertaken in August to September 2014. 70 respondents were identified by using convenience sampling techniques, for of relevant information includes operational route, history of driving and ocular history, type and usage of corrective spectacles was obtained by using closed ended questionnaire. Drivers were also screened for defective vision with the help of Snellen's chart, Ishihara chart. Each participant had a detailed ocular examination using visual acuity, slit lamp in Department of Ophthalmology of Muhammad Medical College

RESULT: n=70 drivers of Mirpurkhas city were given answered. Out of them n=19(27.1%) have presbyopia while n=23(32.9%) have myopia. n=24(34.3%) drivers had already visited doctor and out of them n=13 (18.6%) were asked to use spectacle but only n=7(10.0%) were using spectacles while driving; rest n=6 (8.6%) were not using their spectacle. When asked about their headache in that case n=26 (37.1%) had headache before and after driving. Regarding safety measure it is observed that out of n=70 only 30 (42.9%) drivers follow safety precautions for eyes rest 40(57%) drivers didn't follow.

CONCLUSION: Prevalence of uncorrected refractive error, especially Myopia, was higher in drivers. Causes of higher prevalence and barriers to refractive error correction services should be identified and addressed. Periodic eye examination of drivers is highly recommended

KEYWORDS: Refractive Errors, Drivers, Mirpurkhas

WORD COUNT: 295

Hospital Waste Management Practices among Different Hospitals of Mirpurkhas: Result of a Cross Sectional Survey

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BACKGROUND: Hospital waste (HW) has a high potential of infection and injury. In Pakistan 1.35 Kg waste is produced form each occupied bed and about 250,000 tons of waste generated per year. Literature review suggested that HW has been poorly handled and managed by the hospital staff and administration which leads to adverse environmental and health consequences. The objective of this study was to assess the hospital waste management techniques employed by the hospitals with knowledge and Practices of waste handler regarding hospital waste.

METHODOLOGY: By using cross sectional study design a survey was conducted in August 2014 in five hospital of Mirpurkhas. Waste management practices were assessed by using World Health Organization (WHO) guideline. Knowledge and practices of n=40 waste handlers were measured regarding hospital waste by using closed ended questionnaire. Data was analyzed using SPSS version 14.

RESULTS: Out of 40 waste handlers, n=28(70%) were using protective gloves and masks during handling of waste, n=11(27.5%) of the waste handlers bury the hospital waste while n=29 (72.5%) burn the waste. n=12(30%) of them segregate the waste into different categories but none of them colour the waste during segregation. n=17(42.5%) were trained in hospital waste management n=22(55%) of the waste handlers showed interest in attending training sessions for waste handling. Among 5 hospitals 1(20%) was segregating sharps, pathological, chemical, infectious and pharmaceutical waste into different bags. For dangerous waste 3(60%) hospitals were providing essential protective wears to their workers. Among total 2(40%) had trained staff for HWM. 2(40%) hospital had storage area for waste but they were not protected from access of scavengers and public. Vehicle for transportation was available in only 1(20%) hospital and in remaining transport waste by manually/. Different technique were used by disposal of waste burning in open area 4(80%) and burial 1(20%).

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

KEYWORDS: Hospital Waste, Disposal technique, Hospitals of Mirpurkhas

WORD COUNT:348

Prevalence of Byssinosis among Workers of Cotton Mill

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BACKGROUND: Morbidities and mortalities associated with occupational diseases are difficult to measure because of under reporting and lack of diagnosis. Byssinosis is one of the occupational disease and contribute factor to chronic obstructive pulmonary disease (COPD), which imposed over 3 million deaths equal to 5% of all deaths globally. Prevalence of Byssinosis in developing countries is varies Indonesia 30%, Sudan 37%, Ethiopia 40%, Turkey 46%, India 50% and Pakistan 35.6%, related to poor working environmental condition and deprived personal protective practices. Current study was conductive with objective to identify prevalence of Byssinosis in cotton mill workers and to aware them from the hazards of their occupation and safety measures.

METHODOLOGY: A work based descriptive cross sectional survey was conducted in August 2014 among individuals who were working in textile mill located in industrial area of Kotri, District Jamshoro. Total 128 were worker identified by using random sampling, after taking informed consent face to face interview was conducted to collect information regarding clinical features of Byssinosis by using operational case definition. Data was entered and analysed by SPSS version 16.

RESULTS: Total n=128 cotton mill workers were interviewed. All were male, majority belongs n=48(37%) 30-34 age groups, near half n=70 () respondents were working from least 5 years. Out of which n=34(27%) have respiratory problems n=18(53%) had wheezing n=14(41%) had shortness of breath. n= 9(32%) had chest tightness and only n=4(12%) had fever, n=12(35%) had cough.

CONCLUSION: Symptoms of Byssinosis were highly prevalent among the worker, high among those individuals who have smoking history, working with more than 4 years without use of any personal protective measures. Establishment of better protective working environment, working with personal protective equipment and periodic examination are recommended to decline the disease burden

KEYWORDS: Hospital Waste, Disposal technique, Hospitals of Mirpurkhas

WORD COUNT:348

Prevalence of Substance abuse among Medical Student

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BACKGROUND: Substance abuse among youth has become an issue of concern throughout the world. It interferes with an individual's physical, mental health, also effects on the individual social health and responsibilities. Substance abuse assumes a special significance among the medical students as they are the future medical practitioners and have a potential role in treating and counselling the patients of substance abuse disorder. The current study survey prevalence and self-reported motivations of substance abuse among students of private medical college

METHODOLOGY: A descriptive cross-sectional survey was conducted among medical students studying in private medical college located in rural area of Province Sindh in July-August 2014. Simple random sampling technique was used to select the respondents; closed ended questionnaire was administered to collect information on type of substance abuse and associated reasons. A total of 150 medical students studying in different professional years were taken for the study purpose. The data was entered and analyzed in SPSS version 16

RESULTS: In total n=150 medical students, n=56(37.7%) were smoker and smoke 1-8 cigarettes/day from last 5 years but not regularly, the most frequent reason for smoking was depression n=30(50.6%), nearly three quarter n=94(72.3) know that it can cause lung cancer , n=36(63.2%) were willing to leave this in future. Second common substance for abuse was arecanut which was using by n=53(36.1) respondents out of them n=35(66) were dependent on arecanut as, n=30(56.6) were willing to leave this in future. n=35(23.8) used pan from last 1-5 years not regularly, half of them n=16(48.5) consume 1-5 pan in a day, n=19(13.8) drinks alcohol from last 1-3 years, n=9(45) drinks daily basis, n=10(52.6) drinks with friends, n=15(75) were willing to leave this in future, n=42(45.2) were know it causes liver and kidney diseases

CONCLUSION: Results revealed high prevalence of substance abuse among the medical students majority as a habitual, used in depression. Government should ban on these abuse substances. Parents must take some vigilance action on abuse of substances by their children. Peer health education should be conducted among youth to minimize the prevalence of substance abuse.

KEYWORDS: Substance abuse, Medical Students, Alcohol

WORD COUNT: 342

Traditional Methods of Snake Bite Management Used by Snake Charmers of District Tharparkar @ Mithi

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BACKGROUND: Snake bite remains a common zoonotic problem in rural areas of Pakistan. About 500,000 venomous snake bites are reported in world annually. Estimated mortality ranges from 30,000 to 40,000. In Pakistan, only district Tharparkar (Mithi) 1.9/100, 000 are reported annually which were more frequent among agriculture workers, herders, hunters and snake charmers. Different traditional methods used in management of snakebite cases but limited scientific evidence was exist to fill this existing gap of knowledge, this study was conducted with object to explore the traditional methods of snake bite management in rural area of Sindh.

METHODOLOGY: A cross sectional study was carried out in different taluka (sub division) of Tharparkar (Mithi) in June-August 2014. Total 100 Snake charmers were identified by using convince sampling, information regarding traditional methods of snake bite was collected by face to face interview after taken informed consent. Data was entered and analyzed by using the SPSS version 16.

RESULTS: Among the total population all were males. n=90 (90%) were living in rural area. n=78 (78%) were illiterate. n=92(92%) have snakes in their home. n=97(97%) used some traditional methods of snake bite management including n=47(48.45%), suck venom by mouth method, n=27(27.83%) used MANN, n=23(23.7%) used plants by giving orally/gel form (Nadraseeli and Purkiamukh). n=17(36.18%) identified sucking method as health hazard procedure. n=34(75.55%) reported snake bite case recover after sucking, within one hour, n=11(24.45%) 2 hours and n=2(4.25%) reported no recovery. Among total person n=27(27.83%) who used Mann for snake bite management, n=26(96.30%) told that patient recover after using MANN, n=20(74.08%) reported that they placed Mann on affected site as soon as possible and wait it until self-fall.

CONCLUSION: Majority of study subjects used traditional methods for snake bite, Sucking out of the venom by mouth, MANN and Plants. Literature review suggested that these are not so much effective so it is highly recommended that health education session should be conducted with the involvement of mass media to remove miss conception and establishment of snake bite management center in house of lady health workers or trained health care person.

KEY WORDS: MANN, health hazard, snake bite.

WORD COUNT: 342

Knowledge Attitude and Practice Regarding Blood Borne Disease Transmission among Person Visited To MMC Hospital

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BACKGROUND: The Center for Disease Control and Prevention (CDC) defines universal precautions as “a set of precautions designed to prevent transmission of blood borne pathogens when providing first aid or health care”. Unsafe injection practices result in a substantial burden of preventable blood-borne viral disease like HBV, HCV and HIV, which is an important public health problem world- wide. An estimated 21 million HBV infections, two million HCV infections and 260,000 HIV infections caused by contaminated needles. The study aims to find out the knowledge attitude and practices among the visitors of MMCH.

METHODOLOGY: A cross sectional, descriptive study was undertaken among visitors of MMCH located in Mirpur khas rural area of Sindh in September 2014. All n=160 respondents were approached informed consent were taken and a closed ended questionnaire was administered to assess their knowledge attitude and practices toward Blood Borne Diseases. Collected data were entered and analyzed by using SPSS version 14.

RESULT: Total n=160 questionnaires were distributed among the people who visit the hospital MMCH. n=160(100%) were returned. Among the total n=100(62.5%) were belongs to age group 20-35 years. Married persons were n=116(72%). n= 88(55%) were educated. n= 96(60%) were know diseases caused by blood transfusion.. n=96(85.5%) person know that the diseases caused by blood transfusion can be treated. n=92(85.2%) know the danger of disease. n=88(59.5%) were know about the HIV and hepatitis n=92(59%) said that these diseases not related their family. n=116(74.4%) said that HIV and hepatitis were transmitted by reuse of syringes. n=108(75%) were never transfused the blood. n=48(85.7%) used screened blood. n=76 (79.2%) were vaccinated for hepatitis.

CONCLUSION: Results from the current study showed good Knowledge, attitude and practices. There is also need of advanced awareness about blood born disease mostly about hepatitis and HIV.

KEYWORDS: Blood Borne Disease, Patients, KAP Study.

WORD COUNT: 281

Prevalence of Hepatitis B Vaccination coverage among Surgeons of Two District of Province Sindh

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BACKGROUND: Hepatitis B is a potentially life-threatening viral infection that effect people of all ages which is transmitted through blood and body fluids contact of infected person. Hepatitis virus is a well-known occupational hazard among the health care persons especially surgeon as they are exposed to certain high risk factors and behaviours. Globally the prevalence HBV marker or HB surface antibody among surgeon is 14-25% and in Pakistan 5.4%.This infection can be avoided by adopting preventive practices like vaccination against HBV. we conducted this study to find out the practices of vaccination among surgeon of two district.

METHODOLOGY: A cross sectional descriptive study was conducted in District Nawabshah and Mirpurkhas from May to August. Total 100 surgeons from departments of General Surgery, Gynaecology, Orthopaedics, and Dentists were identified, questionnaire were administrated to collect information regarding the risk factors and their vaccination coverage. The data was analysed through SPSS version 16.

RESULTS: Sample size was 100 among (female n=21 male n=79). Among female n=2 were unvaccinated one was positive for HBV. All males were vaccinated. n=64 were government servants, n=20 doing private jobs n=16 were busy in practice. Among all n=28 were general surgeon (male n=27, female n=1) and they all were vaccinated, n=50 were orthopaedic surgeons and all were male) and they were vaccinated, n=2 were dental surgeons (n=2 male and were vaccinated) and n=20 were female gynaecologist, Among n=20(female) n=18 were vaccinated and n=2 were unvaccinated. n=85 of the surgeons had a surface antigen test before the vaccination and they were negative. Among all n=15 not completed their vaccination dose including n=10 from gynaecologist and n=5 from orthopaedic. All n=100 take preventive measures while doing surgery and out of them n=24 surgeons got injury through needle pricking during surgery.

CONCLUSION: Our study shows that most of the surgeons were vaccinated and they want their staff to be vaccinated. After the vaccination, they were advised to get antibody estimation against Hepatitis B and if they find sufficient antibodies in their blood they should not be worried in dealing or operating the Hepatitis patients.

KEY WORDS: Hepatitis B, Surgeons, Vaccination.

WORD COUNT: 343

Risk factors of Oral Cancer: A Hospital Based Case Control Study

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BACKGROUND: Globally, oral cancer is a common problem among both males and females. Oral cancer includes the malignancies of tongue, mouth and pharynx. In U.S.A, 41,380 deaths were estimated in 2013. In Pakistan, it is the 5th most common cancer among males and the survival rate is 5 years and associated with multiple risk factors including hypertension, infection of mouth and throat, family history of cancer, smoking, drinking, addiction of pan, chaliya and guttka, and other oral substance abuses. This study was carried to find out the associated risk factor of oral; cancer among the population of District Lahore

METHODOLOGY: A case-control study has been carried out in Anmol Cancer Hospital Lahore from July-August 2014 with 40 diagnosed cases of oral cancer and 80 controls. Information on demographic characteristics and potential risk factors were collected from both groups by using closed ended questionnaire. Bivariate analysis was used to assess the strength of the association between each risk factor and oral cancer risk by using SPSS version 16.

RESULTS: Majority of the cases n=31(77.5%) in this case-control study were aged between 60-80 years at the time of diagnosis. On bivariate analysis oral cancer risk was associated with positive mouth infection(OR=10.67;95%CI:2.30-6.00; p<0.05), naswar (OR=2.11;95% CI:0.733-2.7; p=0.1005) alcohol users (OR=2.6; 95% CI=1.10-2.93; p<0.05), salted fish user (OR=3.2;95% CI=1.23-4.04; p<0.05), cigarette smokers (OR=2.2;95% CI=1.012-0.74; p<0.05), family history (OR=2.14;95% CI=0.94-2.70; p<0.05)

CONCLUSION: Our study findings aimed to determine the strength of association between potential risk factors Mouth infection, Hypertension and substance abuse. This study provide template to policy maker to design intervention to control the exposure of modifiable risk factors which will lead decrease disease associated morbidity and mortalities among population.

KEY WORDS: Case Control Study, Oral Cancer, Alcohol, Risk Factors.

WORD COUNT: 283

A Case Report of Male Breast Cancer of 50 Year Old Patient

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BACKGROUND: Carcinoma of male breast is a disease with limited available information. Establishment of risk factors is a grey area due to rarity of disease. It accounts for about 1% of all breast neoplasm cases. The estimated incidence is 1 case for each 100,000 men. Invasive ductal carcinoma is the most prevalent breast cancer in males with an incidence varying from 65 to 95%.

CASE PRESENTATION: A 50 year old Pakistani male was referred to Sheikh Zayed Hospital in July 2013 complaining of a breast swelling of progressive growth for the previous 4 months. Previous medical and family history did not contribute to the present illness. He reported a normal sexual life, had 3 children. He denied drinking alcohol and smoking 10 cigarettes per day. There is no previous history of liver cirrhosis and prostate cancer.

Physical examination revealed a 3.5cm tumour located on right breast. There was a retraction of nipple, nodule which can be moved and had a hardened consistency. Mammographic findings consisted of a non-calcified high density mass and ultrasonography revealed a nodule of irregular shape. FNA and core biopsy were performed and diagnosis was invasive ductal carcinoma. He started with six cycles of chemotherapy. In Jan, 2014 he was submitted to modified radical mastectomy. The axillary LN dissection did not show any sign of malignancy. Immunohistochemical staining was positive for estrogen and progesterone receptor and histological grade 3. He received radiation therapy. Post therapy follow up was done by members of treatment team.

CONCLUSION: Carcinoma breast is a problem due to lack of screening and awareness programs. More research is needed on male breast cancer as it is a different disease than its female counterpart. MBC displays distinct immunophenotypic features from those occurring in women, implying a different pathogenesis in the evolution and progression of this disease. This recognition will provide better-focused treatment strategies and improved survival.

CONSENT Written informed consent was obtained from the patient for this case report.

KEYWORDS: Male Breast Cancer, Invasive Ductal Carcinoma

WORD COUNT: 305

Depression in Medical Students Before & After Annual Examination

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BACKGROUND: Depression is a Psychological disorder that can lead to various psychological emergencies in Medical Students. Depression can affect the academic life as well as the health of students. There are several factors that may lead to depression in students. To compare the impressions of MMC students being depressed before & After the Annual Examination.

METHODOLOGY: A cross sectional descriptive study was conducted among the students of Muhammad Medical College. One hundred students participated with their consent in the study. Information was collected by face to face interview through close ended questionnaire and assess with the respect to age, sex, year of MBBS, residence and identification of depression ratio before and after the Annual examination.

RESULTS: 100 questionnaires were distributed out of which 50 were males [range of age: 16-24; mean=21; median=21; mode=21] and 50 were females [range of age: 18-23; mean=20; median=18; mode=18]. 46% males and 49% females are aware of Depression. 44% males and 45% females have experienced depression. Out of 89% students, 31% males and 32% females said that they experience depression before Examination. 15% males and 12% females said that they experience depression after the examination. 8% males and 13% females said that they experience depression while studying biochemistry and anatomy & 13% males and 10% females in Medicine & 18% males and 2% females in Eye, ENT, Pathology and Pharmacology. 40% males and 33% females said that all subjects are well taught. 28% males and 31% females said that their exams performance get disturb by depression. 18% males and 27% females said that they are treated for depression. 37% males and 27% females said that they develop health issues due to depression like headache and general weakness.

CONCLUSION: Appropriate measures should be taken to avoid the Psychological emergencies in Students and counselling sessions should be arranged.

KEYWORDS: Depression, Pathology, Psychology

WORD COUNT: 294

Knowledge, Attitude and Practice of Antenatal Care among Pregnant women reported at DHQ Hospital of Bahawalpur

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BACKGROUND: A safe motherhood initiative is a global effort to reduce maternal mortality and morbidity. This aims to ensure improvement in the quality and safety of lives of women through adoption of health and non-health strategies. Antenatal care is a branch of preventive medicine dealing with prevention and early detection of pregnancy disorders. It is the key to modern obstetrics. Globally during the period 2006-2013 about 56% of pregnant women attended there commanded minimum four times antenatal care. The proportion of pregnant women in developing countries who attended at least four antenatal care visits has increased from approximately 37% in 1990 to about 52% in 2012 but, in low-income countries, only 38% of pregnant women attended four times or more antenatal care during 2006-2013.

METHODOLOGY: A cross-sectional study was conducted at Bahawalpur Victoria Hospital Pakistan among 59 pregnant ladies in July-August 2014. Face to face interviewed and close ended questionnaire based survey carried out from pregnant ladies to obtain information. Data entered and analysed by using SPSS version 16.

RESULTS: The descriptive study reveals that out of 59 pregnant ladies among these n=35 (59.3%) are belong to age group 25-35 years. N= 19 (35%) have 2 Childs, n=12 (41.4%) were metric. Among the total n=45(76.2%) know about the antenatal care. n= 39 (58%) visited antenatal care center when their pregnancy gets confirmed, n=36 (61%) followed the instruction of health care officer. N=53 (91%) mention husband as their decision maker. N= 55(93.2%) told they were not stopped to go antenatal care center, n=36 (67.9%) visited antenatal care center more than 3 time during their pregnancy, n=39 (69.6%) have no complication during pregnancy.

CONCLUSION: Overall study result suggests that most of the pregnant ladies are aware and follow through antenatal care but a lot of women don't pay heed to antenatal care. But word should be spread in community to increase antenatal awareness. It also suggests that steps should be taken to motivate antenatal care workers to perform their field visits regularly.

KEY WORDS: Antenatal care, KAP, Pregnant women

WORD COUNT: 330

Causes of Maternal deaths among population of District Hyderabad: a Retrospective Record Review Study

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BACKGROUND: Health agenda and advances in medical technology maternal mortality remains high (276/100,000 live births) in Pakistan: an estimated 30,000 women die each year because of obstetric complications, translating to one woman dying every 20 minutes. A disproportionate majority of these deaths occur in rural areas and urban slums. Improving maternal health and reducing maternal mortality remains a gigantic challenge for public health professionals. Globally, 287,000 women died because of maternal cause among them 99% of the fatalities took place in developing countries, and slightly more than half (56%) occurred in the sub-Saharan African region followed by South Asia (26%). A record review was conducted to identify the causes of maternal deaths.

METHODOLOGY: A retrospective record review of maternal deaths was conducted in district Hyderabad from July-August 2014. Record (verbal autopsy proforma) from 2008 to 2013 was obtained from district coordinator office of National program of Primary Health care and family planning. The causes of maternal deaths were assessed with respect to age, rural/urban residence status and parity status by using SPSS version 17.0.

RESULTS: Total 162 deaths were reported in study period, highest number of deaths n=49 (30%) were occurred in age group 26-30. More than half n=101 (62%) deaths reported in women who has 1-3 number of pregnancies. Among the total n=53(32.7%) had history of less than four ANC visits. Nearly one fourth n=39(24%) mothers died before delivery and remaining n=123(75%) were died after delivery. Most of deaths n=59(36.2%) were reported with in duration of 30 minutes to 12 hours after delivery. Most frequently reported death place were n=123(75%) followed by home n=21(13%). Identified causes of maternal deaths were pre-partum haemorrhage n=10(6.1%), post-partum haemorrhage n=41(25.2%), infection n=36(22.1%), hypertension n=62(38%), fits n= 26(16%) late delivery with the delay of more than 12 hours n=8 (4.9%) and some other cause n=33 (20.2%)

CONCLUSIONS: The study shows evidence of variations in the causes of maternal mortality among different socio-demographic subgroups in District Hyderabad. It is therefore interventions like health education regarding ANC, maternal morbidity and mortalities, scaling of ANC services increase provision of trained staff and equipment at health facilitates recommended.

KEYWORDS: Maternal deaths, Causes, District Hyderabad.

WORD COUNT: 350

Pattern of Hysterectomies, a Histopathological Experience at Muhammad Medical College Hospital & DHQ Hospital of D.G. Khan

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BACKGROUND: Hysterectomy is the most commonly performed gynaecological surgery throughout the world. Few studies have been performed describing the pathologic findings in hysterectomy specimen & examine the relationship between pre-operative clinical indication & pathologic diagnosis.

METHODOLOGY: Retrospective comparative study was conducted at Gynae & Pathology Department at MMCH & DHQ (D.G.KHAN) from July 2011 to July 2014. Secondly data was collected from previous hospital records & files & was analyzed from all aspects, to identify the pattern and histo-pathological findings in different age groups.

RESULTS: At MMCH 89 hysterectomies were performed, patients with mean age 35 ranging from 20 to 70, parity ranges from 4 to 10. Rate of physiological hysterectomy is 2% & in pathological causes most common is Utrovaginal prolapsed n=29(32.6%), fibroid n=17(19.1%), leiomyoma n=16(17.9%) others are Adenomyosis n=10(11.2%), Carcinoma of cervix n=02(2.2%), Cervicitis n=14(15.7%) Squamous Carcinoma of uterus n=01(1.1%), Ruptured uterus n=2(2.4%), Pre-eclampsia n=3(4.1%) & others n= 2(2.1%). From all hysterectomies 83% were performed abdominally.

At DHQ hospital of D.G. Khan 253 patients ,mean age 35 ,ranging from 25 to 65, parity ranging from 3 to 6 having following results; physiological hysterectomies were done on 12% patients & pathologic causes Utrovaginal prolapse n=70(27%), Leiomyoma n=65(25.69%), Fibroid n= 27(10.67%), carcinoma of cervix n=8(3.16%), Adenomyosis n=7(2.766%), Cervicitis n=20(7.905%), Squamous metaplasia n=11(4.35%), Carcinoma of uterus n=7(2.76%), Ruptured uterus n=10(10.4%), Pre-eclampsia n=7(2.77%), Haemorrhage n=11(4.35%). 85% were performed abdominally .

CONCLUSION: From this comparative study and analyzing the results, this concluded pattern of physiological hysterectomy is more common at DHQ hospital of D.G. Khan, at both areas UV prolapse is the commonest cause of pathological hysterectomy but at MMCH second most common cause is fibroid but at DHQ hospital is leiomyoma. Frequency is more in low socioeconomic & high parity women's .Abdominal hysterectomy is being more performed than vaginal.

KEY WORDS: Hysterectomy, Socioeconomic, Parity, Utrovaginal Prolapse

WORD COUNT: 295

Lack of Compliance for Treatment of Hepatitis B & C among Patients Reported at Civil Hospital Mirpurkhas

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BACKGROUND: District Mirpurkhas is one of those district where both diagnostic and treatment facilities are available for the patients suffering from Hepatitis B&C .Since 2006 hepatitis patients are being treated by the protocol treatment available at civil hospital Mirpurkhas provided by Government, free of cost .Out of the patients who started treatment a group of patients is growing as defaulter of treatment against medical advice due to various reasons. To know the reasons a study designed in form of survey to know the possible reasons for day by day increasing defaulter ratio among the patient of hepatitis for lacking in compliance for continuing treatment as per advice of the clinician.

METHODOLOGY: This retrospective study was conducted at Civil Hospital Mirpurkhas and Molecular lab Civil Hospital Mirpurkhas from October 2009 to June 2014. The target for the study was those patients who absolutely belong to the geographical area of the whole district Mirpurkhas. The age group selected was 16 year to 50 years. The study included 9334 confirmed Hepatitis B, C, D Cases (B=2137+C=7158+D=39) patients who started treatment at civil hospital Mirpurkhas under the chief Minister programme for Prevention and control of Hepatitis in Sindh.

RESULT: Out of these n=9334 patients n=6142 completed their treatment, n=2916 still under treatment while n=276 patients become defaulter due to various reasons. Out of these defaulters 93 were interviewed to know the reasons, they were positive for Hepatitis C n=76(78%), Hepatitis B n=15(16%) and Co infection Hepatitis B+C n=2(2%). Multiple reason were identified for not compliance with treatment financial n=47(51%), misguidance for treatment n=16(17%), adverse effect n=14(15%), apparent non response to medication n=11(12%), non cooperation of care provider n=3(3%), death during treatment n=02(02%). This survey shows that majority of the defaulters belong to the far flung areas of the district

CONCLUSION: By this survey we concluded that the lacking in compliance of the treatment is increasing due to economical hindrances along with poor awareness regarding the importance and hazards of the discontinuation of treatment. So it is highly recommended that policy maker develop a mechanism for tracing the defaulter and remove the associated factors to improve the health of individuals.

KEYWORDS: Hepatitis B, Compliance, Treatment

WORD COUNT: 350

Frequency of Microorganisms and Anti-microbial sensitivity pattern in Diabetic foot infection reported at tertiary care Lahore

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OBJECTIVE: To determine the frequency of common bacterial isolates cultured from diabetic foot infections in patients with type 2 diabetes mellitus falling in Wagner's grade-2 and grade-3 classification of diabetic foot infection. 2- To determine the sensitivity and resistance patterns of cultured microorganisms to different antibiotics.

METHODOLOGY: A 6 months descriptive study was carried out to analyze the bacterial isolates of all patients admitted with diabetic foot infection presented with Wagner's grade 2 and 3 at tertiary care hospital in city of Lahore. Bacteriological diagnosis and antibiotic sensitivity profiles were carried out and analyzed using standard procedures.

RESULTS: Out of 115 cases, n= 82(71%) were male and n=23(29%) were female. The mean age of patients was 51.7±9.45 years, mean duration of diabetes was 10.6±4.73 years, and similarly mean duration of diabetic foot wound was 46.15±2.75 days. n=45(39%) patients had Wagner's grade-2 and n=70(61%) patients had Wagner's grade-3. 99 specimen showed culture growth, out of which n=65(65.65%) gram negative bacteria and n=25(25.25%) gram positive bacteria were isolated in patients screened. The most frequent bacterial isolate were Proteus (35.35%), Staph. Aureus (25.25%), Klebsiella (16.16%) and Pseudomonas (15.15%). Both gram positive and gram negative organisms showed absolute resistance to Cloxacillin, Amoxicillin, Levofloxacin and Linezolid, gram negative organisms also showed high resistance rate to Clindamycin, Vancomycin, and Cefotaxime. Tienem (Imipenem), Sulzone (Sulbactam plus Cefoperazone) and Amikacin were the most effective agents against gram negative and gram positive organisms. Staph. Aureus and Staph. Epidermids were highly susceptible to Ciprofloxacin, Ceftriaxone, Clindamycin, Vancomycin.

CONCLUSION: Gram negative organisms were most frequent then Gram positive organisms. Proteus, Staph. Aureus, Klebsiella were the most common microorganisms of diabetic foot infection at tertiary care hospital Lahore. Tienem (Imipenem), Sulzone (Sulbactam plus Cefoperazone) and Amikacin were most effective agents.

KEY WORDS: Diabetes Mellitus, Foot Infection, Diabetic foot microbiology

WORD COUNT: 348

A Case Report of Systemic Lupus Erythematosus (SLE) reported in Male

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INTRODUCTION: SLE is an autoimmune connective tissue disease that can affect any part of the body but most often it harms heart, joints, skin, lungs, blood vessels, liver kidneys and nervous system. SLE affects females more frequently than males at a ratio of almost 9:1, especially in women in child bearing years (age 15-35). There is no specific cause of SLE; however a number of environmental and genetic factors trigger the risk. The American criteria of Rheumatology (ACR) established 11 criteria for the diagnosis of SLE:

- Malar Rash Discoid Rash
- Photosensitivity Oral ulcers
- Arthritis Pleuritis or Pericarditis
- Renal disorder (proteinuria, cellular casts)
- Neurological disorders mainly seizures and psychosis
- Hematological disorders (hemolytic anemia, leucopenia, lymphopenia, thrombocytopenia)
- Immunological disorders (positive Anti-Smith, Anti-ds DNA, antiphospholipid antibody)
- Positive antinuclear antibody

4 out of these 11 will label the patient having SLE:

Other than ACR people with SLE may also have Fever, Extreme fatigue, Hair loss, Raynaud's phenomenon it can be fatal. There is no specific cure for SLE but may be treated with immune suppressors mainly with cyclophosphamide and corticosteroids.

CASE: 32 years old, Mr. Navo s/o Aawto by cast Kolhi, resident of Khipro, district Sanghar came in OPD with complaint of low grade fever (on and off) and small joint pain of both hands for last 5 years, along with morning stiffness about 1 hr. On further inquiry he had mouth ulcers and hair fall. No history of weight loss, night sweats. No history of headache, fits and unconsciousness. No history of cough and sputum etc. No history of hypertension and diabetes.

On examination dark complexion, malar rashes and pale conjunctiva was found. Rests of physical signs are not significant. Musculoskeletal examination reveals that joints are not swollen both active and passive movements are normal.

KEY WORDS: Systemic Lupus Erythematosus, Male, MMCH

WORD COUNT: 290

Frequency of Esophageal & Non-Esophageal Varices among the Patients of Upper GI Bleeding Reported In MMCHospital

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BACKGROUND: Upper gastrointestinal bleeding (UGIB) is a common emergency medical condition that may require hospitalization and resuscitation and results in high patient morbidity. Upper gastrointestinal endoscopy is the preferred investigation procedure for UGIB because of its accuracy low rate of complication and its potential for therapeutic interventions. Therefore the aim of this study was to determine the endoscopic findings in patients presenting with UGIB and its frequency among these patients according to gender and age. A study was conducted with objective to determine the frequency of esophageal & non esophageal varices among the patients of Upper GI bleeding in MMCH.

METHODOLOGY: Retrospective study was conducted from September 2012 to September 2014 at MMCH this retrospective analysis included all patients referred to Endoscopy unit from both the Hospital's own units and surrounding with history of upper gastrointestinal bleeding. Hemodynamic stability and resuscitation was performed by the various units.

RESULTS: A total number of 85 patients, out of them n=47(55%) were male & n=38(45%) were females. Patients were from different age groups, Majority of patients n=50(58%) were from 31 to 50 year age group. n=19(22%) were from 51 to 70 year. n=10(11%) were from 10 to 30 year. Rare Patients n=6(7%) belongs to 71 to 90 year. Upper GI bleeding due to Esophageal varices n=73(85%), gastritis 4(4.7%), esophagitis 2(2.35%), Carcinoma of stomach 1(1%), prominent submucosal vessels 1(1%), gastropathy secondary to CLD n=1(1%) and due to unknown causes n=3(3%).

CONCLUSION: Majority of patient n=73(85%), presents with Hematemesis due to esophageal varices. The care of elderly people with gastrointestinal bleeding can involve internists and intensivists, as well as gastrointestinal, surgical and radiologic consultants. A coordinated approach to diagnosis and management should serve to optimize favourable outcomes in this vulnerable patient population.

KEY WORDS: Esophageal varices, Peptic ulcer, Duodenal ulcer, Esophagitis, Gastritis.

WORD COUNT: 350

Prevalence and Causes of Malnutrition among Patients attended OPD at Department of Paediatric, Muhammad Medical College Hospital

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BACKGROUND: Malnutrition is a pathological condition resulting from deficiency of one or more nutrients. Children are amongst the worst-affected groups. Malnutrition caused 54% deaths in children living in developing countries. The World Health Organization through the Millennium Development Goal 4 has recognized that improved nutrition is crucial in reducing the under-5-years mortality especially in the developing countries. To find out the prevalence and causes of malnutrition among patients up to 5 years of age coming to Paeds OPD at MMCH in the last 2 weeks of August 2014.

METHODOLOGY: It is cross sectional study done in MMCH in August 2014 through closed ended structured questionnaire asked from 1 - 5 years of age patient's parents

RESULTS: From 15 August to 31st August 2014, a total of 40 children came to paed OPD, out of which 28 children fulfil WELCOMES classification. There were more males n=16(57%) than females n=12(43%). 16 Children lie within 60-80% of expected Weight among them n=9(56%) patients with oedema (kwashiorkor) and n=7(44%) are without oedema (underweight). n=12 Children of weight less than 60% of expected weight with n=7(58 %) patients oedema (marasmic kwashiorkor) and n=5(42%) patients without oedema (marasmus) n=25(89%) were on breastfeed for less than one year. weaning was started beyond 6 months of age among n=16(58%), n=18(64%) patient's Parents income is less than 10,000, 67% children were immunized. Patients comes with complains of Recurrent Diarrhoea and vomiting n=18(64%), Recurrent Shortness of breath and cough is n=16(57%), Urinary symptoms is n=2(7%) On Examination, Signs of anemia n=28(100%), Well oriented n=23(82%), Visceromegaly (splenomegaly) n=7(25%), Signs of jaundice n=3(10%), investigations confirms anemia 100%, chest X-ray abnormality n=15((54%)). Stool DR shows mucus and pus cells positive in n=5(18%) patients.

CONCLUSION: Patient Diagnosed with commonest causes of malnutrition in our study is poverty, unawareness to weaning time and diet, inadequate intake of calories, recurrent diarrhea and recurrent chest infections.

KEY WORDS: Malnutrition, Paeds Ward, MMCH

WORD COUNT: 300

An Audit of Patients Admitted in Department of Pediatric, Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND: To review disease pattern, their management and outcome among patients admitted to Paeds Ward in MMCH. Paeds audit should be regarded as systemic critical analysis of diseases, medical care, resulting outcome and quality of life for patients.

METHODOLOGY: A record review was conducted in August 2014 among the patients reported in last 06 month at paed department MMCH. Different types of diseases associated with children were collected with the help of record. Collected data entered and analyzed by using Microsoft Excel

RESULTS: Out of total 80 admitted patients 22 were neonates n=71(88%) were male males n=9(12%) were females. Diseases in order of frequency among neonates included neonatal jaundice n=8(36%), treated with Photo therapy and antibiotics and I/V fluids of these survived n=7, preterm with low birth weight n=7(31%) kept in Incubation, of these n=3 expired, sepsis n=5(22%) treated with antibiotics, of these 1 expired. Pneumonia, birth asphyxia, transient tachypnea new born meningitis n=2(9%) each, treated with antibiotics, nebulisation, oxygen therapy and anticonvulsants respectively. Of these all survived, diarrhoea n=1(4.5%) alive treated with ORS and zinc. Diseases in order of frequency among patients younger than 28 years to 12 years of age n=58 patients, Pneumonia n=16(27%), all alive, treated with Antibiotics and nebulisation, Acute gastroenteritis n=12(20%) treated with IV fluids and zinc. Protein calorie malnutrition n=5(8%) treated with Improve diet and supplements, Nephrotic syndrome n=5(8%) treated with Corticosteroids, febrile seizures and TB meningitis n=3(5.1%) treated with anticonvulsants antipyretics and antibiotics. Typhoid n=2(3.4%), Diarrhoea n=1(1.7%).treated with I/V fluids and zinc. All patients were alive. Brain abscess n=1(1.7%) was referred.

CONCLUSION: According to our study, most common cause of admission of neonates is neonatal jaundice and preterm low birth weight and patients beyond neonatal period is pneumonia and acute gastroenteritis.

KEY WORDS: Admitted cases, Paeds Ward, MMCH

WORD COUNT: 291

Case Report of Trichobezoar (Rapunzel Syndrome) Reported At Muhammad Medical College Mirpurkhas

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INTRODUCTION: Trichobezoar is from the Greek word 'trich' which means hair. A Trichobezoar is a mass of undigested hair within the gastrointestinal tract. Trichobezoar are often associated with trichotillomania (hair pulling), and trichophagia (hair swallowing). Trichobezoar continue to grow in size with continued ingestion of hair and this increases the risk of severe complications. Because the human gastrointestinal tract is unable to digest human hair, the Trichobezoar may have to be treated surgically. Patients usually also require psychiatric evaluation and treatment due to association with impulse control disorders, especially Trichotillomania First case of Trichobezoar was reported by Baudamat in 1779.

ABSTRACT: A 12 year old pale looking girl, weighing 29 kg, from Mirpurkhas presented to Surgical OPD at MMCH on 23rd April 2014 at 11:40am with complaints of abdominal pain for 1 year associated with vomiting and on/off constipation. On Examination a painful lump was palpable in her epigastrium. She was found anemic. Her sleep, appetite and bowel habits are disturbed without any psychiatric background or any medical problem. According to her parents, she has been eating her hair for 7 years. She came to MMCH 5 years back with complaints of pain in abdomen with a palpable lump. Her laparotomy was done and a ball of hairs was removed. She also had a history of Appendectomy in past. She was investigated with Ultrasound followed by Endoscopy in which large balls of hairs were seen about 4.5 inches long extending up to mid of antrum. Endoscopy confirmed the diagnosis of Gastrointestinal Trichobezoar. She underwent exploratory laparotomy and the ball of hair was removed and was referred to the psychiatry team for further assessment.

CONCLUSION: A long history of gastrointestinal problem, in a pediatric age group with history of trichophagia, early endoscopy is recommended. All patients with Trichobezoar should be referred for psychiatric evaluation after surgery to avoid recurrence.

KEY WORDS: Trichobezoar, Surgery Ward, MMCH

WORD COUNT: 309

Histopathological Experience of Female Genital Tract Diseases at MMCH, Mirpurkhas from January-June 2014

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BACKGROUND: Pathological lesions related to Female Genital Tract are one of the most frequently encountered conditions and are one of the most common reasons for referral to the Gynaecological outpatient Department. These lesions include complications of pregnancy, infections, tumors and hormonally induced effects.

METHODOLGY: A prospective study was carried out in the Department of Pathology in MMCH for 6 months. A total of 187 specimens of female genital tract were subjected to examine for histo-pathological evaluations. Clinico-pathological data was collected from patient's clinical files and histo-pathological registry.

RESULTS: A total of 187 specimens were collected. Majority of our cases were in 4th decade of their life. Of total 187 specimens, n=74(39.57%) were uterine cervix, n=69(36.89%) uterine corpus, n=33(17.66%) ovaries and n=11(5.88%) fallopian tube specimens. Non-specific cervicitis n=47(25.13%) and Utero-vaginal prolapse n=19(10%) were the most common diagnosis among the uterine cervix. The most common pathological diagnosis n=3(1.60%) of squamous cell carcinoma were also diagnosed. Common lesions of uterine corpus specimens included adenomyosis n=27(14.43%) and leiomyoma n=20(10.69%) as the 2 most common lesions. Cystadenoma n=10(5.34%) was the most common disorder of ovarian tissue and paratubal cyst n=7(3.74%) was commonest lesion in fallopian tube.

CONCLUSION: The commonest pathological lesion in female genital tract was found to be chronic non-specific cervicitis followed by Adenomyosis, leiomyoma, UV Proplapse, Cystadenoma, Paratubal Cyst.

KEY WORDS: Histopathological, Female Genital Tract Diseases, MMCH,

WORD COUNT: 218

Rising Rates of Caesarean Section and Attitude of Health Care Workers

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BACKGROUND: The World Health Organization officially withdrew its previous recommendation of a 15% C-section rates in June 2010. Cesarean section has an important role in reducing the risk of maternal and fetal death. But the emerging problem of modern midwifery today is the high rates of caesarean section performed. Objective of our to assess the incidence of C- section in patients at Muhammad Medical College Hospital and to assess the attitude of health workers and patients regarding rising CSR in rural areas of Sindh

METHODOLOGY: Retrospective study was conducted to see the incidence of LSCS at MMCH from August 2013 to 2014 in obstetrical department & Prospective survey was done in August using questionnaire regarding attitude of health workers at various maternity home of city Mirpurkhas.

RESULTS: A total of 130 patients were admitted for delivery in our obstetric department. Out of them n=51(39.2%) underwent LSCS. Common indications are :Fetal Distress 45% , Previous LSCS 35% , Obstructed labour 10% .Prospective Survey of Attitude of health workers regarding CSR was conducted from 35 health workers (21 lady Doctors 9 lady health visitors 5 mid wives in various centers and maternity home of city Mirpurkhas .Results of this survey showed Following; n=16(45.7%) Augmented labour without diagnosing it properly. Diagnosed fetal distress just on the basis of Fetal Heart Rate was n=26(68.57%). n=24(68.57%) Diagnosed prolong labour & do CSR after 6 hours of onset of labour. Majority of health workers n=27(77.1%) have No idea regarding Bishop Score. n=29(82.8%) were not fully trained in Vacuum & forceps delivery n=20(57%) Health worker Blamed patients & their family of putting pressure for CSR n=20(57%)

CONCLUSIONS: Current rate of performing LSCS in our setup is 39%. Sending useful educational materials through post, telephone or internet messages seems to be effective in influencing their husbands and other close relatives of pregnant mothers for reducing elective caesarean sections.

KEYWORDS: Cesarean section, Mirpurkhas, Vacuum & Forceps.

WORD COUNT: 311

Frequency and Pattern of Self Medication Practices among the medical students and Lower staff of Muhammad Medical College

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BACKGROUND: Self-medication can be defined as obtaining drugs without the advice of doctor. It is common in developing countries, especially in Pakistan. Objectives of our study are to determine the reasons, extent and co-relates of self-medication practices among the MMC students and lower staff members.

METHODOLOGY: A cross-sectional comparative study was conducted in which pre-tested questionnaires were administered to 100 students and 100 non doctor staff members of MMCH

RESULTS: For medical students sample size was 100 & study participants were equally selected. Gender & Year wise. 81/100 students do self-medication. The most commonly used medication is pain killers (67%), metronidazole (60%), PPI (40%), antibiotic (38%), anti-emetic (22%), H² receptor antagonist (21%), spasmolytic (15%), anti-diarrheal (14%), laxatives (10%), antacids & sedatives (9%), sucrifate & anti-depressants (1%). (44%) of them take daily, (5%) take weekly, (54%) takes when symptoms occur. (57%) 1/day, (25%) twice/day, (19%) ≥3/day. Reason of self-medication are pain (73%), GI upset (40%), infections (31%), stress (15%), other causes (6%), dietary causes (5%). (8%) faced side effects like allergy, intolerance etc. Among lower staff sample size was 100 study participants were equally selected Gender wise. 93/100 staff do self-medication. Most common medication is metronidazole (44%), PPI (33%), antiemetic (26%), H² receptor antagonist & pain killers (18%), antibiotic (16%), spasmolytic & antacid (6%), Antihistamines (3%), sucrifate & sedatives (1%). (22%) take daily, (17%) weekly, (69%) take when symptoms occur. (64%) take once/day (27%) 2/day, (8%) ≥3/day. Reasons of self-medication are (59%) pain, (39%) GI upset, (21%) stress, (18%) infections, (4%) due to diet, (5%) other causes which contain (5%) lack of money. (6%) face side effects

CONCLUSION: In our brief comparative study we have found that the prevalence of self-medication is high in staff members (93%) than in students (81%). The number of medications used among students are pain killer, metronidazole, PPI, antibiotic. While in staff member's metronidazole, PPI, anti-emetic, pain killer & H² receptor antagonist are common. It is recommended that drugs shouldn't be taken without prescription of a doctor to avoid side effects & drug resistance

KEYWORDS: Self- Medication, Students. Para Medical Staff, MMCH.

WORD COUNT: 325

Prevalence of Sputum Smears Positive & Negative Cases of Pulmonary Tuberculosis patient in Chest OPD, at MMCH

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BACKGROUND: Tuberculosis is the major health problem which is mostly neglected in rural areas of Pakistan. It is more common in poor people of low socio-economic families. WHO declared that TB is only 2nd to HIV/AIDS as the greatest killer worldwide out of all diseases caused by single infectious agent? In the year of 2010 it account 8.8 million cases &1.4 million people died globally. Pakistan contributes 44% of TB burden in Eastern Mediterranean region. The purpose of this study was to find out frequency of sputum smear positive & negative cases of TB patients in chest OPD of MMCH during last two years

METHODOLOGY: The study was conducted among the patients of Pulmonary TB from chest OPD of MMCH. There were 200 patients taken in hospital. Duration of study was from August 2011 to August 2014. Frequency of sputum smear positive & negative was diagnosed by Acid Fast Bacilli & direct microscopy in laboratory.

RESULTS: Among 200 total patients n=108(54%) were males and n=92(46%) were females. n=126 (63%) Patients were diagnosed as pulmonary TB & n=74(37%)cases were diagnosed as extra Pulmonary T.B. In pulmonary TB n=66(52%) cases were presented with productive cough. Out of these 66 cases, n=44(67%) were sputum smear positive & n=22(33%) cases found Sputum smear negative. n=95 patients have completed their treatment. n=44 patients are defaulter. n=3 patients got relapses. n=5 patients in failure. n=41 patients are those who do not took >1 month. n=9 patients were referred to other hospital

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

KEYWORDS: Tuberculosis, MMCH, Smear Positive

WORD COUNT: 325

Pattern of Acute Diarrhoea and Its Management among Children at DHQ Hospital, Attock City from July to August 2014

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BACKGROUND: Acute diarrhoea is the 2nd most common cause of death among children under 5 years age worldwide. It is the passage of watery or loose motions 3 or more times in a 24 hours and lasting less than 14 days. Acute diarrhoea is the 2nd most common cause of death among children under 5 years age worldwide.

METHODOLOGY: Cross-sectional study was carried out at D.H.Q Hospital Attock City from July -August 2014 by using a close ended questionnaire.

RESULTS: From July 2014 to August 2014, a total of 40 children were hospitalized in the D.H.Q hospital paediatric ward, which had diarrhoea. There were more males n=24 (60%) than females n=16(40%) and the male to female ratio was 1.5: 1. n=20(50%) of the patients presented in 2nd half of 1st year. n=32(80%) children presented with 4 days of illness. All passed 3-5 stools per day. One had passed 8-10 stools/ day. n=9(22.5) child pass small amount of blood/ mucous in stools. Exclusive breastfeeding was reported in n=8(20%) of the patients. n=18(45%) children did not show any signs of dehydration, n=15(37.5%) showed some dehydration and n=7 (17.5%) showed severe dehydration. Symptoms associated with diarrhoea were Fever n=31 (77.5%), cough n= 7(17.5%), vomiting n=8(20%), oral thrush n=1(2.5%). Blood CP n=39(97.5%), ESR, stool examination n=31 (77.5%), x-chest n=8(20%) were the investigations done in children. The low solar ORS/OEM use rate was n=40 (100%) while rate of antibiotic (ceftriaxone) was n=7(17.5%). n=33(82.5%) received syp. Zincate (Zinc Sulphate), n=31(77.5) received syp. Panadol (Paracetamol).

CONCLUSION: Diarrhoea is a common illness among children under 1 year age. Fever is the most common associated symptom with diarrhoea. Parenteral diarrhoea due to respiratory infections is also predominant condition.

KEYWORDS: Acute diarrhoea, Children under 12 years, DHQ Hospital Attock

WORD COUNT: 279

Myths in Surgery among General Surgeons Working at Muhammad Medical College Hospital

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BACKGROUND: According to the Webster's New International Dictionary, a myth is "A belief given uncritical acceptance by the members of a group especially in support of existing or traditional practices." According to David Dent, MD of Cape Town (personal communication), the paradigm in surgical myths has recently shifted from vehemence-based and eminence-based medicine, to evidence-based medicine. When you tell a surgeon today that his or her practice is based on myth, he or she would reply instantly: "What is your evidence?" In other words, they want you to provide a high level of scientific evidence to prove that their myth-based practice, that is, practice based on no scientific evidence whatsoever, is a myth.

METHODOLOGY: A cross sectional study was conducted among the surgeons of MMCH. Data was collected with the help of pre checked questionnaire which was developed by Jefferson scale. 15 common surgical myths were selected from "PRACTICE COMMENTARY OF SURGICAL ROUNDS" published in January, 2004.

RESULTS: Study was conducted among the 7 General surgeons of MMCH.

MYTHS	STRONGLY DISAGREE	IN BETWEEN	STRONGLY AGREE
Patients should be kept nil by mouth after GI surgery.	28.5%	28.5%	42.8%
GI decompression is essential and protective after GI surgery.	28.5%	42.8%	28.5%
Bowel obstruction never let the sunset on it.	28.5%	14.2%	57.1%
Two layered intestinal anastomosis safer than a single anastomosis.	57.1%	28.5%	14.2%
Leaving peritoneal drains in place after operation for local/diffuse peritonitis is beneficial.	14.2%	57.1%	28.5%
Wound dressing should be daily changed.	57.1%	42.8%	0 %
Full course antibiotics should be given starting in ward to prevent SSI.	28.5%	42.8%	28.5%
Irrigating the peritoneal cavity after any type of operation is beneficial.	28.5%	42.8%	28.5%
Incisions heal from side to side, not from end to end, thus length doesn't matter.	57.1%	14.2%	28.5%
Spinal injuries are permanent.	28.5%	28.5%	42.8%
It is impossible to safely repair late esophageal perforations.	28.5%	57.1%	14.2%
The bigger the incision, the greater the surgeon.	85.7%	14.2%	0 %
Layered abdominal closure is better.	14.2%	42.8%	42.8%
Subcutaneous sutures improve wound healing.	28.5%	28.5%	42.8%
All grossly contaminated wounds should be left open for delayed secondary closure.	14.2%	42.8%	42.8%

CONCLUSION: On the basis of our study we concluded that there is resistance to applying the guidelines among surgeons.

KEY WORDS: Surgical myths, Surgeons, MMCH

WORD COUNT: 350

Knowledge Attitude and Practice Regarding Skipping Breakfast among Medical Students of a Private Medical College

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BACKGROUND: The wise saying, “Breakfast is the most important meal of the day” has been spoken by countless moms throughout the ages. "I don't tend to wake up real hungry" says Rachel Johnson, a professor of nutrition at the University of Vermont and a spokesperson for the American Heart Association. We believe that it is the timing of how breakfast ‘breaks fast’ in the morning that provides the protection against heart attacks that we observed,” says Cahill. “Our bodies need to be fed food regularly in order to maintain healthy levels of blood lipids such as LDL (cholesterol), hormones such as insulin, and normal blood pressure”. Skipping breakfast can leads to headache, hypoglycaemia, poor growth, constipation, and increase low density lipid (LDL), menstrual irregularities and infertility.

METHODLOGY: A cross sectional study was conducted among the students of Muhammad Medical College, Mirpurkhas. Data was collected with the help of pre-tested questionnaire.

RESULTS: Total number of Students were 200, 100(50%) were males and n=100(50%) were Females. n=90(45%) students take their breakfast regularly. n=190(95%) think that taking breakfast gave them energy. n=180(90%) students think that skipping breakfast is due to lack of time& n=80(40%) said that they don't have the habit to take breakfast. All students were aware of harms of skipping breakfast. n=200(100%) students said that skipping breakfast can cause headache and n=190(95%) said that it can cause hypoglycaemia. Mostly used food items for breakfast are fresh juices (85%) and paratha/ chapatti (80%).

CONCLUSION: In our study all students were aware of harms of skipping breakfast, they think that skipping breakfast can leads to headache & hypoglycaemia. It is concluded that skipping breakfast have bad impact on health & study as well.

KEY WORDS: Skipping Breakfast, Medical Students, Private medical college

WORD COUNT: 350

Audit of the Urinary Bladder Tumor at Muhammad Medical College Hospital Mirpurkhas & Jinnah hospital Lahore: A combined experience

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BACKGROUND: In USA > 60000 patients are affected per year from bladder cancer. It is three times more common in males & has highest incidence rate in industrialized countries. Majority of the bladder cancer are superficial, whereas quite a good number of cases invade muscularis propria, a disease with a very different biological behaviour. To find out the trend of bladder tumor among patients admitted in MMC & Jinnah Hospital Lahore.

METHODOLOGY: This descriptive study was based on retrospective collection of Clinical & histopathological data and conducted at Muhammad Medical College Mirpurkhas & Jinnah Hospital Lahore. Study period expands from August 2011 to August 2014.

RESULTS: TCC were reported in 54 patients. The median age was 65 years. Most common clinical presentation was painless hematuria n=50(92.5%). Twenty percent of urinary bladder cancer was detected incidentally on ultrasonography for some other problems. In our study the associated possible risk factor was cigarette smoking and Hookah n= 40(74%), in n=8(14%) of patient in start (snuff) and other chemical exposure was seen. In n=5(9%) patients whose age was less than 30 years no risk factor was found. Commonest histopathological type of bladder cancer in our study was TCC n=50(92.5%) followed by adenocarcinoma n=2(3.7%). Majority of our cancers n=40(74.22%) were in Grade 2 (G2). Evidence of muscular invasion was present in quite good number of cases n=20(37.03%). Analysis of grades of tumor revealed G1 in 06 patients (11.11%), G2 in 39 patients (72.22%) and G3 in 9 patients (16.66%). Regarding staging of the tumor, 38 patients (70.3%) belonged to Ta-T1 and 16 patients (29.6%) belonged to stage T2.

CONCLUSION: Our study revealed that bladder cancer is more common among male adults. There is need for the more epidemiologic indices in our region. This study suggests early detection of high risk group and support the development of preventive measures.

KEYWORDS: Cancer, Urinary bladder. MMCH

WORD COUNT: 304

Grading Pattern of Breast Cancer among Patients reported at Muhammad Medical College Hospital & Liaquat University Hospital

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BACKGROUND: Breast cancer is most common malignancy among female. Approximately 1 in 9 females of Pakistan have a life time chance to affect by breast cancer. Grading and staging are important prognostic criteria of this cancer. This study was carried with objective to evaluate the grading pattern of Breast cancer.

METHODOLOGY: This was retrospective study conducted in August 2014. Total 175 patients of breast cancer were identified through review of hospital record from August 2010 to September 2014 in Muhammad Medical College Hospital & Liaquat University of medical and health science Jamshoro. Cases were evaluated in term of gross and light microscopic features. Histological grading was done according to the criteria laid down according to bloom Richardson's grading system.

RESULTS: Average age of the patient was 46 years. Most of the patients were in age group 51-60 years .left breast was more commonly involved. Infiltrative ductal carcinoma was the commonest type of breast cancer n=170(97%), followed by mucinous carcinoma n=2(1.1%). One case (0.5%) each of secretory carcinoma, lobular carcinoma, medullary carcinoma & small cell carcinoma were present. Most of our tumor was in grade II (56 %) & quite a good number of cases were in the highest grade (36%) i-e grade III. Low grade tumors were only 8%.

CONCLUSION: Infiltrative ductal carcinoma was the leading tumor of our study & the overwhelming majority of these tumors were in higher grades. This state of affairs is likely due to low rate of education & higher rate poverty particularly in the women folk of this part of interior Sindh. This problem should be properly addressed.

KEYWORDS: Breast Cancer, Grading. MMCH

WORD COUNT: 264

Audit of Surgery Ward at Muhammad Medical College Hospital (MMCH)

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BACKGROUND: Everyday different health care professionals in a hospital setting will document in patient's case notes. It is essential that this documentation is done appropriately so that an accurate record of the patients stay is kept. This is important for those other health care professionals involved in the patient's care both now and in the future as it allows them to see exactly what has happened and who has been involved during the patient's journey. Objective of current audit was **to** review various diseases & treatment at surgical ward

METHODOLOGY: Retrospective study of registered records of patients at surgical ward at Muhammad Medical College & Hospital from Jan 2014 to Aug 2014.

RESULTS: Total 173 patients were reported among them 57 (51.82%) were male and remaining 53 (48.18%) were female. Top ten diseases which undergo operation were:

Diseases	Age in Year	No # of Patients	Percentage	Treatment
Gall stone	23-60	32	29.09%	Lap.choli+Cholecystectomy
BPH	40-80	16	14.55%	TURP+ Open Trans vesical
Renal calculi	8-60	14	12.73%	Nephro + Pyelolithotomy
Inguinal hernia	1-80	08	7.3%	Hernioraphy
Appendicitis	7-60	08	7.3%	Appendectomy
Acute abdomen (unknown cause)	16-70	07	6.4%	Laparotomy
Umbilical hernia	3-65	06	5.5%	Hernioraphy
Hemorrhoids	15-47	05	4.6%	Hemorrhoidectomy
Thyroid	23-35	03	2.7%	Thyroidectomy
Intestinal obstruction	15-30	02	1.8%	Laparotomy

CONCLUSION: According to study in surgical department MMCH, Gall stones, BPH & renal stone are most common diseases found.

KEYWORDS: Audit, Surgery, MMCH

WORD COUNT: 229

Career Preferences among Medical Undergraduates

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BACKGROUND: The decline or crowding of a specialty can be anticipated by survey on the interests of medical undergraduates. The factors determining their preferences need to be studied to correct false perceptions well before time and encourage professional satisfaction and personal happiness. Many social factors influence specialty choices. The factors discouraging an appropriate decision need to be identified. The study aims to determine the career preferences and the factors responsible for the inclinations and disinclinations of students.

METHODOLOGY: Questionnaire based survey was carried out in Muhammad Medical College among MBBS students from 1st to final year with questions regarding students' career preferences and factors determining them. Descriptive statistics were calculated and given as percentages.

RESULT: A total of n=135 medical students n=75(56%) males, n=60(44%) female were administered the questionnaire. The main specialties chosen were surgery n=40(30%), medicine n=30(22%), general practice n=18(13%), and n=12(9%) paediatrics, gynaecology n=18(13%), eye n=3(2%), E.N.T n=1(1%), basic field n= 4(3%) and n=9(7%) male were doubtful to choose their specialties. 5% females were doubtful whether they would practice after marriage. The main factors influencing this decision were personal interest and direct interaction with patients. The main reasons given for this decision were lifestyle factors, long and inflexible hours and frequent emergencies. In the preclinical years n=54. n=24(44%) had chosen surgery, n=14(26%) chose medicine, n=8(15%) gynaecology, n=2(4%) chose general practice, n= 6(11%) do not make any decision about their carrier. In clinical years n=81.surgery n=16(20%), medicine n=16(20%), gynaecology n=16(20%), general practice n=12(15%)

CONCLUSION: Surgery appeals to students of preclinical classes but as they proceed into clinical classes the interest wanes away mainly on account of lifestyle. The disinclination towards gynecology and obstetrics is also on account of these factors. Medical students are motivated to continue their professional development with moral encouragement and facilitation on part of the healthcare system.

KEYWORDS: Career Preferences, Medical Undergraduates, Mirpurkhas

WORD COUNT: 303

Histopathological Audit of the Goiter: An Experience of Two Hospitals

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BACKGROUND: Enlarge thyroid is the commonest lesion of thyroid gland. This disorder most commonly involves females. It is not uncommon in Pakistan. Since, it causes Considerable disfiguration & in some cases vascular & respiratory problems, we decided to evaluate the disease. Study was carried out to see histopathological pattern of thyroid enlargement.

METHODOLOGY: All thyroid lesions received in the Department of Pathology, Muhammad Medical College & QAMCH over a period of five years were reviewed.

RESULTS: A total of 335 lesions were reviewed. 237 (70.74%) cases were found non-neoplastic and n=98(29.2%) were neoplastic lesions. Female to male ratio was 7:3. Age Range of multi nodular goiter was 11 years to 55 years average age was 38 years. Most of the benign neoplastic lesions were seen in young patients, while malignant lesions were more frequent in middle age group. Multinodular goiter (91.3%) was found to be the commonest non-neoplastic lesion. Clinical size of multinodular goiter was 8 to 14 cm. (average age was 7.5 cm) .Of neoplastic lesions, there were 69 benign lesions and 29 malignant. 67 benign lesions were diagnosed as follicular adenoma & 2 cases of hurtle cell adenoma. Size of adenoma range from 1cm to 11.5 cm (average 3cm). Papillary carcinoma was the commonest malignant lesion seen in 17 cases, follicular carcinoma was found in 8 cases, one case of medullary carcinoma & 3 cases of anaplastic carcinoma.

CONCLUSION: The commonest cause of goiter was multinodular goiter. Papillary carcinoma was the commonest malignant lesion.

KEYWORD: Mirpurkhas, Multinodular Goiter, MMCH

WORD COUNT: 243

Knowledge Attitude and Practices of Family Planning Method among women attended the OPD of DHQ Hospital, Mirpurkhas

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BACKGROUND: Pakistan is the 6th most populous country of the world while contraceptive usage rate is only 30%. The present study aims at analyzing the level of awareness and adoption of family planning methods, assessing the source of information and ascertaining the reasons of non-acceptance.

METHODOLOGY: A hospital-based cross sectional descriptive study was done in the Obstetrics and Gynecology Department of the Hospitals, in, Pakistan. The study group included 50 women of reproductive age group (15-49 years) attending the Civil hospital Mirpurkhas and Fazl –E-Umer hospital during the month of April 2014 to September 2014. Their knowledge, attitude and practice on family planning methods were evaluated with the help of an interviewer.

RESULTS: The mean age of respondents was 31.22±7.23 years. Forty Five (90%) respondents had heard of at least one modern method of contraception and out of which n=20(44%) are educated and n=25(55%) are uneducated, and the main source of their information was health professionals (39.5%). Regarding the religious concerns of the participants; n=15(30%) declared family planning as prohibited in religion. Eighteen women were pregnant out of which only n=6(33%) had a planned pregnancy. Thirty three percent of married women were currently using some method to delay or prevent pregnancy. The most widely used method was contraceptive pills n=20(40%), followed by female sterilization n=11(22%) contraceptive injections n=7(14%) and condoms n=5(10%). Almost half of the women n=24(48%) had used some method for contraception in the past. Among discontinuations, most common reasons given were menstrual side effects n=18(36%) followed by wanting to have a child n=9(18%). Fifty two percent women had never used any form of contraception. Among non-users, the most common reasons for not using contraception were “up to God” n=16(32%) and “wants more children” n=15(30%).

CONCLUSION: The study highlights that there is continues to be a need to educate and motivate the couples and improve family planning services to achieve more effective and appropriate use of contraceptives.

KEYWORDS: Family Planning, Women, Mirpurkhas

WORD COUNT: 320

Maternal and Fetal outcomes of Pregnancy Progress over 40 weeks of Gestation: Retrospective Record Review Study

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BACKGROUND: Pregnancies crossing 40 weeks is a problem that may lead to various risks to mother and infants born including maternal and fetal morbidity and mortality. The objective of our study was to determine the maternal and fetal outcomes as pregnancy progress beyond 40 week of gestation age.

METHODOLOGY: A retrospective study was carried out of all 900 pregnant women delivered beyond 40 weeks of gestation from Jan 2010 to May 2014 at MMCH. Through the review of record pregnant ladies with documentary evidence of gestational > age 40 weeks were identified, and maternal and fetal outcome were assessed.

RESULT: Among 900 women prevalence of pregnancies delivered beyond 40 weeks is n=55 (06%). Among these 06% deliveries prevalence of fetal distress is 54%, intrauterine death 09%, Shoulder Dystocia is 6.6%, Still birth is 07%, and Cord prolapse is 04%, Normal child 13%, other 6.6%. (Aspiration, CP child, Birth asphyxia), Low APGAR scores < 07, Abnormal CTG requiring intensive care is 80%. Prevalence of C/S n=52(93.3%) & Normal vaginal delivery is n=3(6.6%), Anxiety is n=45(83.3%), Induction of labor n=2(3.3 %).

CONCLUSION: In our analysis as pregnancy progresses beyond 40 weeks of gestation, Risks to both mother and infant increase when compared with pregnancy delivered before 40 weeks of gestation.

KEYWORDS: Maternal and Fetal, Pregnancy, Outcome

WORD COUNT: 197

Frequency of Iron Deficiency in Microcytic Anaemia

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BACKGROUND: Iron deficiency is the most common etiology of anemia worldwide and has several risk factors. Although iron deficiency anemia (IDA) can occur at any age, women from reproductive age group is particularly vulnerable to develop IDA due to increased nutritional demand during pregnancy. About 2000 million people suffer from anemia making it the world's most common nutritional disorder. The most common cause of anemia in the world is iron deficiency. The diagnosis of iron deficiency anemia (IDA) is indicated appropriate history (e.g., anemia in a menstruating woman), and diagnostic tests as a low serum ferritin, a low serum iron level, an elevated serum transferrin and a high total iron binding capacity

METHODOLOGY: Retrospective review of all reports of serum ferritin tests done on samples of patients with microcytic anemia. Received consecutively between 1st January to 31st August. All the data are collected from MMCH lab.

RESULT: 63 patients had serum ferritin level checked as they were found to have microcytic anemia. Their average age was 27 years (range 6 months - 60 years). n=40(63%) of them were female out of total, n=37(59%); average age 22 years} were found to have a low ferritin level confirming Iron deficiency anemia n=24/40 {(60%); average age 26 years} females tested were found to have Iron deficiency anemia, whereas n=13/23{(56%); average age 17years} males tested had Iron deficiency anemia

CONCLUSION: Only 58.7% of all the patients of microcytic anemia turned to have Iron deficiency anemia. Chances of being Iron deficiency were almost equal (60% VS 56%), But younger age (26 VS 17 Years) Microcytic anemia was found in males. Clinicians therefore must investigate further instead of prescribing

KEYWORDS: Iron deficiency anemia, Frequency, MMCH

WORD COUNT: 273

Overview of Oral Epithelial Lesion in Respect to Histopathological Findings

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BACKGROUND: Oral epithelial lesions are common likely due to the different reasons most commonly due to the bad oral habits. SCC is the most common particularly in our region therefore we decided to see frequency & morphological pattern of oral epithelial lesion histologically distinct form of cancer.

METHODOLOGY: All oral biopsies received in the Department of Pathology, Muhammad Medical College & MEO Hospital Lahore, over a period of 3 years.

RESULTS: A total of 223 cases were reviewed. 167 cases (75%) were found neoplastic and n=56(25%) were non neoplastic. Capillary haemangioma was the commonest n=21(38%) non neoplastic lesions. In neoplastic lesions, n=163(97%) cases were epithelial while n=4(3%) cases were diagnosed as non-epithelial lesions. Squamous cell carcinoma was found to be commonest n=134(82%) epithelial malignant neoplastic lesion. There was a single case of benign epithelial lesion/Papilloma. In present study epithelial precursor lesions include n=24(15%) cases of hyperplasia followed by n=4(2%) cases showing mild dysplasia. Oral malignant epithelial lesions were common in 5th decade of life in males and 4th decade in females. Among non-epithelial lesions, one case was Haemangioma (1cases) followed by Neurofibroma (1 case), Kaposi Sarcoma (1 case) and single case of Lymphoma.

CONCLUSION: Squamous cell carcinoma was the commonest malignant epithelial lesion. Capillary haemangioma was the commonest non neoplastic lesion of oral cavity.

KEYWORDS: Oral Epithelial lesion, Histopathological findings, Biopsies

WORD COUNT: 222

Does Prevalence of Helicobacter Pylori Infection Depend Upon Length of Dyspepsia: Retrospective Record Review

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BACKGROUND: Helicobacter pylorus is the most common chronic bacterial infection, a significant etiological factor in acid peptic diseases and gastric cancer. Dyspepsia is a common gastrointestinal disorder, and the most common indication for gastroscopy. Detection of this organism during endoscopy has become standard clinical practice. We determine the prevalence of H. pylori infection among dyspeptic patients using serology and histology.

METHODOLOGY: A Retrospective Record Review of H.pylori positive patients was conducted, which were reported in different department of MMCH from September 2013 to August 2014. Records were obtained from administration department of MMCH after taking consent. Data collected and entered by Excel software.

RESULTS: This study includes n=135 patients, age ranging from 17 years to 60 years who had dyspepsia. n=54(40%) patients who had history of dyspepsia for more than 3 months went through upper GI endoscopy and biopsy. n=30(55.55%) patients were found to be H.pylori positive and n=24(44.45%) patients were negative. In n=24 patients there was mild to moderate nonspecific gastritis. Serology was done in n=81(60%) patients who have dyspepsia for less than 3 months. n=25(30.86%) patients were H.pylori positive and n=56(69.14%) patients were negative. Hence in total n=55(40.75%) patients were H.pylori positive on serology, or endoscopy and biopsy.

CONCLUSION: Study result suggested that H.pylori prevalence was higher with longer duration of dyspepsia.

KEYWORDS: Helicobacter pylori, Dyspepsia, Serology, Histopathology.

WORD COUNT: 261

Why People Get Dissatisfied With Medical Practice

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BACKGROUND: “My son died while we were taking him to the hospital”, a mother tearfully remarked in a local television reality show. This gives us a glimpse, in what condition our health sector is in? Pakistan’s health department is in a middle of numerous problems. People have to travel hundreds and thousands of miles to get to some sort of medical aid. Few of the major problems are under nutrition population, inadequate funding, corruption, lack of sense of responsibility and desire a nation to by a large number of doctors and less salaries by the government. The objective of our study is to identify and describe the main sources of dissatisfaction with medical services among the population of MMCH.

METHODOLOGY: A cross sectional survey was conducted in august 2014 among the patients and attendants who visited the MMCH by using convinces sampling method. The list of reasons of dissatisfaction were taken from the previous study done in Lithuania We identified 200 patient face to face interview was conducted to collect relevant information.

RESULTS: This study includes 200 respondents (n=100 males, n=100 females), all were interviewed and asked the reasons for the dissatisfaction. Multiple reason were identified including no money to buy medication n=144(72%), doctors are not willing to help when they have no money to buy medicine n=154(77%), health care services are of not good quality n=120(60%), excess paperwork n=104(52%), lots of problem in getting to the specialist needed n=112(56%), long queue just to get a receipt for an appointment with the doctor n=158(79%), not satisfied with the fee of investigation n=110(55%), not satisfied with doctors way of examination n=110(55%), lacking attentiveness to the patients n=102(51%).

CONCLUSION: dissatisfaction was highly prevalent associated with high cost of medicine and delay in seeing the patients and others, it is recommended that government develop some cost effective intervention to remove the reservation of general community to improve the health of general community of Pakistan.

KEY WORDS: Dissatisfaction, Patients, Medical practice, Skills and Attitude.

Word count: 321

Frequency and Clinical Presentation of Various Malignant Maxillary Tumors

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OBJECTIVES: To determine the frequency of various malignant tumors of maxilla and to determine the various clinical features of these pathologies at the time of presentation.

STUDY DESIGN: A descriptive, Cross sectional study.

PLACE AND DURATION: Joint Study of ENT - Head & Neck Surgery and Maxillofacial Department Isra University Hospital Hyderabad. 02 years from 1st January 2011 to 31st December 2012.

METHODOLOGY: Fourteen patients were selected from Out Patient department (OPD) of E.N.T. and Maxillofacial department. Demographic data like age, and sex, clinical presentation like nasal obstruction, epistaxis, cheek swelling, displacement of eye ball and bulging of hard palate were recorded on purposely designed proforma. Biopsy was taken from all patients through endoscope

RESULTS: Out of 14 patients, nine patients (64.3%) were male and five patients (35.7%) were female. Eight patients were diagnosed as squamous cell carcinoma which comprised (57.2%) followed by sarcoma (35.7%) and B-cell lymphoma (7.1%). Nasal obstruction and epistaxis were most common complaint i.e. 85.7% followed by anosmia, midfacial swelling and altered check sensation 71.4% respectively. 42.8% patients were suffered from exophthalmos and 35.7% were found bulging of hard palate.

CONCLUSION: Among the malignant tumors of maxilla, commonest is Squamous cell carcinoma but other rare entities like sarcomas and lymphomas are not uncommon in our experience.

KEY WORDS: Maxilla, Squamous cell carcinoma, Epistaxis, Sarcoma, Nasal obstruction.

WORD COUNT: 295

Clinical Features of Cytomegalovirus (CMV) infection in patients presented in Paediatric OPD at MMCH

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BACKGROUND: Cytomegaloviruses (CMV) are the leading cause of intrauterine infections of man with an incidence ranging from 0.5% to 2.2% (average 1%) of all live births. Clinically, this congenital infection is largely in apparent in the newborn period. The objective of current study was to view the most common clinical Features of cytomegalovirus (CMV) infection in patients presented in paediatrics OPD at MMCH.

METHODOLOGY: It is retrospective study during Aug-2013 to Aug-2014(13 months) in which 92 cases were registered as Congenital CMV infection based as reactive CMV-IgM (Below 6 months) and CMV-IgG (After 6 months) in which 60(65%) were males and 32(35%) were females up to 12 years of age.

RESULT: According to our study there were 92 cases in which Fits were present in n=24(26%) patients, Developmental Delay were present in n=18(20%) patients, Microcephaly were present in n=15(16%) patients, Spastic Cerebral Palsy were present in n= 13(14%) patients, Growth retardation were present n= 09(10%) patients, Neonatal jaundice were present in n=07(08%) patients, Squint n=05(05%) and Congenital cataract infection was present in n=01(01%) patients.

CONCLUSION: Most common symptoms are Fits, Developmental delay, Spastic Cerebral Palsy, Microcephaly.

KEY WORDS: Retrospective Study, Developmental delay, Clinical Features

WORD COUNT: 196

Role of Dissection in learning Medical education

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BACKGROUND: Anatomical dissection is systematic exploration of preserved human cadaver by sequential division of tissue layers and liberation of certain structures by removal of regional fat and connective tissue with the aim of supporting the learning of gross Anatomy by visual and tactile experience. The objective of study was to observe students perception of dissection.

METHODOLOGY: This cross-sectional study conducted in 163 students of first year professional MBBS of Muhammad Medical College, Mirpurkhas, conducted in August 2014.

RESULT: Out of total 96(59%) were males and 67(41%) were females, mean age 21 years. 142(87%) respondents said that they learn better anatomy with cadaveric dissection, 21(13%) said that they learn better with plastic models.

Specimen as an Introductory Tool:	Yes	No
It is structurally difficult to study on specimen on initial stage.	122 (75%)	41(25%)
It is benefiting for revision and repetition purpose	109(67%)	54(33%)
Handling preservation is difficult	106(65%)	57(35%)
Conceptual learning is possible as specimen teaching give clear idea	131(80%)	32(20%)

Emotional Reaction on Specimen Handling	Yes	No
Feel comfortable when going to dissection hall	125(77%)	38(23%)
Feel excited	122(75%)	41(25%)
It is interesting for them	114(70%)	49(30%)
Feel anxiety	43(26%)	120(74%)
Feel fear	49(30%)	114(70%)

Practical Concern	Yes	No
First touch to cadaver is difficult	102(63%)	61(37%)
Smell of dead degenerative body was found nausea	96(59%)	67(41%)
Risk of infection is found more (if not preserved properly)	124(76%)	39(24%)
Eye irritation is present	114(70%)	49(30%)

CONCLUSION: Most of respondent show that they learn better with dissection because specimen give clear idea of body so it is better than plastic model. Most of them tell that they are excited when going to dissection hall and not feel fear and anxiety. As well as practical concern they said that risk if infection is more if body is not preserved properly.

KEY WORDS: Medical students, Perception, Anatomy dissection

WORD COUNT: 295

Mesh Related Complication & Associated Morbidity in Hernia Surgery

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BACKGROUND: Implantation of prosthetic mesh in repair of different hernias has gained a global acceptance & popularity. Today an ever increasing number of hernias are repaired by implanting prosthetic meshes either by conventional open method or by laparoscopic approach. Beside its well-known advantages & global acceptance in every day hernia surgery, a number of complications are thought to be associated with use of mesh in different types of hernias. Current study was conducted with objective to assess mesh related complications in various hernias & their management.

METHODOLOGY: It is descriptive observational study of 638 hernia repairs of different types with mesh fixation in a teaching hospital as well as in private hospitals from June 2010 to June 2014. All patients were operated by open technique regardless of type of hernia & prolene mesh of varying size is used.

RESULT: According to our study there were 638 patients in which 531(83%) were males & 107(17%) were females. In which 518(81%) had inguinal hernia, 83(13%) had Para-umbilical, 29(5%) had incisional and 08(1%) had epigastric hernia. As well as operative time is concern 467(73%) were operative in 60 minutes, 145(23%) up to 90 minutes, 25(4%) operated in up to 120 minutes and only 1(0.1%) were operated in 120 minutes. Following complications were observed

Type of Hernia	Wound Infection	Reaction	Mechanical Failure	Seroma	Pain	Mesh Infection	Hematoma	Total
Inguinal	14	03	04	07	01	01	03	33
Para-Umbilical	05	01	02	03	00	03	03	17
Incisional	00	00	00	01	00	02	01	04
Epigastric	00	00	00	00	00	01	00	01

CONCLUSION: Although mesh repair is an efficient method of hernia repair, a number of complications may be associated & can lead to failure. An aggressive antibiotic therapy & wound care may control even massive infections.

KEY WORDS: Mesh Related Complication, Morbidity, Hernia Surgery

WORD COUNT: 295

Pattern of Gynaecological and Obstetrics Disorder in Female Reported at Gynaecology and Obs OPD at MMCH

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BACKGROUND: Muhammad Medical college hospital which is catering the service of very poor socio economic set up for the district of Mirpurkhas, Tharparkar, TandoAllahyar , Sanghar etc .People of these areas coming with different gynaecological complains which may be different from other areas like Northern areas of Pakistan. So people of these areas are deprived of water and female of these areas are farmers. So we had in mind to see the different complain of female coming to gynaecological OPD. Objective of current study was to evaluate the pattern of gynaecological and Obs disease in MMCH.

METHODOLOGY: It is retrospective study in which we have collect data of OPD patients regarding their complaints.

RESULT: Out of 191 patient 103(54%)were Gyane and 88(46%) were OBS patients visiting since Jan 2014 to Aug 2014.The list of Gynae patients present in below table number 01

Disease	Age	Frequency	Percentage
Anemia	18-40	24	23.3%
Pelvic inflammatory disease	24-45	20	19.4%
Fibroid tumors	37-45	15	14.5%
U.T.I	20-40	13	12.5%
Ovarian cyst	18-40	11	10.6%
Vaginal bleeding	24-35	8	7.7%
UV prolapse	24-30	6	5.8%
Infertility	20-30	6	5.8%

Total OBS patient 88(46%) out of 88 patient 49(55%) gestational amenorrhea & 39(45%) full term pregnancy (Table # 02)

Disease	Age	Frequency	Percentage
Gestational Amenorrhea with Anemia	18-45	19	38.7%
Gestational Amenorrhea with UTI	18-40	11	22.4%
Abortion	20-38	9	18.3%
Gestational Amenorrhea with headache	19-45	5	10.2%
Gestational Amenorrhea with vomiting	20-40	5	10.2%
Full term pregnancy with previous C- section	18-45	18	46%
Full term pregnancy with vaginal bleeding	18-35	10	25.6%
Full term pregnancy with lower abdominal pain	20-35	9	23.1%
Full term pregnancy with hypertension	18-35	2	5.1%

CONCLUSION: Different prevalence of disease was reported

KEY WORDS: Pattern, Gynaecological and Obstetrics Disorder, MMCH

WORD COUNT: 295

Audit of ICU ward at Muhammad medical college & Hospital

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BACKGROUND: The ICU at Muhammad Medical College & Hospital has recently upgraded in which critically ill patients are admit by the reference of Specialist. It is the only center which serves around 5 million populations in southern MIRPURKHAS division. Therefore a retrospective study is held to determine the frequency and mortality of different diseases of patients admitted at MMCH.

METHODOLOGY: This was a retrospective study conducted at MMCH from august 2013 to august 2014. Data was collected from previous record files of Intensive care unit patients. Data was entered and analyze by EXCEL.

RESULTS: Out of total 693 patients, n=436(63%) are male and n=256(37%) were female. Average age of patients was 52 years. n=633(91%) are discharge and n=60(09%) are expired, the commonest reason for admission in ICU was Chronic liver disease (43%), Cerebro-vascular attack (16.6%), Malaria (10%), Diabetic ketoacidosis (8.6%), COPD (5.9%), Chronic Renal Failure (5.3%), Respiratory tract infection (4.4%), Urinary tract infection (3.3%).

CONCLUSION: In this study, this was showed huge burden of chronic liver disease and their complication. So it is highly recommended every chronic liver disease patients should be council properly for dietary management and proper follow up.

KEY WORDS: ICU, CLD, CVA

WORD COUNT: 250

Risk Assessment in Hospitalized Patients of Deep Vein Thrombosis (D.V.T) In Surgical Ward of MMCH

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BACKGROUND: Deep vein thrombosis (DVT) is the formation of a blood clot in a deep vein, predominantly in the legs. Non-specific signs may include pain, swelling, redness, warmth, and engorged superficial veins. Pulmonary embolism, a potentially life-threatening complication, is caused by the detachment of a clot that travels to the lungs. Objective of current study was to determine the risk of hospitalized patients for developing Deep Vein Thrombosis (D.V.T), identifying the most common risk factor and to document the use of thromboprophylaxis.

METHODOLOGY: An Observational & Cross- sectional study was conducted in Muhammad Medical College Hospital Mirpurkhas from Jan-2014 – Aug -2014. Total of 118 patients underwent this study & these included. Inclusion & exclusion criteria were defined. D.V.T risk assessment was done according to Caprini model & criteria defined by American College of chest physicians-(ACCP)

RESULTS: Out of 118 patients, 63(53%) were males and 55(47%) were females with mean age of 18-45 years. According to ACCP criteria for Deep vein thrombosis (DVT) risk assessment, 25(21%) patients were identified to be at low risk, 22(19%) at moderate risk, 57(48%) were at high risk and 14(12%) were at very high risk of developing DVT. The common risk factor for developing DVT identified was immobility (56%) and obesity (18%). The most common risk factor in all types of surgical patients was anaesthesia for more than 45 minutes (75.42%). Only 4(3.3%) patients received thrombo-prophylaxis, all of them were surgical patients of very high-risk category.

CONCLUSION: Majority of hospitalized patients studied were at high risk of developing DVT. Anaesthesia for more than 45 minutes was on top with 75.42% followed by immobility and obesity in list of risk factors for causing DVT.

KEY WORDS: Risk Assessment, Hospitalized Patients, Deep Vein Thrombosis

WORD COUNT: 277

Knowledge Attitude and Practice of Mothers Regarding Breast Feeding reported at Muhammad Medical College Hospital

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BACKGROUND: Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) rather than using infant formula. The American Academy of Paediatrics recommends for the U.S. that after 6 months of exclusive breastfeeding, babies should continue to breastfeed "for a year and for as long as is mutually desired by the mother and baby". Inadequate nutrition is an underlying cause of the deaths of more than 2.6 million children and over 100,000 mothers every year. Some working mothers express milk to be used while their child is being cared for by others.

METHODOLOGY: A cross sectional study was conducted from 1st September 2014 to 12 September 2014 at MMCH. A total of 24 mothers were interviewed. Information regarding participant`s demographic feature, infant feeding, immunization of their children knowledge and attitude towards breast feeding was collected.

RESULTS: According to our study 24 multi gravida women were interviewed, in which n=14(58%) belongs to urban area n=10(41%) belongs to rural area. Mostly 11(45%) women were uneducated. 19(79%) of children were immunized according to EPI program. All mothers n=24(100%) prefer breast feeding immediately after birth & same proportion give colostrum to their child. 22 (92%) said that breast feeding provide full nutrition to their child & 12(50%) said that breast feeding prevent baby from G.I.T infections, 4(17%) said that breast feeding also prevent from breast cancer, only 3(13%) said that breast feeding increase mother-child bonding, 7(29%) said that breast feeding is good contraceptive.

CONCLUSION: This study showed that high proportion of mothers breast feeding their child and they knew the importance of breast feeding. Most of the mothers have good knowledge regarding breast feeding.

KEY WORDS: Multi Gravida, Colostrum, KAP

WORD COUNT: 277

Cadaveric Organ Donation and Perspective of Normal Individuals

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BACKGROUND: Cadaveric organ donation is being practiced throughout the world but the gap between supply and demand of human organ is on the rise. In Pakistan we are facing many problems in this field .On an average about 106 people are added in the list and 18 people die each day for an organ. There is absence of legislation for organ donation and consent and as in Pakistan 96.4 % views of Muslim scholars are different in Pakistan and there is lack of education and awareness. The Objective of this study was to determine the knowledge, attitudes, awareness, and determinants of organ donation in sample population.

METHODOLOGY: The study was descriptive and cross-sectional in nature, conducted in in patients visit at medical Muhammad Medical Collage hospital in August 2014. Total 115 individual were identified by using connivance sampling, after taken informed consent face to face interview was conducted with each individual to collect relevant information. Data analysis was done on SPSS 17.Ethical approval was taken from hospital management.

RESULTS: The study includes 72.2% male participants and 27.8% female participants mostly aged between 18-24 years. Out of all the participants 69% knows about the cadaveric organ donation, rest of them don't know about this term.12.6% thinks heart can be transplanted 30.1% thinks that kidney can be transplanted. 35.9% thinks the same thing about eyes. The percentage of liver, intestines and other organs are 7.8%, 2.9% and 10.7% respectively. 49.3% thinks this is allowed in Islam while other thinks this is not allowed in Islam. 40.9% thinks of organ transplantation at some stage of their life while others didn't think about this. 42.1% wants to donate their organs after death while others don't want to donate their organs after death.

CONCLUSION: 37.8% wants to donate their organs after death while 55.3% don't want to donate their organs. A lot of people don't know about this we need to spread awareness about this.

KEYWORDS: Cadaveric organ donation, Awareness, Transplantation

WORD COUNT: 320

Knowledge Attitude and Practice about Development of Human Personality among Parents

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BACKGROUND: As children develop from infants to teens to adults they go through a series of developmental stages that are important to all aspects of their personhood including physical, intellectual, emotional and social. The proper role of the parent is to provide encouragement, support and access to activities that enable the child to master key developmental tasks. A parent is their child's first teacher and should remain their best teacher throughout life. Functioning as a coach, the parent exposes a child to age appropriate challenges to encourage development as well as to experiences that allows the child to explore on their own and learn from interacting with their environment. Child Development specialists have learned that from birth children are goal directed to experiment and learn from each experience. Child Development experts have taken the concept of scaffolding from the building trades.

METHODOLOGY: A cross sectional study conducted in MMCH, MMC, Mirpurkhas City by closed ended questioner from August to September 2014. In study we assess the Age, Occupation, Education, number of Children and KAP about Caring Children among Parents and data analysed by Using SPSS Version 16.

RESULTS: Approximately among 70 participants, 62% have been exposed to KAP about development of personality. Among parents most common factor was education, n=62(88.6%) were educated and n=7(11.4%) were not educated. The Study of knowledge attitude and practice about development of personality among the parents was affected due to KAP of parents about love to their children for development of personality. n=62(88.6%) subjects give love to their children for their development and n=8(11.4%) subjects were unknown about love for their children's personality.

CONCLUSION: Our study results are good as 88.6% Subjects know about importance of love and affection for their children to develop a good personality and 11.4% subjects have no idea about importance of love for their children to develop a good personality, there is need of awareness among unknown parents about their role in the development of personality of their children.

KEYWORDS: KAP, Development of personality, MMC, Mirpurkhas

WORD COUNT: 329

Evaluation of AFP Surveillance Systems in Province Sindh, Pakistan, 2014

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BACKGROUND: Up to May 2014, only three countries in the world remain polio-endemic where persistent pockets of polio transmission are a key public health problem. Surveillance of acute flaccid paralysis (AFP) is the landmark to examine the progress toward eradication of poliomyelitis. In Pakistan AFP surveillance system established by world health organization (WHO) used to detect poliovirus infection among children. The objectives of this study were to systematically assess the strengths and weaknesses of AFP surveillance systems and provide recommendations.

METHODOLGOY: A descriptive study was conducted in District Hyderabad, Province Sindh from February to March, 2014. For qualitative assessment a list of stakeholders were identified and interviewed by using pretested questionnaires based on “Updated guidelines for the evaluation of surveillance systems” formulated by Centres for Disease Control and Prevention (CDC). For the quantitative existing data of all AFP cases were reviewed.

RESULTS: Simplicity of AFP surveillance was good, simple in structure with ease in flow of information, used uniform case definition and reporting Performa provides relevant information. System has ability to accommodate new events like neonatal tetanus, measles without need of additional resources, No functional integration with other programs. Completeness of case files was more than 80% filled by trained staff. Participation of persons/organizations was good; send reports regularly within stipulated time period. All suspected AFP cases were captured through therefore the sensitivity is 100%. Out of 342 AFP cases, 11 were confirmed for polio having PVP of 3.2%. System covered all population of districts by establishing passive and active reporting mechanisms. Stability was good had ability to collect, manage, provide data without delay and operationalized when needed

CONCLUSION: System was good in all attributes except representativeness due to limited involvement of private sectors in reporting mechanisms and absence of functional integration with other programs. It is highly recommended to develop integrated disease surveillance system and develop a mechanism for involvement of private sector

KEYWORDS: Evaluation, Surveillance, AFP, Sindh

WORD COUNT: 329

Most Expensive and Least Expensive Brands of Pegylated Interferon α 2a, Omeprazole and Octreotide for the Treatment of HCV / PUD & CLD (Portal Hypertension) at Affordable Rates

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BACKGROUND: Health economics is an applied field of medical sciences that deals with systemic and rigorous examination of problems faced in promoting health for all. Our objective of study was to determine the various considerations in physicians mind while choosing a brand for prescription.

METHODOLOGY: -A cross sectional study was conducted in which a pretested questionnaire was self-administered to 40doctors (clinicians) of MMCH. Random sampling was used for selection of respondents.

RESULTS: Out of 40, Among INF (HCV), we found that most commonly prescribed INF was peg. INF (ICS-28(70%)which was the lowest costing drug 14000/Raps and then peg.INF (taget-10(25%) which costs for 17000/Raps and no response was given by 2(5%).Among omeprazole (PUD),most commonly prescribed PPI was RISEK20 (50%) which was the lowest costing capsule 40mg {220.15Rps}, 2nd most common was NEXUM11(27.5%) 40mg {220.15Rps}, 3rd protium 4(10%) {40mg-734.16Rps}and ezium 4(10%) {40mg-214Rps} and then eskeem which was prescribed by no one. No response was given by 1(2.5%). Among vasopressin, CLD(PORTAL HYPERTENSION), most commonly prescribed was terlip 22(55%) which costs 990Rps and then octreotide18(45%)3000Rps.When we further evaluated their prescriptions among patients receiving INF,OMEPRAZOLE AND VASOPRESSINS, we found that 35(87.5%) physicians prescribed the drugs on the basis of Efficacy, 24(60%) on the basis of Satisfaction with the company,04(10%)on the basis of the Cost(least expensive),1(2.5%)on the basis of Good relations with the company,10(25%)on the basis of easily availability, and 1(2.5%)on the basis of Economy.

CONCLUSION:-In our study we have evaluated the most commonly prescribed drugs by the physicians and their priority for the consideration of drugs which was on the basis of efficacy and satisfaction with the company the most. There was lowest consideration of the cost and the good relations with the medical rep. Settings. Literature review suggested that the drugs should be prescribed to the patients while keeping in mind the patient's health, the best drug for him, and their economic status, for the purpose of promotion of health we are wishing the for.

KEY WORDS:-Health economics, physicians, patients, MMCH

WORD COUNT: 331

Tattoo Mark Is Rural (Desert) Cultural Tradition (Or) Spreading Of Hepatitis B and C Viral Infection

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BACK GROUND: Tattoo mark is the cultural /traditional mark (or) the source of viral infection especially in the community of rural desert areas, viral infection - hepatitis, which is more serious health problem in our country. The aim of study was to educate the rural (desert) community about hepatitis/ causing factors and preventive measures, screening of HCV, HBsAg and vaccination of Hepatitis B. and treatment of the HCV+Cases.

METHODOLOGY: A cross sectional study was conducted from March 2013 to October 2013

RESULTS: There were 1000 cases Screened for HCV and HBsAg results as follow:

Females were (60.5%) and Males were (39.5%)

(31.25%) cases were positive and (68.75%) was negative.

Hepatitis B (HBsAg) out of 1000 cases (6%) positive.

Hepatitis C (HCV) out of 1000 cases -25% positive.

Total cases: 300 of screened for viral makers with tattoo marking:

Male: 134(45%) Male= HCV +ve were cases 25(8.33%)

Male =HBV+ve were cases 7(2.33%) Mean Age (15-45 years)

Female: 166(55%) Female:=HCV+ve were cases 35(11.6%)

Female =HBV+ve were cases 5(1.6%) Mean Age (15-45 years)

CONCLUSION: Health education is the key for the prevention of any health issue, by education awareness /literacy/we can break the rules by ethical way the cultural, traditional myths which are the source of hepatitis, related with blood borne infection like tattoo mark. Therefore especially in festivals and in rural areas more need to aware the community about hepatitis and its causes.

KEY WORDS: Tattoo, Hepatitis B and C, Rural area

WORD COUNT: 229

Vaccination Coverage among under the five year children in Migratory People: A cross Sectional Study

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BACKGROUND: An estimated 2.7 million children die annually from vaccine-preventable diseases globally. Immunization is one of the most effective existing strategies for preventing illness in children and it is widely seen as a beneficial, low-cost investment. Despite the implementation of immunization programs varies greatly across different communities and countries and approximately 34 million children worldwide do not have access to any immunization services. Pakistan has some of the highest rates of deaths among children in the world. One child in every 11 (87 per 1000 live births) born in Pakistan dies before turning 5 years old and nearly half of all deaths in Pakistan are among children less than 5 year old, compared with 8- 10% of all deaths in developed countries. Migration due to any reason is an important factor of not vaccination to assess the basic immunization coverage among children of migratory peoples current study was conducted

METHODOLOGY: It was a community-based cross-sectional study conducted in Thari Mirwah (Khairpur) from August 2014 to September 2014. Pretested closed ended questionnaire was used to collect vaccination status of children with reason of not vaccination under the five years children from parent. Collected data was entered and analyzed by SPSS version 16

RESULTS: Total 91 parents were identified, interview was conducted among them n=61(67%) were males and n=30(33%) were females, 45.1%) respondent has knowledge regarding the vaccination. Among them n=34(37.4%) parents conducted vaccination for their children. No one could tell the complete schedule of vaccination. Only n=4(4.4%) have vaccination Card. n=29 (31.9%) peoples know that disease can develop without vaccination.

CONCLUSION: We concluded that migration is also a major contributing factor in the not achievement of recommended target of vaccination

KEYWORDS: Vaccination Coverage, Migratory Children, Thari Mirwah

WORD COUNT: 286

Association of Blood IL₆, Cortisol and Hemodynamic Under stress: a Possible Role in Early Atherogenesis

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BACKGROUND: The stressful events might provoke immune alteration in human, which lead towards serious health disorders including ischemic diseases. Many studies demonstrated the association of IL₆ with cardiac problems in middle age population. Stress linked changes in IL₆ in young adults with no apparent heart disease is substantial and various questions are unanswered to understand the role of association of mental stress and IL₆ in early atherogenesis.

OBJECTIVE: This cross section study was conducted to explore the association of altered IL₆, blood cortisol and changes in hemodynamic variables during mental stress of a real life stressful event as there is lack of such studies in literature particularly in our population.

METHODOLOGY: Selected 114 male participants were studied twice: during stress task of exam-event as 'stress study' and after prescribed period of conditional rest given to them, they were again tested as 'control study'.

RESULTS: Present study indicated that blood IL₆ values were increased in stress significantly. Blood cortisol level, values of systolic and diastolic blood pressure and heart rate in stress were observed comparatively different from that of non-stress findings at significant level ($p < 0.001$). Correlations of altered IL₆ with SBP & DBP were found significant but interestingly non-significant with HR under effect of stress.

CONCLUSION: Conclusively this work may paves a way for better understanding of relationship of IL₆ with process of early atherogenesis under mental stress, occurring from time to time since earlier life. Future studies are suggested for gender difference.

KEY WORDS: IL₆, Hemodynamic, Cortisol, psychological stress.

WORD COUNT: 242

Laparoscopic Cholecystectomy: to assess various Intra Operative Predictive Factors which are Responsible for Difficulty in Performing Laparoscopic Cholecystectomy.

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BACKGROUND: Gallstones are the most common biliary pathology. More than 80 % of these people are asymptomatic. Traditional open cholecystectomy has long been accepted as gold standard treatment of gallstones. Revolution in the treatment of gallstones came in 1987 when first laparoscopic cholecystectomy was performed. Since then laparoscopic cholecystectomy became an established gold standard procedure due to less pain. In Pakistan first laparoscopic cholecystectomy was performed in 1991. This study was conducted to assess various intra operative predictive factors which are responsible for difficulty in performing laparoscopic cholecystectomy.

METHODOLOGY: This study was carried out among 100 patients reported in Surgical department, Liaquat University Hospital Jamshoro, Dow International Hospital Karachi and Jinnah Postgraduate Medical Center Karachi, from October 2012 to October 2013. Detailed history regarding with Clinical examination was carried out in all patients. Systemic review was also done to see any co morbidity. Ultrasound of abdomen was done as diagnostic modality and for assessment of gallstone disease. Results were prepared with help of tables and graphs. Data was analyzed through SPSS software.

RESULTS: Out of 100 patients 79 were female (79%) and 21 male (21%); with female to male ratio of 3.76:1. The mean age was 46.28±7.20 (range 20-65) years. Symptoms of patients presented with pain in RHC 87%, pain in RHC along with pain in epigastrium 78%, Nausea & Vomiting 15%, dyspepsia 50% and fever in 10% of cases. Ultrasound examination revealed single stone in 20(20%) patients, whereas multiple stones in 80 (80%) patients. Operative findings revealed severe adhesions in clot's triangle in 15(15%) Patients where as Severe & tight adhesions around gallbladder in 16(16%) patients, Obscured anatomy in clot's triangle in 11(11%) patients and Intrahepatic gallbladder in 9(9%) patients. Complications were Pain in 33(33%) patients, Bleeding in 1(1%) patients, Intraperitoneal collection in 2(2%) patients, Wound Sepsis in 5(5%) patients and Biliary leakage in one case.

CONCLUSIONS: In conclusion our study revealed that are numerous conditions which make the difficult laparoscopic cholecystectomy like severe adhesions in clot's triangle 15%, Severe & tight adhesions around gallbladder 16%, Obscured anatomy in clot's triangle 11%, Intra hepatic gall bladder 9% and adhesions around gall bladder 26%.

KEY WORDS: Laparoscopic cholecystectomy, Operative predictive factors

WORD COUNT: 350

Internet Access & Academic Success in MMC Students

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BACKGROUND: Over the years, social networking among students of higher learning of education has become more popular. Internet has radically changed the way we perceive the world. Social media has made a huge impact on education. It has revolutionized the way of students to communicate and has further connected more and more teachers together.

METHODOLOGY: The aim of this research is to critically examine the Influence of Internet on Students' Academic success in tertiary institutions of learning. A two pages Prospective research questionnaire was designed and distributed to 45 students of Muhammad Medical College Mirpurkhas.

RESULTS: Among 45 students, 38(84%) have computer and 34(89.47%) surf on internet. Majority of students, 21(46%) have accepted the Effect of Internet for Achieving Academic Success. 18(40%) students disagree about Distraction of Internet as negative influence. While 24(53%) students think that plenty of times consumed in use of internet. 20 (44%) students disagree regarding internet use is wastage of time only.

Variables	Strongly agree	Agree	Disagree	Strongly Disagree
Internet effect for Achieving Academic Success	14(31.1%)	21(46.6%)	7(15.5%)	3(6%)
Distraction of Internet as negative influence	8(17.7%)	11(24.4%)	18(40%)	8(18%)
Time consuming in use of internet	13(29%)	24(53%)	6(13.3%)	2(4%)
Waste of time in use of Internet	4(9%)	8(17%)	20(44)	13(29%)

CONCLUSION: It was concluded that there are benefits and obstacles that confront the use of social networking for accomplishing academic success, self-restraint and discipline is sought to be guiding principle.

KEY WORDS: Internet Access, Academic Success, MMC Students

WORD COUNT: 234

Behaviour of People towards Polio Teams in District Mirpurkhas

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Background: Polio (poliomyelitis) is an acute viral infection which is caused by the human enterovirus. Composed of RNA genome and capsid. It spreads through the fecal-oral route and the oral-oral (oropharyngeal source) route which causes the inflammation of the gray matter of the spinal cord and in severe cases can extend to the brain stem and higher structures. Polio virus was identified in 19th century by Karl Landsteiner (biologist and physician). Polio became one of the most dreaded childhood diseases in the 20th century. The study was carried in order to know the behaviour of people towards the polio teams.

METHODOLOGY This observational study was carried out in the Mirpurkhas city. All were male participants (80) identified by using convenience sampling methods. Face to face interview was conducted to collect information behaviour of individuals toward polio vaccination.

Results: This study was conducted at the Mirpurkhas city. According to study n=80 males were taken in which n=34(42.5%) were matriculates, n=58(72.5%) were married, n=27(33.8%) persons had 1-3 children, n=67(83.8%) persons had knowledge about the polio vaccination, n=57(71.2%) were agree and giving vaccination to their children, n=58(72.5%) had a cooperative behaviour towards the polio teams a n=44(55%) were those who also advice the other to give vaccination to their children, n=48(60%) children have no side affect after the vaccination, n=58(72.5%) had wish to eradicate the polio virus from our country, n=69(86.2%) had a view of being cooperative to the polio teams.

Conclusion: Our study reveals good behavior of the people regarding polio team. It was recommended to cooperate with the polio team workers and those which have awareness of polio work tell to other to stop the polio spread.

Key Word: Behaviour, polio, Mirpurkhas.

Word Count: 270

Randomized Controlled Trial of Rifaximin versus Lactulose in the Treatment of Acute Hepatic Encephalopathy

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OBJECTIVE: To compare rifaximin with lactulose in patients with acute hepatic encephalopathy in terms of efficacy, clinical improvement and alteration in ammonia levels.

STUDY DESIGN: Randomized, double-blind, controlled trial

Setting: Department of Medicine, Liaquat University Hospital Hyderabad / Jamshoro

DURATION: One year (July 2013 to July 2014).

SAMPLE SIZE: A total of 180 patients with hepatic encephalopathy were recruited. Out of which 90 patients received rifaximin and other 90 patients received lactulose for therapeutic purpose.

METHODOLOGY: Selected 180 cases had grade I–III acute hepatic encephalopathy were randomized to treat with rifaximin (90 patients) and lactulose (90 patients). The patients were assessed by performing clinical examination, serum ammonia level, asterix grading, Conn score, Child-Pugh score, International Ascites Club's grading and West Haven's hepatic encephalopathy grading pre-treatment and post-treatment for both treatment groups.

RESULTS: At randomization both groups were comparable with respect to demography, clinical assessment and grading of the hepatic encephalopathy episode. The global assessment of efficacy reported rifaximin group (82.11%) has shown a slightly higher clinical efficacy without considerable significance as compared to lactulose group (81.68%). Significantly better improvements of the West Haven grading were observed in the rifaximin group, with a higher effect of rifaximin in lowering ammonia levels and asterix. No serious complication/adverse effects reported during the study.

CONCLUSIONS: Rifaximin showed better clinical improvement than non-absorbable disaccharides in the treatment of acute hepatic encephalopathy of moderate to severe grade.

KEYWORDS: Hepatic encephalopathy; Rifaximin; lactulose, Ammonia level

WORD COUNT: 232

Histopathological Audit of Hodgkin's Lymphoma in a Tertiary Care Hospital

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BACKGROUND: Hodgkin's lymphoma is one of the most common forms of malignancies in young adults, although a bimodal age distribution is generally accepted. Its incidence varies with age, geographical distribution and social class.

OBJECTIVE: To evaluate the frequency and variants of Hodgkin's lymphoma in adults in a tertiary care hospital.

METHODOLOGY: This retrospective study was conducted at Histopathology Department, Dr. Ziauddin Hospital Karachi over a period of 09 years, from 2003 to 2011. 104 cases of Hodgkin's lymphoma were retrieved from surgical pathology record. 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, age & sex distribution, site of biopsy and immunophenotypic features.

RESULTS: Out of 104 cases of Hodgkin's lymphoma, males were 68 (65.4%) and females were 36 (34.6%) with male to female ratio 1.9:1. Mean age was 37 years. Large number of the patients were diagnosed in 3rd decade (39%) followed by 5th decade (14%) of life. Classical Hodgkin's lymphoma type was frequent (103 cases) followed by one case of Nodular lymphocyte predominant Hodgkin's lymphoma. In classical Hodgkin's lymphoma, mixed cellularity type was commonest (78 cases) followed by Nodular sclerosing variant (14 cases). Lymph node involvement was seen in 94 cases (90%) while 7 cases (7%) were from extranodal sites. Site of biopsy was not mentioned in 3(3%) cases.

CONCLUSION: Classical Hodgkin's lymphoma type is more frequent than Nodular lymphocyte predominant Hodgkin's lymphoma. Mixed cellularity type is commonest type of Classical Hodgkin's lymphoma.

KEYWORDS: Lymphoma, Hodgkin's Lymphoma, Classical Hodgkin's Lymphoma.

WORD COUNT: 258

Road Traffic Injuries and Their Outcome in the Elderly Patients age 60 Years and above, does age make a difference?

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OBJECTIVE: To investigate the injury pattern, management and outcome of road traffic injuries in the elderly patients (60 years and above) involved in motor vehicle accidents and to compare factors associated with trauma and differences in trauma mortality between elderly and younger adult patients.

METHODOLOGY: This is a retrospective descriptive study conducted at a teaching hospital during Jun 2002 to Jan 2010, studying the differing pattern, and management of road traffic injuries in patients aged 60 years and above, designated as Group-A, and those below 60 years of age, designated as Group –B, regardless of gender of the patients. All the patients were referred through casualty and were assessed clinically followed by relevant investigations. Patients who sustained minor injuries were discharged after necessary treatment while those with serious injuries requiring intervention were admitted and managed accordingly. The variables studied included demographics of both groups of patients, pattern of injuries sustained in both groups, trauma indices ISS and GCS, mechanism of injury, major injuries sustained, treatment instituted, mean number of hospital days, and morbidity and mortality. Details of individual patients were recorded on a proforma and data analyzed statistically on SPSS version 17.

RESULTS: A total 300 patients (Group-A n=149[49.66%] versus Group-B n=151[50.33%]) admitted and intervened were included in the study. Male patients predominated both the groups (Group-A. [Mean age 66.91, Std 6.859, Males n=115, Females n= 34] vs Group-B [Mean age 35.52, Std 13.814, Males n= 140, Females n= 11]). The group-A patients had significantly higher proportion of co-morbidities ($p<0.001$) compared to group-B patients (64.42% versus 18.66%). The mortality rises progressively with age and is almost twice as high as in younger population at all levels of severity of trauma. Incidence of chest injuries with rib fractures was more common in elderly victims ($P<0.001$) compared to the younger patients (40.26%) versus (12.58%). The overall in hospital mortality in Group-A patients was 14.76% compared to (4.63) in group-B for an almost comparable severity of injuries sustained.

CONCLUSION: The incidence of road traffic accidents is on the rise in the elderly. The elderly patients have a different pattern of road traffic injuries and they respond poorly to the sustained injuries despite low ISS compared to the younger patients.

KEY WORDS: Road Traffic Injuries, Outcome, Elderly Patients

WORD COUNT: 350

Improving Medical Education in Pakistan

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Baqai Medical University Karachi

BACKGROUND: There is not a single south Asian university in the top 500 in the world despite very intelligent people they are badly directed and have a Glass ceiling.

AIMS: To Produce & top 100 world university using demanding Beijing award criteria.

METHODOLOGY: Analysis of medical Education and Result ANT Health care in Pakistan which is worse than more deprived Neighbourhoods.

RESULT: Early education to produce the prepared mind the question R bridging course is necessary to Produce expert why therefore 21st Century Medicine Requires (1 Relegation of 100 years old Flexner Window of Disease as a Small Part of Life cycle Allowing prevention (2) Community Dependence Not Disease Places) and Moderns Medical Advance (Not Guidelines with one size fits all).

CONCLUSION: The 21st Century is easily Attainable by Addition into the existing Flexnerian Framework the Problems are central controls by Suboptimal Certification and A Glass Ceiling excluding Modern (1) vances this Broad Attempt Requires more than 8 Minutes.

KEY WORDS: Medical Education, Pakistan, Flexnerian Framework

WORD COUNT: 160

Transurethral Resection of Prostate versus Transvesical Approach: Frequency of Postoperative Urinary Incontinence: Two year Study

Muhammad Jawaaid Rajput.

OBJECTIVE: To compare the result of transvesical prostatectomy with transurethral resection of prostate in respect to the presentation and severity of postoperative urinary incontinence.

STUDY DESIGN: Comparative Study.

PLACE AND DURATION OF STUDY: This study was carried out in two tertiary care centers. Liaquat University of Medical and Health Science Jamshoro from where all cases of TRUP were collected and Muhammad Medical College Mirpurkhas where all transvesical prostatectomies were performed. It was a two year study from April 2004 to March 2006.

METHODOLOGY: Two groups were made and 50 cases were kept in each group by adopting non-probability convenient sampling technique. Patient underwent TURP were kept in group A and transvesical prostatectomy group was titled as group. B. Patients having associated stricture urethra urinary bladder stones or bladder diverticulum and later on proved as carcinoma of prostate were excluded from the study. Urinary incontinence in patients after both procedures was compared.

RESULT: From group A 07 (14%) patients developed incontinence postoperatively and all had stress type of continence while in group B 11 (22%) patients developed urinary incontinence among them 05 (45.45%) had stress incontinence and 06 (54.55%) developed continuous urinary leakage. Rate of recovery after conservative measures remained rapid with group A as compared to group B.

CONCLUSION: Frequency and severity of postoperative urinary incontinence is more with transvesical approach. But the facility of TURP is not freely available. Therefore improvement in the technique of open prostatectomy is mandatory.

KEY WORDS: TURP –Transvesical, prostatectomy Urinary Incontinence.

WORD COUNT: 240

Lipid Profile in Children with Coronary Artery Disease in Sindh, Pakistan

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AIM: To evaluate lipid profile in children with coronary artery disease (CAD) in Hyderabad, Sindh, Pakistan.

METHODOLOGY: The study included 100 children (6-15years), of which 43 were children of young parents (one or both) with recognized CAD, while the other 57 were children with no evidence of CAD (controls). All were evaluated for fasting blood lipid profile. Blood samples were collected from patients with CAD and healthy controls and analysis of the levels of lipid profile were carried out using a kit method on Microlab 300.

RESULTS: Children with CAD had significantly higher levels of total serum cholesterol and triglycerides and decreased levels of high density lipoprotein and low-density lipoprotein compared to children in the control group. Systolic and diastolic blood pressures were significantly higher, without any significant difference.

CONCLUSION: CAD risk factors are significant regarding abnormal lipid levels. Genetic tendency seems to be important in the development of CAD in children.

KEY WORDS: Serum; Lipid profile; Coronary artery disease; Children; Sindh

WORD COUNT: 154

Differential Expression of CK 19 in follicular adenoma, Well-differentiated tumour of uncertain malignant potential (WDT- UMP) and follicular variant of papillary carcinoma

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OBJECTIVE: To see the expression of cytokeratin 19, a proven helpful marker for the differential diagnosis of neoplastic follicular patterned lesions of thyroid.

METHODOLOGY: This was a retrospective study carried out in the Department of Pathology, Basic Medical Sciences Institute, Jinnah Postgraduate Medical Centre, Karachi from 2000 to 2005. The haematoxylin and eosin (H&E) stained sections were reviewed and the cases were classified according to already published criteria. On the basis of the recent recommendations by Chernobyl Pathologists Group, encapsulated follicular patterned lesions with questionable nuclear changes were categorized as well - differentiated tumours of uncertain malignant potential(WDT-UMP). Formalin fixed paraffin embedded tissues of follicular adenoma; WDT-UMP and follicular variant of papillary carcinoma were obtained for CK 19 immunostaining.

RESULTS: All (16) cases of follicular adenoma were negative for CK19. In a total of 35 cases of WDT- UMP, 10 cases scored 3+ positive for CK19, 15 were 2+ positive and remaining 10 cases were 1+ positive. There were 43 cases of follicular variant of papillary carcinoma with 4+ CK 19 positivity, 14 were 3+ positive and 3 were 2+ positive.

CONCLUSION: CK19 is a good and useful diagnostic marker for differential diagnosis of follicular adenoma, WDTUMP and follicular variant of papillary carcinoma. The recommendations by Chernobyl Pathologists Group need to be adopted and the cases of WDT-UMP require strict follow-up

KEY WORDS: CK 19, Follicular adenoma, Papillary carcinoma.

WORD COUNT: 222

Socio-Demographic Profile of Female Victims of Vitrolage reported in Mirpurkhas and PUMHS

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BACKGROUND: Vitrolage, throwing acid on women's face with the sole purpose of deforming them. It's a common act of terrorism against women, practice all over the world, its notably wide spread in south east Asia from Afghanistan –Cambodia. The attacks are mostly carried out by husbands, boyfriends and rejected ones with intention of injury & disfiguring due to jealousy & revenge. Their faces are only assets they own that guarantee them a husband & that's why their face are targeted by disfiguring & long term consequences of these attack include blindness & scarring of face & body, loss of physical attractiveness, decent future & destine them to a life of misery & shamed.

OBJECTIVE AND AIMS: To find out the prevalence and knowledge about parameters of vitrolage in females & to prevent vitrolage and other violence against women in Pakistan.

METHODOLOGY: cross sectional study was carried out in civil hospital Mirpurkhas and PUMS on 16 females.

RESULTS: about 50% (8) females were victim of vitrolage at the age ranging from 20-30 years, 25% (4) at the age of 15-20 years & 12.5% at the age of 30-50 years. About 62.5% (10) were unmarried, 31.2% (5) were married & only 6.25% were divorced. About 43.75% (7) were illiterate, 25% (4) were intermediate, and 6.25% (1) were graduate. About 62.5% (10) belongs to middle class, 37.5% (6) in lower class and 0% in upper class. About 75% (12) suffer from 1st degree burn, 25% (4) from 2nd degree & 0% from 3rd degree. About 62.5% (10) develop permanent disfigurement of face, 25%, unilateral corneal opacity, 12.5% bilateral corneal opacity.

CONCLUSION: Much awareness is required in our society, law enforcement and strict punishment, Islamic education.

KEY WORDS: Young female, vitrolage, face disfigurement.

WORD COUNT: 288

Compliance of Anti Epileptic Patients Admitted In Neuro OPD Of Muhammad Medical Hospital

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BACKGROUND: Epilepsy is the most common serious neurological conditions. The global prevalence of epilepsy is generally taken as between 5 and 10 cases per 1000 persons. It is estimated that 1.38 million people are suffering from epilepsy in Pakistan, which makes it one neurologist available for every 46200 sufferers of epilepsy. Aim of our study is to assess the Compliance of Antiepileptic drugs among epileptic patients.

METHODOLOGY: Prospective study was conducted in n= 40 patients of Epilepsy coming to the Neurological OPD of Muhammad Medical Hospital in August 2014.

RESULTS: Among 40 patients, 25 patients were male & 15 were female and from 15 females 5 females were pregnant. Primary generalized seizure was reported in 62%. Secondary generalized seizure were reported in 38%, Simple partial Seizure reported in 9%, Complex Partial Seizure were reported in 12%. Most commonly Carbamezipine (40%) , Lamotrgine (30%), Valproic acid (10%), Pheytoin (20%). Most common Co- Morbidity condition was systemic illness in 58% patients, Migraine (25%) ,17% other co- morbidities included like CVA, Depression, Aneurysm and Infections. Main Side effects of AED include Jaundice (45%), Memory loss (20%), Weight loss (15%), (10%) include Nausea, Vomiting, Hirsutism & Sedation. Menstrual irregularities (52%) seen in female epileptic patients while Osteoporosis (32%) also seen in female patients. Fetal Congenital abnormalities were noticed in 2 pregnant patients. Compliance of AED (69%) was quite good .Costly (54%) & Difficulty to take (13%) & Malagerage were main reason of withheld of drugs.

CONCLUSIONS: Once epilepsy is diagnosed, it is important to begin treatment as soon as possible. Compliance of AED was good in most of the patients. Fetal Congenital Anomalies were observed in pregnant women.

KEYWORDS: AED, MMCH, Fetal Anomalies.

WORD COUNT: 271

EXHUMATION

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BACKGROUND: The exhumation means “digging of a buried body”. The act of burying of corpses is thought to have begun around two hundred thousand years ago. The need for exhumation may arise if the individual circumstances or when the initial post-mortem died under suspicious examination report is controversial and the facts demands re-examination. Much information may be gained from exhumation even after significant time has passed since burial.

METHODOLOGY: The Parameters recorded included Place of Burial, Sex of subject, Type of Examination, Interval between time of Burial and Examination Conditions of Soft tissues, Evidence of trauma, Result of sample send to chemical examiner and the cause of death.

RESULTS:

- Place of Burial of two cases each was district “Tando Adam”. Two of the subjects were male and four female.
- Five bodies were in the process of putrefaction but structures were recognizable where as in one case the tissues had been reduced to structure less putrefying mass. There was evidence of trauma in 50% cases, there was no evidence of trauma on 2 cases (33%) while in 1 case (16%) no conclusion could be drawn

CONCLUSION: Exhumations in significant number of cases provide sufficient information to establish the cause of death. It is therefore recommended that in case of any suspicion or doubt in cause or manner of death, one should not be reluctant in performing exhumation

KEY WORDS: Exhumation, Cause of Death, Tando Adam

WORD COUNT: 228

Prevalence of Energy Drinks and it's Determinants among MMC Students.

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BACKGROUND: Energy drinks are soft drink specifically designed to provide energy. Energy drinks are emerging as a public health threat and are increasingly consumed by youth internationally. People spent lot of their money on the energy drinks. Current study was conducted to find the use of energy drinks among MMC students and to explore the reasons for use of energy drinks and its side effects.

METHODOLOGY: Descriptive study was conducted among the students of MMC from August 2014 to September 2014.150 students was selected between ages 17 to 25 years. A close ended questionnaire used to collect information by face to face interview and was analyzed using SPSS software.

RESULT: Out of total 150 n=126 (84%) use energy drinks. Out of total 126 who use energy drinks n= 84(66.6%) are males and n= 42 (33.3%) are females. Major cause of increase prevalence n= 52(41.2%) used it due to peer pressure. N=38(30.15%) used it as a fashion, n=36(28.5%) use it for study purpose to awoke themselves and gain energy.52 (41.2%) were unaware of their side effects.

CONCLUSION: Most students especially females use energy drinks and half of them are unaware of their side effects.

KEY WORDS: Energy drinks, MMC students

WORD COUNT: 192

Laparoscopic Cholecystectomy in Gall Stone Disease with Its Complicated Problems

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BACKGROUND: Gallstone disease is a major health problem worldwide particularly in the adult population. Previously complicated gallstone disease was considered to be a contraindication for laparoscopic cholecystectomy. This initial reluctance has slowly evaporated as a result of increasing expertise. The aim of study is to assess the role of laparoscopic cholecystectomy (LC) in gall stone disease with its complicated problems.

METHODOLOGY: It was Prospective observational study surgical department of Muhammad Medical College, Mirpurkhas Sindh Pakistan from 2013-2015. The patients were categorized as cases of complicated gall stone diseases on the basis of clinical assessment, investigations especially ultrasound abdomen and operative findings noted during laparoscopic cholecystectomy. All patients were explained for advantages and disadvantages of LC with their difficult disease problem and willing taken for study. Sampling strategy was convenient. The patients with uncomplicated gallstones, obstructive jaundice, acute pancreatitis and carcinoma of gall bladder were excluded from this series.

RESULTS: 120 out of 400 patients presented with one of the known complication of cholelithiasis such as chronic cholecystitis 50%, acute cholecystitis 12.5%, empyema 18.33%, mucocele 10% and fibrosed gall bladder in 9.17% of cases as assessed on clinical examination ultrasound and laparoscopic findings. Majority (75%) of cases were having adhesions around gall bladder and (25%) without adhesins. Problems encountered during LC were difficult separation of tight adhesions around gall bladder (50%), grasping and holding of thick walled and distended gall bladder (41.67%), dissection and identification of structures in calot's triangle (29.17%), haemorrhage from main cystic artery and gall bladder bed (20.83%) and delivery of large and thick wall gallbladder in (25%) of cases. Intra operative complication seen during procedure were haemorrhage in (20.83%) cases, perforation in gallbladder by instrumentation in 12.5% and avulsion of cystic duct in 1.87% of cases. Two patients (1.67%) were converted to open cholecystectomy due to bleeding. Postoperatively 12.5 % of patients developed biliary leak, out of which 3 cases (2.5%) were due to actual common bile duct injury, 2.5% of cases developed port-site sepsis as main postoperative complications. Cases with bile duct injury were re-explored and managed accordingly. Hospital stay varied from 2-7 days but majority of patients were discharged (70.83%), within 2-3 days, no mortality was seen in this series.

CONCLUSION: Laproscopic cholecystectomy like uncomplicated biliary stone disease is equally effective procedure for complicated cholelithiasis. Its applicability is almost 95% in experienced hands.

KEY WORDS: Gall stone, Complications, Laparoscopic cholecystectomy

WORD COUNT: 350

Assessment of Prescription of Metronidazole among the Doctors of District Mirpurkhas

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BACKGROUND: Metronidazole is a nitroimidazole antibiotic medication used particularly for anaerobic bacteria and protozoa. It is on the WHO's list of essential medicines (a list of most important medication needed in a basic health system)

OBJECTIVES: Aim was to assess the indications with which metronidazole is being prescribed by the doctors of mirpurkhas. To set necessary recommendations regarding prescription of drug and emergence of drug resistance.

METHODOLOGY: A cross sectional study was conducted among the doctors of Mirpurkhas in which pre tested questionnaire was distributed to 80 doctors which are practicing in different hospitals of Mirpurkhas.

RESULTS: Out of 80 study participants, 56 were medical officers, 24 were Postgraduates. Regarding mechanism of action of metronidazole 53/80 said that it is anti diarrheal, 50/80 said anti bacterial, 46/80 said anti protozoal, 27/80 said anti helminthic, 12/80 said anti fungal, 6/80 said antiviral, 3/80 said mucosal protective agent. Regarding the indication of metronidazole 75/80 said that they prescribe in any type of diarrhoea, 56/80 said Food poisoning, 29/80 said IBS and amoebiasis, 26/80 anaerobic Bacterial infection, 24/80 IBD, 15/80 said intra abdominal infection 12/80 said bacterial septicaemia, 7/80 said skin infection, 3/80 Said bones and joint infection & CNS infection, 1/80 said Trachomoniasis, 1/80 RTI. None said gynaecological infection & Endocarditis. Regarding the knowledge of side effects 43/80 know the side effects of the drugs (skin allergy, bitter taste, nausea, vomiting, vertigo, constipation) 27/80 didn't know about the side effects. Regarding the contraindication of drug 39/80 know about (hepatitis, pregnancy, unconsciousness, Constipation).41/80 didn't know about it. Regarding the Substitute of metronidazole 62/80 said other antibiotics (Levofloxacin, moxifloxacin) 18/80 said anti fungal.

CONCLUSION: This study reflects that there is unnecessary prescription of Metronidazole among the doctors of Mirpurkhas. Most commonly being prescribed for diarrhoea, Food poisoning, Amebiasis and IBS. It is critical that 27 doctors didn't know the side effects and 41 were not aware of the contraindications.

KEY WORDS: Gall stone, Complications, Laparoscopic cholecystectomy

WORD COUNT: 315

Evaluation of Age of Menopause and Attitude of Menopausal Women towards Symptoms of Menopause in a Rural City Of Sindh

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BACKGROUND: Menopause depicts end of woman's reproductive life usually occurring between ages 45 and 55. Many studies have been carried out to determine the mean age at menopause in different countries. In Pakistan, the greatest hurdle is ascertainment of correct age of women causing difficulty in determining the correct age at menopause. The objective of this study was to overcome this hurdle and to determine the mean age at menopause and occurrence of different symptoms at menopause in Pakistan. Our aim is to find out the age at menopause and common symptomatology of menopausal women.

METHODOLOGY: This observational cross – sectional study was conducted between and .A total of 150 women having natural menopause were studied from different hospitals of city, and housewives. Age of the ladies was estimated by N/C, Matriculation certificate if present and age of the elderly child. A preformed Performa was filled regarding age at menopause, weight, B.P, and symptoms of menopause were used to analyze.

RESULTS: Mean age at menopause was 48.7 years ranging from 40-59 years to .The predominant symptoms were Bone pain 88% followed by hot flushes 84%. Vaginal dryness was observed in 44%. Dyspareunia observed in 26% .Post menstruation bleeding was seen in 10%. Urinary problems in 28%. Family history of gynea carcinoma was 8%. 6% of female were on HRT.

CONCLUSION: The age at menopause in city of Mirpurkhas, Pakistan is lower as compared to the developed countries. The pattern of symptoms is same in all over the world. The cause's social and demographic factor for lower age at menopause needs further evaluation.

KEYWORDS: Menopause, Hot flushes, Bone pain

WORD COUNT: 261

Maternal and Neonatal Complications of Spinal Anaesthesia in Caesarean Section

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BACKGROUND: Regional anaesthesia being considered as the most favourable method of anaesthesia for caesarean section in the absence of any contraindication is widely used worldwide. It is considered safe for both mother and neonates depending on the condition of the patient, available facilities and expertise of anaesthetist. The aim of the study was to evaluate frequency and pattern of maternal and neonatal complications of spinal anaesthesia.

METHODOLOGY: It was observational prospective study which was conducted in Mirpurkhas. For this study 100 women were selected who underwent for caesarean section under spinal anaesthesia. Patients were followed immediately after spinal anaesthesia, 12 hrs and 72 hrs after spinal anaesthesia too see any complications. Apgar score at 1 min and 5 min were noted. Pregnancies with associated maternal and fetal morbidities like preterm, preeclampsia, APH, diabetes and others were excluded.

RESULTS: Out of 100 women, Majority of women were between 20 – 25 years i.e. 58%. Unbooked patients were 64% and mainly women were primigravidas. Most common Complication seen was nausea, vomiting followed by spinal headache and hypotension. Only 2% of neonates have lower Apgar scores.

CONCLUSION: Majority of the complications are of mild nature considering spinal anaesthesia a safe method for anesthesia in c- section.

KEYWORDS: Spinal anaesthesia, C-section, Spinal headache.

WORD COUNT: 200

Etiological factors in patients of Fatty Liver disease coming to liver clinics

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BACKGROUND: Fatty liver, also known as **fatty liver disease (FLD)** is a reversible condition wherein large vacuoles of triglyceride fat accumulate in liver cells. Despite having multiple causes, fatty liver can be considered a single disease that occurs worldwide in those with excessive alcohol intake and the obese. The Aim of our Study is to see cause of Fatty Liver.

METHODOLOGY: A descriptive study was conducted in private liver clinic new town, District Mirpurkhas, province Sindh from January 2014 to August 2014. Total no. of patients was 100. They were coming in liver clinic, among those ultrasound showed fatty liver, were collected and Performa was made in which patient history was taken than clinical examination was performed and lab investigations like CBC, alpha-F7, HBV, HW, Lipid profile, ultrasound abdomen were done and in few cases Fibro scan was advised that was done from LUHMS JAMSHORO.

RESULTS: Total no of patients is 100 out of 100 20 were MALE and 80 were FEMALE, age varies between male (30-50) and female (35-60), on ultrasound majority of patients showed hepatomegaly with fatty liver changes. A large number of patients were obese. 76 patients have primary complain of pain in right upper quadrant & 65 patients have other co- morbidities like HCV, HTN, Diabetes & thyroid problems. On lab investigation LFTs of all the patients showed elevated level. Lipid profile of mostly patients showed abnormalities like increase cholesterol level & triglyceride level.

CONCLUSION: Fatty liver is mostly common in obese patients more frequent in females & most of patients have also other co- morbidities. So, it is concluded that by changing life style we can reduce the risk of fatty liver.

KEYWORDS: Fatty liver, Patients, MMCH

WORD COUNT: 271

Knowledge Attitude and Practice of Informed Consent by Doctors In Mirpurkhas

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INTRODUCTION: Informed consent is a basic requirement in the patient doctor relationship. While its origin and development lie in Western European culture, its principles have been found to be compatible with an analysis of basic human behavior and therefore applicable in all cultures. These principles represent core human rights. It is the process which bound the physician to inform the patient about all the pros and cons of a specific treatment that is being provided to the patient and the alternates to it as well. Then let the patient decide the option he/she likes the best.

METHODOLOGY: The Study was descriptive and cross sectional in nature. Questionnaire was designed by focused discussion group of the team and validated and compared with published data on the topic. The questionnaire was self-administered semi structured and was pilot tested on a sample of 5 students from Muhammad medical college before the final administration. A Sample of 50 doctors was taken randomly from different hospitals of Mirpurkhas.

RESULTS: Respondents were aware of informed consent process, 50% partly, 20% fully. Use of informed consent in routine was not common; 60% few times a month, 35% few times a week and 5% daily. In case of emergency, all doctors (100%) decide according to the hospital protocol and the best possible choice in their opinion. Majority said that doctor (60%) should obtain informed consent. Majority (75%) of the doctors discussed only common risks and complications; only 30% of the doctors said that patients understood the information provided. Most of the times (80%), conversation with patient lasted for 10 minutes. Patients give consent after consulting family (50%) and after coercive talk by the physicians (50%). None of the doctors were aware of any law on patient rights in Pakistan or about legal implications in case a physician withholds the right of information to patients.

CONCLUSION: Proper awareness about informed consent is limited among doctors. They should be made aware about the importance of informed consent and its value in patient care.

KEYWORDS: Informed Consent, Awareness, Patients.

WORD COUNT: 333

Gender Discrimination of Education in Badin District Sindh Pakistan

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OBJECTIVE: Our objective is to find out the reasons behind the gender discrimination & in education in 4 Taulkas of District Badin.

METHODOLOGY: A cross sectional survey was conducted among 100 houses of 4 Taulkas District Badin on the basis of close ended questionnaire. Face to face interviews were conducted in 100 houses. In each Taluka educational level was divided into those with a qualification higher than secondary level, those with secondary level qualification, those with primary level qualification & those who had not even passed primary school.

RESULTS: District Badin is divided into 4 Taulkas Matli, Talhar, Badin & Tando Bago. 20 houses (97 male & 92 females total of 189) were from Matli, 20 houses (84 male & 142 females total of 226) were from Talhar, 20 houses (62 male & 67 females total of 129) were from Taulka Badin (20), & 40 houses (128 male & 154 females total of 282) were from Tando Bago. In entire district, 100 houses with 371 males & 455 females were questioned. They were further divided on gender basis Taluka-wise, In Taluka Tando Bago there were 282 people of 40 households with 128 males & 154 females. Among them, 13 people (8 male & 5 females) had a qualification higher than secondary level, 27 people (17 males & 10 females) had a secondary level qualification, 38 people (22 males & 16 females) had primary level qualification and 194 (71 males & 123 females) had not even passed primary school. In Taluka Badin there were 129 people of 20 households with 62 males and 67 females. Among them, 1 person (0 male & 1 female) had a qualification higher than secondary level, 11 people (6 males & 5 females) had a secondary level qualification, 16 people (8 males & 8 females) had primary level qualification & 101 (48 males & 53 females) had not even passed primary school. In Taluka Matli there were 189 people of 20 households with 97 males & 92 females.

CONCLUSION District Badin has to pay an attention in gender equality in female education. In the light of data analysis, interpretation and results; it is recommended that there is need to provide educational facilities to female population of deprived areas of the District Badin and to create awareness among parents.

KEYWORDS: Gender discrimination, Female education, Gender inequality, District Badin.

WORD COUNT: 350

Reuses of Disposable Syringes Practice among Healthcare Workers of Mirpurkhas Hospitals

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BACKGROUND: Unsafe medical injections are prevalent risk factor for viral blood borne diseases. Unsafe injection practices coupled with unnecessary use of injections in low-income countries is a complex public health problem that contributes to the burden of preventable blood-borne viral disease, including HIV /AIDS infection, Hepatitis B &C. The World Health Organization (WHO) estimates that 12 billion injections are given annually, 5% of which are administered for immunization and 95% for curative purposes. It is estimated that up to 160 000 human immunodeficiency virus (HIV), 4.7 million hepatitis C and 16 million hepatitis B infections each year are attributable to these practices. The estimated number of injections per person per year amongst a sample of 13 low-income countries ranged between 8.5 in Pakistan and 1.2 in Tanzania and India with a median of 1.5.

METHODS:- A cross sectional, descriptive study was conducted among HCWs (Doctors and Para-medical staff) of MMCH ,CIVIL , FAZAL-E-UMAR and SAINT TERESSA Hospital Mirpurkhas. Sixty individuals were participated in study. Face to face interview was conducted to collect data about their attitudes and practices by using close ended questionnaire. In study, we assessed with respect to age, sex, educational status, professional status, attitudes and practices of reuse of disposable syringes among HCWs. Data was entered and analyzed by using SPSS version 16.

RESULT: All individuals knew about the hazards of reuse of syringes .Among the total subjects n=60, 44(73%) were male and 16(27%) were female. All the individuals, n=60(100%) replied that the patient may be affected from the reuse of disposable syringes, so we do not reuse the syringe. They cut the needles to make the syringes unable to reuse .23(38.3%) respondent said that patient may suffer from HEPATITIS and other 37(61.7%) said that patient may suffer from AIDS.

CONCLUSION:- It is concluded that all the HCWs are well known about the consequences resulting from the malpractice of reuses of disposable syringes. Special attention is required by hospital administration to provide and facilitate with new syringes and so that disease and infection should be limited in our society.

KEYWORDS: Reuse of Syringes. Hepatitis. AIDS. MMCH. SPSS

WORD COUNT: 342

Problems in life of Patients with Thalassemia Major

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OBJECTIVE: To determine the problems faced by thalassemic patients in their personal, psychological and social life.

METHODOLOGY: The study was cross-sectional in nature. An indigenously developed quality of life questionnaire was administered to 20 transfusion dependent subjects suffering from thalassemia major.

RESULTS: The mean age of the subjects was 10.5 year ranging from 6-21 years. Less than one third of the patient felt that their health was slightly worse as compared to last year. Nine(45%) of the patients felt loneliness due to their disease. Parents of 7(35%) of the children at times did not allow their children to play because of their disease. Five (25%) stated difficulty in mingling with children of their age. Fourteen (70%) of the patients reported that at some or all times they were worried about their future life and career while 14(70%) admitted being taken extra care of by their friends and 11(55%) by their teachers.

CONCLUSION: The quality of life of surveyed thalassemic patients was immensely affected. Having physical impairments, social stresses, financial burdens and problems with their education and career make them very much vulnerable to psychological trauma very early in their life. All of this creates a hindrance in their way of developing into autonomous functioning adults.

KEYWORDS: Problems, Patients, Thalassemia Major

WORD COUNT: 342

Audit of Risk Factors for Stroke in Muhammad Medical College

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OBJECTIVE: The audit of risk factors for stroke in Muhammad medical college among males & females patients

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 SEP 2013 to 1st SEP 2014.

METHODOLOGY: Patients with features of stroke confirmed by CT scan brain. Brain imaging showing abnormalities other than stroke has been excluded. The prevalence of risk factors for stroke among males & females were evaluated.

RESULTS: 100 consecutive patients who presents with stroke were studied, A Performa was fulfilled. Out of total 100 patients 67 (67%) presented with infarction stroke and 33 (33%) with hemorrhagic stroke. Their mean age at presentation was 56.89 with SD=8.92 years. Hypertension 45(28.12%) and smoking 18(11.5%) were the most important risk factor among males, while the cases of Diabetes Mellitus 18(11.25%) & IHD 12(7.5%) were found to be more common among females. In Hospital mortality rate was 10(10%).

CONCLUSION: Prevalence of 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 b/w two stroke types.

KEYWORDS: Audit, Risk Factors, Stroke, Muhammad Medical College

WORD COUNT: 210

Assessment of Factors Influencing the Prescription of Medicine at MMCH

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BACKGROUND:-Health Economics is an applied field of study that deals with systemic and rigorous examination of problems faced in promoting health for all.

OBJECTIVES:- To assess the most commonly prescribed drugs by the physicians and to assess the various considerations in physicians mind while choosing a brand for prescription

METHODOLOGY::A cross sectional study was conducted in which a pretested questionnaire was self administered to 40 doctors (clinicians) of MMCH.

RESULTS: In our study we have administered questionnaires in which we directly asked the physicians about 2 questions. 1st we asked the reasons why they chose a particular brand while choosing a medicine and 2^{ndly} we asked them at least 3 groups of medicine choosing the most expensive and least expensive brands. 1ST we asked the physicians why did they choose a particular brand when prescribing a medicine, out of 40, 35(87.5%) physicians prescribed the drugs on the basis of Efficacy, 24(60%) Satisfaction with the company, 04(10%) Cost (least expensive), 2(5%) Good relations with the company, and 10(25%) easily availability. Among INF (HCV), we found that most commonly prescribed INF was peg.INF (ICS-28(70%) which was the lowest costing drug 14000/-Rps and then peg.INF (taget-10(25%) which costs for 17000/-Rps and no response was given by 2(5%). Among omeprazole (PUD), most commonly prescribed PPI was RISEK 20(50%) which was the lowest costing capsule 40mg {220.15Rps}, 2nd most common was NEXUM 11(27.5%) 40mg {220.15Rps} , 3rd protium 4(10%) {40mg-734.16Rps} and ezium 4(10%) {40mg-214Rps} and then eskeem which was prescribed by no one. No response was given by 1(2.5%). Among drugs for variceal bleeding, CLD (PORTAL HYPERTENSION), most commonly prescribed was terlip22 (55%) which costs 990Rps and then octreotide 18 (45%) 3000Rps

CONCLUSION: In our study we have found the most commonly prescribed drugs are (peg.INF (ICS-28(70%), RISEK 20(50%), terlip 22 (55%)). The priority for the consideration of these drugs by the physicians was on the basis of Efficacy 35(87.5%) and satisfaction with the company 24(60%) the most, cost 02(5%) and the good relations with the medical representatives (2.5%).

KEY WORDS:-Health economics, physicians, patients, MMCH

WORD COUNT: 350

Assessment of Lifelong Learning Skills in Students of Muhammad Medical College, Mirpurkhas

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BACKGROUND: Lifelong learning is an integral component of practice-based learning and improvement. Student need to be lifelong learners to provide timely, efficient, and state-of-the-art patient care in an environment where knowledge, technology, and social requirements are rapidly changing.

METHODOLOGY: It is a cross sectional study of randomized sampling of 100 students from first year to final year. A short questionnaire was administered to students to determine the extent to which they had engaged in self-directed learning and the value of this learning. We summarized the on the basis of two scales lifelong learning scale (LLS) & autonomous learner scale of Macaskill and Taylor 2010 (ALS). LLS contain 5 components: Goal settings, Applying appropriate Knowledge and skills, Self direction & Self Reflection, locating Information and Adapting learning strategies.

RESULT: The result based on the survey for measuring lifelong learning skills showed that there were several differences between students. Comparing the mean values of male and female students, there was outstanding variations found in, independence of learning with self direction and self reflection in males. According to our study results in Independence of learning average males were 27.8 and average females were 24.9. In study habits males average was 26.8 and in females 17.4 .In goal settings the male average was 57 and females were 50.In applied knowledge and skills the male average was 50.6 and females were 44.6.In self direction the males average was 49 and females were 37.In locating information the average males was 46 and females were 28.

CONCLUSION: Students vary in their abilities in lifelong learning as expected. Male students have more ability to locate information, self direct, independence of learning and goal setting, applying knowledge and skills.

KEY WORDS: Lifelong learning, goal settings, study habits.

WORD COUNT: 280

Audit on Ischemic diseases in Muhammad Medical College Hospital

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BACKGROUND: Ischemia is the inadequate blood supply to an organ or part of the body. Ischemic Diseases are one of the leading factors for millions of deaths worldwide. There are various risk factors recognized risk factors, sign, symptoms and diagnoses. The outcome can vary depending on the presentation and management strategies

OBJECTIVE: To scrutinize the number of patients suffering from Ischemic Diseases, major risk factors, sign and symptoms and the diagnosis of the patients in Muhammad Medical College Hospital

METHODOLOGY: Descriptive Cross sectional study was conducted by going through the reports of all the patients in the last two (2) years at Muhammad Medical College Hospital Mirpurkhas. Data was collected, edited, summarized, analyzed, frequency and percentages were extracted.

RESULT: Out of 2700 patients 205 were suffering from ischemic Diseases. These included Ischemic Heart Disease(IHD)(45.2% male out of 100% male and 58.3% female out of 100% female), of them Myocardial Infarction(M.I)(15.2% male and 22.2% female). Other Ischemia's include Diabetic Foot (Gangrene) (14.7% male and 23.6% female), Transient ischemic Attack (TIA)(11.6% male and 11.1% female), Ischemic stroke(9.8% male and 6.9% female). The mortality was 3% male and 1.3% female. The most common risk factors resulting in Ischemic Diseases were Age, Hypertension, Hypercholesterolemia, Family history of Ischemic diseases, Diabetes Mellitus and Tobacco smoking. The most Common Sign and symptoms are Chest pain, radiating shoulder and Neck and Shortness of breath in IDH. Headache, Weakness or paralysis on one side of the body, Difficulty speaking and sudden loss of vision in Ischemic Stroke and TIA. Redness and swelling, Wound on foot, Ulceration, either a loss of sensation or severe pain in the affected area, foul-smelling discharge in Diabetic Foot (gangrene).

CONCLUSION: Ischemic Heart Disease and Diabetic Foot were more frequently among Ischemic diseases, the most common risk factors are hypertension Diabetes Mellitus and age. The mortality rate was 3% for males and 1.3% for females.

KEY WORDS: Lifelong learning, goal settings, study habits.

WORD COUNT: 310

Assessment of Behaviours of Medical Students when working in a team

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BACKGROUND: Process of creating an effective team is called team building. Belbin divided the questionnaire into 9 sections. On the basis of these, he discovered 9 roles, predicting contributions and weaknesses of each. He further grouped these 9 team roles into categories predicting those who were action oriented (task performers), people oriented (communicators) and thought oriented (thinkers). Belbin devised a questionnaire to identify people's behavioural strengths and weaknesses at the work place.

OBJECTIVES: To assess behaviour of medical students when working in a team and to identify behavioural strengths & weaknesses among them.

METHODOLOGY: A study was conducted among 50 students of MMC using Belbin's self perception inventory questionnaires. At the end of questionnaire data of each student were self analysed and assembled highlighting specific "individual's strength" and "Weaknesses".

RESULTS: In our study we have found that most common role in our students was **complete finishers** who ensure details thoroughly timely tasks achievers with a weakness of getting doubtful and worried. 2nd most common role was found to be **implementers** who are learners and organizers but with major weakness that they want others to value their perspective. 3rd common role was **shaper**, who are challenging, dynamic but with a weakness of getting frustrated and offended when their work is not recognized. 4th common role was **resource investigators** who are opportunity explorers, develops contacts and enthusiastic but with a weakness of losing interest soon. 5th common role was **monitor evaluator** who analyses situations accordingly but they are somewhat strategic and judgmental. 6th role was **plant** who are imaginative, creative with a weakness of being preoccupied which affects communication. 7th role was **co-ordinator** who delegates effectively but remains unsatisfied with their own contributions. 8th role was found to be **team workers** who lacks communication & co-operation ability. 9th role was **specialist** who are dedicated and self started and ready to provide knowledge regarding their specialized skills.

CONCLUSION: In our study we have found that majority of our students are action oriented or task performer, intermediate number of students are people oriented or communicators and very few ones are thought oriented or thinkers.

KEY WORDS: Assessment of Behaviours, working in a team, behaviour

WORD COUNT: 343

Assessment of Stress among the Students of Muhammad Medical College Mirpurkhas, Sindh

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BACKGROUND: Stress is among the leading causes of disability worldwide and prone to affect medical students. The objective of current study was To assess the reasons of stress among the students of Muhammad Medical College, Mirpurkhas.

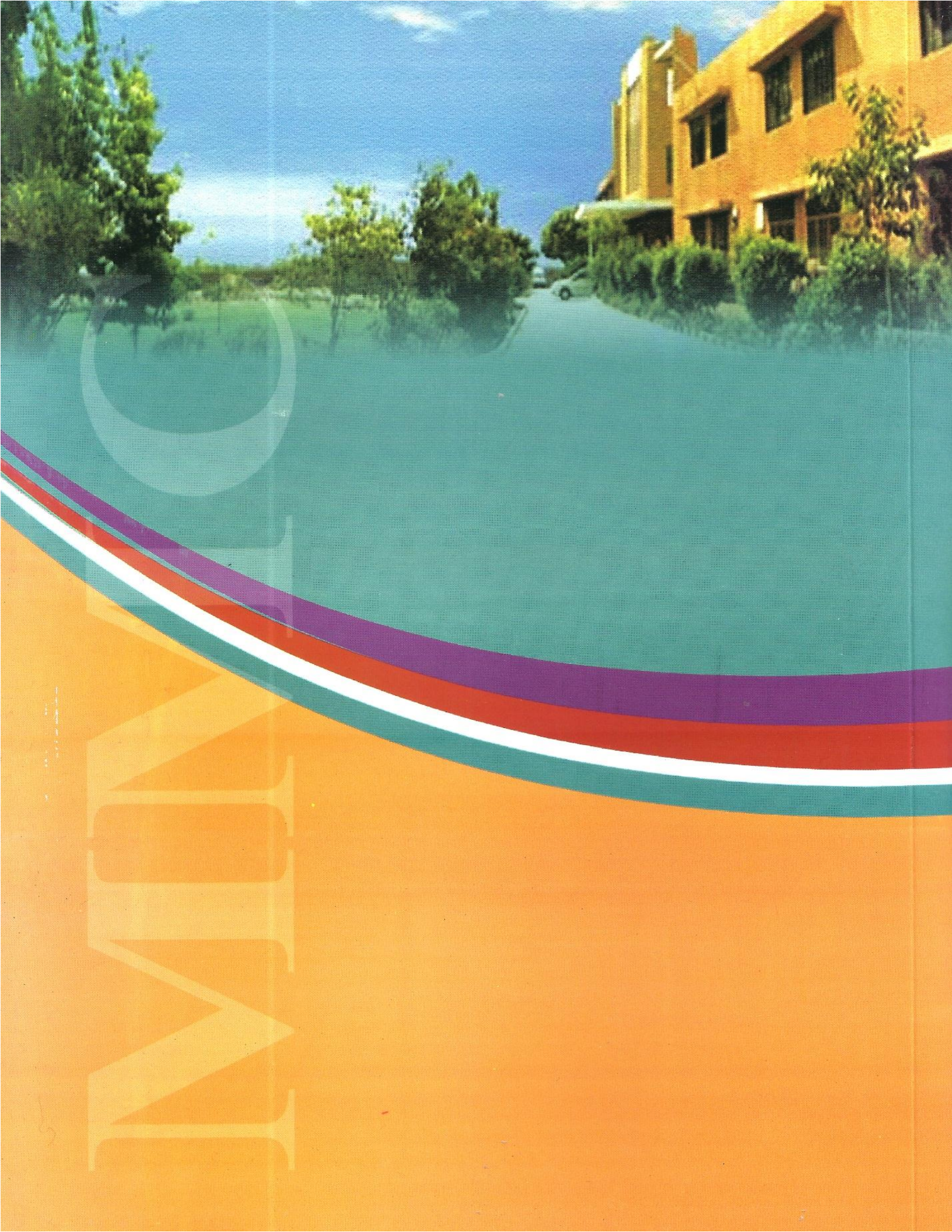
METHODOLOGY: A study was conducted using SHELDON COHEN'S PERCEIVED STRESS SCALE. A pre-tested close ended questionnaire was distributed for measuring the perception of stress among 1st, 3rd & Final Year MBBS students of MMC in September 2014. 10 questions were asked and results were recorded, each response quantified from 0-4.

RESULT. My sample size was 100 and included 34 forms to 1st Year i.e n=17 males & n=17 females, and 33 forms to 3rd & Final Year with distribution of n=17 males & n=16 females. Three categories were made after compiling the scores. (Mild= 0-14, Moderate=15-20, Severe= 20 onward). Out of 100 students n=51 (51%) students had moderate stress (n=17 from 1st year of which n=7 males & n=10 females, n=17 from 3rd of which n=6 males & n=11 females & n=17 from final year with n=8 males & n=9 females). n=28 (28%) had severe stress (n=10 from 1st year of which n=4 males & n=6 females, n=7 from 3rd year of which n=5 males & n=2 females & n=11 from Final Year of which n=6 males & n=5 females). n=21 (21%) had mild stress (n=6 from 1st year of which n=6 males & n=0 females, n=9 from 3rd year of which n=6 males & n=3 females & n=6 from Final Year with n=3 males & n=3 females). n=33 (33%) students said that they were stressed because something happened unexpectedly=25(25%) said that they couldn't cope with all the things they had to do. n=21(21%) were unable to control the important things in their life. n=18 (18%) felt that they were nervous and stressed.

CONCLUSION: Results indicated that "Moderate Stress" was more common in females & "Mild Stress" was more common among males. "Severe Stress" level was almost same among both genders. Similarly, the stress level among both genders didn't show much difference.

KEY WORDS: Stress, Perceived Stress Scale.

TOTAL WORDS: 339



KMI