



MUHAMMAD MEDICAL COLLEGE MUHAMMAD DENTAL COLLEGE



ABSTRACT BOOK 19th Annual Medical Symposium



THEME

*"Effects of Covid
Pandemic on
Personal and
Professional
Lives of Health
Care Worker"*

Hyderabad-Ratanabad Road Mirpurkhas
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**ABSTRACT
DOCTOR**

COVID-19 VACCINES WHAT WE NEED TO KNOW

Dr. Adbul Qadir Khan

Professor & Head of Department of Medicine
Muhammad Medical College/Hospital Mirpurkhas

INTRODUCTION: A COVID-19 vaccine is a vaccine intended to provide acquired immunity against severe acute respiratory syndrome corona virus 2, the virus that causes corona virus disease 2019 (COVID-19). Prior to the pandemic, an established body of knowledge existed about the structure and function of corona viruses causing diseases like severe acute respiratory syndrome and Middle East respiratory syndrome. This knowledge accelerated the development of various vaccine platforms during early 2020.^[1]

Many countries have implemented phased distribution plans that prioritize those at highest risk of complications, such as the elderly, and those at high risk of exposure and transmission, such as healthcare workers.^[5]

CLINICAL RESEARCH: Vaccine's clinical research is the clinical research on COVID-19 vaccines, including their efficacy, effectiveness and safety. There are 22 vaccines authorized for use by national governments, with six vaccines being approved for emergency or full use by at least one WHO-recognised stringent regulatory authority.

VACCINE TYPES: At least nine different technology platforms are under research and development to create an effective vaccine against COVID-19.^[4] Most of the platforms of vaccine candidates in clinical trials are focused on the corona virus spike protein and its variants as the primary antigen of COVID-19 infection, since the S protein triggers immune responses.

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POVERTY PERIODS RURAL DESERT WOMEN OF PAKISTAN BREAK THE SILENCE

Dr Jewat Sunder,**Dr Satti Jewat,** Aziz Memon, Dr Momal Noor,*Dr Aftab Imam,Ayesha Amin,* Sayed Tahzeeb Kazmi

ABSTRACT

INSTITUTION: Sindh United (n)Developmental Educational Rural Society, Bethak,Rotary Club Khipro Sunders,Sunders Community Corp Club COVER

ABSTRACT: Poverty periods Menstrual Hygiene is the basic health issue of especially rural desert mothers of Pakistan, but globally challenge as well around 500 million women lack of access to sanitation facilities,80%women lack to access sanitary pads in UK,in US many women make do with cloth,rags,tissue or toilet papers.

We are facing many health challenge Break the Silence Poverty Periods is the main health issue socially, culturally, scientifically ethically.

We have need of more attention to aware, literate, educate, especially our women (girls)

KEY WORDS: Poverty Periods, Rural Desert Women, Pakistan

FOR ORAL PRESENTATION

Dr Jewat Sunder

AN AUDIT OF VARIOUS BLOOD AND HISTOPATHOLOGICAL TESTS DONE IN MUHAMMAD MEDICAL COLLEGE HOSPITAL 1st August 2020 to 31 July 2021 MIRPURKHAS.

Supervised by **Prof Dr Syed Razi Muhammad.**
Dr. Hyder Ali Pehilwani Rind, Lecture Pathology MMC
 Irshad shah (Lab Incharge MMCH)
 (Muhammad Medical college Mirpurkhas)

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

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

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

RESULTS OF BLOOD WITH MEAN RANGE AND MALE FEMALES DIFFERENCE.

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

AFP	123	26	< 8.0	153	6.8	< 8.0
T,Lipid	521	513	450 - 800	135	349	450 – 800
Cholesterol	521	136	< 200	135	116	< 200
Triglyceride	521	99	< 260	135	110	< 290
HDL	521	43	< 39	135	42	< 43

TO FIND THE SPECTRUM AND ASSOCIATION OF CONGENITAL HEART DEFECTS WITH OTHER CONGENITAL MALFORMATIONS IN SINDH, PAKISTAN.

Priya Hotwani Hotwani, Chetan Das

ABSTRACT

This descriptive cross sectional study was conducted in Department of Pediatrics, Civil Hospital, Mirpurkhas, Sindh from January to December 2019. Statistical analysis was performed using SPSS version 21. Chi square test was applied for comparison of categorical variables. During study period, 121 cases were examined; 59 were male and 62 were female. Mean age was 0.18 ± 0.26 months and mean weight was 4.77 ± 2.5 kg. Cardiac anomalies with other anomalies were found in 41(33.88%) cases out of 121 ($p < 0.001$). Most frequent CHD found were VSD, TOF and PDA.

ABSTRACT
FINAL YEAR MBBS

IMPACT OF COVID-19 ON THE EDUCATION OF UNDERGRADUATE MEDICAL STUDENTS OF MUHAMMAD MEDICAL & DENTAL COLLEGE MIRPURKHAS.

Students of Final Year MBBS, Muhammad Abeer Khan¹, Muhammad Wahaj Khan¹, Humair Javaid¹, Rajan Kumar¹, Hamza Tariq¹, Professor Sir Syed Razi Muhammad²

ABSTRACT

BACKGROUND & OBJECTIVE: COVID-19 has caused unrest among medical students all over the world including Pakistan. The objective of this study was to assess the impact of COVID-19 on the education of undergraduate medical students of Muhammad Medical & Dental College by assessing their responses to a survey.

METHODOLOGY: A validated questionnaire of this cross-sectional analytical study was distributed among undergraduate medical students of Muhammad Medical & Dental College. Results were assessed by using SPSS version-26.

RESULTS: The response rate of our study was 75%. Nearly all students 56% were not involved in clinical rotations with in-person patient contact at the time the study was conducted. Most students 43% agreed the pandemic had significantly disrupted their medical education and believed they should continue with normal clinical rotations and F2F interaction during this pandemic. Interestingly 70% of the students participating in the survey showed that they have lost interest in studies.

CONCLUSION: There is a huge impact of COVID-19 on the medical education of students in Pakistan. It affected them both physically and mentally and created great phobia in them related to their future education.

KEYWORDS: Undergraduate MBBS students, COVID-19, Survey.

IMPACT OF COVID-19 ON THE EDUCATION OF UNDERGRADUATE MEDICAL STUDENTS OF MUHAMMAD MEDICAL & DENTAL COLLEGE MIRPURKHAS.

Muhammad Abeer Khan¹, Muhammad Wahaj Khan¹, Humair Javaid¹, Rajan Kumar¹, Hamza Tariq¹, (Final Year MBBS) Professor Sir Syed Razi Muhammad²

ABSTRACT

BACKGROUND & OBJECTIVE: COVID-19 has caused unrest among medical students all over the world including Pakistan. The objective of this study was to assess the impact of COVID-19 on the education of undergraduate medical students of Muhammad Medical & Dental College by assessing their responses to a survey.

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KEYWORDS: Undergraduate MBBS students, COVID-19, Survey.

OUTCOME AMONG PATIENTS WITH SARS-COV2 INFECTION IN VACCINATED AND UNVACCINATED

(Final Year MBBS) Nazish, Zahra Khan, Yoza Malik, Aisha Rasheed
Supervised By: Prof. ABDUL QADIR, Prof. ASLAM GHOURI

ABSTRACT

BACKGROUND: Breakthrough infections after SARS-COV2 has been reported. Clinical outcomes in these persons are not widely known.

AIMS AND OBJECTIVES: To determine the risk factors and outcomes associated with breakthrough infections. To determine protective effect of vaccine against the severity of disease

METHODS: Case Control study was done in 140 SARS CoV-2 infected persons. Close ended Questionnaire was used. Data was collected by hospital records (24) and community by convenience sampling (116) between May 2021 and September 2021. Population was documented by positive SARS- CoV-2 PCR on a nasopharyngeal swab, 14 days after the second dose of the vaccine. Our primary outcome was severe disease defined as hospitalization, admission in Intensive Care Unit and death Data analyzed by SPSS version 22.

RESULTS: Among 140 total population 84 were vaccinated, 56 were unvaccinated. In Vaccinated: 30% were admitted in hospital, severity of disease 20%, 2% death, 12% admitted in ICU among which 88% were improved, 2% had long hospital stay. Factors associated with Severity in Vaccinated: Age: more than 60 - 40% , Comorbidities: Multiple-38% Gender: Male- 29%, Female- 6%
In Unvaccinated: 41% were admitted with 32% severity cases, 12% died, 16% admitted in ICU among which 50% were improved, 14% had long hospital stay
Factors associated with Severity in Unvaccinated: Age: more than 60 - 57%, Comorbidities: Multiple- 44%, Gender: Male- 40%, Female-22%

DISCUSSION: our study results coincided with the study of Outcomes among Patients with Breakthrough SARS-CoV-2 Infection after Vaccination in Qatar that is severity less in vaccinated persons as compared to unvaccinated also vaccinated persons had lesser time period of hospital stay. Lesser death incidence among vaccinated as compared to unvaccinated. Elderly person had less severity in vaccinated persons as compared to unvaccinated. Comorbidities in vaccinated had less severity as compared to unvaccinated.

CONCLUSION in our population, among vaccinated majority had lesser disease incidence with less severity of disease with shorter hospital stay and lesser death incidence. While among unvaccinated there was higher incidence of disease with more severity, longer hospital stay and greater death incidence.

KEYWORDS: Outcome, vaccine, vaccinated, unvaccinated, age, comorbidities, severity.

Total words: 381

PROFESSIONALISM IN MMDC STUDENTS AND THEIR RELEVANCE TO THE CHOICE OF CARRIER

(Final Year MBBS) Aalia Rasheed, Faryal Gohar, Samina Imtiaz , Iqra , Syeda Taskeen Zehra Taqvi

Supervisor: Professor Dr Syed Razi Muhammad²

ABSTRACT

BACKGROUND: Professionalism consist of a group of values and attitudes that supports the link between the medical professionals and public to large. Errors committed by medical personals are to a certain due to inadequate professionalism which leads to quite a lot of morbidity and mortality.

OBJECTIVE: To assess the professionalism in medical students of MMDC.
To determine the extent of variations among students enrolled in various classes (3rd to 5th year)

METHODOLOGY: It was a cross sectional study which was done on 180 students of MMDC from 3rd year to 5th year .we analyzed the professionalism by giving 20 questions. There were 180 undergraduate MBBS students participated in our studies from which 101 were females and 79 were males.

There were 16 males and 44 females from 3rd year.

33 males and 27 females from 4th year.

30 males and 30 females from 5th year.

We analyzed professionalism by giving minimum score (20) to maximum score (100)

RESULTS: Its appears from our study that 2/3rd have maximum professionalism (81-100/100)
2/3rd have moderate to maximum professionalism (61-80/100).

Around 1/3rd participant were having mild professionalism (20-60/100).There were no statistically significant difference.

With regard to gender female were categorized in the maximum professionalism compare to male.

CONCLUSION: It appear from our study that professionalism among the graduating class 4th year is low the ideal level and maximum in 3rd year and 5th year.

It is important to teach doctors the abilities that will enable them to be efficient professionally to deliver quality health services.

Therefore medical students should acquire the right professional attitude and behaviors during their studies in medical college.

ANGER MANAGEMENT AND ITS EFFECTS ON PERSONAL AND SOCIAL LIFE

Muhammad Jamal Manzoor, Muhammad Faisal Awais, Muhammad Saad, Sheraz Ejaz,
Attaullah Khan (Student of Final year MBBS)
Supervisor: Prof Syed Razi Muhammad

ABSTRACT

INTRODUCTION

Anger is one of the most prevalent behavioral problems among the youth and those around them. Anger is a normal emotion that everyone feels at some point in their life . It can range from a mild annoyance or frustration to extreme rage. Anger management can involve changing the way you think about certain things that make you angry and changing the ways you react to anger to be constructed, rather than destructive or counterproductive. Anger management meant to promote and encourage a general understanding of anger related challenges

OBJECTIVE

The aim of this study is to evaluate the effects of anger on personal life, social life and anger management.

METHODOLOGY

A cross-sectional study was conducted in September 2021 among the students of Muhammad medical college Mirpurkhas. Total 120 students were approached; a closed ended questionnaire was administered for collection of information regarding anger management and its effect on personal and social life. Data was entered and analyzed on SPSS VERSION 22.

RESULTS

From total 120 students, 59 were male and 61 were female. The average age of student was 20 years. Among them 96 students were hosteler and 24 were non-hosteler. n=47(39.2%) student agreed that they do not get angry about the past things that happened to them. n=63 (52.5%)students said that they remain awake all night thinking about the bad things happen during the day. n=47(39.2%) students agreed with the statement that they become physically violent during anger. n=61(50.8%) students agreed that they find it difficult to forgive others.58(48.3%) students agreed that they have difficult time in college due to their anger .n=42(35%) managed their anger by regular exercise and n=33(27.5%) said that they manage it by problem solution.

CONCLUSION

Anger is a natural phenomenon of life and dealing with it is important. Our study shows that anger has effect on personal as well as social life of medical students. Medical students with a higher score for their tendencies towards getting angry have much poor mental health compared to the ones which have lower anger tendencies. Our study also shows that anger can also leads towards depression and anxiety. Most of the student's manage their anger by exercise and problem solutions.

IMPACT OF QUARANTINE ON PHYSICAL AND MENTAL HEALTH IN COVID19 PANDEMIC

(Students of Final Year MBBS) Muhammad Azam Qaisarni, Muhammad Sohail Farooq,
Daniyal Shair Mustafa, Ahmad Sufyan
Supervisor: Prof DR Syed Razi Muhammad

ABSTRACT:

INTRODUCTION: Mental health includes emotional, physical and social wellbeing. Quarantine means separation and restriction of movement of people who had been exposed to some contagious infection to reduce the risk of affecting others.

OBJECTIVE: The purpose of this study is to analyze impact of quarantine on physical and mental health among medical students of MMDC.

METHODOLOGY: A cross sectional study was conducted in September 2021 among the students of Muhammad Medical and Dental College Mirpurkhas. Total 100 students were approached, a close ended questionnaire was administered for collection of information regarding impact of Quarantine on physical and mental health. Data was entered and analyzed on SPSS version 22.

RESULTS: Out of total 100 participants data were collected from 20 students of each year. Among them 50 were females and 50 were male with an average age of 22 years. Among all the participants 42% participants take exercise daily for 30 minutes. 52% were strongly agreed that mental and physical health has everything, 32% disagreed that they did not care of their health, 48% were strongly disagreed that good mental health is of minor importance, 30% were disagreed that other things are important than good health. Among participants 26% were happy during quarantine, 32% were neutral opinion about happiness during isolation. 29% agreed that their life was excellent during isolation, 28% agreed that they were satisfied with their life.

CONCLUSION: Quarantine measures during COVID 19 pandemic are associated with increased risk of experiencing mental health burden, especially for vulnerable groups including people with pre-existing mental and physical illness, frontline workers, those in the most severely affected areas and those who are less financially well off.

**PREVALENCE AND EFFECTS OF MIGRAINE ON DAILY LIFE ACTIVITIES
AMONG THE STUDENTS AND FACULTY OF MUHAMMAD MEDICAL AND
DENTAL COLLEGE, MIRPURKHAS**

Fatima Ali¹, Nadia Rehman¹, Misbah Shaheen¹, Kiran Sabir¹,

Supervisor: Professor Dr Syed Razi Muhammad²

Students of Final Year MBBS¹Department of Surgery Muhammad Medical College
Mirpurkhas²

ABSTRACT

BACKGROUND: Migraine is a chronic and sometimes progressive disorder characterized by recurrent episodes of headache and associated symptoms. Migraine is a common disability Primary headache disorder with significant personal and socioeconomic impacts. Medical students usually have multiple triggers for migraine particularly stress and irregular sleep.

OBJECTIVE: To assess the prevalence and effects of migraine on daily life activities among the students and faculty of MMDC.

METHODOLOGY: A descriptive cross sectional questionnaire based study included 105 participants' Medical students 90 and faculty 15 which included females 58 and male 47 participants of MMDC. Data was entered and analyzed by using SPSS version 22.

RESULTS: Prevalence of migraine in students and faculty was found to be 70.5% causing moderate effects on daily life activities. Migraine was significantly more prevalent and cause more effects among female (79.3%) compared to males (59.5%). Among sample of 105 participants, 80% have family history of migraine 61% of migraineurs had migraine with visual aura. Most frequent relieving factors were sleeping and analgesics. Migraine significantly affected the academic performance of students.

CONCLUSION: Migraine is highly prevalent that is 70.5% among participants of our research as compared to global prevalence which is about 11.6% and has a negative impact on their academic performance and other activities.

KEYWORDS: Migraine, Medical students(MMDC),Faculty(MMDC),Academic performance

18 MONTHS OF EXPERIENCE IN SURVIVE. STUDENT'S AND TEACHER'S PERCEPTION.

Fatima Hussain¹, Zainab Hussain¹, Sahrish Nazir¹,
Supervisor: Professor Syed Razi Muhammad²

Students of Final Year MBBS¹ Professor of Surgery, Muhammad Medical College
Mirpurkhas²

BACKGROUND: Survive is extensive program which was started before 18 months with E-learning. Now the program has changed to hybrid system.

METHODOLOGY: After the approval by the ethical committee of Muhammad Medical and Dental College, 200 students and faculty filled a self-made Performa in September 2021. Data entered and analyzed by using SPSS version 22. Various aspects of online and face to face learning/teaching was compared. All scoring was done from 1-10.

RESULTS:

Lectures:

In comparing difficulty on two types of lectures. In online lectures on zoom both students (6.27) and faculty (3.36) faced more difficulty than face to face lectures students (3.43) and faculty (1.36).

In comparing usefulness on two types of lectures. In face to face lectures both student (7.62) and faculty (8.24) find it more useful than online lectures students (4.72) and faculty (6.16).

Discussion:

In comparing difficulty on two types of discussion. In online discussion on whatsapp both students (5.01) and faculty (3.20) faced more difficulty than face to face discussion students (3.90) and faculty (1.40).

In comparing usefulness on two types of discussion. In face to face discussion both student (6.72) and faculty (8.32) find it more useful than online discussion students (4.98) and faculty (6.08).

Test:

In comparing difficulty on two types of test. In physical test both students (5.51) and faculty (4) faced more difficulty than online test students (4.65) and faculty (3.96).

In comparing usefulness on two types of test. In physical test both student (6.61) and faculty (8.20) find it more useful than online test students (5.89) and faculty (6.76).

Post-test discussion:

In comparing difficulty on two types of PTD. In online PTD on zoom both students (5.85) and faculty (3.92) faced more difficulty than face to face PTD students (4.42) and faculty (2.48).

In comparing usefulness on two types of PTD. In face to face PTD both student (5.79) and faculty (7.3) find it more useful than online PTD students (4.77) and faculty (5.64).

Assignment making, submission and grading:

In comparing difficulty on assignment making and grading. Students thinks it more difficult (7.66) and less useful (4.29) while faculty thinks it is less difficult (4.16) and more useful (6.12)

Isolation:

In comparing difficulty on two types of isolation. In online lecture both students (6.63) and faculty (6.12) faced more isolation than face to face lectures students (3.84) and faculty (6.12).

Lack of motivation:

In comparing two types of lack of motivation. In online system both students (6.03) and faculty (5) faced more lack of motivation than face to face system students (4.79) and faculty (4.28).

Technical difficulties:

In comparing two types of technical difficulties. In online system both students (6.34) and faculty (4.12) faced more technical difficulties than face to face students (4.48) and faculty (3.20).

Retained:

In comparing two types of retained. In face to face system both students (6.33) and faculty (6.56) retained more than online system students (4.95) and faculty (4.16).

Mind wondering:

In comparing two types of mind wondering. In face to face system both students (6.22) and faculty (6.08) faced more mind wondering than online system students (5.89) and faculty (5.32).

Peer support:

In comparing two types of peer support. In face to face system both students (5.88) and faculty (5.24) faced more peer support than online system students (5.14) and faculty (4.28).

Lack of interaction:

In comparing two types of lack of Interaction. In online system students (6.06) have more lack of interaction than faculty (4.92) while in face to face system faculty (5.60) have more lack of interaction than students (4.92)

Favourite part:

Faculty likes post-test discussion while many students do not like any component.

Disliked part:

Mostly do not like assignments.

Part to be replaced:

Most want to replace assignment (152 out of 200).

CONCLUSION: Over all, both students and faculty groups found online teaching more difficult and less useful.

CHALLENGES FACED BY WORKING WOMENS AT WORKPLACE

(Students of Final Year MBBS) Hira Shah, Mahnoor Shah, Fiza Shakeel, Muqadas Arshad,
Alina Asghar.

Supervisor Prof. Dr.. Syed Razi Muhammad

ABSTRACT

INTRODUCTION: In the era of 21st century, woman wants equal opportunities as man and foremost challenge is how to balance work and family life. The aim of the study is to find out the challenges faced by working women at their workplace and to know how many types of challenges are faced by women

METHOD: a questionnaire based study was conducting in Punjab and Sindh from Sep-Oct 2021 by using Google online form. A sample of 100 formally employed women are selected from three departments as 40 female doctors, 20 teachers, 40 business women

RESULT: it reveal that financial independence gives more respect to women 77%, women face psychological disturbance due to workload 71%, women's appearance judged more than men 67%, night shift duties are more difficult than men 67%, women face Gender based discrimination 60%, 58% women can keep balance b/t personal life and work life, 40% women face harassment in public transport.45% married women have to deal husband's ego and insecurities.

KEY WORDS: Women empowerment public transport harassment balance life and gender discrimination

AN AUDIT ON THE DIAGNOSIS, TREATMENT AND OUTCOME OF THE CHILDREN ADMITTED IN PAEDS WARD OF MMCH IN THE LAST ONE YEAR

Gohar Ibraheem, Soman Rasool (Students of Final year MBBS)

Supervisor: Prof Syed Razi Muhammad

ABSTRACT

INTRODUCTION: Pediatrics is a branch of medicine that involves the medical care of infants, children and adolescents. The American academy of pediatrics recommend people seek pediatric care through the age of 21. In UK pediatrics covers patients until age 18. MMCH is a 500 bed hospital in which Peads unit consists of 56 beds. Among them Peads ward has 32 beds with 6 oxygen points, PICU has 19 beds with 5 oxygen points and 3 cardiac monitors. NICU has 5 baby carts, 4 incubators, 1 resuscitation trolley, 1 warmer, 4 Phototherapy unit, 14 oxygen points and 4 cardiac monitors.

OBJECTIVE: The purpose is to evaluate the burden of pediatric diseases, diagnosis, treatment and outcome of children in paed ward of MMCH.

METHODOLOGY: A retrospective study was conducted at the department of paed among the admitted patients at MMCH from August 2020 to August 2021. Data was collected from paed ward record in which the diagnosis, treatment and outcome of children were recorded. Information on diagnosis, treatment and outcome of 210 children were recorded. Frequency of each disease was calculated separately. Data was entered and analyzed on SPSS version 22.

RESULTS: Total 210 patients were recorded among 135 were males and 75 were females with ages mostly between 1-18 years. Among them 87(41.4%) were Neonates (1-28days), 48(22.9%) were Infants (1 month- one year), 57(27.1%) were preschool child (2-5 years) and 18(8.6%) were Preadolescents (9-12year). Out of 210 patients 70(33.3%) came in emergency and 140(66.7%) came in OPD. 79 (37.6%) were admitted in paed ward, 48(22.9%) in PICU and 83 (39.5%) in NICU. Acute gastroenteritis 48 (22.8%) were the most common disease. The rest diseases include Respiratory distress syndrome 27(12.9%), Severe Pneumonia 25 (11.9%), Birth asphyxia 21(10%), Neonatal jaundice 13(6.2%), LBW and hypoglycemia 12(5.7%), Meningitis 12(5.7%), Fever 8(3.8%), Anemia 8 (3.8%), Neonatal sepsis 6(2.9%), Thalassemia 6(2.9%), Fits 4(1.9%), Enteric fever 3(1.4%), and others n= 17(8.5%) includes hydrocephalus, measles, retention of urine, CP child, celiac disease, meconium aspiration, Hodgkin lymphoma, Meningiomyocele, Hepatitis A, TB abdomen, hemorrhagic disease, microcephaly, fracture, Electrical injury.

TREATMENT: Out of 210 patients, 80 patients (38.1%) were given drug therapy 59 (28.1%) patients were given drug therapy with oxygen support, 29(13.8%) patients were given drug therapy with IV fluids, 14(6.7%) patients were given drug therapy with blood transfusion, 13 (6.2%) patients were given drug therapy with phototherapy, 12(5.7%) patients were given oxygen support, only 3 (1.4%) patients were given surgical treatment.

OUTCOME OF PATIENTS: Out of 210 patients 78 patients were discharged on request, 60(28.6%) patients leave against medical advice, 58(27.6%) were discharged, 14(6.7%) were referred and no death was seen.

CONCLUSION: The most common disease seen is Acute gastroenteritis , followed by Respiratory distress syndrome, Pneumonia, Birth asphyxia, Neonatal jaundice, Neonatal sepsis, LBW, Hypoglycemia, meningitis, Anemia, Thalassemia, Seizures, Enteric fever,

Meconium aspiration syndrome, Hepatitis A, Hemorrhagic disease, fracture and celiac disease.

It looks remarkable that no death was recorded.

KEY WORDS: Acute gastroenteritis, Birth asphyxia, Respiratory distress syndrome, Pneumonia total words - 531

AN AUDIT OF THE CASES ADMITTED AT SURGICAL WARD MMDCH DURING JANUARY 2021-SEPTEMBER 2021

Hafiza Amina Jahangir, Hafiza Amna Abbasi, Rida Khan, Sanam Akhtar (Final Year MBBS)
Supervised by: Prof. Dr. Syed Razi Muhammad and Dr. Jamil Ahmed

ABSTRACT

INTRODUCTION: Surgical Audit is a systematic, critical analysis of the quality of surgical care that is reviewed by peers against explicit criteria or recognized standards, and then used to further inform and improve surgical practice with the ultimate goal of improving quality of care for patients.

METHODS: A self filled Questionnaire based cross sectional retrospective study was conducted at surgical ward MMDCH Mirpur khas Sindh Pakistan from January-September 2021. Target population was cases admitted at surgical ward ,Patient files were used for data collection. Frequency and percentage were calculated using Excel and Epi info version 7.

RESULTS: Reason for admission was kidney disease 24% (M=53, F=14), Trauma 12.3% (M=19, F=15) and Gall bladder disease 14.5% (M=7, F=33). Age group >50 was mostly admitted and duration of stay was 1-5 days most while least was 16-20 days. OPD (86%) admissions were common and mostly laproscopic surgeries were done. Patients were discharged in 76% cases.

CONCLUSION: Males were admitted more than females, for BPH (mostly) and trauma while females for Gall bladder disease. Duration of stay after surgery was short mostly 1-5 days of maximum 20 days. Patients were discharged 76% with no post operative complications.

PREVALENCE OF COVID-19 VACCINE HESITANCY IN THE GENERAL PUBLIC IN MIRPURKHAS SINDH CITY: A CROSS-SECTIONAL STUDY.

Jawad Ahmed , M. Siddique , Salman Irshad , M. Zubair

Students of Final Year

Supervised By: Prof: Dr. Syed Razi Muhammad

Managing Trustee of Muhammad Medical and Dental College Mirpurkhas

ABSTRACT

BACKGROUND: Covid-19 disease that can transmitted person to person and with serious health problems, can be associated with serious mental disorders. The risk of occupational exposure to Covid-19 among in general public of Mirpurkhas Sindh.

OBJECTIVES: To find out the Covid-19 vaccine hesitancy in the General public of Mirpurkhas City.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2021 among General public of Mirpurkhas City. General public n=80 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, marital status, Education level, Occupation, Profession, Monthly income, Residence and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS: The mean age of the participants was (18-50). The participants consisted of (males=59) and (females=21). The participants had different education level: including illiterate(17%), under high-school (18%) , high school(18%), college and higher(18%). The study found that (n=30) of the participants reported that they have not received the covid-19 vaccine. There is large percent of the participants have received the Covid-19 vaccination.

CONCLUSION: This study showed that Mirpurkhas has a low rate of covid-19 vaccine hesitancy and this is correlated with lower levels of education and concerns about side effects. I would like to present my deep thanks to the individuals who participated in this study and those who guided me in this regard.

KEY WORDS: Acceptance rate, Covid-19, Vaccine hesitancy in general public of Mirpurkhas city.

CLINICAL AUDIT OF THE PATIENTS WITH CHOLELITHIASIS IN SURGICAL WARD OF MUHAMMAD MEDICAL COLLEGE HOSPITAL

Muhammad Ali Khosa 1, Bilal Munir 1, Muhammad Abrar 1,
Prof. Dr. Syed Razi Muhammad 2

Final year students of Muhammad Medical College 1, Dean and Professor Department of
Surgery, Muhammad Medical College, Mirpurkhas 2

ABSTRACT

Introduction: Cholelithiasis remains one of the most common medical problems leading to surgical intervention. Cholelithiasis prevalence in Pakistan is about 15 to 20 %. The risk factors predisposing to gallstone formation include; age over 40 years, female gender, obesity, diabetes mellitus, pregnancy, hemolytic diseases, cirrhosis etc. Gall stone disease can be either asymptomatic or symptomatic. Ultrasound is the gold standard technique for diagnosing Cholelithiasis. Surgical technique for removal of gall stones include open cholecystectomy and laparoscopic cholecystectomy. Aim of study: To evaluate the clinical profile of patients with Cholelithiasis.

METHODOLOGY: This was a retrospective study carried from October 2019 to August 2021 amongst the patients of cholelithiasis in surgical ward of Muhammad Medical College Hospital. All patients of cholelithiasis n=104 were analyzed. Closed ended questionnaire was formulated for collection of information regarding audit of patients of cholelithiasis. Data were entered and analyzed by using SPSS version 22.

RESULTS: Out of 104 sampled patients of cholelithiasis, 24 % were males and 76 % were females. 6 % patients were aged <30 years, 22% had age between 30-39 years, 22% had age between 40-49 years and 50 % patients had age >50 years. Clinical features observed were abdominal pain 60 %, nausea and vomiting 30 %, jaundice 6 % and fever 4 %. Ultrasound findings showed 35 % patients had single stone and 65 % patients had multiple stones. Type of surgical intervention employed for removal of gall stones included open Cholecystectomy 88% and Laparoscopic Cholecystectomy 12 %. 48 % of the surgeries for cholecystectomy were done under general anesthesia and 52 % surgeries were done under spinal anesthesia.

CONCLUSION: It was concluded from this study that incidence of gallstones is high in old age, 40 years and above. It was observed that cholelithiasis had female preponderance. The most common presenting complain of the patients of cholelithiasis was pain at right hypochondrium. Ultrasound proved to be best screening test for Cholelithiasis. Most of the surgeries for the removal of gallstone were done via open cholecystectomy.

KEYWORDS: Gallstones, Cholelithiasis, Cholecystectomy and Laparoscopy.

WORD COUNT: 393

INSIGHTS INTO UNDERGRADUATE MEDICAL STUDENTS' PERCEPTIONS AND PREFERENCE OF REMOTE LEARNING METHODS: FROM THE COVID-19 PANDEMIC TO BEST PRACTICE FOR THE FUTURE.

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Prof. Dr. Syed Razi Muhammad²

Students of (Final Year MBBS) Muhammad Medical College, Professor, Dean Department
of Surgery Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: Educational institutes across the world have closed due to the COVID-19 pandemic jeopardizing the academic calendars. Most educational institutes have shifted to online learning platforms to keep the academic activities going. This unprecedented change to undergraduate education saw institutions adopting multiple online teaching modalities and instructional platforms. We sought to understand students' experiences with and perspectives on those methods of remote instruction in order to inform pedagogical decisions during the current pandemic and in future development of online courses and virtual learning experiences.

OBJECTIVES:

- To find out the medical students perceptions about remote learning methods during covid-19 pandemic.
- To search out the preferences about remote learning methods during covid-19 pandemic.

METHODOLOGY: This was a cross sectional descriptive study done from September to October 2021 among medical students of Muhammad Medical & Dental College, Mirpurkhas. Students n=175 were approached; a closed ended questionnaire was administered for collection of relevant information. After approval from ethical committee of MMDC the informed consent was taken. Data were entered and descriptive analysis of the variables were done by using SPSS

RESULTS: Total N= 175. The demographic variables included age, sex, degree and place of residence. The respondents Males were (45.7%) and Females (53.7%). The mean age of the respondents was 18-20 years (52.6%). Majority of students were belonging to urban (60.0%) and rural (40.0%) areas. There was various devices preferred by students for attending online classes were smartphones (85.7%) laptop (5.1%) tablet (0.6%) and computer (8.6%). Mobile data pack (58.3%) was source of internet for students. Majority of students preferring recorded classes and live classes that can be recorded since it given them a flexibility in learning. The lack of connectivity was ranked as the major benefits of online learnings. The second and Third constraints were data limit and data speed which were again the limitations of internet infrastructure. Efforts should be made by instructor to make classes interesting and effective so as to sustain the interest of the learner.

CONCLUSION: Due to covid-19 Pandemic Universities and institutions are shifting to online platform to catch up with the curriculum. Majority of students evidence a positive attitude towards online classes in the wake of corona. Students preferred well-structured content with recorded videos uploaded university websites, portals. However most students also reported that online classes could be more challenging than traditional classroom because of the technological constraints, delayed feedback and inability of the instructor to handle effectively the information and communication technologies.

KEY WORDS: Online learning Perception Readiness Preference Content analysis, MMDC students.

WORD COUNT: 453

**PERSPECTIVE ABOUT COVID19 VACCINE AMONG STUDENTS OF
MUHAMMAD MEDICAL & DENTAL COLLEGE, MIRPUR KHAS**

Maryam Noor¹ Arham Shahjahan Jatoi¹ Zoya Ismail¹ Saima Nazir¹ Rani Marri¹

Prof. Dr. Syed Razi Muhammad²,

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

ABSTRACT

BACKGROUND: The COVID-19 is a global pandemic. It is caused by novel SARS-CoV-2. COVID-19 symptoms range from a patient remaining subclinical to life-threatening outcomes. Transmission occurs through contaminated droplets produced by coughing and sneezing or coming in contact with contaminated surfaces and fluids. Virus can also transmit over longer distances, especially indoors. Symptoms include fever, cough, shortness of breath and malaise. In severe cases, it can cause pneumonia and prove fatal. Several vaccines have been approved and distributed in various countries during campaigns. Preventive measures include social distancing, wearing face masks in public, ventilation, covering mouth while sneezing or coughing, frequent hand washing, disinfecting surfaces and quarantining people.

OBJECTIVE: To determine the perspective about COVID19 vaccine among students of MMDC.

METHODOLOGY: A Cross sectional study was performed and data was collected through 15 close-ended questions. Total of 100 questionnaires were distributed among the students. The data was entered and analyzed in SPSS version 22. The items are rated on a Likert Scale from 1 to 5.

RESULTS: All of n=100(100%) were students, out of which n=50(50%) were female and n=50(50%) were male. According to this research results; 53% of students were given Sinopharm, 34% Sinovac, 10% Moderna and only 3% had AstraZeneca. Pain at injection site was the major side effect experienced by our population. It can be observed that students were less concerned about side effects but efficacy of vaccine. Social distancing is still being criticized as only 23% agree on social distancing. Both genders prefer booster dose, female (sinopharm) and male (moderna) based on fear of infertility. Majority agrees that sinopharm offers better immunity.

CONCLUSION: It can be concluded that the inception aim of conducting this study was achieved and the study showed that students agree that vaccines are safe for all genders of all ages. Students have continued practicing social distancing, but six feet apart distance is observed by a minor number. Preventive measures like wearing masks, sanitizing hands and covering mouth while coughing and sneezing is greatly practiced. They are not sure if their vaccine dose will protect them from all variants of covid19. Vaccines might give them lifelong immunity after booster dose.

KEY WORDS: Covid19, Covid19 Vaccine, Sinopharm, Sinovac, Moderna, Pfizer, AstraZenca, MMDC

WORD COUNT: 416

AUDIT OF PATIENTS ADMITTED WITH NECK LUMPS IN THE SURGERY

DEPARTMENT OF MUHAMMAD MEDICAL COLLEGE HOSPITAL

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Prof. Dr. Syed Razi Muhammad² Dr. Aijaz Memon²

5th Year MBBS Students¹ Department of Surgery²

ABSTRACT

BACKGROUND: Lumps in necks are one of the most common presentations in surgery. We looked upon 110 patients admitted in the Surgical Ward of Muhammad Medical College over the course of two years. 74 were females, and 36 male patients.

INTRODUCTION: Neck swelling, or lumps are very common. The etiology varies from each type of swelling, and they range from simple treatable disease up to incurable metastatic carcinoma. Generally the cause of the swelling can be determined by geographical location, and gender as local causative factors play a key role in diagnostics.

Most common presentations of neck lumps include mass due to the Lymph nodes (lymphadenopathy), but in many third world countries, Thyroid and Salivary gland enlargement are common due to lack of nutrition (iodine deficiency)

METHODS: We looked at patient files whom were admitted to the Surgical Ward as well as the Operating Theatre records with an emphasis on those with the diagnosis of swelling in the neck. We looked at patients admitted between January 1st 2019 to December 31st 2020, taking note of Age, Gender, and diagnosis. Ethical Approval was taken from MMCH's Research Ethical Committee. Data was inputted and analyzed using SPSS Version 26

RESULTS: 110 patients were admitted between 01/01/2019 to 31/12/2020. Of them, 74 were female and 36 males. Among the diagnosis, 57 (51.8%) cases arose from Thyroid. (54 benign and 3 malignant). 9 of the benign cases included Thyroglossal Cysts. 23 cases arose from the Lymph Nodes, of these 15 were due to tuberculosis, and 8 due to malignancy. Other cases include Sebaceous cyst (18), Lipoma (12). The prevalence was higher among females (67.2%) of having neck lumps as compared to males (32.8%)

CONCLUSION: According to our research, the most common case presented to Muhammad Medical College Hospital, Mirpurkhas is that of the goiter, followed by tuberculosis. Females showed a higher presentation

KEY WORDS: Neck, lump, thyroid, surgery, lymph nodes

KNOWLEDGE AND AWARENESS OF MMC STUDENTS ABOUT COVID-19 VACCINATION, ACCEPTANCE & HESITANCY

Supervised by: Prof. Dr Syed Razi Muhammad²

Authors: Aatika Falak¹, Aiman Salam¹, Nazmeen¹, Nimra¹, Anum Laghari¹, Hunaina¹, Moomal¹, Students of Final Year MBBS¹

BACKGROUND: Vaccine hesitancy possess serious challenges for achieving coverage of population immunity. It is necessary to achieve high COVID-19 vaccination acceptance rate and medical student's coverage as future health care providers.

OBJECTIVES: The study aimed to explore the level of COVID-19 vaccine hesitancy and determine the factors and barriers that may influence the vaccination decision making.

METHODOLOGY: This cross-sectional study was conducted in Sep 2021, study population were the 1st to final year MBBS students of MMC data was collected from them regarding their knowledge, awareness, acceptance and hesitancy about COVID-19 vaccination by giving closed ended questionnaire. Data entered and analyzed by using SPSS version 22.

RESULTS: Out of 100 participants. 50 were males and 50 were females. Male to female ratio 1:1.

About Knowledge and Awareness: (73%) students among them mostly 3rd year 17/20 (85%) & 4th year students 17/20 (85%) think vaccine protects against from covid-19 infection .(41%) students think vaccine is safe for children below 18 years. (35%) students are unaware whether it is safe in pregnancy or not.

About Acceptance, Attitude: (75%) students among them 3rd & 4th year students mostly in favor that vaccine is effective to protect against covid-19 & its complications.(52%) Students think that after vaccination preventive measures are also necessary to lead a normal life and to eradicate the pandemic. (57%) students among them mostly 2nd, 3rd & final year students think that pharmaceutical companies should develop more effective and safe vaccine.

About Hesitation & Barriers: (37%) students are worried about vaccine's adverse effects. (41%) students are in favor that immunity after vaccination is better than before.

CONCLUSION: Our study reveals that 73% of students had the knowledge of COVID-19 vaccine. 37% students had concern regarding the adverse effects of vaccine and 37% students want more safe and effective vaccine. Urgent interventions and policies targeting the identified factors are necessary to decrease hesitancy rate towards COVID-19 vaccine.

KEY WORDS: COVID-19 vaccine, hesitancy, knowledge, Medical students, MMC

WORDS COUNT: 361

FACTOR RELATED TO DEFICIENCY OF CLINICAL CAPABILITY AMONG THE SENIOR MEDICAL STUDENTS AT MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS.

Qadeer Ahmed , Saad Hameed , Tahir Majeed · Salman Qumbar, Ansar Hafeez, Niaz Alam
(Students of Final Year MBBS)

Supervisor: Prof Dr Syed Razi Muhammad, Dr Jameel Ahmad.

ABSTRACT

BACKGROUND. Clinical competence means personal and technical skills that lead to successful intervention in the event of illness or injury. Senior medical students play a key role as a part of country's health care system as they are ultimately responsible a medical representatives for serving of particular community by gaining sufficient practice in clinical skills. Which is basis for fulfilling the medical practice.

OBJECTIVES:

To investigate the relationship between socio demographic factors and clinical competences among senior medical student at Muhammad medical and dental college.

To identify the most imp determinant of clinical incompetence among medical students

METHODOLOGY: This was a cross-sectional descriptive study carried from August 2021 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding clinical capability among senior medical students. Data were entered and analyzed by using SPSS version 22.

RESULTS: A total of 100 medical students participated, among them 50 are males and 50 are females. Average age of participants are 24years. In the two dimensional socio demographic factors significantly related to clinical competence include theoretical over load hesitation, lack of willing to learn and absent from medical wards.

CONCLUSION

Burden of theoretical studies, hesitation, lack of recognition, failure in the previous studies and factors such as lack of practice, lack of facilities, lack of knowledge, lethargy, lack of help from seniors, lack of time, undesirable choice of medical profession, absent from ward are the determinants of lack of clinical competence of senior medical students.

KEY WORDS

.Clinical competence, cause control study, determinants, Medical Students, MMDC.

WORD COUNT: 314

STATUS OF HEPATITIS B VACCINATION AMONG STUDENTS OF MMC

Supervised By: Prof Dr. Abdul Qadir Khan², Head of Department of Medicine²

Aiman Salam¹, Aatika Falak¹, Nazmeen Mehfooz¹, Nimra Ghouri¹,
Students of Final Year MBBS¹

ABSTRACT

BACKGROUND: Hepatitis B is a serious infection that affects liver and caused by HBV it can cause lifelong disease like cirrhosis, liver failure and even death. It is a serious global public health problem and the health care workers are at greater risk. Medical students are also vulnerable to acquire this infection as it transmits through blood, body fluids and exposures to sharp instruments. HBV vaccination and the use of personal protective equipments are two major weapons to prevent HBV infection. HB vaccine also protects against HDV. HBV vaccine also known as “**Anticancer vaccine**” because it helps in preventing liver cancer.

OBJECTIVES: To determine the status of Hepatitis B vaccination among medical students enrolled in Muhammad Medical College.

INCLUSION CRITERIA: Medical students of 1st to final year MBBS students of MMC are included

EXCLUSION CRITERIA: Dental, DPT, Nursing students of MMDC and Health care workers of MMCH are not included

METHODOLOGY: A cross-sectional study was conducted in Sep 2021, study population were 1st to final year MBBS students of MMC data was collected from them regarding their status of HBV vaccination by giving closed ended questionnaire. Data entered and analyzed by using SPSS version 22.

RESULTS: Total no of participants are 100. Out of them 50 were males & 50 were females. Male to female ratio 1:1. HBV vaccinated n=54% & Non-vaccinated n=46%. Out of 54% only (18.5%) have received complete 3 doses while (81.4%) are partially vaccinated. Among them final year students are mostly vaccinated (48%). Out of 100 participants 42% students had no knowledge of complete doses required for protection. (50%) students among them mostly are final year students who think getting vaccinated prevent them from Hepatitis B. Half of study participants including 1st, 2nd, 3rd year students had no knowledge that HB vaccine prevents HDV. Final year students 22/29ppl (89%) are in favor that there should be awareness program on HBV vaccine for their knowledge regarding HB vaccine. The main reasons of 46% students for being non-vaccinated are lack of awareness and they didn't see any need of getting vaccinated.

CONCLUSION: This study reveals that students are not or partially vaccinated because they had less knowledge & awareness about 3 doses of HB vaccine needed for full protection against HB. Hence, lack of awareness is the main reason behind non-vaccination.

DISCUSSION: The current study attempted to determine the status among medical students of MMC. However, full dose of vaccination obtained in our study was 18.5%, which is much lower than the WHO estimates. Our study findings were lower than similar studies reported from Makerere University, Uganda 44.3%, Nepal 37% and Ethiopia 20.04%, Adama hospital, Ethiopia 25.6% and lower than Kanchipuram, India 72.5% & China 60%. The sizes and availability of the vaccine in these regions were same, the only difference was of awareness.

KEY WORDS: HBV, vaccination, MMC, Medical students, awareness

WORDS COUNT: 515

REFERENCES:

1. (https://r.search.yahoo.com/_ylt=AwrJ7FvXw1VhaFUAIkNXNyoA)
2. (https://r.search.yahoo.com/_ylt=AwrE188UB1ZhWGoAd7ZXNyoA)

FACTORS CONTRIBUTING TO LACK OF INTEREST IN RESEARCH AMONG STUDENTS OF MMC

(Students of Final Year MBBS) Rizwan Yaqoob, Mawaz Zafar, Shahid Altaf, Syed Muhammad Ali, Hamza Zohaib,
Prof. Dr. Syed Razi Muhammad

ABSTRACT

BACKGROUND: Research is the systematic investigation and study of materials and sources in order to establish facts and reach new conclusions. Research has a pivotal role towards advancements seen in medical world. Research works have done a tremendous job in making us understand many truths about science.

OBJECTIVE: To determine the factors contributing to a lack of enthusiasm about research activities among medical students. To suggest ways to help students develop interest in research.

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

RESULTS: In all, 100 students (50% male, 50% female) were recruited to study. Factors found to be significant were curriculum overload and time limitations. Other minor factors such as poor past experience, lack of confidence, faculty forced research cannot be overlooked.

CONCLUSION: Current study reveals that male students showed lack of interest than their female peers. Lack of interest in research is more prevalent in students of 3rd year followed by 2nd year, 4th Year, 1st Year and Final Year MBBS.

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

KEYWORDS: Lack of interest, Medical students, Research, Gender.

**PSYCHOLOGICAL STATUS & BEHAVIORAL CHANGES AMONG MMC
STUDENTS DURING COVID-19 SUPERVISED BY:**

(Final Year MBBS) Aneela niaz, Anam Gull, Izwa Haroon, Saba Riaz
Prof Syed Razi Muhammad, Prof Muhammad Tahir

ABSTRACT:

BACKGROUND: Novel corona virus was eventually identified and became the COVID-19 pandemic that effected public health and life. We investigated the psychological status and behavioral changes of MMC students.

METHODOLOGY: Data were obtained independently from students of 1 to 5 year MBBS. 20 students from each year. Total of 100 students (49 girls and 51 boys) completed their questionnaire which is based on safety measures and behavior /attitude

RESULTS: This research studied data from 100 participants residing in MMC. More than three- fourths of our participants had incorporated changed in their behavior to ensure their safety i.e reduce physical contact(50.5%), social distancing(19.8%).Majority of respondent feeling anxious on daily basis(41.4%).

CONCLUSION: Our study highlighted the increased anxiety levels among students that an individual experience on a regular basis regarding their health. The health of their peers , behavior changes of the concerned population. Hopefully our study will help the concerned authorities to take measure in order to alleviate the psychological and behavioral impact of COVID-19.

FREQUENCY OF ANTIVIRAL TREATMENT IN ADMITTED PATIENTS OF HCV IN MMCH

ShahZain Khan¹, Muhammad Bilawal Ahsan¹, Amir Abbas¹, Rizwan Ali¹, Waqas Khan¹, Dr. Abdul Qadir khan²

Students of (Final Year MBBS) Muhammad Medical College¹, Professor Department of Surgery, Muhammad Medical and Dental College Mirpurkhas²

ABSTRACT

INTRODUCTION: Hepatitis C is an inflammation of the liver caused by hepatitis c virus. This virus causes both acute and chronic hepatitis ranging in severity from mild illness to a serious, lifelong illness including liver cirrhosis and cancer. Hepatitis C virus is a blood borne virus and most infections occur through exposure to blood from unsafe injection practice, unsafe healthcare, untested blood transfusion, injection drug use and sexual practices that lead to exposure to blood. Antiviral medicines can cure more than 95% of persons with HCV infection but access to diagnosis and treatment is low. There is currently no effective vaccine against HCV.

OBJECTIVE: To determine the frequency of treatment in admitted patients of HCV in MMCH.

METHODOLOGY: A retrospective study was conducted at the department of medicine among admitted patients n=25 at MMCH from January 2020 to September 2021. Data was collected by placing the calls to the patients to analyze how many patients got treated with DAA. Data was entered and analyzed by using SPSS version 22.

RESULTS: Total 25 number of patient's files were recorded. Among these, 13 were male and 12 were female. Ratio 1:1. Out of these, 5 had got DAA and one of them had experienced interferon and remaining 19 were treated according to the complications. Mode of transmission of 1 patient is blood transfusion 2 with needle stick and M.O.T of remaining 23 were unknown. Out of these 25 patients 9 were cirrhotic, 4 with hepatocellular carcinoma and 2 with ascites. On calling, it was found that 2 patients were died, 7 out of these had their cell numbers off and 5 didn't receive the calls and remaining 10 still having the complications.

CONCLUSION: Majority of the patients at MMCH had come with the complications of HCV i.e. cirrhosis, hepatocellular carcinoma, ascites. All these patients had diagnosed late.

KEY WORDS: Frequency, Antiviral Treatment, Admitted Patients, Mmch

WORD COUNT: 347

IMPACT OF COVID-19 ON SOCIO-ECONOMIC SITUATION OF PAKISTAN

Umar Abdullah¹Asghar Abbas¹Shaheryar Farooq¹Asad Shabbir¹ Duod Khosa¹

Prof. Dr. Syed Razi Muhammad²

Students of Final Year MMDC¹, Principle and dean of MMDC²

ABSTRACT

BACKGROUND: In the first quarter of 2020, the world was faced with COVID-19 pandemic which was truly a ‘black swan’ event – an event whose probabilistic occurrence is rare, but should it occur, the event can have devastating consequences. Globally, stock markets nosedived, factories were shut down, global trade and supply chains were severely disrupted, airports were deserted, offices had stopped their operations and shops remained closed to contain the pandemic outbreak.

OBJECTIVE: To determine the impact of COVID-19 on the socioeconomic condition of Pakistan

METHODOLOGY:A Cross sectional study was conducted in September 2021. Data was collected through a close ended questionnaire consisting of 11 questions given to students. Over all 140 questionnaires were distributed throughout the college.The data was entered and analyzed in SPSS version 22.

RESULTS: From total of n=140 Students, n=70(50%) Male while=70(50%) were Female. n=98 were found to be effected by inflation and n=14 students were found to be unaffected. n=63 students were found that COVID-19 affected the financial status of their families, while only n=35 students strongly disagreed. 50% of Students answered that COVID-19 affected the parents capacity to pay school/colleges fee, 40% students were adversely agreed and only 10% students disagreed. Most of the students which includes 60% said that there is growth in health sector during pandemic, 20% were adversely agreed, 15% students answered that they are neither agreed nor disagreed while only 5% answered that they are strongly disagreed.

CONCLUSION: It can be concluded that the inceptive aim of conducting this study was achieved and the study showed that pandemic has affected the financial state of most of the families. Prices have reached sky high and the resources have reduced. Philanthropic activities have helped people in some areas. This pandemic has affected the parents to pay schools/colleges fee. Also pandemic has boosted E-commerce/online business of bread earners and there is improvement in growth sector (mainly health sector) during pandemic. Further long lasting strategies and preventive steps are to be followed to get control over both inflation and COVID-19.

KEY WORDS: Socio-economic condition, COVID-19, inflation, philanthropic, online business, Medical Students, MMDC.

WORD COUNT: 380

PREVELANCE, IMPACT AND MANAGEMENT PRACTICE OF DYSMENORRHEA AMONG THE MMDC GIRLS

Mahwish Fatima, Ayesha Inshal , Uraba Zafar, Raghad Saleem
(Final Year MBBS)

ABSTRACT:

INTRODUCTION: Menstrual period is a natural phenomenon which occurs throughout the reproductive years of every woman. Dysmenorrhea is a painful/cramping sensation in the lower abdomen often accompanied by other biological symptoms including dizziness, fatigue, sweating, backache, headache, nausea, vomiting and diarrhea. All occurring just before or during menstruation. Dysmenorrhea is of two type primary and secondary dysmenorrhea. 1. Primary dysmenorrhea describes painful periods since onset of menarche and it is unlikely to be associated with any pathology. 2. Secondary dysmenorrhea describes painful periods over time and usually have a secondary cause.

OBJECTIVE: Assessment of the prevalence, impact, and management practice of dysmenorrhea among MMDC Girls.

METHOD: A cross-sectional study was conducted to assess the prevalence, impact, and management practice of dysmenorrhea among the girls of MMDC in September-October 2021. The questionnaire used in this study was adopted from previous studies. A total of 100 girls were requested to fill up the questionnaire in MMDC, Girls hostel. Data was entered in SPSS version 22. Computation of frequencies, percentages of all categorical variables was done by using SPSS.

RESULTS: A total of 100 girls responded to the questionnaire. Out of which 96 students were included in analysis, while others didn't experienced dysmenorrhea. Average age of the study respondents was 21 years. The age at which they starting menstruating was 12-14 years. 90% responders reported that they have mood swings due to dysmenorrhea. 90% responders use oral medications (paracetamol, naproxen) and 74% responders use home remedies (hot milk, green tea, heat therapy) for pain relief during their periods. 70% respondents reported that they have a family history of dysmenorrhea. . The most frequently experienced dysmenorrheal symptoms reported were altered sleep (86%), back pain (84%), abdominal spasm (81%), decreased appetite(70%),and respectively. Along with this, 51% responders reported that they have scored low due to dysmenorrhea.

CONCLUSIONS: In this study, the overall prevalence of dysmenorrhea among MMDC girls was found to be high. About 70% participants stated that they have a family history of dysmenorrhea. More than half of the participants also stated that they had encountered social withdrawal and decrease in academic performance associated with this pain. About 90% of the participants were using oral medications to control their dysmenorrheal pain. Based on these findings, education on appropriate Management of dysmenorrhea should be given to students, parents, and hostel administrators in order to address the reproductive health needs of girls.

AUTO-SUGGESTION IMPACTS ON PERFORMANCE AND BEHAVIOR AMONG STUDENTS OF MMDC.

Nazish , Yoza Malik, Mesoon Abdul Rasheed, Marriam Iqbal (Final Year MBBS)
Supervised By: Prof. Syed Razi Muhammad

ABSTRACT

BACKGROUND: Auto-suggestion is the act of telling yourself something very specific over and over, on daily basis, until it becomes into fruition. Auto-suggestion is a powerful weapon with which one may rise to heights of achievements when used constructively, also it can destroy success, health and peace when negative auto-suggestion is practiced.

OBJECTIVE: To Assess the impacts of auto-suggestion on performance and behavior.

METHODOLOGY: 200 students of MMDC were observed under Cross sectional Study which was conducted in September- October 2021. Data was collected by Face to face interview. For data collection Close ended Questionnaire was use which was tested ASTQS , modified for students. Data entry and analysis was done by SPSS version 22.

RESULTS: Among 200 students 65.5% female and 34.5% male were taken under study of auto-suggestion impacts which showed almost 73% students were agreed with auto-suggestion has effects on their performance and behavior while 18% students did not agree with the concept and 9% among them were neutral about this.

CONCLUSION: Almost 3/4 of population (2/3 of them females and 1/3 males) agreed on effectiveness of auto-suggestion while almost 1/4 did not agree with the concept.

KEYWORDS: Auto-Suggestion , Performance and behavior effects.

ABSTRACT
4th YEAR MBBS

ACCEPTANCE AND PREFERENCE OF COVID 19 VACCINES AMONG GENERAL POPULATION OF PAKISTAN

Muhammad Saqlain¹, Abdul Mannan¹, Saadat Javed Gill¹, Jameel Soomro²
Students of (4th Year MBBS) Muhammad Medical College¹, Professor Department of
Community Medicine Muhammad Medical and Dental College Mirpurkhas²

ABSTRACT

BACKGROUND: High rates of vaccination worldwide are required to establish a herd immunity and stop the current COVID-19 pandemic evolution. Vaccine hesitancy is a major barrier in achieving herd immunity across different populations. This study sought to conduct a systematic review of the current literature regarding attitudes and hesitancy to receiving COVID-19 vaccination in Pakistan.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2021 among the General Population of Pakistan. All Participants n=100 were approached, a closed ended questionnaire was administered for collection of information. Data were entered and analyzed by using SPSS version 22.

RESULTS: Majority of the study participants, (52 %) accept the COVID-19 vaccine if it is recommended by the government in their country and the COVID-19 vaccination service is available. (63%) participant's preferred vaccine with higher efficacy rate.

CONCLUSION: Majority of participants preferred vaccine with higher efficacy rate. Side effects of vaccines were most important influencing factor in choosing Covid-19 vaccination. Overall, vaccine hesitancy rates ranged widely among different populations.

KEY WORDS: Acceptance, Preference, Covid-19 Vaccines, Pakistan,

WORD COUNT: 214

**PREVALENCE OF COVID 19 VACCINE BREAKTHROUGH INFECTIONS
AMONG HEALTH CARE WORKERS OF MUHAMMAD MEDICAL & DENTAL
COLLEGE & MIRPURKHAS.**

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ABSTRACT

BACKGROUND: COVID-19 vaccines are effective at preventing infection, serious illness, and death. Vaccines are not 100% effective at preventing infection, some people who are fully vaccinated will still get COVID-19. An infection of a fully vaccinated person is referred to as a “vaccine breakthrough infection”. Vaccine breakthrough infection is an emerging public health problem worldwide demanding a better understanding of the course of the COVID-19 infection, sturdiness of immunity and severity of reinfection. The objective of current study was to find out the prevalence of COVID19 vaccine breakthrough infection in Health Care Workers

METHODOLOGY: A Cross sectional study was conducted between September and October 2021 among Health care workers of Muhammad Medical hospital and Mirpurkhas. Total 176 HCW were selected by using convenience sampling who were vaccinated against COVID-19. Information regarding demographic, vaccination status and infection after vaccine was collected through a close ended questionnaire. The data was entered and analyzed in Microsoft Excel & Epi-Info 7. Odd ration with 95 % confidence interval and p value 0.05 was calculated

RESULTS: From total of n=176 vaccinated health care workers, n=32(18.1%) were infected after complete vaccination. The odds of disease was 4.7(95% CI 2.2-11.3) among those who did not followed the Standard operating procedures after vaccination as compared to those who followed. Odds of disease among HCWs taking immunosuppressive therapy was 4.76(95% CI 1.5-14.3) and being smokers 2.9(95% CI 1.2-7.2) as compared to those who did not used to smoke. Among n=4 (12%) HCWs needed to get hospitalized after getting a vaccine breakthrough infection

CONCLUSION: The study reveals 18% health care workers re infected after vaccination associated with poor compliance of standard operating procedures, immunosuppressive therapy and smoking .Vaccination decreases the rate of hospitalization effectively. Urgent need to conduct disease specific health education campaign for community. Develop a surveillance mechanism for vaccine break through infection among the HCW and general community is also recommended

KEY WORDS: COVID 19 Vaccine Breakthrough Infection, Health Care Workers, MMDC.

WORD COUNT: 366

NOVEL TECHNIQUE TO REMOVE IOL PIGMENTATION

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BACKGROUND: Laser technology has revolutionized many medical fields. In ophthalmology, lasers are used to photocoagulate, cut, remove, shrink, and stretch ocular tissues. New types of lasers and novel applications continue to be developed.

OBJECTIVE: To improve visual acuity (VA) by removing pigment clumps from anterior surface of intraocular lens (IOL) with neodymium-doped yttrium-aluminum-garnet (ND YAG) laser.

SELECTION CRITERIA: IOL pigmentation leading decrease of visual acuity by 1 or more lines.

EXCLUSION CRITERIA: Active uveitis following intraocular surgery, Raised intraocular pressure or history of glaucoma, visual acuity being affected by other cause beside IOL pigmentation.

METHODOLOGY: This study includes 10 eyes of 10 patients (mean age 54.3 ± 10.2 years) at MMCH city branch and Zainab eye clinic Mirpurkhas These are usually operated eyes for either cataract surgeries, complicated uveitis cataracts or glaucoma filtration surgery which have post operatively developed pigments on anterior surface of IOL. From 6 months to 2 years had passed since last surgery in all patients and none had active inflammation. All laser shots were done by only one ophthalmologist.

RESULTS: Most deposits were removed completely with effectively recovery of visual acuity. The intraocular pressure increased transiently immediately post operatively by 1 to 2 mmHg by applanation tonometry (mean 1.25 ± 0.30) but returned to baseline within 24 hours. The average LogMAR-corrected visual acuity of 6 patients improved to 0.1; 2 had improved LogMAR VA to at least 0.2. and 2 patients visual acuity remain unchanged. There was no crack or IOL pitting occurred in any patient.

CONCLUSION: IOL surface pigment deposits effects patient visual acuity and cataract surgery outcome. The ND YAG laser effectively removes the pigments without substantial complication and will gain widespread acceptance

KEYWORDS: Intraocular lens , laser , Pigmentation.

WORD COUNT: 318

KNOWLEDGE, ATTITUDES, AND PRACTICES REGARDING COVID-19 AMONG HEALTHCARE WORKERS AT MUHAMMAD MEDICAL & DENTAL COLLEGE AND MIRPURKHAS

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ABSTRACT

BACKGROUND: In earlier December, first case of pneumonia of unknown cause originated in Wuhan, capital city of Province Hubei, China, and on 31 December 2019, with emergence of more such cases, Wuhan gained attention by World Health Organization. The pathogen identified was named as novel coronavirus (2019-nCoV), currently called as severe acute respiratory syndrome corona virus-2 (SARS-CoV-2). Coronavirus disease 2019 (COVID-19) has caused an unprecedented health crisis around the world and has surprised healthcare workers (HCWs) because of its wide dynamic and heterogeneous clinical presentation, from asymptomatic to critical illness leading to hospitalization and death. The morbidity and mortality associated with poor knowledge and practices against COVID-19. The objective was to assess the knowledge, attitude and practice of covid19 among healthcare workers of MMDC and mirpurkhas city.

METHODOLOGY: A cross-sectional study was conducted among 180 HCWs of MMDC and Mirpurkhas City from August 2021-September 2021. Questionnaire was used to categories knowledge, attitude and practice regarding covid19 among HCWs. Descriptive and analytical statistics were used to identify knowledge, attitude and practice regarding covid19 among HCWs in regarding to gender, age, discipline and residence.

RESULTS: Total N= 180. 14.44% of the total HCWs under the study turned out to have poor knowledge of coronaviruse 19, while 43.33% had fair knowledge and 42.22% had good knowledge about covid19.

18.89% of the total HCWs under the study turned out to have poor attitude towards covid19, while 40.56% had fair attitude and 40.56% had good attitude.

23.89% of the total HCWs under the study turned out to have poor practice of covid19, while 51.11% had fair practice and 25% had good practice.

CONCLUSION: The knowledge, attitude and practice was not satisfactory among the HCW of Mirpurkhas Medical doctor has good knowledge attitude and practice as compare to other group. However no gender difference were observed

KEYWORDS: KAP; COVID-19; healthcare workers; awareness

WORD COUNT: 356

**BURNOUT SYNDROME AMONG MEDICAL STUDENTS OF MUHAMMAD
MEDICAL AND DENTAL COLLEGE, MIRPURKHAS 2021**

(Students of 4th Year MBBS) Aarzo Arshad, Aroob Asif, Mehvish Anwar
Supervisor: Dr: Muhammad Asif

ABSTRACT

BACKGROUND: Burnout is state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. A recognized problem among medical students due to the rigorous nature of their training. The Associated reasons are mental health disorder, physical activity, personal financial satisfaction, high parental expectations, and smoking status or individual learning environment. Previous studies reported 14.8–79.9% of students experience burnout syndrome. The study aimed was to investigate the prevalence and factors associated with burnout among medical students.

METHOD: A single-center, cross-sectional, online survey was conducted among students of Muhammad Medical College, Mirpurkhas between August and September 2021. Total 185 students were selected by using convenient sampling. Burnout was assessed using the Maslach Burnout Inventory Student. Emotional Exhaustion (Low, moderate and high degree) Depersonalization (Low, moderate and high degree) and Person accomplishment (Low, moderate and high degree) were calculated according to demographic characteristics. Data analysis were performed using Excel and Epi info version 7.

RESULT: A total of 185 students, 26% students reported with burnout syndrome. Male reported high prevalence 55% as compare to female. The most affected age group was second year BDS followed by fourth year. Population living belong from urban and hostler reported increase burnout syndrome. A total of 123 (66%) students present with high level of Depersonalization, 84 (45%) present with slightly high level of Emotional exhaustion, 139 (75%) have low level of Personal accomplishment.

CONCLUSION: More than one fourth of medical students questioned at MUST do experience a degree of burnout. Preventative and interventional measures should be considered in the development of the medical curriculum. Key words: Medical students, burnout, Maslach Burnout Inventory, mental health, wellbeing

PERCEIVED SOCIAL SUPPORT AMONG UNDERGRADUATE MEDICAL AND DENTAL STUDENTS AT MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS

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ABSTRACT

BACKGROUND: Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. These supportive resources can be emotional, informational or companionship: tangible or intangible.

OBJECTIVE

- To find out the prevalence of perceived social support among medical students of MMDC
- To explore the variations of perceived social support among gender, age and year of study

METHODOLOGY: This was a cross-sectional descriptive study carried on Sep 21, 2021 among students of Muhammad Medical and Dental College Mirpurkhas. All students n=115 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, age, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed through SPSS.

RESULTS: Student n=115, Male 45.2% and Female 54.8% from which 65.2% from Urban and 34.8% are from Rural areas. Age of participants 18-20yrs(73.9 %), 23yrs(24.3%),26yrs(0.9%),27 onwards(0.9%). Highest social support in family=65.2% and Lowest is=4.3% . Highest social support in Friends=36.5% and Lowest is=8.7%. Highest social support in Others=43.5% and Lowest is=13.9%.

CONCLUSION: The current revealed that the Perceived Social Support is generally among all socio-demographics of the participants, higher in female as compared to male. Response of Social Support in the students of MMDC is excellent.

KEY WORDS: Prevalence, Perceived social support, Medical students MMDC

WORD COUNT: 328

LEARNING STYLE PREFERENCES AMONG MEDICAL STUDENTS OF MOHAMMAD MEDICAL COLLEGE, MIRPURKHAS

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ABSTRACT

BACKGROUND: Students may have different learning styles in the form of unimodal or multimodal patterns. Students differ in their learning styles and that learning becomes more effective when the instructional style is in line with students' learning style. The study was conducted with the objectives to determine the learning style preferences among MBBS students of Mohammad Medical College.

METHODOLOGY: A cross-sectional study was conducted among 242 medical students of Mohammad Medical College, Mirpurkhas from August 2021-September 2021. The Visual, Auditory, Read/Write, and Kinesthetic questionnaire (VARK) questionnaire was used to categorize learning style preferences. Descriptive and analytical statistics were used to identify learning style preferences in regards to gender, age group, study year, address (rural and urban), residence (hostler and non-hostler). Data were entered and analysis were done by Excel and Epi info version 7.0

RESULTS: The results indicated that two hundred and seventeen students (90%) were unimodal in their learning preference and 25 students (10%) were multimodal. Among multimodal the highest number were bimodal learning style. Auditory learning style were predominant according to age group, gender, hostler/non-hostler and study year.

CONCLUSION: Muhammad Medical College students have different types and patterns of learning styles. Auditory is the dominant unimodal learning style. Planning and implementation of educational activities that satisfy all learning styles will support the learning process. Teachers should incorporate the different learning styles in teaching-learning methods to maximize learning.

KEY WORDS: learning style, Sindh, academic level, student, medical

ASSESSMENT OF HAPPINESS AMONG UNDERGRADUATE MEDICAL AND DENTAL STUDENTS AT MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS

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BACKGROUND: Happiness is a state of man which corresponds to the greatest internal satisfaction of his being condition and complete of life. The term happiness is used in the context of mental or emotional states, including positive or pleasant emotions from positive contentment to intense joy. It is also used in the context of life satisfaction and well being

METHODOLOGY: A cross-sectional study carried from September 2021 which is done on 140 students of MMDC from 1st year to 5th year. We analysed the happiness by giving 29 questions. There are 140 undergraduate MBBS student participated in our studies from which 91 are males and 49 are females. Data were entered and analysed by using SPSS version 22

We analysed happiness by giving minimum score (1) to maximum score (6)

RESULTS: All 140 respondents Male (91) and Female (49) who participated in the study returned the questionnaire and which was a response rate of 4.30. Female (3.79) and male (3.50) are happy. 1st year (3.60), 2nd year (3.54) 3rd year (3.36), 4th year (3.78) 5th year (3.66) are happy. Low weight (3.56), normal weight (3.62), over weight (3.36), Obese (4.05) are happy

CONCLUSION: It can be concluded from this study that

- Female are More happy than male
- Obese are More happy than normal weight.

KEY WORDS: Happiness, satisfaction, medical students & MMDC

WORD COUNT: 261

TEACHER'S PERCEPTIONS ON ONLINE TEACHING METHODS DURING COVID-19 AT MUHAMMAD MEDICAL AND DENTAL COLLEGE MIRPURKHAS.

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ABSTRACT

BACKGROUND: The world is facing one of the toughest condition in the present, dealing with COVID -19 .This research is an effort to understand the understanding of online educations by respondents .Online teaching has suddenly become the main source of education, a form that may be used as going as the pandemic continues

OBJECTIVES:

- To access the difficulty faced my teachers in conducting online classes during COVID -19.
- To look for possible problems teachers faced in using different tools in online teaching.
- To explore how attractive / beneficial online teaching in the view of the undergraduate medical students.

METHODOLOGY: This was a cross-sectional descriptive study carried from August to September 2021 among teachers of Muhammad Medical College Mirpurkhas. All teachers n=60 were approached, a closed ended questionnaire was administered for collection of information regarding age ,gender ,discipline ,designation ,teaching experience after telling the purpose of study. Data were entered and analyzed by using SPSS version 22 and

RESULTS; A total of 60 teachers participated. The male to female sex ratio was 2:1.Only 12% agreed that they had a lack of ICT knowledge .Majority –ie77% agreed that the teachers had difficulty to get quick feedback from students.57%teachers agreed that to conduct short sessions as a series of lessons. 9% teachers agreed that have a proper guidance on how to conduct online teaching.8% professors disagreed that students are happily engaged in online learning.

CONCLUSION: It can be concluded that majority of the faculty have lot of reservations for online teaching. The reluctance was found with age and experience. The technical assistance and training are essential for better academic results

KEY WORDS: Online Teaching, Perceptions, Faculty, MMDC

WORD COUNT: 328

OPHTHALMIC MANIFESTATION OF COVID DISEASE.

(Students of 4th Year MBBS)Hafiza Misbah Javaid.

Supervised by: Prof. Dr Rajesh Rathi

ABSTRACT

The pandemic caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has had health implications of unprecedented magnitude. The infection can range from asymptomatic, mild to life threatening respiratory distress. It can affect almost every organ of the body. Ophthalmologists world over are reporting various manifestations of the infection in the eye. This review was undertaken to help ophthalmologists recognize the possible manifestations and the stage of the viral disease when they commonly appear. Literature search was performed for the publications on ophthalmic manifestations of coronavirus disease-19 (COVID-19) between January 1, 2020 and January 31, 2021. 46 case reports, 8 case series, 11 cross sectional/cohort observational studies, 5 prospective interventional studies, 3 animal models/autopsy studies and 6 reviews/meta-analysis were included. Conjunctivitis is the most common manifestation and can develop at any stage of the disease. Direct effect due to virus, immune mediated tissue damage, activation of the coagulation cascade and prothrombotic state induced by the viral infection, the associated comorbidities and drugs used in the management are responsible for the findings in the eye. The viral ribonucleic acid (RNA) has been isolated from ocular tissues but the role of eye as a route for infection is yet to be substantiated. Ophthalmic manifestations may be the presenting feature of COVID-19 infection or they may develop several weeks after recovery. Ophthalmologists should be aware of the possible associations of ocular diseases with SARS-CoV-2 in order to ask relevant history, look for specific signs, advise appropriate tests and thereby mitigate the spread of infection as well as diagnose and initiate early treatment for life and vision threatening complications.

PTERYGIUM WITH CONJUNCTIVAL AUTOGRAFTING

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ABSTRACT

BACKGROUND: Pterygium is a common disease in Pakistan. Different surgical techniques are used to manage it with varying degrees of success.

OBJECTIVES: To evaluate the efficacy and safety of a conjunctival autograft after excision of pterygium.

METHODS: Excision followed by conjunctival autograft was used to treat 26 eyes of 20 patients with pterygium. The surgical results were evaluated retrospectively. Follow-up continued for a median of 90days (range 30-180). All reported procedures were performed consequentially and by one surgeon in the Hyderabad at The Eye Clinic, between 1st January 2021 and August 2021.

RESULTS: There were two recurrences of pterygium (2/26, 7.7%) 2 months postoperatively. There were no major complications. Superficial comeal vessels (without concurrent fibrosis) appeared in 10 of 26 cases sutured with nylon 10/0, but none occurred in any of the seven grafts sutured with vicryl (P = 0.068). The average LogMAR-corrected visual acuity of the study group improved from 6/16.5 to 6/11 (P = 0.003).

CONCLUSIONS: Excision of pterygium with a conjunctival autograft is a safe and effective operation, with no procedure-specific added surgical risks. The relatively long surgical time and microsurgical methods required to perform the procedure properly have hindered its acceptance as the mainstream approach to pterygium management. Long-term follow-up is needed for better discernment of the surgical results in Pakistan.

KEY WORDS: Pterygium, Conjunctival , Autografting

WORD COUNT: 248

PREVALENCE OF PHYSICAL AND VERBAL VIOLENCE AMONG HEALTH CARE WORKERS IN PRIVATE AND PUBLIC HOSPITALS MIRPURKHAS

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ABSTRACT

BACKGROUND: Violence against healthcare personnel is a major public health problem. Healthcare personnel are at the frontline dealing with people in stressful and unpredictable situations. Therefore, this study was conducted to determine the prevalence and associated factors of violence against health care personnel.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2021 among the Healthcare workers of both Private and Government sector of Mirpurkhas. All Healthcare workers n=200 were approached, a closed ended questionnaire was administered for collection of information regarding gender, employment sector, professional group, work experience and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 25.

RESULTS: Majority of the study participants, (>68 %) were worried about violence at their workplace. Among the participants, (22%) were verbally abused in the last 12 months, out of which (11.4%) participants consider it to be a typical incidence at their workplace. (17%) of the participants were a victim of physical aggression at their workplace. (57.5%) of participants said that their hospital has developed policies on physical and verbal violence.

CONCLUSION: Our study found that WPV towards HCW is increasing day by day and organizations fail to provide the satisfactory preventive measures to protect them. WPV has negative emotional and physical impact on HCW. Thus, we recommend that There is a dire need to design interventions which can help in addressing the behavioral, institutional and socio-political factors promoting violence against HCWs and There is a need to ensure adequate security resources and infrastructure at healthcare facilities for protection of HCWs.

KEY WORDS: Prevalence, Physical aggression, Verbal aggression, Healthcare workers, Mirpurkhas.

WORD COUNT: 313

**KNOWLEDGE AND PRACTICE OF BREAST SELF EXAMINATION AMONG
FEMALE STUDENTS IN MUHAMMAD MEDICAL AND DENTAL
COLLEGE MIRPURKHAS, 2021; A CROSS SECTIONAL STUDY.**

(Students of 4th Year MBBS) Kashaf Maryam, Rodaba Sajjad, Hooriya Shabir
Supervisor: Prof Dr Syed Asif Muhammad.

ABSTRACT

INTRODUCTION: Breast cancer is serious global disease occurring in a large number of women and it is a leading cause of cancer related deaths among women world-wide. In Pakistan it is frequently diagnosed cancer among females one in nine female patients. BC in women is 2.5 times higher as compared to Iran & India. Breast self examination (BSE) is the only method that has been proven to be cost effective. The objective of study was to assess the knowledge and Practice of BSE in female

METHODS: Descriptive, cross sectional study was used for conducting the study among the medical students of Muhammad Medical College students. A convenient sample has been used, 180 female students from Medical and dental Science were included. Data collected through; students' socio-demographic characteristic, knowledge level towards BSE, Attitude, and practice level towards BSE Scale which is developed by the researchers. Demographic & baseline variables were analyzed in term of using frequency, percentage, chi-square & P value.

RESULT: Our study consist of 180 female students. The knowledge was poor, fair and good among 51%, 45% students respectively, 29% female were practicing the BSE. Urban students had good knowledge and practice of BSE 82% and 86% respectively as compare to rural. Second year and Final year had good knowledge and practice BSE. The students who had positive family history of BC has good knowledge and practice of BSE.

CONCLUSION: Knowledge regarding BSE was poor in all classes except 1st & 5th year. Practice of BSE was poor in all classes except first and final year. Over all near three fourth did not perform BSE as a screening method for the early detection of breast cancer. It is recommended that there is urgent need to create awareness through seminar and lectures about importance of BSE among female students.

KEY WORDS; Breast self-examination, Breast cancer , Mammography.

**A SURVEY ON PSYCHOSOCIAL IMPACTS OF COVID-19 PANDEMIC ON
UNDERGRADUATE MEDICAL & DENTAL STUDENTS AT MMDC,
MIRPURKHAS**

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ABSTRACT

BACKGROUND: The Coronavirus Disease 2019 was declared a global pandemic by the World Health Organization on March. Clinical observations suggest that during times of COVID-19 pandemic lockdown university student's exhibit stress-related responses to fear of contagion and to limitations of personal and relational life

OBJECTIVES: To search out the frequency and pattern of psychological impacts of covid-19 pandemic among undergraduate medical and dental students of MMDC at Mirpurkhas

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=172 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, blood group and their perceptions about psychological effects of covid-19 pandemic. Data were entered and analyzed by using SPSS version 22.

RESULTS: Females perceived the risk of contagion (M=18.7% F=23.2%) 0.04 P value and academic studying experiencing (M=35.4% F=39.2%) STRESSFUL. Males perceived following STRESSFUL than females. The condition of social isolation (M=29.2% F=26.4%) the relationships with your relatives (M=31.3% F=25.6%) the relationship with your university colleagues (M=31.3% F=25.6%) the relationships with your university professors (M=31.2% F=20%) the changes in your sleep due to the social isolation (M=29.2% F=28.8%) Class 1st year MBBS reported to be STRESSFUL among all other classes of MBBS.

CONCLUSION: stress reported more in 1st year MBBS. Stress in risk of contagion and academic studying experience more in females. Stress more common in male associated with social isolation, relation with relatives, university professors, colleagues and changes in sleep during isolation

KEY WORDS: Psychological effects, Covid-19 Medical students, MMDC

WORD COUNT: 299

PREVALENCE OF PROCRASTINATION AMONG THE STUDENTS OF MUHAMMAD MEDICAL AND DENTAL COLLEGE MIRPURKHAS

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Community Medicine, Muhammad Medical College Mirpurkhas²

ABSTRACT

BACKGROUND: Procrastination appears to make university students postpone their academic work or delay in submitting their assignments during the entire course of studies. Students may become depressed and disturbed with low confidence level that affects largely on their learning and achievement.

OBJECTIVES:

- To evaluate the role of procrastination in deferring academic activities and effects of procrastination on learning of MMDC students
- To examine the factors contributing towards procrastination among MMDC students

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2018 among students of Muhammad Medical College Mirpurkhas. All students n=135 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year of study, locality, and level of procrastination and related factors were assessed after informed consent. Data were entered and analyzed by using SPSS version 22 and MS Excel sheet 2013.

RESULTS: The total N=134, male (%) female (%), mean age 23. Most of common reasons of procrastinating are laziness, feeling unconcerned, fear of failure, lack of guidance some of the most probable area where students can procrastinate 41% students procrastinate in assignments and 22% students are procrastinating in Presentations, n=135 while 73% students agree in procrastinating in Examinations while 41% students in group work. 35% students procrastinate because of fear in examination while some goes into anxiety and depression. The Social effects of procrastination on the life of Students are 43% goes into depression while 34% suffering from immoral practices

CONCLUSION: It can be concluded that most students delay in preparing and submitting their assignments & presentations and preparing for the examinations. Students appeared to procrastinate and unable to complete their work in time due to their social and family problems, lack of motivation and interest.

KEY WORDS: Prevalence, procrastination, medical students, MMDC

WORD COUNT: 309

MEDICAL STUDENTS PERCEPTION AND PRACTICES WITH REGARDS TO OVER WEIGHT AND OBESITY

Muhammad Ali, Muhammad Safdar Aziz, Hassan Shahzad (Students of 4th year)

Supervisor: Dr. Jamil Ahmad

ABSTRACT:

INTRODUCTION: Stigma towards overweight and obese individuals is also common in the health care setting. Medical students perceive obese patients as less likely to making lifestyle changes. Students rated fatty patients as ugly, lazy, sloppy and more depressed. Physicians associated obese patients with poor hygiene, noncompliance, hostility and dishonesty and perceived patients as less likely to adhere to medications. Weight bias in the medical setting and among health care professionals is a major concern and may contribute to suboptimal health care for overweight and obese patients.

OBJECTIVE: To assess medical students perception and practices with regards to overweight and obesity.

METHOD: A cross sectional study on 100 medical students Muhammad medical and dental college Mirpurkhas was conducted between August to September 2021. The study was conducted after the approval of Department of Medical Education of Muhammad Medical College Mirpurkhas. Data was entered and analyzed on SPSS version 22.

RESULTS: Study includes 100 medical students of Muhammad medical and dental college. The overweight was rated significantly more negative than the normal weight. A higher proportion of students had negative attitudes towards the overweight as compared to the normal weight individual. A “positive energy balance” was perceived as the most relevant cause for the overweight, followed by “negligent personality trait”, “societal and social environment” and “biomedical causes”. Attributing a “positive energy balance” or “negligent personality trait” as relevant cause for the overweight was positively associated with negative attitudes.

CONCLUSIONS: The results of this study confirm the complement findings indicate that weight bias in the health care setting may be a global issue. Stigmatizing attitudes towards overweight and obesity are prevalent among a sample of medical students of MMDC. Negative attitudes arise on the basis of holding the individual accountable for the excess weight. They call for bringing the topic of overweight and obesity more into the focus of the medical curriculum and for enhancing medical students’ awareness of the complex etiology of this health condition.

A RELATIONSHIP BETWEEN SELF-ESTEEM AND MEDICAL STUDENTS' ACADEMIC ACHIEVEMENT AT MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS.

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Medical Students of Muhammad Medical College¹, Professor Department of Community Medicine, MMDC²

BACKGROUND: Self-esteem is also called self-confidence /self-worth .It also means that how a person feel his/her abilities and skill. In different studies there are large number of the socio demographic factors that effect on Self-esteem ie. Academic achievements, Gender, Age, Blood group and BMI.

OBJECTIVES:

- To compare the socio-demographic characteristics of medical students with level of self-esteem at MMDC.
- To explore the relationship between levels of self-esteem with socio-demographics features of the medical students at MMDC
- To search out the correlation between level of self-esteem and GPA among the medical students at MMDC

METHODOLOGY: Study was carried from 15August2021 to 1stoct.2021 among medical students of Muhammad Medical College Mirpurkhas. The data was collected by face to face interaction. All medical students n=130 were approached and collected data by using the Rosenberg self-esteem scale regarding gender, blood group, year and their academic achievements in MMDC. ALL data were entered (form relationship by ANOVA ie P values, mean and standard deviation)and analyzed by using SPSS version 22.and exel 2013.

RESULTS: A total no.of 130 medical students were participated, among them 74 are males and 56 are females. Average age of participants are 22 years. The means and standard deviations (SD) of RSE scores for all subgroups, categorized according to gender, age, BMI, locality language, blood group and year of study were presented. Among (70%) males and (30%) females the level of self-esteem is directly proportional to academic achievements, year of study and age and it is independent of gender, blood group, language, BMI and locality. The overall mean RSE score GPA of girls were slightly higher than that of boys but level of self-esteem is app. same among gender. In our study level of self-esteem has strong positive relation with GPA.

CONCLUSION: It is concluded that there exists a strong positive correlation between self-esteem and GPA (academic achievement) in medical students of MMDC. Furthermore, we can demonstrate that self-esteem and GPA (academic achievements) have strong significant positive association with each other ie level of self-esteem leads to good GPA (academic performance). In our study we also conclude that female students had higher GPA (academic performance) as compared to male students, while there was slight significant positive association was found for GPA and Self-esteem between year of study and age.

KEY WORDS: Self-esteem, GPA, Medical Students, MMDC.

WORD COUNT: 421

FACTORS AFFECTING THE QUALITY OF E-LEARNING DURING THE COVID-19 PANDEMIC FROM THE PERSPECTIVE OF UNDERGRADUATE MEDICAL STUDENTS AT MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS

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ABSTRACT

BACKGROUND: The COVID-19 pandemic has impacted the entire education system, especially universities, and brought a new phase in education; “E-learning.” The learning supported with electronic technology like online classes and portals to access the courses outside the classroom is known as E-learning. This study aimed to point out the variables influencing the quality of e-learning, such as administrative support, course content, course design, instructor characteristics, learner characteristics, social support, technical support, and Quality of E-learning.

OBJECTIVES:

- To study the relationship of Eight independent factors: administrative support, course content, course design, social support, technical support, instructor characteristics, learner characteristics, and quality of e-learning among Medical students during the COVID-19 pandemic.
- To analyze the level of the course on the quality of e-learning among Medical students during the COVID-19 pandemic.

METHODOLOGY: An inferential statistics cross-sectional study was conducted among the students of MMDC with a self-administered questionnaire to learn the students’ perception of E-learning. All levels of undergraduate students at MMDC took part in the study with a sample size of 211. Ultimately, this study used a cross-sectional approach to find the positive relationship between the quality of e-learning and the Eight independent variables.

RESULTS: Total N= 211. 73.8% of students agreed to have sufficient Administrative support (online portals, constructive feedback & encouragement). 60% of students were satisfied with the provided course content, while 69.3% of students were satisfied with provided course design for E-learning. 63.3% of students expressed comfort with the amount of social support provided by the institution. 78.5% of students were pleased to have excellent technical support. 63.7% of students were satisfied by the characteristics of all instructors present at the institution, while 55% of students were satisfied with the learner’s characteristics. The overall quality of E-learning among the students of MMDC turned out to be 56.1%.

CONCLUSION: The result of the research performed from the perspective of students understudy in Muhammad medical and Dental college revealed that 2/3 of students were complacent about the overall quality of E-learning delivered by the institution.

KEYWORDS: E-learning, Quality, perspective, COVID-19 pandemic, Medical Students, MMDC.

WORD COUNT: 337

KNOWLEDGE, ATTITUDE, REGARDING INFORMED CONSENT FOR RESEARCH PURPOSES AMONG UNDERGRADUATE MEDICAL STUDENTS AT MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

Muhammad Shehzad¹, Muhammad Ghazi¹, Mohsin Raza¹, AB Rajar²

Students of (4th Year MBBS) Muhammad Medical College¹, Professor Department of Community Medicine, Muhammad Medical College Mirpurkhas²

BACKGROUND: Informed consent is an ethical and legal requirement for research involving human undergraduate medical students at MMC. Therefore, this study was conducted to assess the knowledge, attitude, of informed consent among undergraduate medical students at MMC.

OBJECTIVES:

- The aim of the study was to assess the level of knowledge and attitude about the informed consent process in undergraduate medical students of MMC for research purposes.

METHODOLOGY: A cross-sectional study were carried from August-September 2021 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire the knowledge, attitude about informed consent in research was administered for collection of information regarding gender, age and year of study and their knowledge for informed consent . Data were entered and analyzed on SPSS version 22.

RESULTS: A total of 100 medical students participated, among them 53 are males and 47 are females. Average age of participants are 22 years. Among (68%) males and (74.4%) females have knowledge of informed consent. (66%) 4th year student and (76%) final year students have knowledge of informed consent. Males (86%) and females (78%) have attitude towards informed consent. (82%) 4th year and (88%) final year medical student have attitude toward informed consent. Overall, the knowledge score and attitude toward informed consent was high.

CONCLUSION: Most of the participants had good knowledge regarding importance of informed consent in research and expressed positive attitude toward involvement in research activity.

KEY WORDS: Informed consent, Knowledge, Attitude, Medical students, MMC

WORD COUNT: 276

KNOWLEDGE & ATTITUDE AWARENESS OF THALASSEMIA PREVENTION AMONG MEDICAL STUDENTS OF MMDC

Mubarra Zain, Nazish Hayat, Asma Ayoub, (4th Year MBBS)

Supervisor: Dr. Jameel Ahmad Somroo

ABSTRACT

INTRODUCTION: Prevention is always better than cure, holds true for most of the diseases, however, it is the only option for most of the diseases including hemoglobinopathies. Thalassaemia is the most common single gene disorder globally. Thalassaemia is an inherited disorder that causes your body to have less haemoglobin than normal. The current study examines the awareness of thalassaemia prevention among medical students.

OBJECTIVE: To assess the student's knowledge, attitude regarding thalassaemia prevention in MMDC.

METHOD: A cross sectional study during August-September 2021 regarding knowledge and attitude of medical students towards thalassaemia prevention using close ended questionnaire. Data was analysed using SPSS version 22.

RESULT: Our study sample include 200 samples. Majority of students had heard about thalassaemia and it's a genetic disorder. Most of the students were aware of the concept of premarital screening. Two-third of students wanted premarital screening to be made mandatory before cousin marriage. Three-fourth of students wanted that government of Pakistan should make any law regarding thalassaemia prevention and participate in prevention programs.

CONCLUSION: The positive attitude towards thalassaemia knowledge and premarital screening highlights that there is subsequent implementation of premarital screening as a part of medical examination, at entry to a medical college so that the medical college students are sensitized and can spread awareness among general population.

RECOMMENDATIONS: There is a need for national legislation to address these problems. Government should make preventive strategies for thalassaemia include appropriate information of the disease and importance of screening through awareness programmes, screening and counselling of general population, premarital and prenatal screening.

FACTORS CONTRIBUTING TO LACK OF INTEREST IN RESEARCH AMONG MEDICAL STUDENTS AT MMDC

Naeem Ullah, Jaleel Ahmad, Muhammad Haris,
(4th year MBBS)

Supervision: Assistant professor Dr Jameel Ahmed

ABSTRACT:

INTRODUCTION:

- Research is the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.
- Research has a pivotal role towards advancements seen in the medical world. Research work have done a tremendous job in making us understand many truths about science.

OBJECTIVE:

- To determine the factors contributing to a lack of interest about research activities among medical students.
- To suggest ways to help students develop an interest in research

METHODOLOGY: A cross-sectional research conducted on the medical students of MMDC of Mirpurkhas. The data is collected and analyzed by close ended questionnaire. We adopted the standard questionnaire developed by experts for assessing various aspects of research.

RESULTS:

- A total of 200 medical students participated, among them 100 are males and 100 are females. Average age of participants are 23 years. Among (28.5%) males and(36.5%) females have interest in research .(17.2%)1st year students , (19.7%)2nd year students , (27%)3rd year students , (17.2%) 4th year students and (18.9%) final year students are not interested in research . Students attitude of interest toward research is (65% Positive) and (35% Negative). Current study reveals that male students showed more lack of interest than their female peers. Main barriers to research were reported as curriculum overload and time limitations

CONCLUSIONS:

- Current study reveals that male students showed more lack of interest than their female Peers
- Lack of interest in research is more prevalent in students of 3rd followed by 2nd year, 5th Year, 1st Year and 4th Year.
- Main barriers to research were reported as curriculum overload and time limitations
- Lack of confidence, Faculty forced research, and social commitments are less contributing factors

RECOMMENDATIONS:

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

PREVALENCE OF POLYCYSTIC OVARY SYNDROME AWARENESS AMONG THE FEMALE MEDICAL & DENTAL STUDENTS AT MMDC MIRPURKHAS

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ABSTRACT

BACKGROUND: Polycystic ovary syndrome (PCOS) is a complex, poorly understood, and underdiagnosed endocrine disorder in women. Women with PCOS experience issues getting to be pregnant (i.e., are infertile) and may have large amounts of androgen hormones. The prevalence of PCOS is increasing rapidly worldwide but the females don't have adequate knowledge about this syndrome. The aim of this study was to assess the awareness of PCOS among the female students of Muhammad Medical & Dental College, Mirpurkhas

OBJECTIVES:

- To evaluate the knowledge and level of awareness of female students about polycystic syndrome
- To determine the prevalence of the symptoms of polycystic ovary syndrome.

METHODOLOGY: This was a cross sectional descriptive study done from September to October 2021 among female students of Muhammad Medical & Dental College, Mirpurkhas. Students n=155 were approached; a closed ended questionnaire was administered for collection of relevant information. After approval from ethical committee of MMDC the informed consent was taken. Data were entered and descriptive analysis of the variables were done by using SPSS version 24 and MS excel 2013.

RESULTS: Mostly 4th and Final year female students had heard about PCOS. From total of n=155, 69% of the females were aware that level of testosterone increases in PCOS, 73.5% females were aware that obesity may cause PCOS, 69.7% females were aware that irregular or absence of menstrual cycle is a symptom of PCOS, 45.8% female students were aware that pre-diabetic condition may cause PCOS, 67.1% female students were aware that unusual amount of hair growth on different parts of body is a symptom of PCOS. 61.5% female students said that PCOS may cause infertility, 71.6% female students said that PCOS may cause anxiety and depression. 45.8% female students said that acne problem occurs during menstrual cycle and 41.9% female students said that unusual amount of hair loss from scalp is also a symptom of PCOS

CONCLUSION: Majority of the female medical students were aware of the polycystic ovary syndrome in Muhammad Medical & Dental College. Majority of the female students had a normal 28 days menstrual cycle. Higher percentage of the girls were aware that symptoms of PCOS include high level of testosterone, Obesity and irregular absence of menstrual cycle

KEY WORDS: Awareness, Knowledge, PCOS, MMDC students

WORD COUNT: 415

PREVALENCE OF INSOMNIA AMONG HEALTHCARE WORKERS DURING COVID-19 PANDEMIC IN PRIVATE AND PUBLIC SECTOR HOSPITALS AT MIRPURKHAS

Muhammad Waseem faiz¹, Rana Zeeshan Aslam¹, Shahab Khan¹, AB Rajar², Partab Puri²
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ABSTRACT

BACKGROUND: Insomnia is a sleep disorder in which difficulty initiating sleep, maintaining sleep and having problem in falling or staying as sleep. COVID-19 is highly associated with sleep problems in healthcare workers. Healthcare workers are considered as the front liner for privation and controlling the current pandemic and taking care of large number of suspected and infected patients. During COVID-19, HCWs are at the frontline of this crisis have been facing extreme insomniac conditions.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2021 among the Healthcare workers of Mirpurkhas. All Healthcare workers n=150 were approached, a closed ended questionnaire was administered for collection of information regarding gender, professional group. Data were entered and analyzed by using SPSS version 22.

RESULTS: Overall in our study, males (72%) had higher insomnia than females (28%) Among the participants, bachelor level participants (32%) had higher clinical insomnia than others. Among the professional groups, Doctors (22%) had higher severe insomnia than others

CONCLUSION: Overall in our study, males had higher insomnia than females among the participants, bachelor level participants had higher clinical insomnia than others. Among the professional groups, Doctors had higher severe insomnia than others

KEY WORDS: Prevalence, Insomnia, COVID-19, Healthcare workers, Mirpurkhas.

WORD COUNT: 238

**AN ANALYSIS OF STUDY HABITS AMONG UNDERGRADUATE MEDICAL
STUDENT OF MUHAMMAD MEDICAL COLLEGE: A CROSS SECTIONAL
SURVEY, 2021**

4th Year MBBS) Rodaba Sajjad, (
Supervisor : Syed Asif Muhammad

ABSTRACT

BACKGROUND: Study habits is one important factor which influences the academic performance of students. The learning strategies of high achievers are likely to be more effective. and compare the study habits of high, average and low achieving undergraduate medical students. Application of effective learning strategies may be helpful in achieving better academic outcomes. The study was aimed to determine the study habits among undergraduate medical students

METHODS: A cross sectional study during September 2021 regarding an analysis of study habits among undergraduate medical students of Muhammad medical college. The total sample size was 110 selected by using convenient sampling. Dennis Congos Study Skills Inventory Questionnaire consisting of 51 study habits questions classified according to domains of Text Book reading, Notes taking, Memory, Test Preparation, Concentration, Time management. The data analysis is done by comparing the score of need improvement and satisfactory

RESULT: The Percentage of students need improvement on specific study habits : Memory: (18%), Concentration: (54%), Notes taking: (67%), Time management: (57%), Test preparation: (35%), Text book reading: (44%). Students of 2nd year and 3rd year, male and non-hostler need more improvement on specific study habits including memory, concentration, notes taking, time management, test preparation and text book reading

CONCLUSION: Though the students are talented and fair better in Memory and Test preparation Concentration skills, there is glaring lack of attitudinal skills like Notes taking, Time management, Concentration skills and Textbook reading skills. Designing workshop or related courses for student in the beginning of their career would be beneficial for both student and the program .Teaching and Learning methodologies need to be made more interesting so as to actively engage the attention of low achievers also.

KEYWORDS: Study habits, Dennis Congos Study Skills Inventory, Notes taking, Time management, Test preparation, Textbook reading.

ASSESSMENT OF INTERNALIZING, EXTERNALIZING PROBLEMS AND TOTAL DIFFICULTIES AMONG MEDICAL STUDENTS 2021

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ABSTRACT

BACKGROUND: Externalizing problems are mental disorders caused by behaviors directed towards an individual's environment. Internalizing problems are the inner directed and generating distress in the individual. Total difficulties are the fact of not being easy to do or understand. Around 10 to 20% of adolescent's experience mental health disorders worldwide. By 14 years of age, half of the mental health issues start and these remain undiagnosed and undertreated.

METHODOLOGY: this is descriptive cross sectional study, in the month of September 2021 in Muhammad Medical College mirpurkhas. For this study, we approached 100 students using simple random sampling. Strength and difficulties questionnaire was used as data collection tool. For data analysis, we used epi info version 7.0.

RESULTS: Most of the students of first year BDS are on borderline in internalizing problems. First year MBBS was on borderline in externalizing problems and first year MBBS and second year BDS are on borderline in total difficulties whereas, fourth year MBBS was mostly on abnormal scale in total difficulties. Gender wise there were minor differences observed in all three categories. Age wise, in internalizing and externalizing problems mostly above 20 years were normal and below 20 years of age most were on borderline and in total difficulties above 20 years mostly were on normal, borderline and abnormal scale. Hostlers were most predominant in externalizing problems.

CONCLUSION: We concluded that, 95% students are normal in externalizing problems, 90% are normal in internalizing problems and 27% are on borderline in total difficulties.

KEYWORDS: strength and difficulties, internalizing problems, externalizing problems.

PREVALENCE OF HOME DELIVERY AND USE OF TRADITIONAL BIRTH ATTENDANTS AMONG PAKISTANI WOMEN 2021

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Prof. Asif Ali Shah², Prof AB Rajar², Dr. Jamil Soomro²

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ABSTRACT:

BACKGROUND: Pakistan still face undesirable outcomes of the mother's decisions to deliver at home. Nearly all maternal deaths (186/100,000) can be prevented when mothers deliver at a health facility instead of at home. Sindh province of Pakistan with 22% of births occurring at home in urban areas as compared to 53% in rural areas with resulting high numbers of maternal complications and stillbirth in the later. The objective was to investigating the reason of home delivery and use of TBAs between the female of Punjab and Sindh

METHODOLOGY: A Cross-sectional study was conducted between August and September 2021 in Sindh and Punjab. Total 125 married women were selected by using convenience sampling from the different villages of District Muzaffargarh, District DG Khan and MMC Hospital Mirpurkhas. Information regarding demographic, place of last delivery, attended person and perception regarding TBAs were asked by using questionnaire The data was entered and analyzed in Microsoft EXCEL version 2016 and Epi-Info version 7.2. Chi Square and p value was calculated

RESULTS: A total of n=125 participants, n=77(62%) females gave birth to their babies at home. Among home delivered females n=45(58%) were educated. Mostly females who gave birth to their babies at home belongs to the rural areas n=56(73%). Decision making for the delivery at home is made by Husband n=27 (26%) and In-laws n=20 (35%). Low socioeconomic status female (husband income < 50000 agreed for the delivery at home. females (71%) who have more than 6 children gave birth to their babies at home. 38% of home deliveries are conducted by TBAs and mother in laws.

CONCLUSION: Our findings show that 62% women give birth at home, most of them attended by TBA or family members Prevalence of home delivery was high in rural and uneducated women as compare to urban and educated. The launch of educational and awareness campaigns aimed at enhancing women's understanding and knowledge about maternal delivery care could be effective. The need to ensure the availability, accessibility, and affordability of health facilities is also recommended.

KEYWORDS: TBAs, District Muzaffargarh, Tehsil Kot Addu, District DG Khan and MMCH Mirpurkhas MMDC

TOTAL WORDS: 399

**A SURVEY ON PSYCHOSOCIAL IMPACTS OF COVID-19 PANDEMIC ON
UNDERGRADUATE MEDICAL & DENTAL STUDENTS AT MMDC
MIRPURKHAS**

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ABSTRACT

BACKGROUND: University years are considered as one of the most crucial time periods in psychosocial sense. The recent upsurge of fear, panic, and uncertainty caused by the rapid and dramatic spread of Coronavirus across all continents, countries, and communities has shaken our sense of safety and security. We are all going through a difficult time emotionally, socially and educationally.

OBJECTIVES:

- To explore the commonly reported psychosocial impacts in medical students in this widespread outbreak of COVID-19.
- To make necessary suggestions in the light study findings.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2021 among students of Muhammad Medical College Mirpurkhas. All students n=145 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, locality, and Psychosocial Impacts of Covid-19 Pandemic was assessed after informed consent. Data were entered and analyzed by using SPSS version 22 and MS Excel sheet 2013.

RESULTS: Total N= 145, Male 39% and Female 61%. 46% students are agreed that their ability to enjoy things decreased due to covid 19 outbreak. 32% students agreed that their companionship time with others slightly affected. 28% students said that they suffered from stress to maintain social distance all the time. 44% students agreed that they are worried that they or their family members will be infected by covid 19. 34% students agreed that they or their family members facing financial problems during pandemic.

CONCLUSION: The results of the study revealed that COVID-19 pandemic affected students mentally, behaviorally and socially. The psychological symptoms measured by indigenous measure reflected high prevalence of these issues indicating the direct need of intervention.

KEY WORDS: Psychosocial impacts, Covid 19, Medical students, MMDC.

WORD COUNT: 309

**RISK FACTORS OF BREAST CANCER AMONG WOMEN VISITED TO
TERTIARY CARE HOSPITAL OF SINDH: A CASE-CONTROL STUDY, 2021**

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ABSTRACT

BACKGROUND: Breast Cancer in females is on the rise both globally. In 2020, surpassed the lung cancer as the leading cause of global with 2.3 million new diagnosed cases 685 000 deaths globally. In Pakistan, where by one in every 9 women has a lifetime risk of being diagnosed with breast cancer. Pakistan alone has the highest rate of breast cancer than any other Asian country. The aim of our study was to identifying risk factor associated with female breast cancer in Sindh.

METHODS: A case-control study was conducted in a year 2021, September with inclusion of 54 cases and 55 controls at a tertiary hospital in Sindh, Pakistan. Case were patients of breast cancer confirmed on biopsy, controls were healthy. Each case was paired with matched age group control .Univariate analysis were performed in order to delineate the association. Odd ratio with 95% confidence interval and P value 0.05 was consider significant

RESULTS: The results of the current study showed that factors such as: age at menarche (OR = 1.31 95%CI: 0.59–2.91; p=0.49); and family history of cancer (OR = 6.0; 95%CI: 1.8–19.5; p=0.00) were significantly associated with breast cancer. While exercise and breast feeding found protective factor against breast cancer. However, our study did not demonstrate any statistically significant correlation between breast cancer and some of the predictors that were previously highlighted in literature, such as: use of hormonal contraceptive (OR =3.1; 95%CL: 1.3-7.2; P=0), breastfeeding (OR=0.2 95%CL: 0.09-0.81 ;P=0) and exercise (OR=0.12; 95%CL :0.04-0.35;P=0). Our study did not demonstrate any statistically significant correlation between breast cancer and some of the predictors that were previously highlighted in literature, such as: Abortion ,coffee, smoking, hysterectomy, fertility drugs and history of pregnancy.

CONCLUSION: Positive history of BC in family members, history of contraceptive, history of antidepressants and overweight were significantly associated with breast cancer. While exercise and Breast feeding found protective factor against BC Our data is consistent with other studies of breast cancer in Asian populations. Reduction of BMI through diet control and exercise would reduce the risk of the disease screening of high-risk group by yearly breast examination of nulliparous women and women with previous history of biopsy for a benign breast lesion can help in early detection

KEY WORDS: Risk factors, Women , Breast cancer, Sindh

PREVALENCE OF MYTHS AND MISCONCEPTION ABOUT COVID-19 VACCINE AMONG UNDERGRADUATE MEDICAL, DENTAL & DPT STUDENTS AT MMDC & DPT MIRPURKHAS

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BACKGROUND: In less than a year, an array of vaccines was developed to bring an end to the covid-19 pandemic. The acceptance of the vaccination by the general public is the most important factor for any successful immunization program, as the public is the ultimate decider of the success or failure of a vaccination program. The vaccine hesitancy among the medical students negatively affects its acceptance rate. It is well known that the conspiracies and religious beliefs of the public are associated with vaccine hesitancy.

OBJECTIVES:

- To find out the prevalence of myths and misconceptions about covid-vaccine among medical students at MMDC
- To search out the factors responsible for misconceptions among the undergraduate medical students at MMDC

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2021 among students of Muhammad Medical College Mirpurkhas. All students n=200 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, level of education and their perceptions about different myths prevailing in our social setup, after telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS: A total of 200 students were participated. Majority of the students agreed that natural immunity is better than vaccine immunity (scale of 68%). Most of the students have already had COVID_19, they don't need to be vaccinated (50%). Many students disagreed that Astra Zeneca Vaccine is dangerous (39.5%). Majority of the students disagreed that COVID_19 vaccine can compromise their fertility (47.5%). 47% students disagreed that Vaccine contain micro-chips. Majority of the students disagreed that after vaccination they can stop taking precautions and go back to life as it was pre-COVID-19 (47%).

CONCLUSION: It can be conclude that the medical students are aware about the benefits of the vaccination against covid-19, the prevalence about misconceptions have been seen very low among all participants

KEY WORDS: Myths & Misconceptions, Covid-19, Undergraduate Medical, Dental & DPT students

WORD COUNT: 328

KNOWLEDGE, ATTITUDE AND PRACTICES regarding TRAVEL RELATED INFECTIOUS DISEASES

Shahrukh Khan, Sheraz Iqbal, Tehseen Afzal, Muzamil Rehman, (4th Year MBBS)

Supervisor Dr. Jamil Ahmed

ABSTRACT

INTRODUCTION: The annual number of international travelers has steadily increased over the last decade travel-associated infectious and non-infectious diseases is one of the major public health consequences. It is well known that the diffusion of travel related infectious diseases is favored by a higher likelihood of visiting rural and remote areas. Activities during travel such as; greater consumption of high-risk food and drink, and lower likelihood of seeking medical consultation prior to their journey or follow recommended vaccinations. Understanding the travelers' knowledge, attitudes, and behavior could provide interesting information to policy makers in order to plan educational interventions on our population to effectively prevent travel-related diseases. The literature showed that previous researches have been conducted in different communities to assess the knowledge and behavior of individuals on the risk of diseases acquired during travel. To the best of our knowledge, currently information on this topic in Pakistan is still lacking.

OBJECTIVE: To assess medical student's knowledge, attitude and practices regarding travel related infectious diseases.

METHOD: A cross sectional study of 100 Medical Students of Muhammad Medical College, Muhammad Dental College and Muhammad Institute of Physiotherapy was carried out between August-September, 2021. The data was collected on structured questionnaire. We used convenient sampling to enroll the participants. The sample size was calculated by SPSS.

RESULTS: Our study include **100** Medical students. Majority of students had a high level of knowledge related to infectious diseases. Most of the students reported the common infectious disease in the destination of their travel is SARS COVID 19 and Diarrhea. Almost one third students reported that the food that cause an infection in the destination of their travel is water and rice. A sizeable number of participants reported fish and sea foods as the main food that expose them to the food poisoning. Almost half of the students reported that the risk of getting an infectious disease is moderate.

CONCLUSIONS: The results of the current study showed that majority of travelers had a high level of knowledge but poor practice related to infectious diseases.

RECOMMENDATIONS: The healthcare workers should implement enhance health education and communication activities regarding all aspects of travel-related diseases to increase the knowledge and the access to preventive measures.

**ATTITUDES AND BARRIERS OF UNDERGRADUATE STUDENTS TOWARDS
CONDUCTING RESEARCH AT MUHAMMAD MEDICAL COLLEGE,
MIRPURKHAS: A CROSS-SECTIONAL DESCRIPTIVE STUDY.**

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ABSTRACT

BACKGROUND: Research training is a critical element of education in the medical field. Attitudes towards, knowledge of and barriers against research are the three key factors that have an impact on the success of research. Medical colleges are expected to train students in research to meet accreditation standards, to support students' career prospects and to generate a pool of researchers.

OBJECTIVES: To assess the frequency and pattern about attitudes and barriers towards conducting research among undergraduate medical students at MMDC

METHODOLOGY: This is a cross-sectional multidisciplinary descriptive study, where students' perception, attitudes and barrier towards research were evaluated. This study was conducted from August to September 2021 on undergraduate students at MMDC. After approval from the ethical committee, the informed consent was taken. The data was analyzed in SPSS (v22) and Excel 2013.

RESULTS: The total of 104 students were enrolled after consent having female 64% and 36% were males. 60 % strongly agreed to include research in undergraduate curriculum, 57% believed that it would facilitate better understanding of the subject and clinical practice (41%). Nearly 56% opined that research was not waste of time and does not interfere in studies. Barriers for research were lack of awareness (53%), interest (54%), funds (16%), time (59%), and research anxiety was (67%). Almost 59% of students disagreed to lack of encouragement by faculty.

CONCLUSION: Most of the participants had good knowledge regarding research and expressed positive attitude toward involvement in research activity. Some of barriers were lack of time, funds, and feasibility.

KEY WORDS: Undergraduate Students, Research, Attitudes, Barriers, Medical Students, MMDC.

WORD COUNT: 304

PERCEPTION OF MEDICAL STUDENTS ABOUT FACTORS AFFECTING CAREER CHOICE

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ABSTRACT

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

OBJECTIVE: To investigate the level of family influence on career pathways. To determine the impact of gender on career choice. To establish whether the school environment influences career pathways. To find out whether peers have influence on students career choice.

METHODOLOGY: This was a cross-sectional descriptive study carried from August-September 2021 among students of Muhammad Medical College Mirpurkhas. All students n=175 were approached, a close ended questionnaire was administered for collection of information about perception of medical students about career choice. Data were entered and analyzed by using SPSS version 22.

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

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

KEY WORDS: Factors affecting career choice, students, MMC

WORD COUNT: 225

MEDICAL STUDENTS' PERCEPTION OF THEIR ACADEMIC LEARNING ENVIRONMENT AT A PRIVATE MEDICAL COLLEGE, MIRPURKHAS

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ABSTRACT

BACKGROUND: The learning environment has been defined as everything that happens in the educational institute. It encompasses the educational, physical, social and psychological context in which students are immersed, and is thought to play a significant role in their professional and moral development.

OBJECTIVES:

- To evaluate undergraduate medical students' perceptions of the learning environment related to their study year at Muhammad Medical and Dental College
- To assess the age and gender wise differences in perception related to students' perceptions of learning environment at Muhammad Medical and Dental College

METHODOLOGY: The descriptive cross-sectional study was performed on 120 medical sciences students. After approval from the ethical review committee, the informed consent was taken from the participants. The DREEM questionnaire was used as a standard tool. Data were analyzed using SPSS (v22) software. Student's t-tests and analysis of variance (ANOVA) statistical tests were used.

RESULTS: The mean of the achieved scores in the five domains was 124.8 out of 120 (63.3%), which was considered to be more positive than negative. The total mean scores for perception of learning, teaching, and atmosphere were 30.72 (57.24%), 28.5083 /44 (55.91%), and 26.8/48 (55.89%), respectively. Academic and social self-perceptions were 20.5/32 (64.11%) and 15.7/28 (56.36%), respectively. The total DREEM scores varied significantly between courses (P, 0.01). The DREEM score was significantly positive was found for study year at P <0.01 by ANOVA while there was no significant association for age, gender (P< 0.05) computed by t-test. Student's perceptions for environment was more positive than negative (Mean 31.32)

CONCLUSION: This study suggests that medical students generally hold positive perceptions Than negative towards their course environment. The students' perception of learning, their teachers, atmosphere, and their academics and social self-perception were found to be satisfactory.

KEY WORDS: DREEM, perception, educational environment, Medical students.MMDC.

WORD COUNT: 334

ABSTRACT
SECOND YEAR MBBS

ROSENBERG SELF ESTEEM SCALE AMONG THE 2ND YEAR MBBS STUDENTS OF MMC

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BACKGROUND. Rosenberge is a self esteem measure widely used in social science research. Self esteem is a concept that researchers and people in general find very interesting. Self esteem reflects a person overall subjective emotional evaluation of his/her own worth. It is a judgement of oneself as well as an attitude towards the self.

METHODOLOGY: After the approval of ethical committee of Muhammad Medical and Dental College. 46 students filled a performa in September 2021. Data were entered and analyzed by using SPSS version 22.

RESULTS: The result about positive attitude was that female are strongly agreed and their percentage was 86.6%. Males were strongly agreed about having more self respect and their percentage was 68.4%.

CONCLUSION:-According to my studies, AMONG 2nd year MBBS student females are more satisfied with their self esteem and males are satisfied for having more self respect.

KEY WORDS: Positive attitude, Satisfaction on oneself in life, Medical students (MMC).

POST NATAL DEPRESSION IN GYNAE UNIT OF MMCH

Tehseen Sajjad, Muhammad Hassan, Ghufran Ashar,

(Students of 2nd year MBBS)

Prof. Dr. Syed Razi Muhammad

ABSTRACT

INTRODUCTION: WHO declared that one in four individuals will develop a mental or behavioral disorder during their life time and 20 to 40% of woman in developing countries experience depression during pregnancy after child birth.

OBJECTIVES: Maternal mental health is a neglected issue in Pakistan. The aim of this study was to explore the frequency associated with post natal depression at 3 months postpartum in a sample of Mirpurkhas Women in MMCH.

METHODOLOGY: A cross sectional study was conducted in September 2021 among the Patients of Gynecology and Obstetrics Unit at Muhammad Medical College Hospital Mirpurkhas. Total 50 patients were approached, a close ended questionnaire was administered for collection of information regarding impact of post natal depression. Data was entered and analyzed on SPSS version 22.

RESULTS: Out of total 50 participants, 48% patients have average age between 21-27. 48% patients were delivered by C-section while 46% by normal vaginal delivery. 6 % were delivered via vacuum delivery. 62% patients belong to rural population. 52% patients claimed that they have been able to laugh and see the funny sight of things as much as they always could. 40% patients told that they have looked forward with enjoyment to things rather less than they used to. 46% patients have blamed their self unnecessarily when things went wrong most of the time. 30% patients have hardly ever anxious or worried for no good reason. 46% patients sometimes felt scared or panicky for no good reason. 50% patients told that sometimes they have not been copying as well as usual when things have been getting on top of them. 34% patients were most of the time as well as sometimes so unhappy that they have had difficulty in sleeping. 34% patients quite often felt sad or miserable. 38% patients have been so unhappy that they have been crying most of the time. 34% patients never thought of harming themselves.

CONCLUSION: It can be concluded from this study that most of the women experience post natal depression. Many women blamed themselves unnecessarily when things went wrong. Women suffering from the mental illness during the pregnancy specifically depression will have the limited care giving capabilities thus leading to child neglect and future developmental and behavioral problems. Hence, we should educate our women nationwide so that they can deal with depression during pregnancy or post natal depression.

ABSTRACT
FIRST YEAR MBBS

SOCIAL ANXIETY
(BASED ON LIEBOWITZ SOCIAL ANXIETY SCALE)

Participant: Syeda Wajeeha Jaafer Hussain Rizvi (First Year MBBS)
SUPERVISOR: Prof. Dr Syed Razi Muhummad

ABSTRACT:

INTRODUCTION: SOCIAL ANXIETY is defined by "**a persistent fear of embarrassment or negative evaluation while engaged in social interactions (like gatherings, formal presentations and events requiring assertive behavior) or public performance.**" Social anxiety significantly increases the risk for other anxiety disorders, depression & impairs the functioning and overall quality of life as well as increases the inclination/risk of suicidal attempts.

Liebowitz Social Anxiety scale is a 24-item self rated scale used to assess how social anxiety plays a role in your life across a variety of situations related to fear and avoidance. The LSAS appears to be a reliable, valid and treatment sensitive measure of social phobia.

OBJECTIVE: To assess the way social phobia plays a role in daily life across a variety of situations.

METHODOLOGY: A simple cross-sectional study was conducted by using random sampling.

With the help of Google forms and printed questionnaires, the data of 179 people (47 males, 132 females) was taken with the questionnaires based on LIEBOWITZ SOCIAL ANXIETY SCALE.

The data was entered into SPSS version 22 and analyzed for results.

RESULT: Overall, females showed more discomfort while partaking in daily life activities while males were generally comfortable in most of the situations, showing that females exhibits a more social phobic tendency.

Males showed a greater discomfort in sharing their personal information on social media having a ratio of 30/47 males.

Females showed a greater ratio of discomfort in having to urinate in public places a ratio of 89/132 females.

Males showed a greater level of comfort in partaking in activities such as participating in small groups, eating/drinking in public and most of the activities which required them to be in public.

While females showed higher levels of comfort in indoor activities especially those which were indoor and did not require much assertion or attention, like taking a test in which only 16/132 females showed discomfort.

CONCLUSION:

Social media has shown to cause more social anxiety in both genders.

While, the females were more anxious during outdoor activities requiring assertive interaction or performances but most of the men showed comfort in them.