

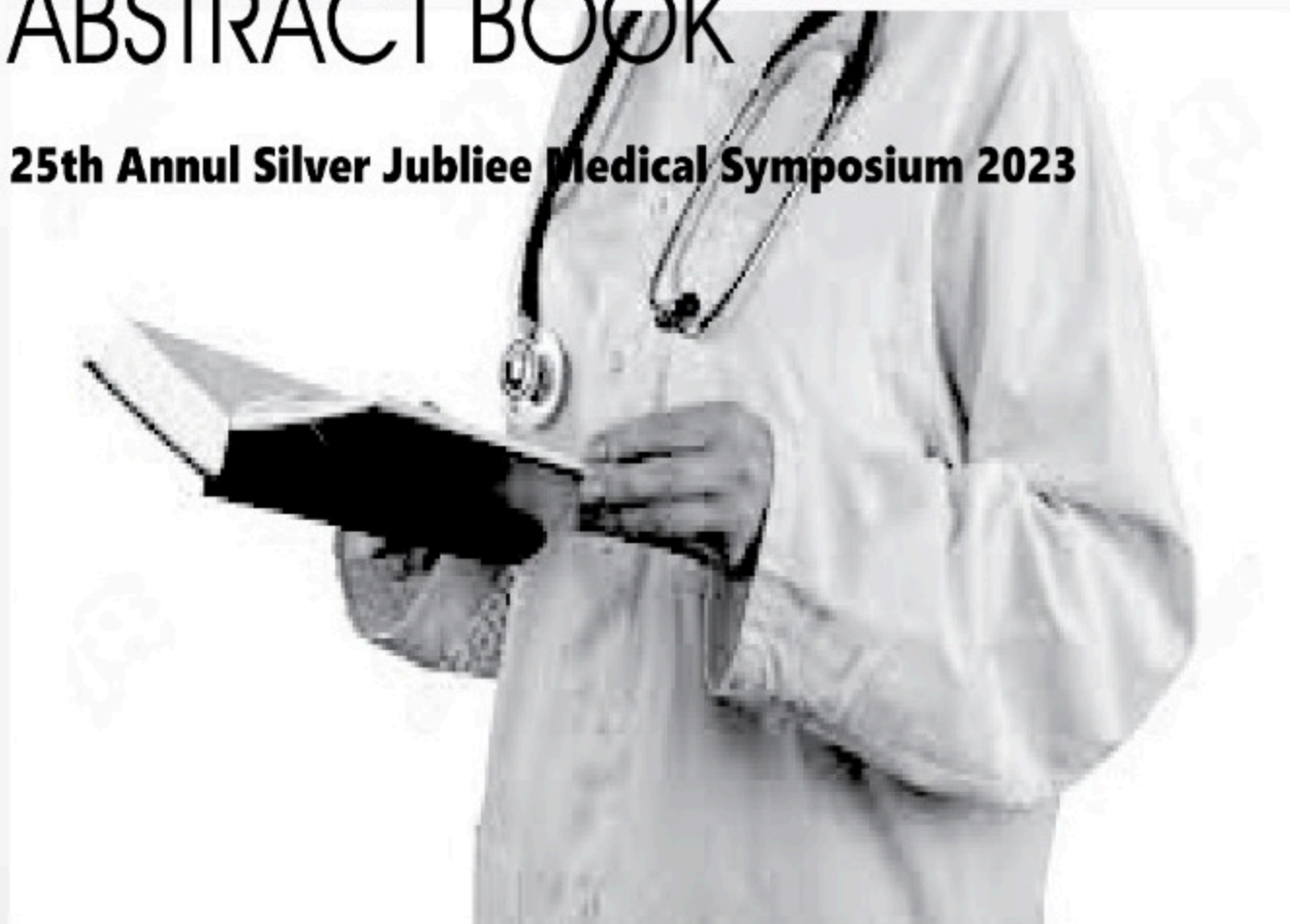


# **IBN-E-SINA UNIVERSITY, MIRPURKHAS**

**MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS  
MUHAMMAD DENTAL COLLEGE, MIRPURKHAS  
MUHAMMAD INSTITUTE OF PHYSIOTHERAPY  
MUHAMMAD INSTITUTE OF BUSSNES ADMINISTRATION**

## **ABSTRACT BOOK**

**25th Annul Silver Jubilee Medical Symposium 2023**



**THEME: 25 YEARS OF MEDICAL EDUCATION IN MIRPURKHAS, SINDH**

**19TH , 20TH, 21ST, & 22ND September 2023**

**IBN-E-SINA UNIVERSITY, MIRPURKHAS**  
 25<sup>th</sup> Annual Silver Jubilee Medical Symposium 2023  
 Muhammad Medical College, Mirpurkhas  
 Muhammad Dental College Mirpurkhas  
 Muhammad Institute of Physiotherapy & Rehabilitation  
 Muhammad Institute of Business Administration

**CONTENTS**

**DOCTORS / OTHER PARTICIPANT..... Page No. 1 to 14**

<b>S.No</b>	<b>Topic</b>	<b>Names</b>
1	Message	Prof . Dr. Syed Razi Muhammad.
2	Obesity Its Biochemical Aspects & Diets In Weight Loss	Prof . Dr Shamsul Arfeen Khan Department of Biochemistry
3	Effectiveness of OSCE Against Revision Classes	Prof Aijaz A Memon, Prof Syed Razi Muhammad
4	Does Gender Matter In Colorectal Cancer?	Prof . Aijaz, Memon, Katherine Brown,AshfaqChandio
5	Challenges To Implementation of IMNCI Strategy in First Level Care Facilities	Dr Muhammad Akram Shaikh
6	Mirror on the wall, what are the common Mutations of them all? Common utations encountered in thalassemic patients, a Single centre experience.	Dr. Ayesha Majeed Memon, Naina Mehtab, Fatima Rizvi
7	Perceptions, knowledge and attitudes Towards the concept and approach of Palliative care amongst caregivers: a Cross-sectional survey in Karachi, Pakistan	Dr. Sameena Shah, Faizan Qaisar, Iqbal Azam & Khairunnisa Mansoor
8	Long term health consequences pf Polycystic ovary syndrome	Prof . Dr. Farkhunda Khusheed
9	Frequency of transfusion transmitted infections in healthy blood donors in a ertiary care hospital	Dr. Sana Lund Baloch, Lecturer Pathology
10	Frequency of vitamin d deficiency in the Mothers of low birth-weight newborns: a Cross-sectionalstudy	Dr. Suresh Kumar, Paediatric Department
11	An Audit of Various Blood And Histopathological Tests Done In Muhammad Medical Colleg Hospital 1 <sup>st</sup> august 2022 To July 2023 Mirpurkhas 13	Dr. Hyder Ali Pehilwani Rind, (Director Associates Colleges ISU) Irshad shah (Lab Incharge MMCH) (Muhammad Medial College Mirpurkhas)
12	Audit of Physiotherapy Related Diseases/Condition In Outpatient Department At Miprs2023august 2022 to july 2023 Mirpurkhas.	Dr. Ramzana Chang PT (Principal Miprs), Dr. Asad Kaka (OPD Manager)Muhammad Institute of Physiotherapy and Rehabilitation Science

**ABSTRACT FROM FINAL PROFESSIONAL MBBS ..... Page No.15 to 35**

S.No	Topic	Names
1	Knowledge, awareness and Perception of risk Factors among cancer-patients Relatives and healthy adults	Dr Ajmal Khan, Awais Khan, Asif Khan, Azaz Jan, Ahsan Ayaz, Sundar Kumar Supervisor: Dr. Abdul Qadeer Khan and Dr Naem Lagari
2	Disease spectrum of patients admitted in Surgical ward in mmch (from may to september 2023)	Atia Dahar, Shazia Soomro, Rabia Karim, Urooj Shah (Student of Final Year MBBS) Supervisor:: Prof . Dr. Syed Razi Muhammad, Prof . Dr. Aijaz Memon
3	Empathy Among Students of Ibn E Sina University Of Mirpurkhas	Mahreen Bano, Aisha Areeba, Yusra Naz, Samavia Noor, Saba Gull, Supervisor: Prof . Dr Syed Razi Muhammad
4	Level Of Satisfaction of Certificate In Health Prof essions Education (Chpe) Course Conducted In Muhammad Medical & Dental College (MMDC), Ibn-E-Sina University (Isu), Mirpurkhas	Pawan Khatri <sup>1</sup> , Nawal Rai <sup>1</sup> , M. Haseeb <sup>1</sup> , M. Haris <sup>1</sup> , Love Kumar <sup>1</sup> , Bhagwan Das <sup>1</sup> , Supervisor: Prof . Dr. Syed Razi muhammad <sup>2</sup>
5	Hepatocellular Carcinoma And Its Correlation With Alpha Fetoprotein	Syeda Hira Fatima <sup>1</sup> , Iqra Aamir Dars <sup>1</sup> , Wafa Misra <sup>1</sup> , Supervisor: Prof . Dr. Razi Muhammad <sup>2</sup> , Prof . Dr. Abdul Qadir Khan <sup>3</sup>
6	Prevalence of Anger Issues Among Medical Students of Muhammad Medical College Mirpurkhas	Bushra, Kainat Rajar, Aqsa Dua, Fareesa, Rohama Imran, Laiba sheikh <sup>1</sup> , Supervisor: Prof essor Dr Syed Razi Muhammad <sup>2</sup>
7	A Study To Investigate The Differences On Perception of Life Between Day Scholars And Hostlers; A Cross Sectional Study	Aamna Javed <sup>1</sup> , Emaan Hafeez Yousfani <sup>1</sup> , Kainat sami <sup>1</sup> , Nargis Ali <sup>1</sup> , Sheeba Irshad Ali <sup>1</sup> Supervisor: Prof essor Dr. Syed Razi Muhammad
8	Prevalence of Pelvic Organ Prolapse On Women At Mmdc Mirpurkhas	Peer Gulam Murtaza , Muhmmad Usama, Amir Kahar, Kareem Bux , Mohsin, Naem Jakhrani . Supervisor: Prof . Dr. Qamar-Un-Nissa
9	Negative Effects Of Social Media Among Youngster	Fizza Naz Sadaf Batool Bakhtawar Sidra Hamida Suhana Supervisor: Prof . Dr Sayed Razi Muhammad
10	Assesment Of Anaemia Among Pregnant Woman Receiving Antenatal Care At Muhammad Medical College Hospital Mirpurkhas	Dr. Nimerta, Dr.Kainat Saleem, Dr.Kainat Khudabux, Dr.Samina Khan, Dr.Rifat Hussain, Dr.Karishma Khatri Supervisor: Prof Dr.Syed Razi Muhammad
11	Operations Conducted By General Surgeons And Speciality Surgeons In MMCH	Oun Muhammad Memon <sup>1</sup> , Asad Ali Siyal <sup>1</sup> , Muhammad Faisal Jutt <sup>1</sup> , Mursal Ali Magsi <sup>1</sup> , Fahad Baloch, (Final Year MBBS) Supervisor: Prof . Dr. Syed Razi Muhammad <sup>2</sup> , Prof . Dr. Aijaz Ahmed Memon <sup>2</sup>
12	Preference Of Love Marriage V/S Arrange Marriage In Pakistan	Simra Alam, Vaneeza Abro, Sana Khan, Sabeen Fatima, Laiba Ayaz, Rida Shaikh, Shamsunisa (Final Year MBBS) Supervision: Prof . Dr. Syed Razi Muhammad

13	This Study Aimed To Investigate Subjective Sleep Quality And Its Association With Demographic Psychological Health, And Sleep Hygiene Related Behaviors In Pre -Medical Students	Tuba , Final Year MBBS, Muhammad Medical College, Mirpurkhas
14	Most Important Reasons And Remedies For Violence Against Doctors In Pakistan	Izma Shaikh, Sumbal Laghari, Rabia Zahid, Adeena Aijaz, VaneezaAlam, Fareeha Naz
15	Comparison Of “Emotional Intelligence” In Various Groups Of Ibn-E-Sina University	Hira Batool, Hira Buriro ,FarwaTalpur, Dr. Syed Razi Muhammad Ibn-e-Sina University (ISU).
16	A Cross Sectional Survey On Mental Health Among Medical Students And Its Effect On Academic Performance	Areasha Abro, Kaif, Memon, Simra Sehar, Rajkumari, Hajira, Kiran Zaib, Supervisor: Prof . Dr Syed Razi Muhammad.
	Assessing The Professionalism Of Undergraduate Medical Students Enrolled In Ibn-E-Sina University (ISU) of Mirpurkhas	Adeela Imtiaz, Saba Zulfiqar, Aqsa Mushtaq, Supervisor: Prof Dr Sayed Razi Muhammad
18	Assessment Of Childhood Trauma And Its Effects Among Medical Students Of Muhammad Medical And Dental College	Masooma Fatima, Erum Manzoor, Hajira Liaquat, Bisma Shah, Farha Memon, Supervisor: Professor Dr Syed Razi Muhammad
19	Frequency of Complications Among Diabetic Patients At Ibne-E-Sina Hospital	Abdul Moiz <sup>1</sup> , Muhammad Mahad <sup>1</sup> , Muhammad Shahzeb <sup>1</sup> , Rahim Mustafa <sup>1</sup> , Saqlain Masood <sup>1</sup> , Shaheer Hassan <sup>1</sup> , Supervisor: Prof . Dr. Abdul Qadir Khan <sup>2</sup> , Prof . Dr. Aslam Ghouri <sup>2</sup> , Prof . Dr. Nadeem Memon <sup>2</sup>
20	Effects of mobile technology on human relationships. A cross sectional survey at muhammad medical& dental college (mmdc), ibn-e-sina university (ISU), mirpurkhas	Fiza Sahar, Aqsa Saeed, Hafsa; Mala, Amna, Toubia Noor. Supervisor: Prof . AB Rajar

S.No	Topic	Names
1	Marriage In 21 <sup>st</sup> Century Attitudes And Perceptions Of Medical Students, At Ibn- E-Sina University, MPK.	Aarti Kumari <sup>1</sup> , Fatima Rauf <sup>1</sup> , Asra Awan <sup>1</sup>
2	Influence Of Type A & Type B Personality On Academic Achievement Of Medical & Dental Students At Ibn-E-Sina University, Mpk	Abdul Basit <sup>1</sup> , Adnan Khalil <sup>1</sup> , Ahmed Anas <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
3	Knowledge And Perception of Medical And Dental Students About Artificial Intelligence At Ibn- E- Sina University MPK	Aqsa Samejo <sup>1</sup> , Hafsa Channa <sup>1</sup> , Mehrunisa <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup> ,
4	Screening Of Teachers' And Students' Everyday Memory Status By Using A Rating Scale At Ibn-E-Sina University	Areesha Ikram <sup>1</sup> , Aiman Fatima Batool <sup>1</sup> , Muqadas Mehak <sup>1</sup> , Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup> ,
5	Contingencies Of Self-Worth Among University Students At Ibn-E-Sina University, MPK	Ayesha Cheema <sup>1</sup> , Rameen Seher <sup>1</sup> , Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup> ,
6	Knowledge, Attitude And Awareness of Antibiotics Use And Resistance Among Mmch Doctors.	Iqra Khalid, Ayesha Wahab, Humaira Kaosar
7	Prevalence of Helping Attitudes Among Medical Students At Ibn-E-Sina University Students, MPK	Huda hurmain <sup>1</sup> , Suman Chohan <sup>2</sup> , Farzeen Chohan <sup>3</sup> , Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
8	Assessment Of Gap Between Knowledge And Practices Among Type 2 Diabetes Mellitus Patients At Muhammad Medical College Hospital, MPK	Muhammad Ghufran Ashar <sup>1</sup> , Haroon Ejaz Khan <sup>1</sup> , Rana Muhammad Waleed <sup>1</sup> Supervisor: Prof . Dr. Syed Asif Shah <sup>2</sup>
9	Students Voices On Generative Artificial Intelligence HATGPT, Perception, Benefits And Challenges In Medical Education At Ibn-E Sina University	Maria Narejo <sup>1</sup> , Sumaiya Narejo <sup>1</sup> , Hadia Hayat <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
10	Knowledge And Practice Towards Skin Care And Cosmetics And Their Adverse Reactions Among Undergraduate Medical And Dental Students At Ibn-E-Sina University(MPK)	Maryam Aijaz <sup>1</sup> , Mahnoor Memon <sup>1</sup> , Geeta Kumari <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
11	Prevalence And Associated Factors of Internet Addiction Among Undergraduate Medical Students In Ibn- E- Sina University-Based Case Control Study.	Maryam Mukhtar <sup>1</sup> , Humma Aziz <sup>1</sup> , Sehar Fatima <sup>1</sup> ; Supervisor: Prof Syed Muhammad Asif Shah <sup>2</sup> , A.B Rajar <sup>2</sup> , Partab Puri <sup>2</sup> .
12	Perceptions Of Undergraduate Medical And Dental Students About The Dowry System Prevalent In Our Sociocultural System Ibn-E-Sina University.	<sup>1</sup> Mehak Lela, <sup>1</sup> Tehmina Batool, <sup>1</sup> Maryam Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup> ,
13	Knowledge and Practice of Confidentiality of Patients' Health Records Among Undergraduate Medical Students At Ibn-E-Sina University, Mirpurkhas	Mir Ghazanfar Talpur, Feroze Siyal, Hassan Raza Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
14	Medical Student's Perceptions Of The Doctor-Patient Relationship: A Cross-Sectional Study From Ibn-E-Sina University, Mpk	Muhammad Matin <sup>1</sup> , Muhammad Hassaan <sup>1</sup> , Jahangeer Qamar <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>

15	Patterns Of Sleeping Disorders Among undergraduate medical and dental at ibn-e-sina University/MPK	Muntaha Qasim <sup>1</sup> , Mahnoor Khan <sup>1</sup> , Aqsa Asif <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> Asif Shah <sup>2</sup> Amjid Azam <sup>2</sup> Partab Puri <sup>2</sup>
16	Mobile Phone Dependency, Associated Stress & Academic Achievements + Among Medical And Dental Students At Ibn-E-Sina University /MPK	<sup>1</sup> Sonia Khan, Saveeta, <sup>1</sup> Nikita Kumari, Supervisor: AB Rajar <sup>2</sup> Asif Shah <sup>2</sup> Amjid Azam <sup>2</sup> Partab Puri
17	Knowledge And Attitude Toward Consanguineous Marriage Among Medical And Dental Students At Ibn-E-Sina University /Mpk	MuhammadSaleman <sup>1</sup> ,KhairMuhammad <sup>1</sup> , Hammad Haider <sup>1</sup> Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab
18	Relationship Between Levels of Empathy With Personality Type A Snapshot of Medical And Dental Students At Ibn-E-Sina University, Mirpurkhas.	<sup>1</sup> Fiza, <sup>1</sup> Sawera Saood, <sup>1</sup> Rabia Lodhi, Supervisor: AB Rajar <sup>2</sup> Asif Shah <sup>2</sup> Amjid Azam <sup>2</sup> Partab Puri
19	Level Of Clients' Satisfaction And Associated Factors With The Service of Out-Patient Department In Mmch Mirpurkhas,2023	Shafqat Hussain <sup>1</sup> Talha Tariq <sup>1</sup> Zeeshan Asif <sup>1</sup> Amr Ayoub <sup>1</sup> r Syed Asif Shah <sup>2</sup>
20	Analysis Of Risk Factor For Polycystic Ovarian Syndrome In Sindh A Case Control Study	Sumaiya Jamro, Syeda Fazila Bibi, Muskan Doulat, Superiors: Dr. Syed Asif Muhammad, AB Rajar.
21	Influence Of Life Satisfaction On Self-Esteem Among Medical And Dental Students at ibn-e-sina university , Mirpurkhas.	Tehseen Sajjad <sup>1</sup> , Abubakar Rahim <sup>1</sup> , Muhammad Mohsin Afzal <sup>1</sup> Superiors:AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
22	Parental Perspectives On Informed Consent In Respect To Their Children Decision To Get Married: A Cross-Sectional Study At Parents of Mipurkhas City	Umm-e-Hania Khan <sup>1</sup> ,Palwasha Khan <sup>1</sup> , Superiors:AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjid Azam <sup>2</sup> , Partab Puri <sup>2</sup>
23	Assessment Of The Direct Medical Costs Of Diabetes Mellitus In The Sindh- Pakistan: A Cross Sectional Survey	Usman Ahmed <sup>1</sup> , Nisar Ahmed <sup>1</sup> , Sameer Shaikh <sup>1</sup> Superiors: Dr Syed Asif Mohammad
24	A Pattern of Bipolar Mood And Sleep Disorders Among Undergraduated Student At Ibn-E-Sina University \Mpk	Syed Zaki Uddain <sup>1</sup> Muhammad Junaid Yousuf <sup>1</sup> , Rawal Hussain Supervisor: AB Rajar <sup>2</sup> , Asif Shah <sup>2</sup> , Amjad Azam <sup>2</sup> , Partab Puri <sup>2</sup>
25	Prevalence Of Obsessive-Compulsive Disorder(Ocd) Among The Students Of Muhammad Medical & Dental College At Ibn-E-Sina University /Mpk	Daud Saleem <sup>1</sup> , Raza Ali <sup>1</sup> , Sakhawat Ali <sup>1</sup> Superiors: Prof . Dr Syed Asif Shah <sup>2</sup>
26	Brain Eating Amoeba, Naegleriafowleri – A Systematic Review.	Shah Ahmed <sup>2</sup> , Asfand Yar Khan <sup>3</sup> , Hasham Jabbar <sup>4</sup> , Salal Buzdar <sup>5</sup> . Supervisor: Dr Syed Muhammad Asif <sup>1</sup>
27	Prevalence Of Household Food Insecurity Among Patients Attending At Mmch, Sindh Pakistan	Allah Diwayo, Israr Ahmed, Kashif Malik, Supervisor: Prof . Dr. Syed Asif Shah
28	Knowledge, Attitude And Practices Among Healthcare Professionals Towards Routine Health Information System Utilization In Mirpurkhas, Pakistan	Taha Suhaib <sup>1</sup> ,Waqas Ahmed <sup>1</sup> ,Syed Hasnain Raza <sup>1</sup> Supervisor: Syed Asif Shah , A B Rajar , Amjad Azam , Partab Puri , Students of (4th year MBBS) Muhammad Medical College , Faculty Department of Community Medicine Muhammad Medical & Dental College ,MPK
29	Uncontrolled Hypertension And Behavioral Risk Factors Among Adult Hypertensive Patients At Muhammad Medical Hospital, Mirpurkhas, Sindh, pakistan.	Muhammad Arshad, Daniyal Rehman, Zia-ur-Rehman. Supervisor: Syed Asif Shah , A B Rajar , Amjad Azam , Partab Puri

30	Association Of Excessive Smartphone Use With Psychological Well-Being Among Students Of Ibn-E-Sina University, Mirpurkhas	Asad Kamal, Rais Shoaib, Muhammad Hasnain Tanveer, Muhammad Aun. Supervisors:Dr Asif Shah, Dr AB Rajar, Dr Partab Puri
31	Prevalence of Medication on time and associated risk factors among type 2 diabetes mellitus patients at MMCH, Mirpurkhas	Muhammad Ghufuran Ashar <sup>1</sup> , Haroon Ejaz Khan <sup>1</sup> , Rana Muhammad Waleed <sup>1</sup> Prof. Dr. Syed Asif Shah <sup>2</sup>

**ABSTRACT FROM FIRST PROFESSIONAL MBBS ..... Page No.68**

S. No.	Topic	Name
	Determine The Preferred Method Of Teaching (Multi- Media Vs White Board) Among Students of Muhammad Medical College At Ibn-E-Sina University /Mpk	Kainat Mushtaq <sup>1</sup> , Azeema Memon <sup>1</sup> , Bisma Sikander <sup>1</sup> Dua Nadeem <sup>1</sup> Supervisor: Dr.Ayesha Majeed Memon <sup>2</sup>

## MESSAGE

It is always a pleasure to write a message for an academic activity in our institutions. However, this marks the 25 years of Muhammad Colleges and first year of Ibn-e-Sina University (ISU), making it a very special year. It's a great privilege to lead this institution and its great team of academicians, students and workers for a continuous period of 25 years.

Muhammad Medical College, Mirpurkhas is situated in a unique situation where there is no other medical college within 50 Km. radius, meaning there has not been a retired, trained faculty to make use of it. I feel really humbled to have developed our own faculty in a way that the current Vice Chancellor, the Chairpersons of the departments of Medicine (Prof . Abdul Qadir Khan) and Gynaecology & Obstetrics (Prof . Qamar Habib) and many more among the senior faculty have actually started as demonstrators and continued to climb to the current situation while serving at their parent institution. Faculty of almost all departments have ex-students of the college who have obtained their degrees from this college and are serving in the senior faculty now. This clearly reflects why the institution has continued to produce one of the highest passing rates in the postgraduate examinations and is now training its own graduates in clinical training programmes of CPSP.

This year was a roller coaster year where we achieved more than many institutions achieve in a decade. First, we got the act/charter of ISU passed by the Sindh assembly after going through all the processes. Later, we were visited and obtained NOC from HEC Islamabad which recognised our peer reviewed scientific Journal JMMC. Then we constructed a separate building for Muhammad Institute of Physiotherapy & Rehabilitation Sciences (MIPRS) and another for Muhammad School of Nursing (MSC). So practically all institutions of ISU are running in separate buildings. We made loads of inroads in medical education too. For example, we have developed a state of art and highly innovative programme of studies in final year. We ran 3 courses of Certificate in Health Professions Education (CHPE) for our teachers, in which 38 faculty members participated. I made use of my training in Masters of Medical Education. The course included an extensive interactive session, weekly assignments and weekly tests. Reading material was provided before the interactive session.

Following topics were covered in the course. Principles of Curriculum Development, Principles of teaching & learning, Principles of assessment, To S& Blueprint, Aligning Learning Objectives, Instructional Strategies, and Assessments, Item Analysis, Problem based learning, Competency based medical education, Outcome based education (OBE), Small group teaching, Large groups teaching (Lectures), Adult Learning, Portfolio Management, Professionalism, Mentoring, Curriculum Mapping, Communication Skills Lecture, Educational Psychology and the affective domain, Research Methodology, Principles of Statistics and SPSS Workshop.

Following this course, our teachers are much better equipped in imparting education to our students and I hope this would result in further improvement in our already one of the best undergraduate and postgraduate examinations.

I welcome you all in our 25<sup>th</sup> annual medical symposium, titled “25 years of Medical Education in Mirpurkhas”.

Prof . Syed Razi Muhammad,  
Chancellor Ibn-e-Sina University,  
MBBS (Dow), FRCS EDIN, FRCS (Glasow), DipUrol (UCL), M Med Edu (Dundee).



**DOCTORS / OTHER  
PARTICIPANT**

Prof . Dr Shamsul Arfeen Khan  
Vice Chancellor (ISU), Principal (MMC)  
Prof . Biochemistry  
Faculty of Basic Medical Sciences  
Muhammad Medical College Mirpurkhas Sindh  
E-mail: [shamsularfeen\\_khan63@yahoo.com](mailto:shamsularfeen_khan63@yahoo.com), [vc@icu.edu.pk](mailto:vc@icu.edu.pk)  
Mobile: +92 03333971076

**Biography:**

Dr Shamsul Arfeen Khan is a professor and Head of the Department in Department of Biochemistry at Muhammad Medical College Mirpurkhas Sindh. He earned his MPhil in Biochemistry from BMSI, JPMC, Karachi in year 2004. He earned his MBBS from Liaquat Medical College Jamshoro in the year 1991. He serves as Assistant Professor, Associate Professor and now Professor of Biochemistry since 2004. He is also Principal of Muhammad Medical College Mirpurkhas Sindh & Vice Chancellor Ibn-e-Sina University, Mirpurkhas.

**TITLE: OBESITY ITS BIOCHEMICAL ASPECTS & DIETS IN WEIGHT LOSS**

**Abstract:**

Obesity is commonly known to have too much body mass. A BMI of 30 or higher is the unusual benchmark for obesity in adults. It is a complex, Chronic disease with several causes that leads to excessive body fat and sometimes poor health. Metabolism is a process of converting calories into energy to fuel. If there are more calories body converts it into lipids and stores in the adipose tissue. Primarily the causes of obesity are metabolic, genetic, environmental and some social factors. Secondarily there may be Endocrines and some Drug therapy. Dieting is the process to maintain a certain weight through diet. Social Stigma of obesity and health benefits of weight loss encourages people for weight loss and prevents them from many Health problems.

**Keywords:** Obesity, Biochemistry, Diets in weight loss.

**Word Count: 203**

**TITLE:** EFFECTIVENESS OF OSCE AGAINST REVISION CLASSES  
**Authors:** Prof . Dr. Aijaz A Memon, Prof . Dr. Syed Razi Muhammad  
**Objective:** To see the effectiveness of OSCE tests against revision classes at the end of academic session.

**Study design:** A cross sectional study.

**Setting & duration:** This study was conducted at MMC; ISU Mirpurkhas after the OSCE tests were conducted over a period of four weeks from 28<sup>th</sup> November to 23<sup>rd</sup> December 2022.

**Abstract:**

**Materials & Methods:** A total of 70 students of final year MBBS participated in taking OSCE tests of four clinical subjects. 100 OSCE stations were developed and executed; 30 stations on topics of Surgery & allied subjects, similarly 30 topics of Medicine and allied subjects, 20 topics of Obs & Gyne and 20 of Paediatrics. 35 teachers/examiners conducted the OSCE tests over a period of four weeks. In the end feedback forms developed about the efficacy and applicability of these OSCE tests were completed by the students who participated in and teachers/ examiners who conducted these OSCE tests.

**Results:** All the examiners 35/35 (100%) think that these OSCE tests are helpful to students towards preparation of exams and this type of assessment method should be continued periodically in future which will improve regular study by student 34/35 (97.14%). Similarly majority 31/35 (88.57%) think that these OSCE tests are better than revision classes taken by teachers in preparing students for annual examination.

Nearly all 68/70 (97.14%) of students think that these tests are helpful, taken periodically will improve their regular study and are better than revision classes taken by teachers for preparation of annual examination 66/70 (94.28%). Majority of them 63/70 (90%) suggest that these should be continued periodically in future and provide sufficient knowledge required for passing annual examination.

**Conclusion:** Both the students and examiners / teachers agreed on that these OSCE tests are helpful to students towards preparation of annual exams and are better than the revision classes taken by teachers.

They recommended that these OSCE tests should be continued periodically in future and these periodical tests will improve the regular study by students.

**WORD COUNT:** 206

**TITLE: DOES GENDER MATTER IN COLORECTAL CANCER?**

**Authors:** Prof . Dr. Aijaz, Memon, Dr. Katherine Brown, Dr. Ashfaq Chandio  
Department of Surgery MMC Hospital Mirpurkhas, Department of Colorectal Surgery,  
Luton & Dunstable University Hospital, UK.

**Abstract**

**Introduction:** Colorectal cancer is one of the most common and lethal cancer worldwide, and it exhibits differences in incidence, pathogenesis, molecular pathways, and outcome depending on the location of the tumor. Colorectal cancer is a disease strongly influenced by gender; mortality rates in males are considerably higher than females.

**Aim:** To determine the gender disparities in the incidence of Colorectal cancer

**Methods:** All patients managed with colorectal cancer from January 2015 through December 2019 were retrospectively identified from the referral database created by the colorectal specialist nurses in the colorectal service .**Inclusion:** All patients diagnosed with colorectal cancer **Exclusion:** Tumor in the Appendix, Anal canal, small bowel, metastatic tumors of unknown primary

**Results:** 976 patients were diagnosed with bowel cancer. Percentages of studied participant were Male 52.60% and Female 47.40%. The mean age was 74.14 years. Sixty six (66) 6.76% patients were excluded from the study. The location of colon cancer is also changing. The incidence rate of Right side colon cancer in women was much higher than that in men 1.20:1, and on Left side colon cancer including rectum was much higher in men than that in women this was especially exhibited in cases of rectal cancer, for which the male to female ratio was increased to 1.54:1 whereas the male to female ratio of left colon cancer 1.26:1. The incidence rates were increasing in all groups over time, especially in the 50 -79 years group. Incidence of colorectal cancer was greater for cancers of the left side of colon than right colon (62.41% vs. 37.58%).

**Conclusion:** There are not significant sex differences in access to and effectiveness of colorectal cancer treatment. Screening provides effective opportunity to prevent colorectal cancer. Gender-specific guidelines for screening, treatment, and prevention protocols for colorectal cancer can be established to decrease the mortality and increase in the quality of life.

**WORD COUNT:** 209

**TITLE: CHALLENGES TO IMPLEMENTATION OF IMNCI STRATEGY IN FIRST LEVEL CARE FACILITIES;**

**Authors:** Dr Muhammad Akram Shaikh, Department of Paeds, Muhammad Medical College & Hospital, Mirpurkhas

**Abstract**

**Background:** Every year over 10 million children in low- and middle-income countries do not survive beyond their 5th birthday among which half of the deaths may be attributable to diarrhea, malaria, measles and pneumonia, while the other half are caused solely by under nutrition. However, IMNCI implementation has not always been a success; reasons pertaining to which are largely not known. **OBJECTIVE** To assess IMNCI implementation strategy and identify challenges towards effective implementation in first level care facilities of district Jamshoro.

**Methodology:** This mixed method research was carried out from Jan 2019 to March 2019 at Rural Health Centers (RHC) in District Jamshoro using semi-structured, pre-tested, written questionnaires after taking due approval and written informed consent from respondents. The respondents (representing different cadres of healthcare providers i.e. medical officers (male & female), lady health workers (LHWs), vaccinators, pharmacists and 13 administrative staff. The data obtained (pertaining to perception and views regarding IMNCI implementation and availability of relevant logistics for service provision) was analyzed using SPSS version 22.0 for windows.

**Results:** The mean age of the sample stood at 42 (SD  $\pm$  4) years with a majority comprising of male, dispensing/nursing staff with a mean work experience of 13.2 years (SD  $\pm$  1.1) Pneumonia was deemed the commonest childhood problem by most respondents, followed by malaria and others uniformly across all catchments. The understanding regarding IMNCI was common (despite the absence of formal training) yet of ten, the strategies were not implemented while caring for children.

**Conclusion:** Effective implementation is a seldom sight with many challenges, including but not limited to shortage of human resource and a rather limited supply of medicines. Thus efforts must be dedicated at ensuring an ample human resource and a consistent supply of necessary medication.

**Keywords:** IMNCI, Childhood Illness, Neonatal Illness, Integrated Management, and Primary Care.

**WORD COUNT: 212**

**TITLE: MIRROR ON THE WALL, WHAT ARE THE COMMON MUTATIONS OF THEM ALL? COMMON MUTATIONS ENCOUNTERED IN THALASSEMIC PATIENTS, A SINGLE CENTRE EXPERIENCE.**

**Authors:** Dr. Ayesha Majeed Memon, Naina Mehtab, Fatima Rizvi  
Setting: Almustafa Medical Centre Karachi

### **Abstract**

**Background:** Thalassaemia is one of the commonest single gene disorder of globin chain synthesis. It is found as thalassaemia minor or trait or carrier when the defect is inherited from one of the parents and as thalassaemia major when the defect is inherited from both of the parents. Various studies on thalassaemia have been conducted in Pakistan which revealed that about 7% of the population is the carrier of thalassaemia. Based on this figure it is roughly estimated that each year in Pakistan approximately 50000 children with thalassaemia major are born and total number of thalassaemia major patients across the country may be more than 160000. Collective measures including carrier identification, genetic counseling and prenatal diagnosis are required for preventing  $\beta$ -thalassaemia. To achieve this objective, Identification of the spectrum of genetic mutations, especially for various ethnic backgrounds in Pakistan is necessary.

Therefore, we designed a cross sectional prospective study to identify the frequency of various gene mutations in different ethnic groups of Pakistan

**Objective:** To determine different mutations present in thalassaemia major patients registered with the Almustafa Medical centre Karachi Pakistan.

Study Design: Crossectional study.

**Methods:** Total 138 patients are registered with Almustafa medical centre from the year 2009 to 2019. For detection of mutations, a PCR based method Multiplex ARMS PCR was used. Primers were designed for simultaneous detection of the following mutations in a single reaction: IVS 1-5(G>C), Fr 8-9 (+G), IVS 1-1(G>T), Cd-30(G>C), Cd-5(-CT), Del 619bp, Cd-15(G>A), Fr 41-42(-TTCT), Fr 16(-C) and Cap +1(A>C) along with two Hb variants: HbS and HbE. Data was put in a specifically designed proforma and Data was entered and then analyzed by using SPSS [statistical package for social sciences] version 19.

Mean and Standard deviation for age of the patients was calculated. Gender distribution, age groups and will be computed in entire study population. Effect modifiers were controlled through stratification like age and gender to see the impact association with different thalassaemia mutations, finally to check the association among all variables Chi Square test was applied as appropriate. Finally P value will be taken as <0.05 for significant at 95% Confidence interval.

**Results:** Total 138 patients are registered with Almustafa medical centre from the year 2009 to 2019.

Among them 75 are female with age range of 8 months to 22 years and 63 were males with age range from 6 months to 30 years. These patients are members of the major ethnic 2 / 2 groups in Karachi comprising of, Sindhi (n=50), Balochi (n=32), Urdu speakings(n=12), Punjabi(n=11), Pathan(n=11), Saraikees(n=10), Memon (n=8)and Hazara(n=4). Following Mutations were identified by using PCR. 52 patients were found to have IVS1-5 mutation, 26 patients had mutant Fr8-9, 24 patients had del 619, 15 patients showed mutation of Fr 41-42, Fr 16 mutation was found in 5, patients, 8 patients had mutation of CD 30, 8 patients were found to have more than one mutation (IVS1-5 with +XMN1 polymorphism C-T, Fr 16 +XMN1 polymorphism C-T, CD15+ HBE, IVS1-5 + del 619, Fr 41-42 + CD30, Fr 41-42 + HBE, Fr 8-9 +CD 30 and IVS1-5 + CD30).

**Conclusions:** IVS1-5, Fr8-9, del 619 and Fr 41-42 were the most common genetic mutations observed in our study.

**Keywords:** Thalassaemia, Genetic mutations, Pakistan.

**Word Count: 215**

**TITLE: PERCEPTIONS, KNOWLEDGE AND ATTITUDES TOWARDS THE CONCEPT AND APPROACH OF PALLIATIVE CARE AMONGST CAREGIVERS: A CROSS-SECTIONAL SURVEY IN KARACHI, PAKISTAN**

**Authors:** Sameena Shah, Faizan Qaisar, Iqbal Azam & Khairunnisa Mansoor

**Abstract**

**Background:** Limited comprehension of the concept of palliative care and misconceptions about it are barriers to meaningful utilisation of palliative care programs. As caregivers play an integral role for patients with terminal illness, it is necessary to assess their perceptions and attitudes towards the palliative care approach.

**Method:** A cross-sectional survey was conducted. Data was collected from the Aga Khan Hospital in-patient and out-patient departments and home-based palliative care services. All adult caregivers who met the inclusion criteria and consented, completed a questionnaire till the sample size was reached. Univariate and multivariate multivariable analysis was done and results were reported as crude prevalence's, crude and adjusted prevalence ratios with 95% confidence intervals using Cox-proportional hazard algorithm. Mean difference of knowledge and attitude scores by caregiver variables were assessed using one-way ANOVA. SPSS version 18 was used and a *p*-value of less than 5% was treated as significant.

**Results:** Out of 250 caregivers more than 60% were 40 years or less, majority were males and at least graduates. Approximately 70% of the respondents agreed with the statement that the person suffering from cancer should be informed about the diagnosis and disease progression. About 45% (95% C.I.: 39.03, 51.37%) of the study respondents had enhanced understanding about palliative care. Individuals under 40 years old, those with an education level of at least grade 10, children or relatives were found to have significantly more enhanced knowledge about palliative care. The majority believed that the patient should be informed about the diagnosis and should be facilitated to carry out routine activities and fulfill their wishes.

**Conclusion:** Nearly half of the caregivers had enhanced understanding of the palliative care approach. They showed consistent understanding of two foundational aspects indicating correct knowledge across age groups, gender, education level, and relationship with the patient. Firstly, that palliative care should be offered to everyone suffering from a terminal illness and, secondly, that this approach encompasses not just physical, but also psychological and social needs of the patient and the family. These findings will help inform the establishment of a palliative care program that fills the gaps in comprehension and knowledge of caregivers.

**Word Count: 218**

**TITLE:** LONG TERM HEALTH CONSEQUENCES OF POLYCYSTIC OVARY SYNDROME  
**Authors:** Prof . Dr. Farkhunda Khusheed , Department of Gynae, Muhammad Medical College, Mirpurkhas.

**Abstract:**

**Background:** Polycystic ovary syndrome (PCOS) affects reproductive age women significantly and is associated with reproductive and metabolic dysfunction which increase the risk of infertility, diabetes, cardiovascular disease, and endometrial carcinoma. Lifestyle behaviors play the key role in the development of this syndrome.

**Objective:** To explore the lifestyle choices among young females and to determine the impact of choices on their physical, menstrual, and mental health.

**Methods:** This study was conducted on 100 female students of Mohammad Medical College in 2022. Data was collected using lifestyle choices questionnaire addressing dietary habits, physical activity, sleeping schedule and screening time. It also determined the impact of these lifestyle choices on physical health including sleep disturbances, anxiety, depression, menstrual problems, and signs of increased androgens like acne and hirsutism.

**Results:** The results of the study showed that a significant number of participants (64%\_ had no regular physical exercise. Regarding dietary habits 38.6% consume fast food <3 times a week, 62% consume 1-3 soft drinks in a week. 40.6% had irregular breakfast. It was observed that 70% had <8 hours of sleep and 68% used to sleep after 12 midnight. Regarding the impact on physical health, it was observed that 27.3% had sleep disturbances, 20% had depression, 28% had anxiety. Regarding gynecological problems 26% had irregular menstrual cycles, 20.6% had severe dysmenorrhea, 55.3% had PMS and 55.3% had signs of hyperandrogenism like acne and hirsutism.

**Conclusion:** It is concluded that to prevent the physical, mental, and reproductive health issues in future it is important to educate young females regarding healthy lifestyle choices.

**Keywords:** Lifestyle choices, physical health, menstrual problems , physical activity

**Word Count: 219**



**TITLE: FREQUENCY OF TRANSFUSION TRANSMITTED INFECTIONS IN HEALTHY BLOOD DONORS IN A TERTIARY CARE HOSPITAL**

**Authors:** Dr. Sana Lund Baloch, Lecturer Pathology Department, Ibn e Sina University

**Study Design:** Cross sectional study

Place and Duration: Diagnostic and Research Laboratory Liaquat University of Medical and Health Sciences Jamshoro, Hyderabad. Jan-2022-Dec 2022

**Objective:** To Determine Transfusion Transmitted Infectious Disease (Tti) Pattern In Potential Healthy Replacement Donors.

**Abstract**

Methods: Total 14,355 replacement donors of age 18-55 years were selected in this study as per inclusion criteria, which comprised of 25 questionnaire, evaluating donors for history of Injections, medicines, time since last donation, tattoos, not feeling well, dental work, sexual relationships, history of malaria / T.B, surgery, jaundice vaccination positive viral markers in the past followed by physical examination. SPSS 24.0 was used to analyze all data.

**Results:** There were 9635 (67.1%) males and 4720 (32.95) females in this study. Among all, 42.8% cases had age 18-25 years, 26.8% cases had 26-30 years, 16.6% cases had 31-35 years and 13.7% patients were from age group 36-55 years. Majority of the donors 32.3% had blood group B positive, followed by O positive in 29.9%, 22% donors had A positive and AB positive blood group found in 8.7% cases. According to screening results, most common infection was Hepatitis B Core Antibody found in 10% cases, anti-HCV found in 2.17% cases, HBsAg in 0.3% cases, ICT malaria in 0.05% cases, RPR 0.41% and HIV 1&2 in 0.1% cases.

**Conclusion:** HB core total antibody showed highest positivity in replacement donors despite stringent donor selection criteria, followed by Anti HCV. Syphilis, HBsAg, HIV and malaria showed lowest prevalences.

**Keywords:** Blood Donors, HCV, HBV, ICT Malaria

**Word Count: 277**

**TITLE: FREQUENCY OF VITAMIN D DEFICIENCY IN THE MOTHERS OF LOW BIRTH-WEIGHT NEWBORNS: A CROSS-SECTIONAL STUDY**

**Authors:** Dr. Suresh Kumar, Paediatric Department

**Abstract**

**Objective:** To determine the frequency of vitamin D deficiency in the mothers of low birth-weight newborns

**Study design:** A cross-sectional study

**Place and Duration:** Postnatal/Neonatal ward, Liaquat University Hospital Hyderabad and Jamshoro, from December 2020 to June 2021.

**Methodology:** The study includes full-term newborns who had low birth weights, regardless of gender, and who were admitted to a neonatal or postnatal unit. Each mother gave a 5ml blood sample, which was sent right away to the hospital laboratory. Within 24 to 48 hours following delivery, a diagnostic lab checked the mother's vitamin D level. To determine the neonatal birth weight in kilograms, all the neonates were measured. All of the information about the maternal vitamin D level, the neonatal birth weight, and demographic data were entered after the reports had been collected. The researcher performed all measures. The prof orma had all of the information. With SPSS version 20, data analysis was carried out.

**Results:** The average age of the mother was 26.46 + 3.91 years. A total of 53.6% of newborns were males and 46.4% of newborns were female. Overall 90% of women were housewives, while 10% were employed. Women made up 68.6% of the reservations, while 31.45% were not. A total of 33.6% of all newborns underwent caesarean procedures, compared to a normal vaginal delivery rate of 66.4%. Eighty-seven percent of mothers were vitamin D deficient, and of them, 45.0% had mild deficiencies, 23.6% had moderate deficiencies, 12.1% had severe deficiencies, and 19.3% had normal vitamin D levels. Related to maternal age, newborn gender, and occupation, vitamin D deficiency was statistically insignificant ( $p>0.05$ ), but it was statistically significant ( $p<0.05$ ) according to a place of residence, educational attainment, SES, parity, booking status, and delivery method.

**Conclusion:** Frequency of vitamin D deficiency was found to be highly prevalent among mothers, of neonates who presented with low birth weight.

**Keywords:** Newborn, vitamin D, Birth weight

**Word Count: 227**

**TITLE: AN AUDIT OF VARIOUS BLOOD AND HISTOPATHOLOGICAL TESTS DONE IN MUHAMMAD MEDICAL COLLEG HOSPITAL 1<sup>ST</sup>AUGUST 2022 TO JULY 2023 MIRPURKHAS.**

**Authors:** Dr. Hyder Ali Pehilwani Rind, (Director Associates Colleges ISU)  
Irshad shah (Lab Incharge MMCH)  
(Muhammad Medial 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 66370 test were done in Muhammad Medial College Hospital Mirpurkhas, 34620 patients were Males and 31750 patients were females, in sections wise HAEMATOLOGY 13863 were males and 11822 were females, BIOCHEMISTRY 12187 were males patients and 19567 were females patients, MICROBIOLOGY 2089 were males patients and 3009 were females patients, HISTOPATHOLOGY 1734 were males patients and 2099 were females patients, MOLECULARBIOLOGY6149 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	3487	9.1	13 - 16G	1600	5.7	11 - 15G
TLC	2988	5.9	4 - 11(10*3)	1611	6	4-11(10*3)
Platelets	3390	176	150-450(10*3)	1611	108	150-450(10*3)
Urea	2007	23.8	14 - 38	2458	32	14 – 38
Creatinine	2007	1.8	0.5 - 1.2	2458	2.9	0.5 - 1.2
K+	960	3.1	3.8 - 5.2	2458	3.8	3.8 - 5.2
Cl	2399	90	98 - 107	2458	90	98 – 107
Na	1637	1138	136 - 146	2458	126	136 – 146
Bilirubim T	2019	1.1	< 1.0	1224	1.0	< 1.0
ALT	1550	26	< 42	1224	22	< 32
ALP	860	167	< 260	1224	107	< 270
AST	1345	29	< 36	91	18	< 36
Protein	609	5.3	7.0 - 9.0	402	5.1	7.0 - 9.0
Albumin	2658	3.9	3.8 - 5.5	402	2.9	3.8 - 5.5
Globulin	209	2.3	2.8 - 4.0	402	1.4	2.8 - 4.0
A/G Ratio	209	1.0	1.1 - 2.0	402	1	1.1 - 2.0
Ck-MB	378	21	< 25	35	17	< 25
T3	908	1.1	0.5 - 1.8	621	1.9	0.5 - 1.8

T4	908	7-5	4.4 - 10.8	621	11.8	5.1 - 13.5
TSH	1850	5	0.3 - 5.0	621	9.8	0.3 - 5.0
Ferretin	109	15	16 - 220	31	278	16 – 220
AFP	198	19	< 8.0	153	5.3	< 8.0
T,Lipid	1098	604	450 - 800	135	376	450 – 800
Cholesterol	1098	155	< 200	135	123	< 200
Triglyceride	1098	109	< 260	135	118	< 290
HDL	1098	36	< 39	135	29	< 43

**TITLE: AUDIT OF PHYSIOTHERAPY RELATED DISEASES/CONDITION IN OUTPATIENT DEPARTMENT AT MIPRS 2023 August 2022 to July 2023 MIRPURKHAS.**

**Authors:** Dr. Ramzana Chang PT (Principal Miprs), Dr. Asad Kaka (OPD Manager)  
Muhammad Institute of Physiotherapy and Rehabilitation Sciences

**Title:** Audit Of Physiotherapy Related Diseases/Condition In Outpatient Department at Muhammad Institute of Physiotherapy and Rehabilitation Sciences MIPRS Ibn-e- Sina University Mirpurkhas.

**Background:** following condition and diseases were done in Muhammad Institute of Physiotherapy and Rehabilitation Sciences.

**Methodology:** Total 5389 patients were visited Muhammad Institute of Physiotherapy and Rehabilitation Sciences OPD for treatment between August 2022 to July 2023. Total 2750 patients were Males and 1605 patients were females, and 1034 patient were children below the age 10 years.

**Results of Physiotherapy Related Diseases/Condition.**

S #	Disease /Condition	Male OPD	Female OPD	Paeds OPD
1	Knee Osteoarthritis	107	70	--
2	Cva	212	171	--
3	Cervical Rediculopathy	134	29	--
4	Delayed Milestone	--	--	290
5	Cerebral Palsy	--	--	208
6	Post Operative Knee	16	0	--
7	Lower Back Pain	293	567	--
8	Cavus Foot	27	8	78
9	Post Humerus Fracture	51	22	--
10	Disc Buldge	89	51	--
11	Sciatica	77	98	--
12	Piriformis Syndrome	13	7	--
13	Post Oprative Knee Joint	8	31	--
14	Frozen Shoulder	299	376	--
15	Cervical Spndylosis	45	22	--
16	Tigger Point/Muscle Spasm	146	108	--
17	Quads Contracture	167	26	56
18	Facial Palsy	8	14	--
19	Cervical Pain	95	165	--
20	Autism Spectrum Disorder	0	0	47
21	Down syndrome	--	--	38
22	Spinal befida	--	--	08
23	Muscular dystrophy	--	--	58
24	torticollis	--	--	68
25	Kyphosis	71	52	---
26	achilles tendinitis	20	24	--
27	Carpal tunnel syndrome	44	64	--

**ABSTRACT  
FROM FINAL PROFESSIONAL  
MBBS**

**TITLE:** KNOWLEDGE, AWARENESS AND PERCEPTION OF RISK FACTORS AMONG CANCER-PATIENTS RELATIVES AND HEALTHY ADULTS

**Authors:** Dr Ajmal Khan, Awais Khan, Asif Khan, Azaz Jan, Ahsan Ayaz, Sundar Kumar

**Supervisor:** Dr. Abdul Qadeer Khan and Dr Naeem Lagari

**Abstract:**

**Background And Aims:** Although cancer is common in the world, the community awareness is still unknown. The primary objective of this study was to examine and compare the knowledge and risk perceptions of cancer possessed by cancer patients - relatives and healthy adults in hyderabad and mirpurkhas.

**Methods:** A cross-sectional study was conducted from June to August 2023. Cancer patients and their relatives were drawn from those who were hospitalized in the Oncology department of different hospitals. Healthy individuals were those without a known diagnosis of cancer, and they were drawn from the participants of the hyderabad and mirpurkhas.

**Study Design:** A total of 133 participants including 78 patients and relatives (cancerous group) and 55 healthy individuals (healthy group), were asked to respond to a structured questionnaire that was comprised of items concerning cancer knowledge, risk factor perception, and general attitude towards cancer, using Yes, No, or Likert Scale for response.

**Result:** The findings showed that patients hold poorer knowledge of pathology, signs, symptoms, prevention, and treatment and they were not so aware about the risk factors but more positive attitude towards cancer as compared to their healthy counterparts. Overall, both groups varied in their cancer knowledge, with many areas remain to be improved.

**Conclusions:** Knowledge about cancer and its risk factors should be improved among the general population as well as among those with direct experiences with cancer. Practical implications: The findings provided by this study has major implications for the design of an educational program for cancer patients in clinical settings and awareness programs for the general public as a primary preventive measure for mitigating the cancer burden. Future studies with larger and more diverse samples or qualitative studies exploring the personal narratives of people living with cancer could take advantage from the preliminary data provided by this study.

**Keywords:** Cancer Burden-cancer knowledge-awareness-perception

**Word Count: 230**

**TITLE:** DISEASE SPECTRUM OF PATIENTS ADMITTED IN SURGICAL WARD IN MMCH (FROM MAY TO SEPTEMBER 2023)  
**Author:** Atia Dahar, Shazia Soomro, Rabia Karim, Urooj Shah  
(Student of Final Year MBBS)  
**Supervisor:** Prof . Dr.Syed Razi Muhammad, Prof . Dr. Aijaz Memon

**Abstract:**

**Introduction:** Surgical audit is systematic, critical analysis of 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 the quality of care for patients.

**Objectives:** To identify ways of improving and maintaining the quality of care for patients.

**Methodology:** A self-filled questionnaire and audit information of patients based cross sectional retrospective study was conducted at surgical ward MMCH Mirpurkhas, Sindh, Pakistan from May to September 2023. Target population was cases ADMITTED in surgical ward. Record collected from hospital. Frequency and percentage were calculated using excel and SPSS version 22.

**Results:** Total indoor patients during study period were (n=190). Majority of patients seen in surgical ward were of Renal calculi 34 (17.9%) (M=24, F=10), Hernia 21 (11.1%) (M=17, F=4), Cholelithiasis 19 (5%) (M=8, F=11) Benign prostate hyperplasia 13 (6.8%) (M=13) followed by Fistula in ano 7 (3.7%) (M=5, F=2). Age group <35yr mostly presented with pain, while age group >35yr mostly presented with swelling and lower urinary tract symptoms.

**Conclusion:** Males were seen more than females, for Renal calculi, Hernia, BPH and Anal fissure while females for cholelithiasis and breast lump. Majority of patient came to surgical ward with complain of pain in lumbar region and lower abdomen. Mostly ultrasound abdomen, X-ray of abdomen, CBC, urine dr were suggested for Renal stones and cholelithiasis.

**Word Count: 237**



**TITLE: EMPATHY AMONG STUDENTS OF IBN E SINA UNIVERSITY OF MIRPURKHAS**

**Abstract:** Mahreen Bano, Aisha Areeba, Yusra Naz, Samavia Noor, Saba Gull,

**Supervisor:** Prof . Dr Syed Razi Muhammad

**Abstract:**

**Introduction:** Empathy is defined as ability to share or understand the emotional state of others. In a clinical setting, empathy encompasses the ability to appreciate patients.

Empathy is recognized as a key professional competency for health care professionals and thus is known to be an important attribute for medical students.

The Jefferson scale of empathy in students (JSE-S) is a reliable measure of empathy in medical students.

Muhammad Medical College has the honor to translate JSE into Urdu using the back translation technique, and use it to measure empathy among its students.

**Method:** We collected our data through online survey among the students of three colleges of Ibn-e-Sina University (ISU) between July 2023 to August 2023. The results were analyzed using SPSS. An ANOVA was used to compare the empathy scores according to academic year, gender, age.

**Result:** A total of 465 students filled the forms. Data collected from MMC, MDC, and DPT students. Interestingly, though the DPT students had lowest scores in FSc and MDCAT, they had the highest empathy score with a mean of 100.00, followed by MMC students with mean of 97.17. Second year students had the highest empathy score with a mean value of 102.03, followed by third year with a mean value of 100.46. The final year students have lowest value of mean 91.7. The mean empathy score for female students was significantly higher with a mean value of 99.56 than male students with a mean value of 93.2. Day scholars have significantly higher mean value of 97.69 than the hostlers who had a mean value of 96.74.

	Total empathy (out of 140)	Factor 1 (Perspective Taking) (out of 70)	Factor 2 (Compassionate Care) (out of 56)	Factor 3 (Ability to stand in Patient's shoes) (out of 14)
MBBS	97.1	52.3	36.8	7.9
BDS	94.7	50.9	35.6	8.1
DPT	100.0	55.1	37.6	7.2
Male	93.2	49.3	35.9	7.9
Female	99.5	54.3	37.3	7.8

Interestingly, though BDS students scored lowest in total empathy, factor 1 and factor 2, they scored higher than their colleagues in MBBS & DPT in factor 3.

**Conclusion:** This study describes that the second year students, female students and DPT students have highest scores of empathy. Day scholars and students of urban areas have higher empathy than hostelers and students of rural areas.

**Word Count: 240**

**TITLE: LEVEL OF SATISFACTION OF CERTIFICATE IN HEALTH PROFESSIONS EDUCATION (CHPE) COURSE CONDUCTED IN MUHAMMAD MEDICAL & DENTAL COLLEGE (MMDC), IBN-E-SINA UNIVERSITY (ISU), MIRPURKHAS**

**Authors:** Pawan Khatri<sup>1</sup>, Nawal Rai<sup>1</sup>, M. Haseeb<sup>1</sup>, M. Haris<sup>1</sup>, Love Kumar<sup>1</sup>, Bhagwan Das<sup>1</sup>,  
**Supervisor:** Prof . Dr. Syed Razi muhammad<sup>2</sup>

**Abstract:**

**Background:** Over the past decade medical science has evolved greatly and with this huge progress has emerged significant development in teaching and learning of medical education. The ever-expanding demand for transmitting knowledge and constant pressures for the provision of healthcare has led to an increased obligation on the shoulders of faculty members to acquire and apply a broad range of the latest educational interventions. A variety of faculty development activities are designed and implemented to aid the faculty members in fulfilling this varied task. This study is aimed at evaluating a course of faculty development conducted at Muhammad Medical & Dental College.

**Methodology:** In 2022, three extensive separate courses of CHPE were held at MMDC, ISU by Professor Syed Razi Muhammad, the Chancellor of ISU with Masters degree in Medical Education. The course included an extensive interactive session, weekly assignments and weekly tests. Reading material was provided before the interactive session.

Following topics were covered in the course. Principles of Curriculum Development, Principles of teaching & learning, Principles of assessment, ToS& Blueprint, Aligning Learning Objectives, Instructional Strategies, and Assessments, Item Analysis, Problem based learning, Competency based medical education, Outcome based education (OBE), Small group teaching, Large groups teaching (Lectures), Adult Learning, Portfolio Management, Professionalism, Mentoring, Curriculum Mapping, Communication Skills Lecture, Educational Psychology and the affective domain, Research Methodology, Principles of Statistics and SPSS Workshop.

A cross-sectional study was conducted from May-September 2023. All teachers (course participants) n = 38 were approached. This study included a closed & open ended questionnaire and interviews was administered for collection of information regarding level of Satisfaction. Data were entered and analyzed using MS Office 2013 & SPSS version 26.

**Results:** Total n = 38 HODs (10.5%), Professors (21.1%), Associate Professors (2.6%), Assistant professors (21.1%), Lecturer (15.8%), Post graduate trainees (7.9%), House officers (2.6%), Registrar (10.5%), Principal and Vice Principal (5.2%) and Coordinator (2.6%). All of the participants were satisfied with the quality of course (100%). Moreover, 97.4% participants agreed that the course was interesting. CHPE participants liked the course since it was concise and facilitators were experienced. However, they recommended that the duration of course should be longer, all faculty members and final year students should be trained and more frequent assessments should be done. On the other hand, the CHPE faculty in phase-II suggested that course contents should be revised, more workshops should be performed and there should be more interactive sessions.

**Conclusion:** This study evidenced that the CHPE course offered by MM&DC has influenced the course participants in a positive manner. The course has significantly improved faculty's skills as teachers. The use of CIPP model in evaluating educational programs is recommended due to its inherent directness yet sufficiently detailed structure. There are some areas in the course which need improvement, mentioned by the learners and the CHPE faculty.

**Key Words:** CHPE, Medical Education, Medical Students of Final Year, MM&DC.

**WORD COUNT: 532**

**TITLE: HEPATOCELLULAR CARCINOMA AND ITS CORRELATION WITH ALPHA FETOPROTEIN**

**Authors:** Syeda Hira Fatima<sup>1</sup>,IqraAamir Dars<sup>1</sup>,WafaMisra<sup>1</sup>,  
**Supervisor:** Prof . Dr. Razi Muhammad<sup>2</sup>,Prof . Dr. Abdul Qadir Khan<sup>3</sup>  
Department of Medicine Muhammad Medical College,Mirpurkhas

**Abstract:**

**Background:** The main tumor of the liver is hepatocellular carcinoma (HCC). Hepatocellular carcinoma is responsible for more than 90% of all primary liver tumors. The liver is also the most prevalent site for metastatic tumors from the abdomen and other locations. Cirrhosis and symptoms associated with chronic liver disease should point to hepatocellular carcinoma as the most likely diagnosis. The most of ten used tumor marker for detecting hepatocellular carcinoma is serum Alpha Fetoprotein (AFP), which has been demonstrated to predict prognosis.

**Aims And Objectives:** To determine correlation of Hepatocellular carcinoma with serum Alpha-Fetoprotein.

**Methodology:** A retrospective study was conducted from June to September 2023 at Muhammad Medical College Hospital, Mirpurkhas. The data was collected from the records of HCC patients at MMCH, Mirpurkhas and Asian institute of medical science, Hyderabad. Performa was made consisting of the patient's age, sex, presenting complaints, aetiologies and lab investigations including CBC, HCV, HBV, HDV, LFTs, alpha-fetoprotein and triphasic CT scan. Data was entered and analyzed using SPSS version 22.

**Inclusion:** All the cases of hepatocellular carcinoma with normal and elevated Alpha-fetoprotein were included in the study.

**Exclusion:** All the metastatic tumors were excluded in our study.

**Results:** There were 38 patients in total (29 men and 9 women). Male: Female ratio (3:1). 7 patients (18.4%) had their Alpha-Fetoprotein in normal range, 11 patients (28.9%) had range b/w 10-100ng/ml while 20 patients (52.6%) had AFP>100ng/ml. 27 patients had a triphasic CT scan, which showed a lesion of >2cm in 25 patients (65.8%) and 2 patients (5.3%) had lesion <2cm. The majority of patients complained of right upper quadrant pain (52.63%), abdominal distention (21.05%), generalized weakness (13.15%), melaena (7.89%), and hematemesis (5.2%). Most of the cases of HCC were due to the hepatitis C virus (60.52%), hepatitis B (13.15%), hepatitis B+D (7.89%) and one patient was autoimmune positive.

**Conclusion:** Our study shows strong association of serum AFP with HCC, majority of patients had elevated serum APF while some have in normal range. Most of the cases was due to Hepatitis C.

**Key Words:** Hepatocellular Carcinoma, Alpha fetoprotein, MMCH

**Word Count: 379**

**TITLE: PREVALENCE OF ANGER ISSUES AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS**

**Authors:** Bushra, KainatRajar, Aqsa Dua, Fareesa, Rohama Imran, Laiba sheikh<sub>1</sub> ,

**Supervisor:** Prof essor Dr Syed Razi Muhammad<sub>2</sub>

Final year MBBS students of Muhammad Medical & Dental College (MMDC), Ibn-e-Sina University (ISU), Mirpurkhas.

**Abstract:**

**Background:** Anger is an emotional state of displeasure and subjective feelings that changes in intensity from annoyance to severs intensity feeling of rage. It usually affects the health of an individual with relationships to fellow beings. Anger is one of the most prevalent behavioural problem among the youth and those around them. Some theorists believe that anger is a maladaptive attempt at coping with a stressful environment, resulting in greater conflict and personal discomfort..

**Method:** A cross sectional study was conducted on the students of all five years of MDC, constituent college of ISU, Mirpurkhas. Study conducted since March to August 2023, through the convenient sampling technique. A Total of 138 students participated from 1st year to final year students. A newly developed questionnaire was introduced in this study. A simplified version of the Novaco Anger Scale and Provocation Inventory and the modified Patient Health questionnaire 9 were incorporated in the questionnaire. Data entered and analysed SPSS version 26 and MS Of fice 2013.

**Results:** A total of 138 Students participated in the survey using the questionnaire, Based on the data, 63% of the students admitted that that they have a bad temper on "occasional" basis. Moreover only 12.3% students said they would pretend "never" suppress or tolerate their emotions, 57.2% of them said that they suppress their anger and tolerate it "most of the time." However only 21% of the students on the gave a score of "occasionally" and "of ten" when it comes to suppressing and tolerating their anger. An enormous majority of students 78.3% said that they would "never" deal with anger by any of the mentioned means expressed in the questionnaire But 10% of the students resort to negative habits "all the time. Furthermore, a total of 64% of students gave a score of "occasionally" and "of ten" when it comes to how frequently they get frustrated, 30.4% said that they get frustrated most of the time, while 6.5% said all the time.42% said that they calm their anger by walking and talking with friends or mentors for support. While only 15.9% of the students prefer taking deep breaths or practicing mindfulness. 58.7% and 30.4% reported that challenging exams and demanded overload make them more angry respectively, while 8.7% students said long hours spent on work make them angry. 49.3% and 28.3% reported that they manage their anger by internalization and by engaging in physical activities respectively.15.2% and 5.8% reported that they sought prof essional help in managing their anger episodes on a frequent basis studies, 18.8% reported that for anger management prof essional help would never be beneficial. 32% of the students said they isolate themselves "Mostly" out of anger while 27% said "Frequently". 16.7% and 5.8% said that they feel regret while 5.8% were depressed respectively

**Conclusion:** Anger was mainly by friends and family. Homelessness, disturbed sleep, less appetite, and isolation were higher but the attitude towards coping with anger was positive. Most of the students agreed to counselling by prof essionals.

**Word Count: 538**

**TITLE:** A STUDY TO INVESTIGATE THE DIFFERENCES ON PERCEPTION OF LIFE BETWEEN DAY SCHOLARS AND HOSTLERS; A CROSS SECTIONAL STUDY  
**Authors:** Aamna Javed<sup>1</sup>, Emaan Hafeez Yousfani<sup>1</sup>, Kainat sami<sup>1</sup>, Nargis Ali<sup>1</sup>, Sheeba Irshad Ali<sup>1</sup>.  
**Supervisor:** Prof essor Dr. Syed Razi Muhammad

**Abstract:**

Background: There are two kinds of students in Muhammad Medical College (MMC), Ibn-e-Sina University, day scholars and hostlers. They encounter diverse problems and have varied levels of happiness which has impact on their academic achievement and health status.

**Objective:** The objective of the study is to investigate the differences on perception of quality of life between day scholars and hostlers.

**Methods:** Community based cross sectional study was conducted among hostlers and day scholars of MMC, between May to September 2023. The method of data collection is online google forms and closed ended questionnaire. Convenient sampling technique was used. Frequency and percentage were calculated by EPI info version 7.

**Results:** There were 293 participants among them day scholars were 106 (36.16%) and hostlers were 187 (63.82%). In comparison between day scholar and hostler around 89% day Scholars and 63% hostlers are happy showing that day scholar are more happy. around 57% hostlers can manage time appropriately and can give more time to studies than day scholars. Most participants said that day scholar life is better than hostel life. More day scholars around 80% felt anxious than hostlers. Being safe and secure in hostel is one of the things liked by hostlers. hostlers are most likely to adjust themselves in new environment. Mostly hostlers have the ability to cover day to day lectures.

**Conclusion:** Around 89% day Scholars and 64% hostlers are happy. hostlers can manage time more appropriately and can give more time to studies and can manage their sleep schedules than day scholars. This study demonstrates that around 81% hostlers and 80% day scholars are more likely to adjust themselves in new environment. Around 57% hostlers and 55% day scholars can cover daily lectures easily showing that they can cover course before time and can prepare for exams easily and way before day scholars.

**Key Words:** Day scholars, hostlers, perception, anxiety.

**Word Count:** 347

**TITLE: PREVALENCE OF PELVIC ORGAN PROLAPSE ON WOMEN AT MMDC MIRPURKHAS**

**Authors:** Peer Gulam Murtaza , Muhmmad Usama, Amir Kahar, Kareem Bux ,Mohsin,Naeem Jakhrani .

**Supervisor:** Prof . Dr. Qamar-Un-Nissa , Department of Gynae/ Obs, MMC, Mirpurkhas

**Abstract:**

**Introduction:** Pelvic organ prolapse is one of the common gynecological problem among age and parous women UV prolapse is a common pelvic floor disorder that occur when the muscles and ligaments that support the uterus and vagina become weakened, causing the uterus and vagina to sag or drop into the vaginal canal or outside the body. it may be referred to as pelvic organ prolapse. Symptoms may include protruding buldge or lump that can be felt inside or outside the vagina. Risk factors including menopause, heavy lifting, multiparty, prolong labour. Treatment depend on severity of symptoms may include pelvic floor exercise, pessary use or surgery..

**Objective:** Aim of this study was to analyze , Risk factors for prolapse, indication for diagnosis and type of surgery's and complication Performed at Muhammad Medical College Hospital.

**Method:** A cross sectional study was done from June to august using study Performa required information was collected the patients admitted with uterine prolapse (case) at MMDC

**Result :** Our study show that Pelvic organ prolapse is common in Rural areas in Mirpurkhas 64.5% less then urban 35.8% and Vaginal hysterectomy Anterior repair and Posterior repair is the mostly performed (83%) gynecological procedure in MMCH.

And least performed Cystocele repair Majority of patient were found in age group of 40-50 year and parity was greater then 5 in 65%. Most common presenting complaint was some thing is coming out of vagina in 63.5% then other complain like lower abdominal pain and heaviness 15.2% and most common diagnosis was 3rd degree u.v prolapse rectocele and Cystocele then 2nd degree prolapse + Cystocele Majority of patients are multiparty and menopause 75%

**Conclusion:** Our study concludes that Uterine prolapse is strongly associated with age,parity and place of delivery.as the risk factor for uterine prolapse are easily preventable public health awareness programme must beconducted on risk factos there by reducing the incidence of prolapse and decreasing the morbidity caused by it

**Key word:** Epidemiological, parity, risk factor, uterine prolapsed

**Word Count: 404**

**TITLE:** NEGATIVE EFFECTS OF SOCIAL MEDIA AMONG YOUNGSTER

**Authors:** Fizza Naz Sadaf Batool Bakhtawar Sidra Hamida Suhana

**Supervisor:** Prof . Dr Sayed Razi Muhammad

Muhammad Medical and Dental college (MMDC), Ibn-e-Sina University (ISU), Mirpurkhas

**Abstract:**

**Background:** Social media makes a significant positive and negative impact, especially on young generation. Unrestricted access to social media has contributed in some young people visiting, exchanging and sharing explicit/adult content.

**Objective:** To find the number of students visiting, exchanging and sharing explicit/adult content.

**Methods:** A descriptive data study was done with 50 girl of MMCH to see how many are visiting, exchanging and sharing explicit/adult content.

Between Augusts to September 2023, a closed ended questionnaire was used for data collection. A descriptive analysis was done by using Epi info 7.0

**Result:** Total n=50 with 100% female. 25 (50%) use Instagram more than other social media, 11 (22%) use WhatsApp more than other social media, 4 (8%) use Youtube more than other social media, 3 (6%) use Snapchat more than other social media. 9 (18%) female searched adult contents and also share these contents with friends and 41 (82%) did not search or share these content.

42 (84%) think that there should be stricter measure to restrict youngster from accessing/sharing adult content. 41 (82%) youngsters think that access to adult material on internet leads to inappropriate sexual activities.

**Conclusion:** Most young girls use social media platform network. However, only just one in 5 visits, share and exchange the adult material.

**Keywords:** Social media, impact, network, site, share, adult content.

**Word Count:** 253.

**TITLE:** ASSESSMENT OF ANAEMIA AMONG PREGNANT WOMAN RECEIVING ANTENATAL CARE AT MUHAMMAD MEDICAL COLLEGE HOSPITAL MIRPURKHAS

**Author:** Dr. Nimerta, Dr.Kainat Saleem, Dr.Kainat Khudabux, Dr.Samina Khan, Dr.Rifat Hussain, Dr.Karishma Khatri

**Supervisor:** Prof Dr.Syed Razi Muhammad

**Abstract:**

**Introduction:** Anaemia in pregnancy is a major health problem worldwide maternal anaemia contributes to increase perinatal mortality, low birth weight, still birth. Anaemia in pregnancy leads to impaired organ function and cardiac failure.

Affected mothers frequently experience breathing difficulties, fainting, tiredness, palpitations and sleep difficulties.

**Methodology:** The study's population consisted of patients at Gynae Obs Department of Muhammad Medical College Hospital Mirpurkhas. A sample size of 98 patients were chosen using simple random selection. Data was analyzed using statistical method including descriptive studies.

**Objective:** To assess the factors causing anaemia during pregnancy receiving antenatal care at Muhammad Medical College Hospital Mirpurkhas.

**Results:** Out of the 98 participants, 79 were found to be anaemic (Hb < 11.0g/dl). 30 of them had mild anaemia (Hb 9.0-10.9g/dl). 26 of them had moderate anaemia (Hb 7.0-8.9g/dl). 23 of them had severe anaemia (Hb 5.0-6.1g/dl). 19 patients were non anaemic (Hb > 11.1g/dl).

Those who were married before 20 years had decrease level of hemoglobin as compared to those who were married after 20 years. Women who have 4 or more children were found to be more anaemic than women who have 1 or 2 children. As the Gestational Age increases the hemoglobin level decreases because their body's metabolic demand is increased. Women who have poor eating habits have low hemoglobin level as compared to women who eat daily nutrient rich foods.

**Conclusion:** The result of the current study showed that the women who do not take proper nutrition and diet, having poor eating habits, eating less fresh fruits, vegetables and milk are likely to have decreased hemoglobin level and they are anaemic.

Our study also showed that multiparity is also associated with fall in the hemoglobin level because as the number of children increases the hemoglobin level goes down and patient is likely to have anaemia.

Gestational age is also related to decline in the hemoglobin level in third trimester hemoglobin level falls as compared to second and first trimester.

Early marriage has significance and it is associated with fall in the hemoglobin level.

**Recommendations:** Based on our study we will conclude that pregnant women should improve their eating habits they should eat their meals on time and their meals should be rich in nutrients.

Pregnant women should eat fresh fruits, vegetables and milk frequently to prevent anaemia.

Marriage should be done within right age, not too early.

Giving birth to less children has improved the health of the mother and it prevents anaemia so this thing can be accomplished.

**Word Count: 574.**



**TITLE: OPERATIONS CONDUCTED BY GENERAL SURGEONS AND SPECIALITY SURGEONS IN MMCH**

**Authors:** Oun Muhammad Memon<sup>1</sup>, Asad Ali Siyal<sup>1</sup>, Muhammad Faisal Jutt<sup>1</sup>, Mursal Ali Magsi<sup>1</sup>, Fahad Baloch, (Final Year MBBS)

**Supervisor:** Prof . Dr. Syed Razi Muhammad<sup>2</sup>, Prof . Dr. Aijaz Ahmed Memon<sup>2</sup>

**Abstract**

**Introduction:** Surgical audit is an important strategy to maintain standard in surgical cares in hospital. Audit system makes possible to analyze huge data for improving the clinical working so that it may help in sorting of common problems and preparing for their management in future.

**Objective:** To find out spectrum of different surgical procedures performed at MMCH.

**Methodology:** Retrospective case study conducted at MMCH Mirpurkhas. Data is collected by patients file from Hospital records. This study was approved by ethical and research committee of MMCH.

**Results:** A total of 253 surgical procedures were performed during respective month of April–June 2023. Among them 73% were Male and 27% were Female. Average age group was 21 -40 years. Procedures performed were 19.37% TURP,13.04% Cholecystectomy, 9.49% URS, 8.70% Herniorrhaphy, 7.51% Vesicolithotomy,5.53% Pyelolithotomy, 3.95% Appendectomy, 3.95% Nephrectomy,3.16% DJ stents (Placing & Removal), 2% haemorrhoidectomy, 1.19% Fissurectomy, and 16.21% were treated conservatively.

**Conclusion:** According to the Hospital records majority of surgical procedures performed were TURP and Cholecystectomy. Haemorrhoidectomy and Fissurectomy were less commonly performed procedures.

**Key Words:** Surgical, Operations, Audit, TURP, Cholecystectomy.

**Word Count:** 216.

**TITLE: FREQUENCY OF COMPLICATIONS AMONG DIABETIC PATIENTS AT IBNE-E-SINA HOSPITAL**

**Authors:** Abdul Moiz<sup>1</sup>, Muhammad Mahad<sup>1</sup>, Muhammad Shahzeb<sup>1</sup>, Rahim Mustafa<sup>1</sup>, Saqlain Masood<sup>1</sup>, Shaheer Hassan<sup>1</sup>, Prof . Dr. Abdul Qadir Khan<sup>2</sup>, Prof . Dr. Aslam Ghouri<sup>2</sup>, Prof . Dr. Nadeem Memon<sup>2</sup>, Department of Medicine Muhammad Medical College, Mirpurkhas.

**Abstract:**

**Background:** Diabetes is not merely a matter of managing blood sugar levels; it is a complex condition that can lead to a wide array of severe health problems when left uncontrolled. These complications, both macro-vascular and micro-vascular, extend their reach into nearly every system of the body, from the heart and blood vessels to the eyes, kidneys, nerves, and more.

**Methodology:** A survey was conducted from June to September 2023 at Muhammad Medical College Hospital with approval by the ethical committee of ISU. The data was collected from diabetic patients at MMCH. Performa was made consisting of the patient's demographic characteristics, duration, control and treatment of diabetes, family history, co morbidity, micro-vascular and macro-vascular complication, BMI and lab investigations including fasting blood sugar (FBS), random blood sugar (RBS) and HbA1c. Data was entered and analyzed using SPSS version 22.

**Results:** There were 62 patients in total (36 men and 26 women). Male (58.1%) and female (41.9%). Most common complication in diabetic patients was diabetic neuropathy (61.3%), followed by retinopathy (51.6%), hypertension (45.2%), nephropathy (8.1%), diabetic foot (8.1%) and stroke (4.8%). 26 patients of age group 51 years and above had complaint of neuropathy, 5 patients had nephropathy, 27 patients had retinopathy, 16 patients had hypertension, 5 patients had diabetic foot and 3 patient had a history of stroke. According to glycemic control 22 patients with uncontrolled diabetes mellitus had neuropathy while 16 patients with controlled DM also had neuropathy, 3 patients with uncontrolled diabetes mellitus had nephropathy and 2 patients with controlled diabetes mellitus also had nephropathy, 22 patients with uncontrolled diabetes mellitus had retinopathy while 10 patients with controlled diabetes mellitus also had retinopathy, 19 patients with uncontrolled diabetes mellitus had hypertension and 9 patients of hypertension had controlled diabetes mellitus, 4 patients with uncontrolled diabetes mellitus had diabetic foot, while 1 patient with controlled diabetes mellitus also had diabetic foot and 2 patients with uncontrolled diabetes mellitus had a history stroke and 1 patient with good glycemic control also had a history of stroke.

**Conclusion:** In our study population the main complication was neuropathy followed by retinopathy, hypertension, nephropathy, diabetic foot and stroke. Most of the complications were seen in the age group 51 years and above, BMI 25-29.9 and most of the patients had poor glycemic control.

**Key Words:** Diabetes Mellitus, Neuropathy, Nephropathy, Retinopathy, Diabetic foot, MMCH

**Words Count:** 430.

**TITLE:** PREFERENCE OF LOVE MARRIAGE V/S ARRANGE MARRIAGE IN PAKISTAN  
**Author:** Simra Alam, Vaneeza Abro, Sana Khan, Sabeen Fatima, Laiba Ayaz, Rida Shaikh, Shamsunisa (Final Year MBBS)  
**Supervision:** Prof . Dr. Syed Razi Muhammad,  
Department of Surgery, Muhammad Medical College, Mirpurkhas

**Abstract:**

**Introduction:** Marriage is an important institution and basis of family. Happy and well-adjusted couples constitute a meaningful and contented life, this research work focuses on type of marriage preferred by undergraduate students of MMC.

**Methodology:** A Cross section study was conducted from July-September at Muhammad medical collage Mirpurkhas; all student n=100 were approached a closed ended questionnaire was administered regarding incidence of love marriage VS arrange marriage, then data was entered and analyzed by using SPSS version 26, MS of fice version 21.

**Result:** Total n=100 with 58% male and 42% females, majority of male and female preferred love marriage. The reason described by the female, in love marriage, one is valued more by the partner, and according to males they have more choices to pick the best person. In Sindh 67% were in favour of love marriage because they are valued more by their partner and 33% were against love marriage they are not supported by their family. In Punjab 77% were in favour of love marriage because they had freedom to choose their partner and 23% were against because they get less attention by their partner after marriage. In KPK 80% were in favour of love marriage because they had freedom to choose their partner and 20% were against because their partner changed after marriage. Ratio of Balochistan was already low and those who filled the form were against love marriage because they had no family support.

**Conclusion:** According to results of this study, love marriage is more preferable among people.

**Words Count:** 284.

**TITLE:** THIS STUDY AIMED TO INVESTIGATE SUBJECTIVE SLEEP QUALITY AND ITS ASSOCIATION WITH DEMOGRAPHIC PSYCHOLOGICAL HEALTH, AND SLEEP HYGIENE RELATED BEHAVIORS IN PRE -MEDICAL STUDENTS

**Authors:** Tuba , Final Year MBBS, Muhammad Medical College, Mirpurkhas

**Supervision:** Prof . Dr. Syed Razi Muhammad,  
Department of Surgery, Muhammad Medical College, Mirpurkhas

**Abstract:**

**Methods:** In this study we use cross sectional study .we provide 2 questionnaire to the participants pittsburgh sleep quality index (PSQI) and depression anxiety and stress scale 21 (DASS21) to find the association between sleep quality and its effects on psychological health in students of Ibn-e- Sina University

**Results:** The questionnaire are filled out by 100 students .about 60 %of our sample had a global PSQI score of more than 5 (cut of f of poor sleep quality) with mean global PSQI score of 6.32 (SD =2.72) .The prevalence of moderate to extremely severe depression anxiety and stress score were 26.1%,29.15% and 14.5% respectively .poor sleep quality was associate with later year in the school, psychological distress and several life style behaviors. Constructing multivariate logistic model , depression anxiety and some sleep hygiene behaviors were significantly associated with higher PSQI score

**Conclusion:** our finding suggest that poor sleep quality is a common problem among clinical medical students and its associated with some psychological symptoms and sleep hygiene behaviors .this issue demonstrate necessity of intervention to improve sleep quality in this population group.

**Words Count:** 216.

**TITLE: MOST IMPORTANT REASONS AND REMEDIES FOR VIOLENCE AGAINST DOCTORS IN PAKISTAN**

**Authors:** Izma Shaikh, Sumbal Laghari, Rabia Zahid, Adeena Aijaz, Vaneeza Alam, Fareeha Naz.

**Supervision:** Prof . Dr. Syed Razi Muhammad,  
Department of Surgery, Muhammad Medical College, Mirpurkhas

**Abstract**

**Background:** Violence against doctors in Pakistan is increasing. This study has been carried out to explore the reasons and look for remedies for violence against doctors in Pakistan.

**Methods:** A cross sectional study was done on a structured questionnaire. The questionnaires were filled by 70 people with the help of handouts and online platform. Frequency and percentage were calculated by using Excel and SPSS info version.

A total of 70 people participated including 34.3% male and 65.7% females, majority (31.4%) of them being medical students, and two nurses (2.9%).

**Results:** 48% females and 29% males never experienced violence or abusive behavior in their medical carrier. 8% male and 7% females claimed to face it almost on daily basis. 43% females and 42% males claimed to have mildly affected personal life due to violence at workplace.

63% male and female healthcare workers and students thought that self-defense training could be very useful in protection against violence. 61% females thought that good communication skills was essential to avoid workplace violence. 63% male and 61% females health care providers considered that lack of legislation for harsh punishment could be a reason of increasing rate of violence against them.

**Conclusion:** Half the males and females claimed not to have experienced violence/abusive behavior in their medical career.

**Key Words:** Health care providers, violence, workplace, medical career.

**Total Words:** 307

**TITLE:** COMPARISON OF “EMOTIONAL INTELLIGENCE” IN VARIOUS GROUPS OF IBN-E-SINA UNIVERSITY

**Authors:** Hira Batool, Hira Buriro ,FarwaTalpur,

**Supervisor:** Prof . Dr. Syed Razi Muhammad Ibn-e-Sina University (ISU).

**Abstract:**

**Background:** Emotional Intelligence is the capacity to be aware of , control and express one’s emotions and to handle interpersonal relationships judiciously and empathetically. Emotional Intelligence (“EI”) is an essential skill for medical professionals. It is a trait measured in terms of global emotional intelligence score. The aim of the study is to determine the emotional intelligence level of different students of ISU and to compare it on the basis of age, residency, class, department, gender and accommodation.

**Methodology:** A cross-sectional study was conducted from May-September 2023 at ISU. All students n=314 were approached, a closed ended questionnaire was administered for collection of information regarding Emotional Intelligence of various students. Data were entered and analyzed by using SPSS version 22.

**Results:** Total of 314 (n =314) participated in the study. The mean age of participants was  $22.58 \pm 0.74$  years 74.51% of the participants were females whereas 25.49% were males. The study found that females have higher scores of Emotional Intelligence as compared to males. Similarly, hostellers (72.2%) were found to have more Emotional Intelligence than non-hostellers. Year wise, students of 3rd year (64.2%) were more Emotionally Intelligent than others. On the basis of place of residence, the study found that students belonging to rural areas have higher emotional intelligence (56.1%) as compared to those who come from urban areas. Moreover, the students of MBBS department were more emotionally intelligent than other departments.

**Conclusion:** The study shows that females, hostellers, 3<sup>rd</sup> year students, residents of rural areas and students of MBBS had significantly higher levels of emotionally intelligence as compared to others.

**Key Words:** Emotional Intelligence, Medical Students, MMDC.

**Word Count:** 302.

**TITLE:** A CROSS SECTIONAL SURVEY ON MENTAL HEALTH AMONG MEDICAL STUDENTS AND ITS EFFECT ON ACADEMIC PERFORMANCE  
**Authors:** Areesha Abro, Kaif Memon, Simra Sehar, Rajkumari, Hajira, Kiran Zaib,  
**Supervisor:** Prof . Dr Syed Razi.  
Muhammad, Muhammad Medical & Dental College (MMDC), Ibn-e-Sina University (ISU),  
Mirpurkhas

**Abstract:**

**Background:** Mental distress is the most common problem among medical students. This is associated with severe consequences of lack of empathy for their patients, committing medical errors and suicidal ideation and attempts Besides being a major public health challenge, mental distress can influence academic achievement.

**Objective:** The main objectives of the current study were to Assess the prevalence of mental distress among medical students of MMDC and examine association of mental distress with academic, self-efficacy and study progress among medical students of MMDC.

**Method:** A descriptive cross-sectional study was done involving 206 adults medical Students; both males and females were randomly selected from MMDC , irrespective of family history and dietary habits. Data was collected from May 2023 to September 2023 using an closed ended questionnaire. The data was entered and analysed Using SPSS Version'22.

**Results:** Total of 206 students participated in this study. 60.4% of participates were female while 39.60% were male. 62.38% were hostelers and 37.62% were day scholar. Around 21% of people were not satisfied with their mental health and 19% of people had symptoms of epression and anxiety. 21% of students believed that their poor mental health affected their academic performance. 31.09% of students believed that there was strong connection between mental health and academic performance, while 21% of students believed that they had experienced decline in their academic performance due to deteriorating mental health. 9.24% of students strongly agreed that they had adequate support system to maintain their mental health.

**Key Words:** Mental health , medical students ,academic performance, MMDC

**Word Count:** 319.

**TITLE: ASSESSING THE PROFESSIONALISM OF UNDERGRADUATE MEDICAL STUDENTS ENROLLED IN IBN-E-SINA UNIVERSITY (ISU) OF MIRPURKHAS**

**Authors:** Adeela Imtiaz, Saba Zulfiqar, Aqsa Mushtaq,  
**Supervisor:** Prof Dr Sayed Razi Muhammad

**Abstract:**

**Background:** Professionalism consists of a group of values and attitudes that support and link between medical professionals and public at large. Errors committed by medical personnel are partly due to inadequate professionalism, which leads to significant morbidity and mortality. In this study, we focused on students' characteristics that would influence professionalism.

**Objectives:**

1. To assess the levels of professionalism in medical students of ISU through the standard questionnaire, which had been psychometrically analyzed, and was given to the students.
2. To determine the variations among students enrolled in various classes (1-5) years.

**Methods:** It was a cross-sectional study which was done on 421 among the students of three colleges of Ibn-e-Sina University (ISU) between July-August 2023. The results were analyzed using SPSS. An ANOVA was used to compare the professional scores according to academic year, gender, age. We also evaluated 6 components of professionalism which are: Excellence, Respect for others, Altruism, Duty, Accountability, Honor and Integrity.

**Results:** 421 students of MBBS, BDS, DPT participated in our study. 271(64%) were female students while 150(36%) were male students. Overall mean age was (1.67) year, 17-20 years is (35%), 21-23 years is (50.5%) and 23-26 years is (5.4%). There were from 1<sup>st</sup> year 118(28%), from 2<sup>nd</sup> year 72(17.5%), from 3<sup>rd</sup> year 94(22.3%), from 4<sup>th</sup> year 56(13.3%), from 5<sup>th</sup> year 81(19.2%) of MBBS, BDS, DPT. From urban area (52.7%) and from rural area (47.3%). The overall median and interquartile range (IQR) of professional score, altruism, duty, accountability, excellence, honor and integrity and respect for others was 75.00(23.00), 7.00(3.00), 20.00(6.50), 12.00(5.00), 13.00(4.00), 11.00(3.50), 12.00(5.00). In our result the females have highest professional score (73.33), than males (68.42) and BDS has highest professional score (73.75) than MBBS and DPT. First year has highest professional score (74.54).

	Professionalism	Altruism	Duty	Accountability	Excellence	Honor	Respect for Others
Male	68.42	7	17.96	11	10.97	10.7	10.77
Female	73.33	7.26	19.69	11.57	11.96	11.35	11.47
MBBS	71.36	7.17	19	11.37	11.52	11.06	11.22
BDS	73.75	7.41	19.69	11.72	12.3	11.23	11.33
DPT	69.47	6.72	18.55	10.61	11.05	11.44	11.08
First year	74.54	7.32	20.35	12.15	12.22	11.69	11.79
Second year	72.31	7.37	19.38	11.56	11.52	11.38	11.29
Third year	67.25	6.82	17.73	10.47	11.04	10.4	10.76
Fourth year	69.91	6.94	18.39	10.78	11.14	11.03	10.6
Final year	72.58	7.32	18.97	11.98	11.79	11.14	11.32

**Conclusion:** It appears from our study that the professionalism among the graduating class 4<sup>th</sup> year is much below the ideal level more over it is alarming to note that the level of professionalism deteriorates and declines significantly from 1<sup>st</sup> year to 5<sup>th</sup> year medical students. It is important to teach doctors the abilities that will enable them to be efficient professionally to deliver quality health services.

**Key Words:** Professionalism, Medical students, undergraduate, attitude, behavior.

**Word Count: 487.**



**TITLE:** ASSESSMENT OF CHILDHOOD TRAUMA AND ITS EFFECTS AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL AND DENTAL COLLEGE  
**Authors:** Masooma Fatima, Erum Manzoor, Hajira Liaquat, Bisma Shah, Farha Memon,  
**Supervisor:** Prof essor Dr Syed Razi Muhammad, Muhammad Medical College, Mirpurkhas.

**Abstract:**

**Introduction:** This article looks at the impact of childhood trauma on children's wellbeing and adult behavior. It exhibits how physical, sexual and emotional abuse disrupts one's life through analyzing coping strategies and behaviors adopted by childhood trauma victims following adversity exposure.

**Objective:** The present study is aimed to recognize the childhood trauma events and their impact in later life by discovering and correlating with symptoms related to depression and anxiety, sleep disturbance and low self-esteem as consequences of childhood trauma.

Upon this selection, the authors acknowledge that consequences and post-trauma symptoms can vary depending on numerous factors, including the type of abuse endured by victims.

**Methods:** Study is done on 100 Medical Students of MMDC. Study Design is Cross Sectional and Study period is during August & September 2023. Data collection methods are online and Data collection instruments are Close ended questionnaire. Data entry and analysis is done through software SPSS version 22. The Study is conducted after the approval from Ethical review board of MMDC.

**Results:** Out of 100 sample size, 79% were female and 21% were male. Among these 52% persons faced trauma in their childhood, majority in age group 10-15 years. 89.2% suffered from emotional abuse, whereas 50% suffered from emotional neglect and physical neglect. 33% participants were affected positively by trauma and 20% both positively and negatively. 53% people were affected in work performance and academics. 22% Coped up with trauma by speaking to friends and family, whereas 21% felt better by writing about their traumatic experiences.

**Conclusion:** Childhood trauma victims exhibit low self-esteem, and experience depression and anxiety. Some even deny their trauma history. Early interventions may reduce trauma symptoms alongside sufficient and customized treatment strategies.

**RECOMMENDATIONS:**

- The knowledge about trauma support and coping mechanisms may be included in curriculums.
- The society and families should be made aware about the childhood trauma and its negative impact on life.
- The trauma victims should be encouraged to take psychological consultation and therapy in order to overcome Post traumatic stress disorder (PTSD).
- Digital and Pictorial Brochures should be made and displayed to raise awareness.
- Platforms and Helplines such as Substance Abuse and Mental Health Services Administration (SAMHSA) should provide crisis counseling and support to the people experiencing emotional distress related to natural or human-caused disasters.
- The helpline should be free, multilingual, confidential, and available 24 hours a day, 7 days a week.

**Word Count: 432.**

**TITLE:** EFFECTS OF MOBILE TECHNOLOGY ON HUMAN RELATIONSHIPS. A CROSS SECTIONAL SURVEY AT MUHAMMAD MEDICAL& DENTAL COLLEGE (MMDC), IBN-E-SINA UNIVERSITY (ISU), MIRPURKHAS

**Authors:** Fiza Sahar, Aqsa Saeed, Hafsa, Mala, Amna, Touba Noor.

**Supervisor:** Prof . AB Rajar

**Abstract:**

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

**Objective:** This study aims to find out the relation between mobile technology and its effects on face- to- face communications in Students at MMDC.

**Study Design:** Descriptive cross-sectional study was conducted among the Students of MMDC from 1<sup>st</sup> August to 1<sup>st</sup> September, 2023

**Material and Method:** This was a cross-sectional descriptive study carried from July-August 2023 among students of MMDC. Students from each year n= 150 were approached, a closed ended questionnaire was administered. Data were entered and analyzed by using SPSS version 22.

**Result:** Out of 100 parents, 38 parents got depressed, 26 parents were shocked, 24 parents were cheerful considering good fortune, 10 parents thought of disowning the children after the birth with Down syndrome. Out of 100 children, 48 children have never been to school, 41 out of these 48 children were below average in learning ability, and 7 were average, 5 children were school going and all were above average, and 47 have been to school but couldn't adjust, 12 out of 47 were average and 11 were average. Out of 100. 37% of the

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

**Key Words:** Mobile Technology, .: Technology, impact, mobile, communications.

**Word Count: 320**



**TITLE:** MARRIAGE IN 21<sup>ST</sup> CENTURY ATTITUDES AND PERCEPTIONS OF MEDICAL STUDENTS, At IBN-E-SINA UNIVERSITY, MPK.

**Authors:** Aarti Kumari<sup>1</sup>, Fatima Rauf<sup>1</sup>, Asra Awan<sup>1</sup>

**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjid Azam<sup>2</sup>, Partab Puri<sup>2</sup>

<sup>1</sup> Student of 4<sup>th</sup> Year MBBS <sup>2</sup> Faculty of Community Medicine

**Abstract:**

**Background:** Medical and dental students in the 21<sup>st</sup> century of ten delay marriage due to the demanding nature of their studies and prioritize establishing a stable professional foundation. Financial considerations, including educational debt, play a role in this decision. Changing gender roles lead students to seek partners who support their career aspirations. Cultural and familial expectations, along with the desire for work-life balance, influence attitudes towards marriage.

**Methodology:** A cross-sectional study was conducted at Muhammad Medical and Dental College/ISU from March to September 2023. After approval from ethical board. A pre-structured semi-structured psychometrically questionnaire was distributed among studied participants and the data was collected and analyzed and entered by using SPSS version 26 and MS Office 2019 background.

**Results:** Total of 200 students 49% male and 51% female. Study shows that medical and dental students, females are more willing to get married than males. 73% of medical students and 26% of dental students are willing to get married in MMDC. 27% day scholar and 72% hostler are willing to get married in MMDC.

**Conclusions:** The statistics clearly show that most young people still think of themselves as being destined to marry. Their attitudes towards the happiness and success of their future marriages are positive. When asked to compare the importance of marriage to a successful career the general attitude speaks of a good balance. It can be concluded from the study that parental involvement in mate selection seems to play a major role in marital satisfaction in Pakistan. Collectivistic nature of society maybe an important reason for this.

**Key words:** Marriage attitude, MMDC/ISU students, MMDC/ISU

**Word Count: 350.**

**TITLE:** INFLUENCE OF TYPE A & TYPE B PERSONALITY ON ACADEMIC ACHIEVEMENT OF MEDICAL & DENTAL STUDENTS AT IBN-E-SINA UNIVERSITY, MPK

**Authors:** Abdul Basit<sup>1</sup>, Adnan Khalil<sup>1</sup>, Ahmed Anas<sup>1</sup>  
AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam<sup>2</sup>, Partab Puri<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College<sup>1</sup>, Faculty Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract:**

**Background:** Personality is considered as the internal processes emerged in combined form of emotions, interpersonal and attitudes that harmonize the reaction, behavior and interaction with others and as a result becomes main factor which has considerable impact on behavior of humans. It is observed that many theorists have classified and measured personality traits and types from diverse viewpoints. Thus, the present study examined two different personality types A and B in this research with its impact on students' academic achievement.

**Methodology:** A Cross Sectional study was conducted in Muhammad Medical and Dental College at ISUMirpurkhas from March to September, 2023. After approval from ethical review board the informed consent study among participants were taken. A pre-tested semi structure questionnaire was distributed. Data was collected by convenient sampling method, Students of MBBS and BDS. The data was analyzed by SPSS version 26 and MS Office 2019.

**Results:** A Total of 180 students revealed that 78 students were type A, 69 students of type AB & type B was 33. The highest prevalence of Type A personality was noted in 1<sup>st</sup> and Final year, for Type B 2<sup>nd</sup> year showed the great prevalence compared to other years. The highest prevalence of type A were 30.56 % in females & 12.78 % in Males Having greater CGPR. Similarly, the Prevalence of Type AB were 19.4% in Female & 18.88% in males has the average CGPR and the prevalence of Type B were 12.22% in Females & 6.11 % in males having low CGPR as concluded in our research. The Highest Prevalence of Type AB Were 26.66% in Hostler while 17.22% of the non-hostlers having greater type A personality show Greater CGPR.

**Conclusion:** It has been concluded that the prevalence of type A was higher among Females students of 1<sup>st</sup> and Final year, hostellers' High academic achievers. While Type AB & B were common in both Male & Female of 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> year students of Hostlers, Non-Hostlers, having an average CGPR respectively. The Type A had significant association with academic achievement ( $P < 0.05$ ) while the non-significant relationship between type & AB was found.

**Keywords:** Academic Achievement, Influence of Personality Type, Students at IBN-E-SINA University.

**Word Count:** 429.

**TITLE: KNOWLEDGE AND PERCEPTION OF MEDICAL AND DENTAL STUDENTS ABOUT ARTIFICIAL INTELLIGENCE AT IBN E SINA UNIVERSITYMPK**

**Authors:** Aqsa Samejo<sup>1</sup>, Hafsa Channa<sup>1</sup>, Mehrunisa<sup>1</sup>, AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam <sup>2</sup>, Partab Puri <sup>2</sup>,  
<sup>1</sup> students of 4<sup>th</sup> year MBBS Muhammad Medical College, faculty of Department of Community  
Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract:**

**Background:** Artificial Intelligence (AI) simply means making machines capable of simulating intelligence by giving the computer human-like capabilities, such as understanding, reasoning and problem-solving. AI interprets external data, learns from it, and uses this learning to achieve specific goals and tasks. The aim of this study was to evaluate the understanding of AI among medical and dental students of MMDC AT Mirpur khas.

**Methodology:** A cross sectional study that was conducted at Muhammad medical and dental college \ISU from March to September 2023 after ethical approval from IRB, the inform consent was taken from the participants, a pretested psychometric validated close ended questionnaire (knowledge and perception of AI questionnaire among medical and dental students) were distributed. The data were entered collected analyzed and interpreted by using SPSS version 27 and MS of fice 2019

**Results:** A total of 222, out of which 95(42.8) were males and 127 (57.2) females. 76% agreed that rules & regulations should be implemented for AI. 14% said that traditional teaching methodologies should not be replaced by AI. 48% think that AI decision making is more accurate than human decision making. 17% disagree that AI will dominate the medical field in future. 30.6% said that teaching should be AI based. 31.1% reported that they will follow AI algorithms to greater extent for future evaluation while 4.5% didn't agree. 34% acknowledge limitations of AI while 5% did not. 68% believe that AI is equally significant as residency training, clinical skills and knowledge. 56% anticipated that AI/ML curriculum is to be integrated into medical college.

59% respondents believe that AI/ML will advance and boost performance of future physicians.

**Conclusion:** It can be concluded from the findings of this study that students have positive perceptions towards AI systems, showing optimism towards learning more about AI in their medical education.

**Keywords:** Knowledge and perception, Artificial Intelligence, Medical & Dental Students, MMDC/ISU.

**Word Count: 362.**

**TITLE: SCREENING OF TEACHERS' AND STUDENTS' EVERYDAY MEMORY STATUS BY USING A RATING SCALE AT IBN-E-SINA UNIVERSITY**

**Authors:** Areesha Ikram<sup>1</sup>, Aiman Fatima Batool<sup>1</sup>, Muqadas Mehak<sup>1</sup>

**Supervisor:** AB Rajar,<sup>2</sup> Asif Shah,<sup>2</sup> Amjid Azam,<sup>2</sup> Partab Puri<sup>2</sup>,

<sup>1</sup>Student of 4<sup>th</sup> Year MBBS<sup>2</sup> Faculty Of Community Medicine

**Abstract:**

**Background:** Recall and recognition failure is usually called Forgetting. When the previous experience has not been activated for days or months, forgetting tends to happen. Thinking that memories merely disappear over time is mistaken. The Medical professional students have higher level of forgetfulness as compared to others due to extensive syllabus and other academic responsibilities. Hence this study was to find out the prevalence of forgetfulness among the students of MMDC @ Ibn-e-Sina University.

**Methodology:** A cross sectional study was conducted from March to September 2023 at MUHAMMAD MEDICAL COLLEGE and IBN-E-SINA UNIVERSITY MIRPURKHAS. After approval from apical review board a pre tested/semi structure psychometrically tested questionnaire was distributed among the study participants. The data was collected, entered, analyzed by using SPSS version 26 and MS OF FICE 2019.

**Results:** Total of 220 students 114 Male and 106 Female. Study shows that Male Medical students age less than 20 years have high value of forgetfulness than Female students of ISU 42.98% Male and 42.45% Female have higher levels of forgetfulness among MMDC students. 52.06 % Hostellers and 31.31 % Day scholar have higher level of forgetfulness among MMDC students 47.32% age <20 and 37.96% age >20 have higher levels of forgetfulness among MMDC students 42.67% Medical and 42.85% Dental have higher level of forgetfulness among MMDC

**Conclusion:** It can be concluded that the higher levels of forgetfulness were found among less than 20 years, Males, Married, Hostlers, Medical, first year, final year MBBS & BDS respectively as compared to others.

**Keywords:** Forgetfulness, Medical & Dental Students, MMDC/ ISU

**Word Count: 298.**

**TITLE:** CONTINGENCIES OF SELF-WORTH AMONG UNIVERSITY STUDENTS AT IBN-E-SINA UNIVERSITY, MPK

**Authors:** Ayesha Cheema<sup>1</sup>, Rameen Seher<sup>1</sup>

**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjid Azam<sup>2</sup>, Partab Puri<sup>2</sup>

<sup>1</sup>Students of Fourth Year MBBS, <sup>2</sup>Faculty of Community Medicine

**Abstract:**

**Background:** Self-worth is rooted in one's overall appraisal of their value or capacity. Many of the factors can effect someone's sense of self-worth just as "Family support, Competition, Appearance, GOD's Love, Academic Competence" The aim of this study is to decide how all these factors effect human perception of self-worth of different age, gender, habitual groups.

**Methodology:** The cross-sectional study was conducted at ISU from march to September 2023. After approval from apical review board a pre-tested/semi structure psychometrically tested questionnaire was distributed among study participants. The data was collected, entered, analyzed by using SPSS version 26 and MS OF FICE 2019.

**Results:** A total of 220 students, 123 were males and 97 females. Mean age was 22.45±2.3. Study shows that factors affecting perception of self-worth has following results for domains. Family support is comparatively higher in hostelers (25.30), MBBS (25.38), 19-20yr (26.10), Male (25.80). Competition is comparatively higher in day scholars (24.41), MBBS (25.56), 19-20yr (25.26), Female (25.53). Appearance is comparatively higher in day scholars (21.97), BDS (21.57), 21-24yr (21.58), Female (24.37). GOD's Love is comparatively higher in hostelers (27.03), MBBS (27.18), 19-20yr (27.53), Female (27.50). Academic competence is higher in hostelers (26.16), MBBS (24.54), 19-20yr (24.95), Female (25.04). The significant high levels of the P VALUE for family support (0.031) and academic competence (0.011) were among hostelers, competition (0.060) among MBBS, family support (0.04) among males and appearance (0.010) among females.

**Conclusion:** The overall score of the research shows that majorly the groups effected by the factors of self-worth are MBBS, hostelers, 19-20years of age group and females. They find themselves more worthy when they have better Family Support, Competition, Appearance, GOD's Love and Academic Competence. On the whole, the factor effecting all the groups is GOD's Love.

**Keywords:** Self-worth, Medical & Dental students, MMDC/ISU.

**Word Count:** 331.



**TITLE: KNOWLEDGE, ATTITUDE AND AWARENESS OF ANTIBIOTICS USE AND RESISTANCE AMONG MMCH DOCTORS.**

**Authors:** Iqra Khalid, Ayesha Wahab, Humaira Kaosar

**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjid Azam<sup>2</sup>, Partab Puri<sup>2</sup>

<sup>1</sup>Students of Fourth Year MBBS, <sup>2</sup>Faculty of Community Medicine

**Abstract:**

**Background:** This study was designed to assess the knowledge of antibiotics usage and antibiotics resistance among the staff of MMCH. It tries to decide whether the level of education about antibiotics resistance.

**Objectives:** Survey on knowledge attitude and awareness of the MMCH doctors on antibiotics use and resistance.

**Method:** A cross sectional study was conducted from July-August 2023 at Muhammad Medical College, Mirpurkhas. 100 structured questionnaires was developed to collect data. Data was analyzed thorough excel by using statistical tools. Many peoples shows good responses. Some people show poor responses.

**Results:** A total of 100 respondents were participated. 67% shows good response to knowledge.33% shows poor response towards antibiotics knowledge.>25y age of people shows good response<25 years age people show poor response to antibiotic resistance. Designation vice house of ficers shows good response and junior's residence shows excellent response. Majority of residents were agree from our maximum questionnaire point of view.

**Conclusion:** This study has demonstrated that medical students in MMCH have good knowledge of antibiotic use and resistance. However, despite the good knowledge, high rates of incorrect antibiotic usage practices were reported.

**Word Count: 218.**

**TITLE: PREVALENCE OF HELPING ATTITUDES AMONG MEDICAL STUDENTS AT IBN-E-SINA UNIVERSITY STUDENTS, MPK**

**Authors:** Huda hurmain<sup>1</sup>, Suman Chohan<sup>2</sup>, Farzeen Chohan<sup>3</sup>,

**Supervisor:** AB Rajar<sup>2</sup>Asif Shah<sup>2</sup> Amjid Azam<sup>2</sup> Partab Puri<sup>2</sup>

<sup>1</sup>Student of 4year MBBS<sup>2</sup> Faculty of Community Medicine

**Abstract:**

**Background:** Helping attitude is caring about the welfare of other people and actions that are intended to benefit another person.

The prevalence of helping attitude among undergraduate students refer to the extent to which a significant portion of students at the undergraduate level exhibit a willingness and inclination to assist others in various situations, such as volunteering, offering support or providing aid when needed.

**Methodology:** A cross sectional study was conducted at Muhammad medical college and dental collage/ISU from march to September 2023. After approval from ethical board. A pre stated semi structure psychometrically close ended questionnaire was distributed among studied participants and the data was collected and analyze and entered by using SPSS version 26 and MS of fice 2019

**Results:** Total of 220 students 39.7% male and 58.5% female. Study shows that female dental students age greater than 20 years are more helpful than male students of ISU have high level of helping attitude as compared to male. 67.9% Male and 62.18% Female have higher levels of helping attitude among MMDC students. 68.8 % non-hostler and 56.6% Hostler have higher levels of helping attitudes among MMDC students.63.2% age >20 and 58% age <20 have higher levels of helping attitude among MMDC students.62.8% Dental and 61.3% Medical have higher levels of helping attitude among MMDC students

**Conclusion:** Helping attitude was found higher among Females, Dental, in the high age group and non-Hostler as compared to others. While in the year of study wise comparison the 4<sup>th</sup> year MBBS and 1<sup>st</sup> year BDS has higher levels of helping attitude as compared to others.

**Keywords:** Helping attitude, MMDC students, MMDC/ISU

**Word Count: 312.**

**TITLE:** ASSESSMENT OF GAP BETWEEN KNOWLEDGE AND PRACTICES AMONG TYPE 2 DIABETES MELLITUS PATIENTS AT MUHAMMAD MEDICAL COLLEGE HOSPITAL, MPK

**Authors:** Muhammad Ghufuran Ashar<sup>1</sup>, Haroon Ejaz Khan<sup>1</sup>, Rana Muhammad Waleed<sup>1</sup>

**Supervisor:** Prof. Dr. Syed Asif Shah<sup>2</sup>  
Students of 4<sup>th</sup> Year Muhammad Medical College<sup>1</sup>, Professor  
Department of Community Medicine, MMDC, MPK<sup>2</sup>

### **Abstract**

**Introduction:** Type 2 Diabetes was previously seen mainly in older adults, however it is becoming more common in young children due to obesity and overweight children. Type 2 diabetes is sometimes called a "life style" disease as it is more common in people who don't do enough exercise, have an unhealthy diet and are obese. Aim of study: To measure the level of knowledge about T2DM and its management among the patients.

**Methodology:** This was a Cross-Sectional study carried from April 2023 to September 2023 among the patients of Type 2 Diabetes Mellitus in the Medicine ward of Muhammad Medical College Hospital. All patients of Type 2 Diabetes Mellitus n=165 were analyzed. A closed-ended questionnaire was formulated for the collection of information regarding the audit of patients of Type 2 Diabetes Mellitus. Data were entered and analyzed by using SPSS version 26 and Excel 2019.

**Results:** Out of 165 sampled patients of T2DM, 63% were males and 37% were females. 3% patients were aged <40 years, 25.5% had age between 41-50 years, 38.2% had age between 51-60 years and 33.3% patients had age >60 years. As we observed 50% of the patients had low knowledge and high HbA1C value, and the patients with low knowledge were 25% obese and 22% have overweight according to BMI. Overall results show 49% patients had low knowledge and poor consciousness about their health.

**Conclusion:** The results of the study state that type 2 diabetes patients are deficient of sufficient knowledge on the understanding of DM, risk factors of DM, targeted level of blood glucose, hypoglycemia, food exchange system, and basic health care; only knowledge score and HbA1c have a significant negative relationship, not other actions; risk factors for the patients' outcome include old age, higher education, high economic status, and duration of DM.

**Keywords:** Type 2 Diabetes Mellitus, T2DM, Patients at MMCH/IBN-E-SINA University

**Word Count: 360.**

**TITLE:** STUDENTS VOICES ON GENERATIVE ARTIFICIAL INTELLIGENCE  
CHATGPT, PERCEPTION, BENEFITS AND CHALLENGES IN MEDICAL  
EDUCATION AT IBN-E-SINA UNIVERSITY

**Authors:** Maria Narejo<sup>1</sup>, Sumaiya Narejo<sup>1</sup>, Hadia Hayat<sup>1</sup>  
**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam<sup>2</sup>, Pratab Puri<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS).  
Department of Community Medicine, Ibn-e-Sina University

**Abstract:**

**Background:** Chat-GPT is a versatile AI language model with the ability to facilitate communication and enhance productivity in various fields. It has potential to boost productivity and creativity across multiple domains. That's why the current study was planned to evaluate the student's perceptions about chat GPT.

**Methodology:** A cross sectional study was conducted at Ibn-e-sina University from March to September 2023. After approval from ethical review board, a semi structure pre-tested questionnaire was distributed among the participants and the results were collected, analyzed and interpreted by using SSPS version 26 and ms of fice 2019.

**Result:** Total of 180 student's participated.45% male, 45% females, with mean age was 22.34. The result shows that 13% thinks that Chat GPT has limitations in ability to handle complex tasks.18% think that Chat-GPT cannot generate inaccurate output.19% think that Chat-GPT cannot exhibit biases and unfairness in its output. 22.5% think that Chat-GPT can have limited emotional intelligence and empathy due to which it can produce insensitive and inappropriate output.31.5% are in favors of using Chat-GPT to improve their teaching and learning in future.15.5% believe that using Chat GPT does not undermine the value of university education.21.5% reported that Chat GPT is tool of great support to students .37.5% are agreed that Chat GPT is an excellent source of academic feedback.

**Conclusion:** Majority of students are aware about different aspects of Chat-GPT. like, limitations in handling complex task , can generate excellent outcome, can exhibit biases, favorable in teaching and learning, better choice for career , excellent source of academic feedback , helps in assignments, transferring of skills such as teamwork, problem solving and leadership skills.

**Keywords:** Chat-GPT-AI, MMDC Students, ISU

**Word Count:** 321.

**TITLE:** KNOWLEDGE AND PRACTICE TOWARDS SKIN CARE AND COSMETICS AND THEIR ADVERSE REACTIONS AMONG UNDERGRADUATE MEDICAL AND DENTAL STUDENTS AT IBN-E-SINA UNIVERSITY(MPK)

**Authors:** Maryam Aijaz<sup>1</sup>, Mahnoor Memon<sup>1</sup>, Geeta Kumari<sup>1</sup>

**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam<sup>2</sup>, Partab Puri<sup>2</sup>

<sup>1</sup>Students of 4<sup>th</sup> year MBBS, <sup>2</sup>Faculty of Community Medicine

**Abstract:**

**Background:** Cosmetics refer to a broad category of products and substances that are applied to the skin, hair, nails, or other body parts for the purpose of enhancing, beautifying, or altering one's appearance. Cosmetics can be found in various forms, such as creams, powders, lotions, serums. It can cause adverse reactions such as exfoliation, discoloration and skin breakout. Skin care encompasses a range of practices and products. Hence the aim of study was to assess about knowledge, practice and adverse reaction of cosmetics and skin care among MMDC/ISU students.

**Methodology:** A cross sectional study was conducted from March to September 2023 at Muhammad Medical College and Ibn-e-Sina University Mirpurkhas. After approval from apical review board a pre-tested/semi structure psychometrically tested questionnaire was distributed among the study participants. The data was collected, entered, analyzed by using SPSS version 26 and MS OF FICE 2019.

**Results:** A total of 200, 94% are Females, Hostlers 81.5%, Urban 62.5%. Mean age was 22.38±2.41. 28.5% Do Not use cosmetics 42.0% Do Not share Cosmetics. 41.5% Do not use sunscreen. 6.0% Do not remove makeup before sleep. 7.5% thinks physical exercise do not improve skin health 8.0% thinks yoga and medication do not improve skin health. 10.0% thinks better sleep do not improve skin 5.5% think healthy diet do not improve skin. 16.0% thinks over exfoliation do not damage skin 8.5% thinks stress has no negative effects. 45.5% do not use moisturizer on oily skin. 9.0% thinks plenty of water do not improve skin health.

**Conclusion:** Overall, the undergraduate medical and dental students has good insight and practice towards cosmetics and their adverse reaction.

**Keywords:** Cosmetics, Adverse reactions, Medical & Dental Students, MMDC/ISU

**Word Count:** 317 words.

**TITLE:** PREVALENCE AND ASSOCIATED FACTORS OF INTERNET ADDICTION AMONG UNDERGRADUATE MEDICAL STUDENTS IN IBN- E- SINA UNIVERSITY-BASED CASE CONTROL STUDY.

**Author:** Maryam Mukhtar<sup>1</sup>, Humma Aziz<sup>1</sup>, Sehar Fatima<sup>1</sup>

**Supervisor:** Prof Syed Muhammad Asif Shah<sup>2</sup>, A.B Rajar<sup>2</sup>,Partab Puri<sup>2</sup>.

Student of Fourth Year M.B.B.S<sup>1</sup>.

Department of Community Medicine and Health Sciences<sup>2</sup>, Ibn-e-Sina University.

**Abstract:**

**Background:** Internet Addiction is a common problem in university students that negatively effects cognitive functioning, leads to poor academic performance, family relationships and emotional development among youth and engagement in hazardous activities and may lead to anxiety and stress. So the present study aimed to assess the prevalence of internet addiction and associated factors among undergraduate medical students inIbn-e-Sina University.

**Objectives:** To find out the prevalence of Internet Addiction among medical students according to age group, gender and year of study.To find out associated risk factors of internet addiction.

**Methods:**A cross sectional study was conducted from July-August 2023 at Ibn-e-Sina University, Mirpurkhas. All students n=200 were approached, a closed ended questionnaire by Dr Kimberly S.Young was administered for collection of information regarding Internet Addiction was entered and analyzed using Excel.

**Results:** The prevalence of Internet Addiction among current Internet users was 65% (n=129 Male 73% and Female 26%) in more than 21 years and 56% Male and 45% females in less than 21 years were observed. Majority of Male students of all batches prefer internet use more typically for Social update andinteraction (odds Ratio OR= 3.3), Easy access to internet (OR=2.5) , To avoid facing reality (OR= 2.5), Insufficient parental monitoring (OR= 4.5), Addiction of online relationships for visual community seeking validation (OR=2.1) were associated with internet addiction.

**Conclusion:** The current study documents a high prevalence of Internet Addiction among university students. The factors associated with Internet Addiction were easy access of Internet, social update and interaction, To avoid facing real life and Insufficient parental monitoring.

It is suggested that comprehensive methods of medical and preventive interventions should be examined in future research priorities, and if they were effective, must be held periodically. In addition, a serious effort should be implemented to expand the quality and quantity of Medical and Educational services. The results of the present study contain implicit indications for teachers, parents, and therapists.

**Word Count: 367.**

**TITLE: PERCEPTIONS OF UNDERGRADUATE MEDICAL AND DENTAL STUDENTS ABOUT THE DOWRY SYSTEM PREVALENT IN OUR SOCIOCULTURAL SYSTEM @IBN-E-SINA UNIVERSITY.**

**Authors:** <sup>1</sup>Mehak Lela, <sup>1</sup>Tehmina Batool, <sup>1</sup>Maryam

**Supervisor:** <sup>2</sup>AB Rajar Asif Shah <sup>2</sup> Amjid Azam <sup>2</sup> Partab Puri <sup>2</sup> ,  
<sup>1</sup> Student of 4<sup>th</sup> year MBBS <sup>2</sup> Faculty of Community Medicine, MMC, Mirpurkhas

**Abstract:**

**Background:** The dowry creates imbalance in the status of Women and Parents it affect women mentally and physically. Dowry is a cause of endorsing greed and conflicts in society. Majority of people are involved in dowry system whether they are educated or illiterate. However, most of the respondents are against this system. Therefore, the aim of this study is to explore the perceptions of medical and dental students about the Dowry System.

**Methodology:** A cross sectional study was conducted from March-September 2023 at Muhammad Medical And Dental College, ISU Mirpurkhas. After approval by ethical review board, the informed consent from the participants was obtained. The pretested questionnaire was distributed among the participants. The data was collected, entered and analyzed and interpreted by using SPSS version 27 and MS Office 2019

**Results:** A total of 197 participated, Male 24.6%, 20.7% of Female students agreed that the dowry system should run in our sociocultural system, 45.2% of males and 44.55 females disagree that they would not prefer marriage compulsory with dowry, 9.2% of males and 4.61% of females said that the girls are not affected by the dowry system, 58.8 % agreed that the dowry is a cause of greed in the society, 44% female disagree that the Dowry System is injected in the blood of nation, 67% female and 59% male agree that parents lose their self respect under the burden of dowry, 52% participants agree that dowry is common in arrange marriages than love marriages, 50% male and 50% female agree that dowry leads to suicide.

**Conclusion:** It can be revealed that the majority of female students are in the favor of dowry system as compared to male students. Dowry system leads to suicide, mental effects, cause of disrespect the parents and creates conflicts in society.

**Keywords:** Dowry system, Medical and dental Students, MMDC/ISU

**Word Count: 346.**

**TITLE:** KNOWLEDGE AND PRACTICE OF CONFIDENTIALITY OF PATIENTS' HEALTH RECORDS AMONG UNDERGRADUATE MEDICAL STUDENTS AT IBN-E-SINA UNIVERSITY MIRPURKHAS

**Authors:** Mir Ghazanfar Talpur, Feroze Siyal, Hassan Raza  
**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam<sup>2</sup>, Partab Puri<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College<sup>1</sup>,  
Professor Department of Community Medicine Muhammad Medical & Dental College,  
MPK<sup>2</sup>

**Abstract:**

**Background:** Patient confidentiality refers to the right of patients to keep their records private and represents physicians' and medical professionals' moral and legal obligations in handling patients' sensitive medical and personal information. Respecting patients' privacy is an essential professional responsibility for physicians and other health team members. In this regard, this study investigates medical students' knowledge about confidentiality and disclosure of patient's information. The aim of this study was to assess the knowledge and practice regarding confidentiality among senior undergraduate medical students at MMDC/ISU.

**Methodology:** A cross-sectional study was conducted after ethical approval from ethical board, informed consent was taken from study participants. A pretested semi structured questionnaire was given to senior undergraduate students N=130 from August-Sept 2023 at Muhammad medical and Dental college Mirpurkhas. A data was collected, entered and analyzed by using SPSS version 26 and MS of office 2019.

**Results:** Total of 130 students 66(50.8%) male and 64(49.2%) female of 4<sup>th</sup> and 5<sup>th</sup> year have participated in this study among them 83.8% participants have knowledge regarding confidentiality. It shows that 24.6% denied of access to health records of dying patient to every relative & 26.2% reported not to oblige the patient request for the medical history. It is seen that 80.3% male participants among 4<sup>th</sup> & 5<sup>th</sup> year from urban areas agreed to have consent before his health records released to third party, 62.5% female among 4<sup>th</sup> & 5<sup>th</sup> year agreed that staff can reveal the next of kin to his relatives for processing death certificate & the majority of male & female participants disagreed not to discuss patient condition with other people except for medical learning & treatment.

**Conclusion:** It has been concluded that a high level of knowledge and practice about confidentiality were seen among the students at ISU Mirpurkhas.

**Keywords:** KAP, Confidentiality, MMDC Students, MMDC/ISU

**Word Count:** 356.



**TITLE:** MEDICAL STUDENT'S PERCEPTIONS OF THE DOCTOR-PATIENT  
RELATIONSHIP: A CROSS-SECTIONAL STUDY FROM IBN-E-SINA UNIVERSITY,  
MPK

**Authors:** Muhmmad Matin<sup>1</sup>, Muhammad Hassaan<sup>1</sup>, Jahangeer Qamar<sup>1</sup>

**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam<sup>2</sup>, Partab Puri<sup>2</sup>

Students of (4th year MBBS) Muhammad Medical College<sup>1</sup>,

Prof essor Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract:**

**Background:** The doctor-patient relationship refers to the unique and essential connection between a healthcare provider (doctor, nurse, or other healthcare professional) and a patient. This relationship is built upon trust, communication, and respect. This study aims to examine the attitudes of Fourth and Final year MBBS students at IBN-E-SINA University MPK toward the physician-patient relationship.

**Objective:** The purpose of this study is to determine the approach of Doctor-Patient relationship among students of Ibn-e-Sina University.

**Methodology:** A cross-sectional study was conducted from March to September 2023. After approval from Ethical Review Board a Pre-tested semi-structure, psychometrically questionnaire was distributed among study participants. The survey was completed among 175 students of medical at Ibn-e-Sina University MPK. Data was collected, entered and analyzed by using SPSS version 26 and MS Office 2019.

**Results:** Total N=175, Male 86, Female 89, mean age 22.12±2.11. Domain wise overall score of Dr-pt relationship questionnaire the sharing & caring were higher in female students 22.21 & 23.22 respectively. , among Final Year students 21.74 & 22.59 respectively, in the students of Urban Areas 21.28 & 22.46, having CGPA > 3 respectively 21.28 & 22.33, among the students of hostels 20.98 & 22.19, among the students of age 20-23Y. having 21.09 & 22.20. Markable Number of students were agreed to the statement that doctor should decide what gets talked, should rely on their doctor's knowledge, doctor in charge and the important part medical visit is physical exam.

**Conclusion:** It has been concluded that majority of the students have higher levels of sharing and caring at IBN-E-SINA University MPK. Higher levels of both domains were found in female students of final year MBBS belonging from urban areas having CGPA > 3.

**Keywords:** Doctor-Patient relationship, medical students, IBN-E-SINA University.

**Word Count: 344**

**TITLE: PATTERNS OF SLEEPING DISORDERS AMONG UNDERGRADUATE MEDICAL AND DENTAL AT IBN-E-SINA UNIVERSITY/MPK**

**Authors:** Muntaha Qasim,<sup>1</sup> Mahnoor Khan,<sup>1</sup> Aqsa Asif<sup>1</sup>

**Supervisor:** AB Rajar Asif Shah<sup>2</sup> Amjid Azam<sup>2</sup> Partab Puri<sup>2</sup>

<sup>1</sup> Student of 4<sup>th</sup> Year MBBS <sup>2</sup> Faculty of Community Medicine, Muhammad Medical College, Mirpurkhas.

**Abstract:**

**Background:** Medical students experience significant stress, which may interfere with their sleeping routines, which may disturb their body functioning. Sleep disorders is a medical disorder of an individual's sleep patterns and sleep disorders involve problems with quality, timing and amount of sleep, which result in day time distress and serious consequences of human's health. Some sleep disorders are more challenging to treat; most can be easily managed with adequate interventions. We review the main diagnostic features of 5 major sleep disorders (Insomnia, Psychiatric disorders, Circadian Rhythm, Movement disorders and Parasomnia). The purpose of this study is to examine the patterns of sleeping disorders among students of Medical and Dental at Ibn-e-Sina University/MPK.

**Methodology:** A cross sectional study was conducted from March – September 2023 at Ibn-e-Sina University MPK after approval from ethical review board. A Self-administered questionnaire distributed among Medical and Dental students and data was collected and entered analyzed by using SPSS Version 26 and MS Of fice 2019.

**Results:** A total of 213, the 47.4% male and 52.6% female, the high prevalence sleeping disorders observed in female as compared to male, the age <20 years 31.9% and age >20 years 68.1%, the high level of Movement disorders(25%) observed in age <20 years and high level of Insomnia(44%), Circadian Rhythm(42%), Psychiatric Disorders(45.36%) and Parasomnias (32.41%) observed in age >20 years. The 66.7% Medical and 33.3% Dental, the high level of Insomnia (33.8%), Psychiatric disorders (28.57%) and Parasomnias (35.21%) observed in MBBS students as compare to Dental students which are 32.39%, 15.49% and 32.39% and Circadian Rhythm (48%) and Movement disorders (24%) are observed higher in dental as compare to MBBS students which are 45.77%, and 21.12% The High levels of Insomnia(54.91%), Psychiatric Disorders(55.6%), Movement Disorders(54.0%) and Circadian Rhythm(55%) was observed among hostlers but Parasomnia(60%) was observed high in non-hostlers respectively.

**Conclusion:** It can be concluded that the overall sleeping disorders was found among female, hostlers, urban and MBBS students but Insomnia, Psychiatric disorders, movement disorders, circadian rhythm observed high in hostlers but Parasomnia was observed greater in non-hostlers. The results suggest that students have negative impact on sleep and awake cycles which disturb their normal mental, physical, social and mental functioning.

**Keywords:** Sleeping disorders, Medical & Dental Students, MMDC/ISU.

**Word Count: 393.**

**TITLE:** MOBILE PHONE DEPENDENCY, ASSOCIATED STRESS & ACADEMIC ACHIEVEMENTS AMONG MEDICAL AND DENTAL STUDENTS AT IBN-E-SINA UNIVERSITY /MPK

**Authors:** <sup>1</sup>Sonia Khan, Saveeta, <sup>1</sup>Nikita Kumari,

**Supervisor:** AB Rajar <sup>2</sup>Asif Shah <sup>2</sup>Amjid Azam <sup>2</sup>Partab Puri <sup>2</sup>

<sup>1</sup>Student of 4<sup>th</sup> Year MBBS <sup>2</sup>Faculty of Community Medicine, Muhammad Medical College, Mirpurkhas.

**Abstract:**

**Background:** Perceived Stress refers to the degree to which events in a person's life are assessed as stressful, unpredictable and uncontrollable. Phone Dependency is a type of technology addiction involving compulsive overuse of the mobile devices, usually quantified as the number of times users access their devices and/or the total amount of time they are online over a specified period. It has been observed that the university students are accustomed to using phones more frequently that may lead to stress, anxiety and depression. Hence, this study was aimed to analyze the relationship between phone dependency, Perceived stress and Academic achievements.

**Methodology:** A cross sectional study was conducted from March to September 2023 at IBN E SINA University MPK after approval from the ethical review board, the informed consent was taken from the participants. The Perceived Stress Scale (PSS) & The Smart Phone Addiction Scale were used. The data was collected, interpreted and analyzed using SPSS 22 and MS 16.

**Result:** A total of 220 students, among them males (39.5%), Females (60.4%), Mean age 22.23. Higher levels of phone dependency were observed among Age group 19-21(33.18%), 5<sup>th</sup>Yr. MBBS (12.66%), 4<sup>th</sup>Yr. BDS (7.1%), Females(25.9%), Urban(26.36%), and MBBS(25.9%) as compared to others. In contrast to others, higher levels of perceived stress were among Age 19-21(45.45%), 5<sup>th</sup>Yr. MBBS(12.6%), 4<sup>th</sup>Yr. BDS (15.7%), Females (40%), MBBS (32.27%) and urban (30%). Both the phone dependency and perceived stress had significant impact on CGPA with P-value <0.01 and <0.02 respectively.

**Conclusion:** It is concluded that both Perceived Stress and Phone Dependency are linked to lower academic achievements among medical students. It is also inferred that there exists a positive correlation between Perceived Stress and Phone Dependency and a negative correlation between Phone Dependency and Academic Achievements among medical students of MMDC/ISU

**Keywords:** Mobile Dependency, Perceived Stress, Academic Achievement, Students of MMDC/ISU

**Word Count: 338.**

**TITLE:** KNOWLEDGE AND ATTITUDE TOWARD CONSANGUINEOUS MARRIAGE AMONG MEDICAL AND DENTAL STUDENTS AT IBN-E-SINA UNIVERSITY /MPK  
**Authors:** Muhammad Saleman<sup>1</sup>, Khair Muhammad<sup>1</sup>, Hammad Haider<sup>1</sup>  
**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam<sup>2</sup>, Partab<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College<sup>1</sup>, Faculty Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract:**

**Background:** Consanguinity, a union between close biological kin, is most common in the Middle East, South and West Asia and North Africa. Many studies revealed an association between consanguinity and many common genetic diseases such as; sickle cell anemia, thalassemia, hemophilia, congenital heart diseases, congenital malformations and hearing deficit. Therefore, to explore the attitudes towards hazards associated with consanguineous among undergraduate medical and dental students at MMDC.

**Methodology:** A cross-sectional study was conducted from August – Sep 2023 at Muhammad medical college Mirpurkhas. All students n=199 were approached, After Ethical Approval from IRB and taking informed consent a pretested psychometrically validated close ended questionnaires were administered for collection of information regarding knowledge and attitude toward consanguineous marriage among medical and dental students. Data was collected, entered and analyzed on SPSS version 26 and Microsoft Office 2019.

**Result:** Total n=199 with 122 female, 76 male age between 20 to 25 years. In most ways 83.7% female students of MMDC agreed that possibility of consanguineous couples may have diseased offspring higher than non-consanguineous. Knowledge about consanguineous marriage diseases were about 69.3% of Sickle cell anemia, 81.9% of Thalassemia, 71.4% of congenital heart disease, 70.4% of Congenital anomalies and 74.9% of Hemophilia were common among the students of MMDC. The data analysis also showed that 84.37% students of both genders highly disagreed to support consanguineous marriage, 49.7% disagreed to advise a friend for cousin marriage and 58.3% disagreed to marry a relative with a history of known genetic disease.

**Conclusion:** This Research Reveals that the medical students have High knowledge about the consanguinity & many common genetic diseases and also concluded that majority of the students had negative attitude towards consanguineous marriage at IBN-E-SINA University, MPK.

**Keywords:** Consanguineous marriage, Genetic diseases, Awareness, Medical & Dental Students, MMDC/IBN-E-SINA University

**Word Count: 347.**

**TITLE:** RELATIONSHIP BETWEEN LEVELS OF EMPATHY WITH PERSONALITY TYPE A SNAPSHOT OF MEDICAL AND DENTAL STUDENTS AT IBN-E-SINA UNIVERSITY, MIRPURKHAS.

**Author:** <sup>1</sup>Fiza,<sup>1</sup>Sawera Saood, <sup>1</sup>Rabia Lodhi, AB Rajar <sup>2</sup>Asif Shah <sup>2</sup>Amjid Azam <sup>2</sup>Partab Puri <sup>2,1</sup> Student of 4<sup>th</sup> Year MBBS <sup>2</sup> Faculty Of Community Medicine, Muhammad Medical College, Mirpurkhas

**Abstract:**

**Background:** Types of personality describes the unique patterns of thoughts, feeling and behavior that distinguish a person from others. Empathy is the “reactions of one individual to the observed experiences of another. The aim of this study was to search out the relationship between personality and empathy.

**Methodology:** A cross sectional study was conducted from July to September 2023 at IBN E SINA University MPK and consent of participants with ethical approval by the ethical committee of ISU. All students n=184 were approached, a close ended questionnaire by Myers-Briggs and the Enneagram and Test developed by Dr Howard Glazer for the book, Executive Health was administered for collection of information regarding levels of empathy with personality Types was entered and analyzed using SPSS.

**Result:** A total of 184, (64%) female & (55%) male, overall all the batches of MBBS and BDS students, (63.39%) hostlers and (52.77%) Non-hostler, 21-23 age students (62.76%) have type-A personality. Female students have a high level of empathy (56.17%) as compared to males (53.68%), Overall 2<sup>nd</sup>, 3<sup>rd</sup> MBBS and 4<sup>th</sup> yr. BDS, Hostlers have high level of Empathy (60.72%) as compared to non-hostler (45.84%) and 21-23 age students have high level of Empathy (65.95%).

**Conclusion:** The high levels of personality Type A was observed among Hostler, Female and all batches of MBBS and BDS students. High levels of Empathy were found among hostler, Female and 3<sup>rd</sup>, 4<sup>th</sup> year MBBS and 2<sup>nd</sup> year BDS. Significantly high level of Empathy was observed among Types A personality followed by Type AB.

**Keywords:** Types of personality, levels of Empathy, students of MMDC/ISU

**Word Count: 297.**

**TITLE:** LEVEL OF CLIENTS' SATISFACTION AND ASSOCIATED FACTORS WITH THE SERVICE OF OUT-PATIENT DEPARTMENT IN MMCH MIRPURKHAS,2023

**Authors:** Shafqat Hussain<sup>1</sup>Talha Tariq<sup>1</sup>Zeeshan Asif<sup>1</sup>Amr Ayoub<sup>1</sup>  
Dr Syed Asif Shah<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College<sup>1</sup>, Prof essor Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

### **Abstract**

**Introduction:** The level of client satisfaction is one of the most important factors in determining the quality of healthcare services. Client expectations about the quality of care are also linked to the perceptions of care, and when patients have favorable impressions, their clinical experience and outcomes. Understanding how consumers feel about the healthcare and treatment they have received is crucial to improving the service's quality at MMCH, MPK.

**Methodology:** A cross-sectional study was conducted from August – Sep 2023 at MMCH Mirpurkhas. Clients n=250 were approached, After Ethical Approval from IRB and taking informed consent a pretested psychometrically validated close ended question naira were administered for collection of information regarding level of clients' satisfaction and associated factors with the service of out-patient department in MMCH, Mirpurkhas. Data was collected, entered and analyzed on SPSS version 26 and Microsof t Of fice 2019.

**Result:** Total n=250 with 89females, 161 male age between 18 to 27 years. In most ways 59% of the male patients of age group 24-27 (47%) from rural areas were satisfied on general health service provision while 5 % disagreed similarly 33% of the female were satisfied only. It is also seen that 85% of both Male & Female were satisfied on items related to health prof essionals and 84% of both Male & Female patients were agreed to itemsrelated to health service administration.

**Conclusion:** According to the result it has been observed that the satisfaction on the general health service provision, satisfaction to the health prof essional services and satisfaction to health service administration was found to be 59%,85% and 84% respectively. The general satisfaction of outpatients at MMCH OPD clinics healthcare services was average while satisfaction to health prof essionals &health service administration was high respectively.

**Keywords:** Out Patient Department, Associated Factors, Patients at MMCH, Mirpurkhas.

**Word Count 344.**

**TITLE:** ANALYSIS OF RISK FACTOR FOR POLYCYSTIC OVARIAN SYNDROME IN SINDH A CASE CONTROL STUDY

**Authors:** Sumaiya Jamro, Syeda Fazila Bibi, Muskan Doulat,

**Superiors:** Dr. Syed Asif Muhammad, AB Rajar.

**Abstract**

**Background:** Polycystic ovarian syndrome (PCOS) is the commonest endocrine disorder at a reproductive age. Although the exact cause remain unclear, it is generally accepted that lifestyle, environmental, and genetic factors play important roles in the occurrence and development of PCOS. PCOS is usually only diagnosed when complications develop that significantly reduce the patient s quality of life (e.g, hair loss, acne, alopecia and infertility-related problems).The global prevalence of PCOS is estimated to be 8-21% of women of reproductive age. Globally, 1.55 million women of reproductive age experience PCOS, resulting in 0.43 million disability – adjusted life-year (DALYs).

**Objective:** To assess the association of several risk factors with the occurrence of PCOS compared to normal control group and to suggest preventive and control measures

**Method:** A case control study was done in Muhammad Medical College Hospital. The duration of study was from July to August 2023. The Target population consists of confirmed cases of PCOS. Sample technique were Convenience type, 73people were included (case 46: control:27). Inclusion Criteria Females are including in the study based on reproductive age (14-49 years)who attended the hospital and private clinic and those who have been diagnosed by the consulting gynecologist/physician. Our Data Collection tool was a questionnaire and was administered for collection of information regarding Risk Factors For PCOS was entered and analyzed using Excel

**Result:** The result of this study suggest that PCOS is significantly associated with high risk of infertility, obesity, Family H/of PCOS compared with those women in general population. All these above stated issues have impact on health of women thus quality of life

**Conclusion:** Polycystic ovarian syndrome is associated with several reproductive and psychological abnormalities. It is a complex heterogeneous disorders presenting with spectrum of phenotypes such as menstruation, irregularities, hirsute and acne.

**Word Count 323.**

**TITLE:** INFLUENCE OF LIFE SATISFACTION ON SELF-ESTEEM AMONG MEDICAL AND DENTAL STUDENTS AT IBN-E-SINA UNIVERSITY , MIRPURKHAS.

**Author:** Tehseen Sajjad<sup>1</sup>, Abubakar Rahim<sup>1</sup>, Muhammad Mohsin Afzal<sup>1</sup>  
AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam <sup>2</sup>, Partab Puri<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College<sup>1</sup>, Prof essor  
Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

### **Abstract**

**Background:** Life satisfaction is positively related to self-esteem. Multiple studies have addressed the direct relationship between life satisfaction and self-esteem but the psychological mechanism that underlie this association are still unknown. Self-Esteem is a complex, subjective construct with reflect an individual's perception, emotional evaluation, and acceptance to the self. Therefore, the present research was to explore the relationship between life satisfaction and self-esteem among the students of IBN-E-SINA University, Mirpurkhas.

**Methodology:** A cross-sectional study was conducted from August – Sep 2023 at Muhammad medical college Mirpurkhas. All students n=216 were approached, After Ethical Approval from IRB and taking informed consent a pretested psychometrically validated close ended questionnaires (Life Satisfaction & Self-Esteem) were administered for collection of information regarding influence of life satisfaction on self-esteem among medical and dental students. Data was collected, entered and analyzed on SPSS version 26 and Microsoft Office 2019.

**Result:** Total n=216 with 135 female, 81 male age between 20 to 25 years. In most ways 50% were agreed that my life is close to my ideal. 52.8% were agreed that my life is excellent. 47.7% were satisfied with their life. 48.2% were agreed that they have gotten important things. 33.5% were agreed that they would change nothing. 55% were agreed that they are not good at all. 56.4% were agreed that they are able to do things as well as other people. 62.4% were agreed that they have a number of good qualities. 54.1% were agreed that they feel useless at times. 61% were agreed that they are person of worth at times on an equal plane with others. 50.9% were agreed that they took positive attitude towards themselves.

**Conclusion:** According to the result it has been observed that the students having high levels of Life Satisfaction have High Levels Self-Esteem also. It has been seen majority of the students were satisfied with their life, able to do things as well as other people and have a good number of qualities.

**Keywords:** Life Satisfaction, Self Esteem, Students of MMDC/IBN-E-SINA University Mirpurkhas.

**Word Count: 388.**



**TITLE: PARENTAL PERSPECTIVES ON INFORMED CONSENT IN RESPECT TO THEIR CHILDREN DECISION TO GET MARRIED: A CROSS-SECTIONAL STUDY AT PARENTS OF MIPURKHAS CITY**

**Author:** Umm-e-Hania Khan<sup>1</sup>, Palwasha Khan<sup>1</sup>, AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjid Azam<sup>2</sup>, Partab Puri<sup>2</sup> <sup>1</sup>Students of 4<sup>th</sup> year MBBS, <sup>2</sup>Faculty of Community Medicine

**Abstract**

**Background:** Informed consent is a professional ethics emanating from fiduciary responsibility of the parents. Hence the aim of this study was to evaluate the perceptions of parents towards consent taking approach from their children in major vital decisions like marriage, job, career.

**Methodology:** The cross-sectional study was conducted at ISU from March to September 2023. After approval from ethical Review committee, the informed consent was taken from the participants. The data was collected, entered, analyzed by pre-tested questionnaire and using SPSS Version 26 and MS Office 2019.

**Results:** Total of 50 parents, mean age-43.36±24.7, Male-46%, female 56%. The prevalence of informed consent was higher among educated persons 16.2% has high value to take consent than uneducated people 12.2%. 56% Yes and 40% No and 4% Not sure for taking informed consent. And 52% Yes and 46% No and 2% Not sure for taking verbal consent among the parents. 76% male and 72% female they think we should obtain permission from children among the parents. 16.2% educated persons and 12.2% uneducated people has awareness regarding consent in Islam among the parents. 56% parents think that informed consent from individual closest should be gained sometimes among parents. 21.2% Never 51.9% Sometimes 23.1% Always thinks that we should include our relatives in important choices involving your blood kin among parents. 24% Never people have been taking consent in major decisions. 46% people think taking board your children for marry 54% Sometimes have asked their children about their life partner choice.

**Conclusion:** This study showed that the parents of mirpurkhas city mixed knowledge about the importance of taking informed consent from the children in vital decisions while the attitude about practical implementation of informed consent was observed with the level of education low in illiterate males and belongs to Rurales.

**Keywords:** Informed consent, Parental perspectives, Parents of Mirpurkhas.

**Word Count: 340**

**TITLE: ASSESSMENT OF THE DIRECT MEDICAL COSTS OF DIABETES MELLITUS IN THE SINDH- PAKISTAN: A CROSS SECTIONAL SURVEY**

Authors: Usman Ahmed <sup>1</sup>, Nisar Ahmed <sup>1</sup>, Sameer Shaikh<sup>1</sup>

Dr Syed Asif Mohammad

4th year students of Muhammad medical college

Faculty of Department of community medicine, Muhammad medical college

**Abstract**

**Background:** Diabetes mellitus is an obtrusive universal health emergency in developed and developing countries, including Pakistan. With the exponential rise of epidemiological conditions, the costs of treating and managing diabetes are on an upsurge. This study aimed to estimate the cost of diabetes and determine the determinants of the total cost among diabetic patients.

**Methodology:** This cross-sectional study was executed which involves the multi-stage area sampling technique and data was collected through a self-structured questionnaire. Mann–Whitney U and Kruskal–Wallis tests were performed to compare the cost differences in socio-demographic variables. Lastly, multiple linear regression was conducted to determine and evaluate the association of the dependent variable with numerous influential determinants.

**Result:** The urban respondents' average direct and indirect costs are higher than rural respondents. Gender, complications, income, history of diabetes and work status were statistically significant determinants of the total cost. 21-40 years 25% with mean value 18,645(18,500), 41-60 years 50% with mean value 15,944(11,000), Above 60 years 25% with mean value 17,763(15,000). Males 67% with mean value 16,446(12,000), Females 33% with mean value 18,354(20,500) Single 14% with mean value 17,250(15,000), Married 86% with mean value 17,068(12,000). 8% graduate, mean 23,875(20,500) and 34% secondary, mean 19,533(21,000) and 47% primary, mean 15,867(12,000), 11% illiterate, mean 9,650 (17,500). 59% urban, mean 17,462(15,000) and 41% rural, mean 16,586(13,000). Monthly income of 31% less than 15,000, mean 15,267(11,500), 44% 15000-30000, mean 16,994(15,000), 16% 30000-45,000, mean 17,033(14,000), 8% 45000-60000, mean 21,000(18,500), 1% 60000 and above, mean 42,000(42,000). 29% with complications, mean 21,351(21,000), 71% with no complications, mean 15,301(12,000). 32% with family history of diabetes, mean 21,250(20,000), 68% with no family history of diabetes, mean 15,335(12,000).

**Conclusion:** The present study highlights that the economic jeopardy of diabetes can be managed by educating people about diabetes and its associated risk factors. The economic burden of diabetes could be restrained by formulating new health policies and promoting the use of generic medicines.

**Keywords:** Diabetes, Costs, Complications, Healthcare, Economic burden, Pakistan

**Word Count 362**

**TITLE:** A PATTERN OF BIPOLAR MOOD AND SLEEP DISORDERS AMONG UNDERGRADUATED STUDENT AT IBN-E-SINA UNIVERSITY \MPK  
**Authors:** Syed Zaki Uddain<sup>1</sup>Muhammad Junaid Yousuf<sup>1</sup>, Rawal Hussain  
**Supervisor:** AB Rajar<sup>2</sup>, Asif Shah<sup>2</sup>, Amjad Azam <sup>2</sup>, Partab Puri <sup>2</sup> ,  
<sup>1</sup>Students of 4<sup>th</sup> year MBBS Muhammad Medical College, Faculty of Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract**

**Background:** Bipolar Mood Disorder (BMD) is a chronic relapsing-remitting illness, characterized by episodic mania (excessive self- esteem, extravagant activity, and reduced need for sleep) and depression. Sleep Disorders refer to conditions that affect sleep quality and timing or duration and impact of person ability to properly function while they are awake. The Aim of this study was to evaluate the pattern and relationship of Sleep and Mood Disorder among Medical and Dental students of MMDC AT Mirpur Khas.

**Methodology:** A cross sectional study that was conducted at Muhammad Medical and Dental college\ISU from March to September 2023 after ethical approval from IRB, the inform consent was taken from the participants, a pretested psychometric validated close ended questionnaire (Bipolar Mood Disorder and Insomnia Severity Index) were distributed. The data were entered collected analyzed and interpreted by using SPSS version 27 and MS of fice 2019.

**Results:** A total of 200, the 47% Males and 53% Females, Mean age 18-26. The 9.19% Males and 5% Females, 8.19% Hostler and 2.89% Non-hostler, 11.11% Final year and 13.33% 4th year MBBS, 18.18% 4th year and 15.78% 3rd year BDS,3.44% 21-23 and 8.69% 24-25 Year of age, screened positive for Mood disorder respectively. In Sub-threshold Insomnia 48.93% Males and 40.56% Females, 47.02% Hostler and 39.4% Non-hostler, 9.6% 2<sup>nd</sup> year and 10% Final year MBBS, 13.3% 2<sup>nd</sup> year and 12% 4th year BDS ,47% 18-20 year and 43% 21-25 Year of age have Sub-threshold Insomnia respectively. In Clinical Insomnia 14.5% Males and 7.44% Females, 14.08% Hostler and 13.09% Non-hostler, 4.8% 1st year and 8.0% 4<sup>th</sup> year MBBS, 2.6% 2nd year and 2.6% 3<sup>rd</sup> year BDS, 14% 18-23 Year of age have Clinical Insomnia respectively. The Males with were found with significantly higher levels of Bipolar Mood Disorder (p value 0.01) and Sleep Disorder (p value= 0.03) as compared to females. While there was no significant relationship was found among rest of study variables.

**Conclusion:** The Higher level of Bipolar Mood Disorder was observed among Males as well as Hostler age from (24-26 years) and among Senior batches of MBBS and BDS. The Clinical Insomnia was high among Males as well as Hostler age from (18-22 years) and in study year wise 1st year and 4th year MBBS and 2nd and 3rd year BDS respectively. The Males were found with significantly higher levels of Bipolar Mood and Sleep Disorders as compared to Females. While there was no significant relationship was found among rest of study variables.

**Keywords:** Bipolar Mood Disorder, Sleep Disorder, Students of MMDC/ISU

**Word Count: 476**

**TITLE: PREVALENCE OF OBSESSIVE-COMPULSIVE DISORDER(OCD) AMONG THE STUDENTS OF MUHAMMAD MEDICAL & DENTAL COLLEGE AT IBN-E-SINA UNIVERSITY /MPK**

**Authors:** Daud Saleem<sup>1</sup>, Raza Ali<sup>1</sup>, Sakhawat Ali<sup>1</sup>  
Prof DR Syed Asif Shah<sup>2</sup>  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College<sup>1</sup>, Prof essor of Department of Community Medicine Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract**

**Background:** Obsessive-compulsive disorder (OCD) is a common, chronic & long-lasting disorder in which person has uncontrollable, reoccurring thoughts and behavior that he or she feel the urge to repeat things over and over again. Its onset and peak are during late teens making university students a priority target. Symptoms of OCD of ten has many negative impacts on the life of students. So, the aim of the study was to estimate the prevalence of OCD symptoms among Muhammad Medical and Dental college students.

**Methodology:** A cross-sectional study was conducted among Muhammad Medical students during the period from August to September 2023. A close ended questionnaire was used to collect data. A total of 250 students participated in study from 1st year to final year. Collected data was entered and analyzed by spss version 26 and Word Excel version 19.

**Result:** Among the total of 250 students that responded to the questionnaire. Out of which 105(42%) were Females & 145(58%) were Males are of age group 18-27 years. Out of 145 Males 46 has Low level while 90 has Moderate and 9 has extreme level of OCD symptoms. While out of 105 females 23 has little level while 76 has Moderate and 6 has extreme level of OCD.

**Conclusion:** According to the study Moderate level of symptoms were found in students of Muhammad Medical & Dental college Mirpurkhas. No significant association of OCD with Socio-Demographic Factors. Younger Students and early years of study were more likely to suffer from OCD symptoms.

**Keywords:** Obsessive-compulsive disorder (OCD), Public awareness., Students of MMDC/IBN-E-SINA University Mirpurkhas.

**Word Count: 309.**

**TITLE: BRAIN EATING AMOEBIA, NAEGLERIAFOWLIERI – A SYSTEMATIC REVIEW.**

**Authors:** Shah Ahmed <sup>2</sup>, Asfand Yar Khan <sup>3</sup>, Hasham Jabbar<sup>4</sup>, Salal Buzdar<sup>5</sup>.

**Supervisor:** Dr Syed Muhammad Asif <sup>1</sup>

4<sup>th</sup> Year students of Muhammad Medical College <sup>1</sup>

Prof essor, Department of Community Medicine, Muhammad Medical College <sup>2</sup>

**Abstract:**

**Introduction:** Primary amoebic meningoencephalitis (PAM) is a rare but lethal infection of the brain caused by a eukaryote called *Naegleriafowleri* (*N. fowleri*). The aim of this review is to consolidate the recently published case reports of *N. fowleri* infection by describing its epidemiology and clinical features with the goal of ultimately disseminating this information to healthcare personnel.

**Methods:** A comprehensive literature search was carried out using PubMed, Google Scholar databases until 31 April 2023. All studies from the year 2013 were extracted, and quality assessments were carried out meticulously prior to their inclusion in the final analysis. Results: A total of 21 studies were selected for qualitative analyses out of the 122 studies extracted. The cases were distributed globally, and 72.7% of the cases succumbed to mortality. The youngest case was an 11-day-old boy, while the eldest was a 75-year-old. Significant exposure to freshwater either from recreational activities or from a habit of irrigating the nostrils preceded onset. The symptoms at early presentation included fever, headache, and vomiting, while late sequelae showed neurological manifestation. An accurate diagnosis remains a challenge, as the symptoms mimic bacterial meningitis. Confirmatory tests include the direct visualisation of the amoeba or the use of the polymerase chain reaction method.

**Conclusions:** *N. fowleri* infection is rare but leads to PAM. Its occurrence is worldwide with a significant risk of fatality. The suggested probable case definition based on the findings is the acute onset of fever, headache, and vomiting with meningeal symptoms following exposure to freshwater within the previous 14 days. Continuous health promotion and health education activities for the public can help to improve knowledge and awareness prior to engagement in freshwater activities.

**Keywords:** brain-eating amoeba, *Naegleriafowleri*, primary meningoencephalitis, encephalitis, amoebic encephalitis, free-living amoeba

**Word Count 319.**

**TITLE: PREVALENCE OF HOUSEHOLD FOOD INSECURITY AMONG PATIENTS ATTENDING AT MMCH, SINDH PAKISTAN**

**Authors:** Allah Diwayo, Israr Ahmed, Kashif Malik,

**Supervisor:** Prof . Dr. Syed Asif Shah

Students of Muhammad Medical College, HOD and Professor Department of Community Medicine, Muhammad Medical and Dental College Mirpurkhas.

**Abstract:**

This research study investigates the prevalence of household food insecurity among patients attending at MMCH Sindh, Pakistan. Food insecurity is a pressing global issue, and understanding its prevalence and underlying factors in specific regions is essential for targeted policy interventions. Through a comprehensive analysis of survey data and statistical methods, this study aims to shed light on the unique challenges faced by households in Sindh, contributing to the broader discourse on food security. The findings have implications for policymakers, NGOs, and researchers working towards improving food access and nutrition in Pakistan.

**Introduction:** Food insecurity is a critical concern in today's world, affecting the well-being of millions of individuals and families. Pakistan, with its diverse socio-economic landscape, presents a unique context for examining the prevalence of food insecurity. This study focuses on the Sindh province, to understand the extent of food insecurity and the factors that contribute to it. Patients face distinct challenges related to food access and availability, necessitating a nuanced analysis to inform targeted interventions. By investigating the determinants of food insecurity in Sindh, this study aims to provide valuable insights into how policymakers can address this pressing issue effectively.

**Methods:** To assess the prevalence of household food insecurity among patients attending at MMCH, Sindh Pakistan a mixed-methods approach was employed. Data was collected through surveys conducted in selected households, supplemented by qualitative interviews to gain a deeper understanding of the local context. Food security was assessed using standardized measures, and demographic, economic, and social variables were collected to identify determinants. Statistical analyses, including regression models, were applied to the data to examine the relationships between these determinants and food security status.

**Result:** A total of 100 households were eligible for the study, and 100 females were contacted but, only 80 of them, females had consented for participation in the study. The reason for non response was that the eligible females were not available at the time of interview. Thus, the response rate in the present study was 80%.

**Conclusion:** This study revealed a relatively high number of persons reported Food insecurity.

- Linked to different demographic factors poor socioeconomic status, family member >5 and illiteracy

**Word Count: 403**

**TITLE:** KNOWLEDGE, ATTITUDE AND PRACTICES AMONG HEALTHCARE PROFESSIONALS TOWARDS ROUTINE HEALTH INFORMATION SYSTEM UTILIZATION IN MIRPURKHAS, PAKISTAN

**Authors:** Taha Suhaib<sup>1</sup>, Waqas Ahmed<sup>1</sup>, Syed Hasnain Raza<sup>1</sup>  
Syed Asif Shah , A B Rajar , Amjad Azam , Partab Puri , Students of (4th year MBBS)  
Muhammad Medical College , Faculty Department of Community Medicine Muhammad Medical & Dental College ,MPK

**Abstract:**

**Background:** A routine health information system (RHIS) is a system that records, stores, and processes health data in order to enhance healthcare decision-making. However, systematic use of health information is still not used for program decisions in developing nations.

**Objective:** To assess the knowledge attitude and practices of routine health information system among different category of health care workers .To suggest preventive and control measures

**Methods:** A facility-based cross-sectional study was conducted from June to September,2023 .Data from participants were gathered using a self-administered, pretested structured questionnaire by employing a systematic random sample technique among healthcare workers at public health facilities. Data were entered and analyzed using SPSS and excel version 2019.

**Result:** A total of 100 workers were study participants with 100% response rate. The mean age was 32 (5.23). Utilization of routine health information among health professionals was average.

**Conclusion:** Utilization of RHIS among the health professionals was average. Type of institution, complexity of RHIS, data management skills, training on HMIS, and feeling guilty of not accomplishing their target performance were factors related to RHIS utilization. Comprehensive training and improve data management skills are highly recommended for improving RHIS.

**Key Words:** Knowledge, attitude and practices among Healthcare Professionals towards Routine Health Information System Utilization .Students of MMDC/ISU

**Word Count:272**

**TITLE:** UNCONTROLLED HYPERTENSION AND BEHAVIORAL RISK FACTORS AMONG ADULT HYPERTENSIVE PATIENTS AT MUHAMMAD MEDICAL HOSPITAL, MIRPURKHAS, SINDH, PAKISTAN.

**Authors:** Muhammad Arshad, Daniyal Rehman, Zia-ur-Rehman  
Students of (4<sup>th</sup> year MBBS) Muhammad Medical College,  
Department of Community Medicine Muhammad Medical & Dental College, MPK.

**Abstract.**

**Introduction:** Uncontrolled hypertension is a state of systolic blood pressure  $\geq 140$  mm Hg and/or diastolic blood pressure  $\geq 90$  mm Hg even though the patients are on antihypertension. The WHO states that it is the most prevalent risk factor for death and disability worldwide, particularly in developing nations. The goal of the current study was to investigate behavioral risk factors for uncontrolled hypertension among adult hypertensive patients in Mirpurkhas.

**Methods:** From July to September 2023, a cross-sectional study design was carried out in the hypertension follow-up clinic at Muhammad Medical Hospital, Muhammad Medical College. After approval from the ethical review board, the informed consent study among participants was taken. A pre-tested semi-structured questionnaire was distributed. Data was collected by convenient sampling method in students of MBBS & BDS. The data was analyzed by SPSS version 26 and MS Office 2019.

**Result:** This study found that 52.1% of hypertensive patients had uncontrolled hypertension. Among uncontrolled hypertensive patients there are more numbers of alcoholics, smokers, or salt consumers. Uncontrolled hypertension is 3 times more prevalent in illiterates and obese people, correspondingly. Hypertensive patients from urban areas, those who did not engage in physical activity, and those who were overweight had uncontrolled hypertension.

**Conclusion:** Uncontrolled hypertension is very common among adult hypertensive patients at the hospital. Behavioral practices and lifestyle factors have a strong association with uncontrolled hypertension. Health education and awareness are on the effect of poor behavior practices and lifestyles to increase adherence to hypertension-controlling medical advice.

**Keywords:** Uncontrolled Hypertension and Behavioral Risk Factors.

**Word Count: 330**



**TITLE:** ASSOCIATION OF EXCESSIVE SMARTPHONE USE WITH PSYCHOLOGICAL WELL-BEING AMONG STUDENTS OF IBN-E-SINA UNIVERSITY, MIRPURKHAS  
**Authors:** Asad Kamal, Rais Shoaib, Muhammad Hasnain Tanveer, Muhammad Aun.  
**Supervisors:** Dr Asif Shah, Dr AB Rajar, Dr Partab Puri.

**Abstract**

**Background:** Despite the pervasive use of smart phones among university students, there is still a dearth of research examining the association between smart phone use and psychological wellbeing among this population. The current study addresses this research gap by investigating the relationship between smart phone use and psychological well-being among university students in Mirpurkhas

**Methods:** This cross-sectional study was conducted from August to September 2023 among the students aged 18–27 years from Ibn-e-Sina University, Mirpurkhas. The primary outcome was psychological well-being, and was assessed using the Flourishing Scale. Smartphone use, the primary independent variable, was measured by five items which had been adapted from the eight-item Young Diagnostic Questionnaire for Internet Addiction. All scores above the median value were defined as being indicative of excessive smart phone use.

**Results:** Out of the 140 respondents, 70 (50%) were women. In all, 90 students were (64.2%) categorized as being excessive users of smart phones. Students with excessive use of smart phones had lower scores the psychological well-being than those who did not use smart phone excessively. Female students had scores for psychological well-being that were, on average, (1.4%) points higher than the scores of male students.

**Conclusion:** This study provides some of the first insights into the positive association between excessive smart phone use and the psychological well-being of university students. Strategies designed to promote healthy smart phone use could positively impact the psychological well-being of students.

**Word Count: 270.**

**TITLE: PREVALENCE OF MEDICATION ON TIME AND ASSOCIATED RISK FACTORS AMONG TYPE 2 DIABETES MELLITUS PATIENTS AT MMCH, MIRPURKHAS**

**Authors:** Muhammad Ghufran Ashar<sup>1</sup>, Haroon Ejaz Khan<sup>1</sup>, Rana Muhammad Waleed<sup>1</sup>  
Prof. Dr. Syed Asif Shah<sup>2</sup>  
Students of 4<sup>th</sup> Year Muhammad Medical College<sup>1</sup>, Professor Department of Community  
Medicine, MMDC, MPK<sup>2</sup>

**Abstract:**

**Introduction:** Type2 Diabetes was previously seen mainly in older adults, however it is become more common in young children due to obesity and overweight children. Type2 diabetes is sometimes called a "life style" disease as it more common in people who don't do enough exercise, have an unhealthy diet and obese. Aim of study: To measure the level of knowledge about T2DM and its management among the patients.

**Methodology:** This was a Cross-Sectional study carried from April 2023 to September 2023 among the patients of Type 2 Diabetes Mellitus in Medicine ward of Muhammad Medical College Hospital. All patients of Type 2 Diabetes Mellitus n=165 were analyzed. Closed ended questionnaire was formulated for collection of information regarding audit of patients of Type 2 Diabetes Mellitus. Data were entered and analyzed by using SPSS version 26 and Excel 2019.

**Results:** Out of 165 sampled patients of T2DM, 63 % were males and 37 % were females. 3% patients were aged <40 years, 25.5% had age between 41-50 years, 38.2% had age between 51-60 years and 33.3 % patients had age >60 years. As we observed 68% of the patients had low. The patient whose age were more 50 years were more conscious about taking medication on time. The patients those income were more than 40 thousand less conscious to take medication on time.

**Conclusion:** The results of the study state that type 2 diabetes patients are deficient of sufficient knowledge on the understanding of DM, risk factors of DM, targeted level of blood glucose, hypos, food exchange system, and basic health care; only knowledge score and HbA1c have a significant negative relationship, not other actions; risk factors for the patients' outcome include old age, higher education, high economic status, and duration of DM.

**Keywords:** Type 2 Diabetes Mellitus, T2DM, Patients at MMCH/IBN-E-SINA University

**WORD COUNT:** 355

**TITLE: DETERMINE THE PREFERRED METHOD OF TEACHING (MULTI-MEDIA VS WHITE BOARD) AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE AT IBN-E-SINA UNIVERSITY /MPK**

**Author:** Kainat Mushtaq<sup>1</sup>, Azeema Memon<sup>1</sup>, Bisma Sikander<sup>1</sup>  
Dua Nadeem<sup>1</sup>Dr.Ayesha Majeed Memon<sup>2</sup>  
Students of (1st year MBBS) Muhammad Medical College<sup>1</sup>,  
Department of Pathology Muhammad Medical & Dental College, MPK<sup>2</sup>

**Abstract**

**Background:** Considering the various modes of teaching, it has become overwhelming for students to get familiar with the different modes of teaching and it has been evident that students who don't get along with specific teaching methods lose interest in studies, thereby compromise their education which is directly reflected on their grades. We used different teaching modalities for our students at IBN-E-SINA University for example White board and multimedia mode of teaching.

**Methodology:** A cross-sectional study was conducted from August – Sep 2023 at Muhammad medical college Mirpurkhas. All students of first year mbbs n=106 were approached online, taking informed consent a close ended questionnaires (Multi-Media Vs White Board) were administered for collection of information regarding determination the preferred method of teaching (Multi-Media Vs White Board) among the students of Muhammad Medical College at IBN-E-SINA University/MPK. Data was collected, entered and analyzed on SPSS version 26 and Microsoft Office 2019.

**Result:** Total n=106 with 67 female, 39 male age between 20 to 25 years. 76.4% of the students preferred the multimedia while 23.6% of the students preferred white board. 92.5% of the students said both learning depends on the teacher. 78.3% of the students were agreed that their attention is maintained via multi-media. 64.2% of students said multi-media steals teachers attention over the sitting people. 84% were agreed with that the concepts develop better on multi-media. 97.1% of the students were agreed that the multi-media diagrams explain the topic well while 45.2% of students were agree to the today's requirements meet by white board only.

**Conclusion:** Majority of students preferred multimedia. According to results it has been observed that many of students were satisfied with multimedia is better than white board in many areas as compared to white board.

**Keywords:** Multi-Media, White Board, Students of MMDC/IBN-E-SINA University Mirpurkhas.

**Words Count: 342.**



- 1. Muhammad Medical College**
- 2. Muhammad Dental College**
- 3. Muhammad Institute of Physiotherapy & Rehabilitation Science**
- 4. Muhammad College of Nursing**
- 5. Muhammad Institute of Paramedical Training**
- 6. Muhammad Institute of Science & Technology**
- 7. Muhammad Medical College Hospital**
- 8. Muhammad College Hospital (City Branch)**