ABSTRACT BOOK OF
1ST ANNUAL MEDICAL RESEARCH CONFERENCE 2018

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MESSAGE FROM PRESIDENT SRS
In the beginning, it seemed a daunting task - to establish a new society, develop awareness around research methods and then organize a full fledged medical research conference. However, with the help of Dr. Iftikhar Qayyum (DMR) and Prof. Dr. Tariq Mufti (Principal), we were able to realize our dream.

MESSAGE FROM VICE PRESIDENT SRS
Success in research has always been an uphill task, but our enthusiasm to learn and willingness to grow has never withered. I'm glad we have left a foundation for our colleagues to build upon, and work towards our collective goal.

MESSAGE FROM TREASURER SRS
Personally, sifting through numbers has always been immensely satisfying for me and research has brought that feeling home - a feeling I hope many others will be able to discover through our ventures. I am glad I was a part of this journey.

MESSAGE FROM GENERAL SECRETARY SRS
My passion for investigation and delivery of the truth has always been a core part of my personality, and with research I've often felt that my natural skills have helped. Therefore, being part of Student Research Society (SRS) was destined to happen.

MESSAGE FROM FINAL YEAR REPRESENTATIVE SRS
As a person who has always sought out new ventures for learning, the Student Research Society provided me with an ability to learn more than what is in our books. Having the freedom to go into great depth with exciting new topics has made this experience one of a kind.
MESSAGE | REHMAN MEDICAL COLLEGE PRINCIPAL
PROF DR. TARIQ MUFTI

On this historical occasion of the first Annual Medical Research Conference held by Rehman Medical College Students Research Society, I must congratulate the organizers for taking initiative in a direction where the research dissemination opportunity is being provided beyond the RMI student researchers to all the health related institutions of the Khyber Pakhtunkhwa. Hopefully it is going to create a fraternity of researchers that shall imprint its impact through continuation of holding not only annual events of the kind, but shall provide more opportunities round the year to share their researches.

It remains beyond any doubt that RMI under the umbrella of its visionary Chairman, Dr. Muhammad Rehman has provided all possible facilities to make this conference a success. The conference shall prove a milestone of the creative journey and a symbol of RMI vision which is nothing but excellence.

Best of wishes.

MESSAGE | REHMAN MEDICAL COLLEGE DIRECTOR MEDICAL RESEARCH
DR. IFTIKHAR QAYUM

Sometimes a congregation of random events results in an unforeseen and welcome outcome. I believe such was the case with Rehman Medical College (RMC), when a select group of visionary professionals decided to make a college that would produce "graduates with a difference". Among other success stories associated with RMC, one was the establishment of a Department of Medical Research (DMR) in RMC in 2010, so that a medical research culture could be created at both undergraduate and postgraduate levels. The department has since then worked whole-heartedly towards these noble objectives and has shown significant achievements by medical students and graduates.

One such achievement was the creation of the RMC Students Research Society (SRS) in 2017, entirely by our students, that has in a short time gathered tremendous support and following under the able leadership of its President and founding members. It is no wonder that they are holding the first ever medical research conference under the banner of RMI and RMC, an event that we hope will reverberate down the years to come as a series of annual medical research conferences having a snowball effect on not only academics and research, but also inspiring the creation of lifelong physician researchers.

Needless to say, in the world of today and tomorrow, medical research is as important for humankind as air, water and food. Without it, there is no future for humans, nor any hope for future generations to achieve the utopian dreams of permanent health and long lives. It is the edifice on which modern society is banking for long range societal progress and achievement of human dreams from time immemorial.

Conferences are venues for sharing ideas and the results of past hard work meant to solve problems. Researchers must congregate to exchange knowledge, debate on thorny issues, resolve problems through mutual consensus, and provide directions for future research; moreover it is a potent forum to launch new ventures and to enter into joint collaborative research projects.

I hope and pray that this First Annual Medical Research Conference 2018 will fully achieve all its expectations. I wish the organizers and all participants a big success and a fruitful day of learning.
STUDENTS RESEARCH SOCIETY CABINET

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Design Committee
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PROGRAM DETAILS

- Guests To Be Seated - 0845 hours
- Arrival of Chief Guest - 0900 hours
- Recitation From Holy Quran - 0905 hours
- Welcome Address - 0910 hours
- Keynote Address - 0915 hours
- Poster Competition - 0930 hours
- Quiz Competition - 0930 hours
- Oral Presentations - 1000 hours
- Closing Ceremony - 1230 hours
- Prize Distribution - 1300 hours
- Concluding Remarks - 1330 hours
- Lunch - 1345 hours
ABUSE AND ITS ASSOCIATION WITH MENTAL HEALTH AND SCHOOL GRADUATES, IN ADOLESCENT STUDENTS OF DISTRICT PESHAWAR: A CROSS-SECTIONAL SURVEY

Sarwat Masud
Research Assistant, Jinnah Medical College, Khyber Medical University (KMU)

Introduction
Abuse is a public health area that is under reported and sidelined. It is known that at least 8 percent of U.S. children experience sexual abuse before age 18, while 17 percent experience physical abuse, and 18 percent experience physical neglect. Data regarding household abuse in Pakistan is grossly deficient.

Objective(s) of study
The main objectives of this study were to determine the prevalence of physical and verbal abuse in home and school settings. (Sexual abuse has not been included in this study)

Materials & Methods
A quantitative cross-sectional survey of 208 8th, 9th or 10th graders in Peshawar; from both Government and Private schools. Permission for participation was taken from schools. A questionnaire was constructed to collect data regarding abuse and other demographic Child and Youth Mental Health screening questionnaire was used to assess mental health. ASRB approval and ethical board on 06/08/2016. Data was collected between February 2017 to April 2017. SPSS 23 was used for data analysis

Results
41% of Government school students and 31% private school students reported verbal abuse at home. 37% Government and 13% of private school students reported physical abuse at home. It can be seen that out of the students who were abused 18% felt lonely, 25% had somnolence and 35% felt anxious. 55.8% students belonged to nuclear families, while 43.08% were living in joint families. Family setup was not found to have any association with abuse. 90% of the students who reported abuse confirmed that their families lived in a rental house, hence proving that lower SES is a risk factor for abuse. 50% of the students felt lonely, 25% had insomnia and 35% felt anxious. 55.8% students belonged to nuclear families, while 43.08% were living in joint families. Family setup was not found to have any association with abuse. 90% of the students who reported abuse confirmed that their families lived in a rental house, hence proving that lower SES is a risk factor for abuse. 50% of the students

Conclusion
The percentage of abuse among school going adolescents is 43.99%. It is actually an under represented value. Work needs to be done to determine the true extent of abuse among adolescents, especially the ones that are not going to schools. Poverty and illiteracy are risk factors for abuse therefore it is likely that there is higher abuse among non-school going adolescents. 31% of students who reported abuse were going to government school and 15.2% were in Private school. There are growing percentages of physical violence by teachers, especially in government schools. Strict action needs to be taken against teachers who physically abuse students.

Keywords
adolescent abuse, adolescent academic performance, mental health

THE ISOLATION OF HUMAN SENESCENT CELLS BY THEIR INABILITY TO ATTACH TO FIBRONECTIN

Dr Samrina Mohammad
Associate Professor, Department Of Oral Pathology, Khyber College Of Dentistry (KCD)

Introduction
Senescence derived from a Latin word senex means old age. Senescence in an organism’s life is a phase of developmental decline, and a loss of replicative capacity in cell culture. Cellular senescence is due to cycle arrest in the G1 phase of the cell cycle in response to physiological levels of mitogens. Senescence is often associated with DNA Damage foci and it involves the cell cycle inhibitors p21WAF and P16NKL-4 together with other proteins, including senescence-associated Galactosidases (SA- Gal) and several cytokines. During the senescent stage the adhesion of cells to extra cellular matrix ligands, such as Fibronectin (FN) is remarkably reduced in cell culture. This is mostly due to the reduction or loss of integrin receptors on the extra cellular matrix as cells reach their old age.

Objectives
The aim of my study was to test whether the senescence of normal human epidermal keratinocytes (NHEK) or the initiation of NHEK differentiation with, or without stratification, leads to reduced adhesion to FN.

Materials and methods: NHEK underwent three different adhesion experiments and at three different calcium (Ca) concentrations, starting from 0.09mM Ca and then 0.6mM Ca for 5 days and 1.0mM Ca for 24 hrs. At all these concentrations cell adhesion time courses were done.

Results
The experiments showed that senescence slowed the rate of adhesion NHEK cells to FN. Also at 0.6mM Ca NHEK differentiation alone did not influence the rate of adhesion to FN but differentiation along with stratification at 1.0mM Ca did influence the adhesion rate. Ki67 immunofluorescence staining revealed that whilst the senescent and stratified NHEK cultures showed reduced numbers of cycling cells the differentiated cells in 0.6mM Ca did not.

Conclusion
My preliminary conclusions were that both the later stages of terminal differentiation (stratification) and senescence reduced the adhesion rate of NHEKs to FN but that differentiation alone did not. The reduced rate of adhesion to FN was associated with a reduced number of cycling cells. The inability to enrich for senescent NHEKs using the rate of adhesion to FN may be related to the confounding influence of NHEK terminal differentiation on FN adhesion rates.

Keywords
Fibronectins, Keratinocytes, Cell Adhesion, Mitogens, Calcium, Ki-67 Antibigen, Ligands, Cytokines, Galactosidases, Integrins, Cell Differentiation, Cellular Senescence, Fibroblasts, Fluoreescent Antibody Technique
PREVALENCE OF OBESITY AND THEIR POSSIBLE CAUSES AMONG THE POPULATION OF PESHAWAR

Zohaib Khan Marwat, Babar Nawaz, Muhammad Hamza Akundi
Centre of Biotechnology and Microbiology, University of Peshawar

Introduction
Obesity is one of the major public health issue arising among children along with adults leading to confinement of physical activity, mental issues and social disengagement from the outside environment. To address such problems, we need to understand the mechanism and variables responsible for causing obesity and the rate of prevalence in the population.

Objective(s) of study
Our objective was to identify those underlying reasons causing obesity as well as the prevalence in the Peshawar city of Pakistan.

Materials & Methods
This descriptive cross-sectional study was carried out in Peshawar city, Khyber Pakhtunkhwa, Pakistan. The sample size comprises of 4400 individuals whose medical records, Body Mass Index results and their metabolic tests were collected from various hospitals of Peshawar. The data was then saved in excel sheets and analyzed through SPSS 17.0 software for statistical analysis.

Results
The average age of individuals participated in this study was 27 to 35 years and their BMI studies revealed that males (55.8%) were turns out to be more obese than female (44.2%). The factors involved in causing such high prevalence of obesity among males were smoking, illiteracy, consumption of unsaturated oils cooked food, irregular eating habits, lack of exercise and stress in contrast to female subject lack of exercise and depression eating. A striking pattern which was discovered in our results is that obesity tends to increase due to disruption of normal body flora with the history of excessive use of antibiotics.

Conclusion
The growing rate of obesity in Pakistan is at an alarming stage which could lead to numerous diseases of the gastrointestinal tract and increases the risk for the Cerebro-cardiovascular diseases which cannot be ignored. In order to control obesity in densely occupied Peshawar province, it is the need of the modern day that these issues should be addressed either by organizing educational seminars in the remote areas of Peshawar or through telecommunication should be adapted to promote healthy lifestyles among obese individuals.

Keywords
Body Mass Index, Obesity, Feeding Behavior, Cardiovascular Disease, Healthy Lifestyle, Smoking, Pakistan
Introduction
According to World Health Organization, the contributing factors for work-related disorders are work environment and performance at work. Neck and shoulder pain among teachers is associated with prolonged standing, sitting, static posture and uncomfortable back support. A study conducted in Saudi Arabia found musculoskeletal problems as the cause of early retirement. Therefore, this study was conducted to investigate the prevalence of occupationally related pain in teachers of the University of Peshawar.

Objective
To determine the prevalence of occupation-related postural pain in the teachers of Peshawar University.

Materials & Methods
This survey was conducted in different departments of University of Peshawar from August to October 2017. A total of 108 teachers from 18 departments of the University of Peshawar were screened after their consent. 30 teachers were excluded due to the history of trauma or a systemic illness. Six teachers from each department were questioned using a modified Cornell Musculoskeletal Discomfort Questionnaires (CMDQ). Sampling technique was convenient sampling. The data collected were analyzed using SPSS version 23.

Result:
Out of 78, 59(75.6%) subjects were found to be affected by occupation related postural pain. The lower back pain was more prevalent among the subjects with a percentage of 42.3%. 17.2% teachers had neck pain. 33.3% of the participants suffered from shoulder pain. 20.8% were suffering from lower leg pain. 20.5% had pain in their feet. 16.7% of the subjects presented with upper back pain. 15.4% teachers had thigh pain. 11.5% of them suffered from arm pain. 7.7% of the subjects had experienced pain in hip and knee. The lowest percentage (2.6%) of pain was reported in the forearms. Teachers belonging to age group 30-40 years were found to have the highest frequency of pain.

Conclusion
After analyzing the data, it was found that 75.6% teachers were having pain related to poor posture at work. This reflects the poor posture and emphasizes the need for postural education and awareness in order to prevent occupation related postural pain in one of the most important pillars of a community. Further comprehensive research is needed to investigate the prevalence of occupationally related pain in teachers of the University of Peshawar.

Keywords
Neck Pain, Low Back Pain, Shoulder Pain, Prevalence, Work Performance, Ergonomics, Physical and Rehabilitation Medicine, Saudi Arabia

FREQUENCY AND FACTORS ASSOCIATED WITH MEDICATION NON-ADHERENCE AMONG CARDIO-VASCULAR DISEASES PATIENTS OF A PUBLIC AND PRIVATE TERTIARY CARE HOSPITAL OF PESHAWAR: A COMPARATIVE CROSS-SECTIONAL STUDY

Introduction
Cardiovascular diseases are on the rise and one of the major causes of death worldwide, medications can greatly lower the mortality rate by delaying the progression of the disease. These patients have the problem of non-adherence to their medications due to many factors. Successful management of a treatment depends on adequate self-care and knowledge of patients with their disease and medications which indirectly affects medication adherence behavior.

Objective(s) of study
The objectives of the study were to find the frequency of medication non-adherence in the two public and private tertiary care hospitals of Peshawar and the factors which determine the non-adherence.

Materials & Methods
The study design was a comparative cross-sectional study. The study was conducted at Hayatabad Medical Complex and Rehman Medical Institute were selected as the two hospitals as they treat the majority of the cardiovascular diseases patients of this region. For determining the adherence, Morisky Scale (MMAS-8) is widely used and first published adherence scale, it has been validated in patients with Diabetes Mellitus, Heart Failure, Coronary Artery Diseases. Factors affecting medication non-adherence were calculated with a self-structured questionnaire which was developed after a pilot study done in both the hospitals.

Result:
A total of 168 patients were administered questionnaires from the two hospitals who qualified for the study. Among these patients 107 (63.7%) were males, 61 (36.3%) were females. The ages of the participants ranged from 19-84 with a mean age of 55.33. Medication adherence was calculated among hospitals; high adherence= 20.2%, medium adherence= 22.6%, low adherence= 57.1%. Income per month (p=0.006), co-morbidities (p=0.002) and fear of getting addicted to the medication (p=0.048) were found to be the main factors affecting medication adherence. During regression analysis high adherence was kept as a reference category and C.I=95%, hospitals were significantly associated with the adherence level.

Conclusion
Overall medication adherence among cardio-vascular diseases patients is quite high in patients of private tertiary care hospital. The government should initiate programs which could subsidize the cost of health care providers as it has been observed in this study that income per month is significantly affecting the level of adherence.

Keywords
Medication Adherence, Tertiary Care Centers, Coronary Artery Disease, Heart Failure, Coronary Artery Disease, Health Care Costs, Diabetes Mellitus, Heart Failure, Regression Analysis
EVALUATION OF THE RIPASA SCORE FOR DIAGNOSIS OF ACUTE APPENDICITIS

Laila Yaqoob, Syeda Aminah Shah, Navishtha Sahar Arif, Hira Shaheen, Salwa Wasil, Kashmala Fayaz
Final Year MBBS,
Khyber Girls Medical College (KGMC)

Introduction
Acute appendicitis is one of the most common gastrointestinal emergencies known to both medical and non-medical personnel, with a lifetime prevalence rate of one in seven. It is characterized by a sudden, severe pain felt in the right lower abdomen. However, despite the prevalence and severity of the condition, it still eludes diagnosis with its accuracy amounting to only 70%. In children and women of reproductive age, it is even more difficult to diagnose due to other inflammatory or gynecological problems that manifests itself with similar symptoms.

Objective(s) of study
To determine the effectiveness of the RIPASA score in diagnosing acute appendicitis using per-operative findings as a gold standard.

Materials & Methods
A study of a cross-sectional design was conducted on 76 patients that presented with the complaint of pain in the right iliac fossa. The RIPASA score was recorded for each patient and the sensitivity, specificity, positive predictive value and the negative predictive value were then derived for this score. The study was conducted from the mid of January to the end of April 2017 on patients presenting with right iliac fossa pain to the Accident and Emergency department and the Surgical OPDs of HMC, NWGH, LRH, PIMS, and NKBMH.

Results
Within a period of three and a half months, 76 patients with a mean age of 26.17 ± 12.80 years were assessed. Out of these, 71 had appendectomies while the remaining 5 were put on conservative treatment. Taking 7.5 as the cut-off threshold score, a sensitivity of 86.89%, specificity of 57.14%, PPV of 95.24% and an NPV of 30.80% were obtained.

Conclusion
The RIPASA score is suitable for diagnosing cases of acute appendicitis in our population and more importantly in helping doctors avoid negative appendectomies.

Keywords
Appendectomy, Appendicitis, Prevalence, Ilium, Pelvic Pain, Abdomen

ABSTRACT - UG

KNOWLEDGE, ATTITUDE, AND PRACTICE REGARDING BASIC LIFE SUPPORT (BLS) AMONG MEDICAL STUDENTS OF PESHAWAR

Mahnoor Khattak, Maarij Ullah Shah, Muhammad Saeed Jan, Asghar Ali, Shabana Ashiq, Waqif Shehzad
Fourth Year MBBS,
Rehman Medical College (RMC)

Introduction
Basic life support is a level of medical care which plays a key role in recovering the victims of various life threatening conditions such as Cardiac arrest and Respiratory diseases. It is used for victims of life threatening illnesses or injuries until they can be given full medical care at a hospital.

Despite of its significance in our daily lives, BLS has yet not been included as part of medical curriculum in Pakistan. Since this study has not been conducted in Peshawar, Pakistan, we will be exploring different dimensions of BLS in terms of knowledge, attitude and practice in Medical students of Peshawar, Pakistan.

Objective(s) of study
To determine the knowledge, attitude and level of practice of BLS among Medical students of Peshawar.

Materials & Methods
The study was selected medical colleges in Peshawar. (RMC, KMC, KGMC, Kabir Medical College). The population under the study was final year medical students with sample size of 200 students. The study included all final year medical students with exclusion of those who left in between the study, defaulters. It was a Cross sectional study prevalence with convenience Sampling Technique.

Results:
Knowledge related question referring to the basic understanding of the term BLS was answered correctly by 3 out of 4 colleges, only RMC scored the least in this category (n=17%). Students that attended BLS Session were 60%, the highest attendance being of KMC (30%) while the least attendance was of KGMC (15%). Attitude related question referring to the integration of BLS into the curriculum was answered in affirmative by all the four colleges. Regarding practical application of BLS among all the four Medical Colleges, RMC scored highest i-e 58.82% while KGMC scored least i-e 05.88%.

Conclusion
We conclude that student attend BLS course on their own rather then medical college/university organizing it from them, hence, BLS course should be integrated in the curriculum.

Keywords
Students, Medical, Prevalence, Pakistan, Heart Arrest

ABSTRACT - UG
ACQUISITION OF LIFE SAVING SKILLS BY FIRST YEAR MEDICAL STUDENTS IN SKILLS' LAB A RANDOMIZED, SINGLE BLIND, CONTROLLED EDUCATIONAL TRIAL
Moiz Khan, Shaffaque Ikhtiar, Sarah Abdullah, Muniba Habib, Hajra Nazir
Society for Undergraduate Medical Research (SUMR)

Introduction
Teaching of life saving skills in skill labs is an effective educational strategy. Learning such skills on real patients poses several ethical dilemmas. Skills labs provide a safe and effective alternative to patients. Several studies have documented the superiority of deliberate practice in development and retention of skills when simulations are used. In a meta-analysis of 14 studies, simulation with deliberate practice was better than conventional methods of clinical education in developing skills such as CPR, advanced cardiac life support, cardiac auscultation, and central venous line placement. Skills’ teaching in medicine is frequently designed around Peyton’s four steps of skill teaching. As follows:

Step 1 – “Demonstrate”: The tutor demonstrates the skill at a normal pace and without additional comments.
Step 2 – “Talk the tutee through”: The tutor demonstrates the respective skill while describing each procedure in detail.
Step 3 – “Tutee talks tutor through”: The tutor performs the skill for a third time, based on the sub-steps vocalized to him by the tutee.
Step 4 – “Tutee does”: The tutee performs the skill on his/her own.

Objective(s) of study
Present study is aimed at studying the progress in performance and ability to teach of selected life saving skills by pre-clinical medical students using Peyton’s Four steps of skill acquisition.

Materials & Methods
A randomized, single blind, controlled educational intervention based protocol was designed. Six “Skill Stations” with learning outcomes, visual aids such as mounted photographs and flow charts, verbal cue cards and simulation material were designed. Pre-clinical medical students were taught life saving skills by a committee. They were scored on score cards based on Peyton’s Four Steps. The same skill station committee observed four clinical instructors teaching selected life saving skills to other students on same simulations/prop materials. These instructors were scored on the same cards according to Peyton’s Four Steps.

Results
30 pre-clinical medical students were enrolled for skills’ teaching after their informed consent. Progressive increase was reported in student participants’ ability to perform the selected life saving skill independently, as well as the ability to demonstrate the skill, with each successive session. Students scored, (according to Peyton’s steps), significantly higher than the instructor group after session five out of total eight sessions.

Conclusion
Medical students trained in Skills Labs according to Peyton’s four steps are as effective as or better than clinical instructors in performing and teaching of selected life saving skills.

Keywords
Students, Medical, Advanced Cardiac Life Support, Single-Blind Method, Heart Auscultation, Spatial Learning, Audiovisual Aids

INTESTINAL PARASITES IN DIARRHEAL STOOLS OF CHILDREN UNDER 5 YEARS AT REHMAN MEDICAL INSTITUTE (RMI), PESHAWAR
Nouman Anthony, Spogmay Humayun, Rashid Khan, Waressha Shaukat Amirzadah, Mahnoor Anjum, Chand Bibi, Athar Ahmad
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Introduction
It is estimated that some 3.5 billion children are affected worldwide by intestinal parasites, and that 450 million are ill as a result of these infections. These parasites can lead to diarrhea in children which is the 3rd leading cause of mortality among children below 5 years of life killing about 1.6 million children annually. This study was conducted to determine the spectrum of intestinal parasites in diarrheal stools by evaluating the stool sample lab reports of children less than 5 years of age admitted to Pediatrics ward Rehman Medical Institute (RMI), Peshawar, Khyber Pakhtunkhwa, Pakistan in year 2016.

Objective(s) of study
To document the spectrum of Intestinal parasites in diarrheal stools of children under 5 years at Rehman Medical Institute based on laboratory reports of stool samples for the year 2016 and the age group most affected by parasitic infestation as a component of diarrhea.

Materials & Methods
This was a descriptive case series conducted in May, 2017 on children less than 5 years of age admitted in Pediatrics ward, Rehman Medical Institute (RMI) during year 2016 with diarrhea. Lab reports of stool samples from these patients were taken from IT department of RMI, Performa sheets were made on the basis of variables that included characteristics of stool and types of parasites. Data were analyzed through Statistical Package for Social Sciences (SPSS) version 15 for descriptive statistics.

Results
Out of 1278 children under 5 years with diarrhea, 655 (52.0%) children were ≤ two years of age. Intestinal parasites were found in 399 (31.2%) stool samples; out of these 238 (59.6%) had vegetative forms of which the most common was Entamoeba histolytica (108, 45.3%) followed by Giardia lamblia (107, 44.9%). The remaining 161 (40.4%) samples had ova and cysts of Entamoeba histolytica 60 (4.6%) followed by Giardia lamblia 59 (4.61%).

Conclusion
Intestinal Parasite infestation contributed to morbidity of approximately one third of children aged below 5 years admitted to Pediatrics ward RMI.

Keywords
Diarrhea; Morbidity; Parasites, intestinal; Stools; Entamoeba histolytica; Giardia lamblia; Children under 5.

ABSTRACT - UG
INTRODUCTION

The foundation of the research was to find out the status of mental health among medical students and to establish whether excessive mobile usage affects the normal sleeping patterns of medical students. Excessive mobile usage is a common problem of today. The usage is up to such an extent that it is having a negative effect on sleeping patterns and mental health of medical students. Due to the digitalization of all data and information, there has been a marked increase in mobile users worldwide. As time goes on the rapid increase in mobile usage will ultimately affect the social and mental well being of students. Therefore, awareness among the students regarding this issue is paramount.

OBJECTIVE(S) OF STUDY

To establish the percentage of medical students using mobile phones excessively. To study awareness levels among medical students regarding the damages of excessive mobile usage. To observe if the sleeping patterns are disturbed due to excessive mobile usage.

MATERIALS & METHODS

This was a descriptive cross-sectional study conducted in a private medical college in Peshawar district. This study was carried out from January 2018 to April 2018. The study type was a systematic random collection of samples. Data collection was through a self-administered questionnaire and analyzed with SPSS version 22.

RESULTS

Our results show that 97.2% of students own a mobile phone. 38.5% use phones more than 3 hours daily which is termed as excessive mobile usage. 97.2% of the students were aware of the damage caused by the excessive usage of mobile phone and 97% of students wake up mid sleep to check their phones.

CONCLUSION

Majority of the students were aware of excessive mobile usage and its health-related problems but more awareness is needed to prevent excessive mobile usage in the young generation. Awareness can be spread through seminars. And a thorough check is needed on the students so that they don’t get addicted to their phones. Parents should be educated about the adverse effects of electronic devices on the health of their child.

KEYWORDS

Mental Health, Students, Medical, Cell Phone
PREVALENCE AND RISK FACTORS OF METHYLPHENIDATE USE, AMONG STUDENTS OF A PRIVATE SECTOR MEDICAL COLLEGE AND A PUBLIC SECTOR MEDICAL COLLEGE. A CROSS-SECTIONAL STUDY
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Introduction
The medication prescribed for Attention Deficit Hyperactive Disorder, methylphenidate, is being used recreationally and abused by students among different colleges to enhance academic performance. This usage, carries with it, the potential of toxicity from the drug. There have been studies conducted to see the prevalence of the drug but no such studies have been conducted in order to establish risk factors for the usage of this drug. As no study has been conducted on this problem among the medical students of Peshawar, we want to assess the magnitude of Ritalin intake by the students. We intend on finding out the set of medical students who are more prone to methylphenidate abuse and determine the risk factors involved.

Objective(s) of study
To determine and compare the prevalence of methylphenidate use between a public sector medical college, Khyber Medical College, and a private sector medical college, Rehman Medical College. To determine the associated risk factors with the use of methylphenidate among students.

Materials & Methods
The study design was a comparative cross-sectional study. The study was conducted at Public Sector Medical College (Khyber Medical College) and a Private Sector Medical College (Rehman Medical College). A sample of 245 students were enrolled into the study, 123 of which were from Rehman Medical College and the rest (122) were from Khyber Medical College excluding the first year students. A self-structured questionnaire was completed by the students undergoing MBBS in both the private and public sector colleges of Rehman Medical College and Khyber Medical College respectively.

Results
Among the 245 respondents, 22.6% of students claimed to have taken the drug at least once during their bachelor’s course. According to the study, the use of the drug was more common in males as compared to females. Students who had friends using the drug or were compelled had a higher risk of using the drug as well as students who had a supplementary were also had a higher risk of using methylphenidate both having p=0.000.

Conclusion
Our study found that males were at a high proportion of risk for the use of the drug. Peer pressure and failing a professional exam had a direct relationship with the use of the drug. Monthly pocket money of the students, Family income, and place of accommodation didn’t have a significant effect on overall usage of the drug.

Keywords
Methylphenidate, Public Sector, Prevalence, Students, Peer Influence, Attention Deficit Disorder with Hyperactivity, Academic Performance

LEVEL OF STRESS AMONG MEDICAL STUDENTS OF KPK
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Introduction
While science has taken giant strides over time, people in our society are still unable to define and identify stress. A lot of people are victims of stress in our society today, including medical students who are constantly coping with the challenges of medical education in tandem with the demands of personal and social life.

Objective(s) of study
To determine the level and cause of stress and the coping strategies used by medical students of Khyber Pakhtunkhwa.

Materials & Methods
A cross-sectional study was conducted from five private medical colleges in Khyber Pakhtunkhwa. the population of the study was 300 medical students of first and second-year MBBS. probability non-stratified convenience sampling technique was used. The period of study was October 2017 to January 2018. Data were analyzed by SPSS version-16.0.

Results
A total of 300 medical students participated in the study of which 55% were male and 45% were female. The total prevalence of stress was 49.7% of which 37.3% students were suffering from high level of stress and 12.4% students were in severe stress condition.

Conclusion
Approximately half of the medical students of KPK are suffering from stress. The statistics are unnerving, yet there is hope if the issue is addressed which will require a combined effort on many levels. We also suggest a psychologist in each medical college for counseling sessions of students. While students themselves may adopt different coping strategies now and then, organized efforts need to be made by the teachers, parents, college and the ensemble of society altogether.

Keywords
Prevalence, Adaptation, Psychological Stress, Psychological, Education, Medical

ABSTRACT - UG
ABSTRACT - UG
ASSESSMENT OF QUALITY OF LIFE OF THALASSEMA MAJOR PATIENTS
Isra Ali Nawaz, FazalUllah Khan, Aysha Asif
Fourth Year MBBS,
Rawalpindi Medical University (RMU)

Introduction
Thalassemia major is a chronic disease that presents a range of serious clinical and psychological challenges. The effect of thalassemia on physical health can lead to deformity, growth retardation and delayed puberty.

Objective(s) of study
To Assess Quality of Life of Thalassemia Major patients registered in Thalassemia Treatment Centers of Rawalpindi.

Materials & Methods
This descriptive cross-sectional study was done in TTC (Thalassemia Treatment Center) of HFH (Holy family hospital) and Thalassemia House in Rawalpindi from January 2018 to March 2018 after ethical approval from Institutional Research Forum of Rawalpindi Medical University. A total of 120 thalassemic patients ranging from 5 to 28 years of age brought for blood transfusion were included. Patients having impaired cognitive functions and those having multiple comorbidities were excluded. A modified version of WHO QOL BREF questionnaire was developed to assess the physical, psychological, environmental and social aspects of Quality of Life. Data was entered on SPSS v 22 and descriptive statistics were applied.

Results
Out of 120 patients surveyed, the majority were females (55.83 %) with a mean age of 10.22± 4.5 years. 44.13% of the patients were males with mean age of 11.42± 5.19 years. Quality of life of these patients was found to be 56.8%. In females, it was 56.14 % and in males, it was 57.6%. Poorer quality of life was found against environmental (financial resources, transport, healthcare) aspects (53. 05%).Poorer quality of life was significantly influenced by psychological (p=0.00003) and social (p=0.013) factors.

Conclusion
Poor social support along with other psychological and environmental aspects lead to poorer quality of life of thalassemia major patients. Proper management along with psychological and social support is essential for these patients.

Keywords
Beta-Thalassemia, Puberty, Delayed, Thalassemia, Chronic Disease, Comorbidity, Blood Transfusion

PREVALENCE OF PTSD AMONG MEDICAL STUDENT OF REHMAN MEDICAL COLLEGE THROUGH A STANDARDIZED QUESTIONNAIRE (PCL-5)
Zainab Nisar, Omer Nasim
Final Year MBBS,
Rehman Medical College (RMC)

Introduction
Posttraumatic stress disorder (PTSD) is characterized in part by intense psychological distress and physiologic reactivity upon “exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event” (DSM-IV). PTSD is a chronic and stressful psychiatric disorder that follows overwhelmingly stressful events. It is the most untreated and unrecognized anxiety disorder in primary health care. Thus by finding out its prevalence among medical students we can significantly reduce morbidity, improve quality of life and spread awareness among students about its existing treatments.

Objective(s) of study
To find out the prevalence of PTSD, reduce morbidity and help students seek psychological help once diagnosed with PTSD.

Materials & Methods
This study was Questionnaire based cross-sectional study, conducted at Rehman Medical College, Peshawar. The collection of data was from May 2017 to July 2017. A total of thirty-two (32) sample was collected. Inclusion criteria was to include all the students that already had a previous emotional or physical traumatic experience in the previous one year. There was no Exclusion criteria. Standard questionnaire was used for the collection of the data PCL 5. Purposed sampling including all the students that had a previous emotional or physical traumatic experiences in the previous one year. Data analysis was done using Google Analytics (Online) and SPSS (SPSS version 23).

Results
81.3% of the students went through emotional disturbances while only 3% of them suffered from sexual abuse. 34.4% of the students felt extremely sad when something reminded them of their stressful experience. 25% were having mild physical reactions when something reminded them of the stressful event. 28.1% people extremely tend to avoid places, people, conversations, activities, objects or situations that remind them of the stressful experience. It was extremely hard for 28.1% students to remember important details from the event. 34.4% students slightly blame themselves while 9.4%moderately blame it on themselves. 31.3% of the people felt a little watchful or super alert while 9.4% of the students were quite a bit on guard.

Conclusion
Purposed sampling provided us with all those students that had previous stressful events which gave us positive findings in the standardized questionnaire. Mostly, students who had a traumatic event of any nature leaned towards avoidance and self-blame. Considering the number of positive findings we would recommend with psychiatric therapy or cognitive behavioural therapy.

Keywords
Stress Disorders, Post-Traumatic, Prevalence, Diagnostic and Statistical Manual of Mental Disorders, Psychological, Cognitive Therapy

PREVALENCE OF PTSD AMONG MEDICAL STUDENT OF REHMAN MEDICAL COLLEGE THROUGH A STANDARDIZED QUESTIONNAIRE (PCL-5)
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Out of 120 patients surveyed, the majority were females (55.83 %) with a mean age of 10.22± 4.5 years. 44.13% of the patients were males with mean age of 11.42± 5.19 years. Quality of life of these patients was found to be 56.8%. In females, it was 56.14 % and in males, it was 57.6%. Poorer quality of life was found against environmental (financial resources, transport, healthcare) aspects (53. 05%).Poorer quality of life was significantly influenced by psychological (p=0.00003) and social (p=0.013) factors. The adverse impact of thalassemia was also found on physical (57.26%), psychological (57.70%) and social aspect (57%) of patients' life. Data was entered on SPSS v 22 and descriptive statistics were applied.

CONCLUSION
Poor social support along with other psychological and environmental aspects lead to poorer Quality of life of thalassemia major patients. Proper management along with psychological and social support is essential for these patients.

KEYWORDS
Beta-Thalassemia, Puberty, Delayed, Thalassemia, Chronic Disease, Comorbidity, Blood Transfusion
HYGIENE PROTOCOLS OBSERVED BY LOCAL FOOD VENDORS OF PESHAWAR

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Jinnah Medical College

Introduction
Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. With the booming growth of street vending, the importance of food safety has come to light. This is due to the widespread of foodborne diseases which is due to lack of adequate understanding of food safety and basic food hygiene practices. Some of the foodborne diseases are life-threatening and can be a cause of an epidemic, like cholera. Thus creating awareness among food handlers is of great importance. The purpose of the study was to determine the awareness about food hygiene among the local food vendors and establish if they practice any hygiene protocols.

Objective(s) of study
To determine the awareness level of food vendors regarding hygiene measures associated with food. To find out practice/protocols observed by food vendors during serving food

Materials & Methods
This was a descriptive cross-sectional study conducted in different parts of Peshawar from January to April 2018. The study participants were selected through convenient sampling. The data was collected by self-administered questionnaire, questions were open-ended. The data were analyzed with SPSS version 21.

Results
The results show 80.5% of our study participants are aware of food hygiene practices. 54.8% of the study participants are actually practicing food hygiene protocols.

Conclusion
Majority of the food vendors are aware of food hygiene practices but only half of them actually practice the necessary food hygiene protocols. More awareness can spread by educating the food vendors about food safety, this can be achieved with the help of seminars. Street food handlers should be registered; their food should be monitored frequently for any infectious diseases.

Keywords
Cholera, Foodborne Diseases, Hygiene

PREVALENCE OF OBESITY, ITS RISKS FACTORS AND ASSOCIATED DISEASES AMONG ADULTS OF KOTAL TOWNSHIP, KOHAT

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Khyber Medical University (KMU)

Introduction
Obesity is defined as "a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health." It is increasing at an alarming rate throughout the world. Today it is estimated that there are more than 300 million obese people worldwide. It is still a matter of debate as to how to define it in young people. It poses a major public health challenge. Each year, it contributes to an estimated 112,000 preventable deaths. Worldwide obesity has more than doubled since 1980. In 2014, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 600 million were obese. 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese.

Objective(s) of study
To determine the prevalence, associated risk factors and co-morbidities of obesity.

Materials & Methods
This was an analytical cross-sectional study conducted in Kotal township and the sample size was 168. The questionnaire was distributed among 200 subjects and 168 of them were collected back. The questionnaires were analyzed for the prevalence of obesity, its risk factors, and associated diseases. We analyzed all the data by using SPSS and the results were tabulated in the form of various graphs and charts.

Results
In our research of 168 subjects, 3.80% were underweight, 27.2% were normal, 33.54% were overweight, 21.50% were obese class 1, 8.86% were obese class 2, 5.06% were obese class 3, 66.27% of them were married, 32.53% were unmarried, 0.60% were divorced and 0.60% were widowed. Further 7.78% of the subjects consumed 1 meal/day, 36.53% consumed 2 meals/day, 52.10% consumed 3 meals/day and 3.59% consumed more than 4 meals/day. 54.49% of subjects daily consumed vegetables, 37.13% consumed 2 to 3 times per week, 3.59% very rarely. The study further shows 37.62% of the subjects exercised. 48.21% had minimum 7 hours. Further, 30.12% had hypertension, 11.45% had diabetes and 28.92% had joint pain.

Conclusion
It is concluded in our study that Prevalence of obesity among the study population of Kotal township, Kohat is high with 33.54% being overweight and 35.42% being obese during the time of March to June 2017 in which the study was conducted. The most associated diseases are hypertension and joint pain. Marriage with lack of self-interest, 3 or more than 3 meals per day, less consumption of vegetables, lack of exercise and sleep deprivation are possible associated factors found in diseased subjects.

Keywords
Prevalence, Sleep Deprivation, Divorce, Public Health, Overweight, Obesity, Exercise, Hypertension, Foodborne Diseases, Hygiene, Arthralgia
HEMATOLOGICAL CHANGES
IN DENGUE FEVER

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Introduction
Dengue is caused by an arbovirus of the genus Flavivirus. It is a disease with a very wide clinical spectrum and a very wide
variety of presentations, ranging from asymptomatic to an undifferentiated fever (viral syndrome) to the more severe forms
such as severe dengue (SD) or Dengue hemorrhagic fever (DHF). A few hematological and biochemical changes have been
attributed to the dengue fever.

Objective(s) of study
The objective of this study was to assess the hematological parameters of patients with dengue fever so as to increase the
sensitivity of the screening done by healthcare professionals in order to use those parameters as an indicator to predict the
severity of the disease.

Materials & Methods
This descriptive retrospective study was conducted in Department of Infectious Diseases, Holy Family Hospital from
February 2016 to April 2016. A total of 318 seropositive dengue patients were included using consecutive sampling technique.
Patients were classified into two groups: severe dengue (SD) and Dengue hemorrhagic fever (DHF). Following hematological
parameters were considered as the hematological profile: Red Blood Cell Count, White Blood Cell Count, Haemoglobin,
Hematocrit, MCV, MCH, MCHC, Platelet Count, RDW, PDW, Lymphocyte % and Neutrophil %.

Data were analyzed using SPSS v 22.0. Kolmogorov Smirnov and Shapiro Wilk tests were applied to confirm the normality of
distribution of data. Independent Sample “t” test at 5% level of confidence was applied to develop a relation between
hematological parameters and severity of the disease.

Results
The Data was normally distributed. The mean age for SD and DHF was 33.46 and 31.61 respectively. The difference was
statistically insignificant (P>0.05). There was a significant relation between WBC count, Platelet Count, MCV and the severity
of the disease with the P value 0.04, 0.05 and 0.00 respectively.

Conclusion:
A high statistical association was found suggesting that these parameters can be used as an indicator to predict the severity of
the disease.

Keywords
Dengue Fever, Severity, Hematological Parameters.

PREPAREDNESS OF MEDICAL STUDENTS AND STAFF NURSES OF A
TEACHING HOSPITAL FOR MANAGEMENT OF A POSSIBLE DENGUE OUTBREAK

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Introduction
Preparedness for Dengue fever outbreak cuts down mortality and morbidity from this mosquito-borne disease which infects
50-528 million people globally a year and has a usual fatality rate of 1-5 %. The present study explored the extent of
preparedness of medical students and staff nurses for management of a possible dengue outbreak in Peshawar, Khyber-
Pakhtunkhwa.

Objective(s) of study
To determine and compare the prevalence of methylphenidate use between a public sector medical college, Khyber Medical
College, and a private sector medical college, Rehman Medical College. To determine the associated risk factors with the use
of methylphenidate amongst students.

Materials & Methods
The comparative cross-sectional study conducted at Rehman Medical College and Rehman Medical Institute from April to
May 2017.The sample consisted of 200 subjects, equally divided into medical students and staff nurses, selected by simple
random sampling. Data were collected through a self-administered questionnaire after informed consent; questionnaire
contained sections on knowledge, attitude, and practices regarding Dengue. A scoring system was devised to assess
preparedness for control of possible Dengue outbreak. Data were analyzed by SPSS version 22 for descriptive statistics;
comparisons were done by chi-square test and independent samples T-test, keeping p≤0.05 as significant.

Results
The mean score of knowledge of medical students was 60.38± 15.28 while that of nurses was 68.20± 10.37(p<0.001); the
mean score of attitude of students was 83.67± 21.96, while that of nurses was 94.75± 13.07(p<0.001); the mean score of
practice of student/s was 74.04± 11.78, while that of nurses was 81.74± 15.82(p<0.001). The mean overall score of all three
categories for students was 67.26 ±9.68 while that of nurses was 73.52± 8.70(p<0.001).

Conclusion
Both groups displayed a strong attitude, good practices and weak levels of knowledge regarding preparedness for a dengue
outbreak; overall the staff nurses performed significantly better in all categories.

Keywords
Aedes, Public Health, Dengue, Infection Control, Disease Outbreaks, Pest Control, Public Health Practice
PREDICTIVE SCORING FOR CLOMIPHENE CITRATE RESPONSE ON THE BASIS OF PATIENTS’ CLINICAL AND HORMONAL PROFILE

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Introduction
Clomiphene citrate is the first line drug for ovulation induction in WHO Group II subfertile women (normoestrogenic, normogonadotropic).

Objective(s) of study
To compare the physical and hormonal profile of responders and non-responders. To formulate and assess a predictive score for clomiphene citrate (CC) therapy

Materials & Methods
This comparative analytical study was done in the Gynecology department BBH, Rawalpindi. WHO Group II subfertile women who underwent CC therapy, from January 2016 to January 2017, were selected into two groups; Groups I (Responders;30 patients) who ovulated and Group II (Non-responders;30 patients) who remained anovulatory. Patients with tubal and uterine subfertility were excluded. Menstrual history, BMI, hirsutism, and Thyroid Stimulating Hormone (TSH) levels were noted from the patients’ infertility cards. Data were analyzed using SPSS 21 and statistical tests applied.

Results
In Group I (responders) mean BMI was lower (23.27± 2.46) with 80% patients having normal BMI i.e.;≤24.9. TSH levels were within the normal range among all responders. 93.3% patients had regular menstrual cycles and hirsutism was present in 16.7% patients. In group II (non-responders) mean BMI was higher (27.57± 3.39); 90% patients had BMI>24.9. 43.3% patients had abnormal TSH levels, 70% patients had regular menstrual cycles while 40% patients had hirsutism. All studied variables were statistically significant (p<0.05). A predictive score for CC response was formulated considering these variables. Score 0 was given for BMI≤24.9, TSH=0.4-4.2 µU/ml, the absence of hirsutism and regular menstrual cycle each. As these parameters became abnormal score 1 and 2 were assigned. Final scores ranged from 0-5. According to this score, all responders had scores from 0 to 2 while among non-responders 70% had scores of 2 and above (p<0.05).

Conclusion
According to the predictive score, greater the value above 0, lesser the chances to ovulate on CC therapy. Hence response can be predicted prior to therapy, enabling the doctors to intervene, modify the treatment modalities and increase the effectiveness of CC therapy.

Keywords
Clomiphene, Hirsutism, Body Mass Index, Ovulation Induction, Infertility, Ovulation, Anovulation, Menstrual Cycle

THE FREQUENCY OF RISK FACTORS FOR CORONARY HEART DISEASE IN PATIENTS OF KP

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Introduction
CHD (coronary heart disease) is currently the leading cause of death in the worldwide. People with diabetes mellitus have a high prevalence of coronary heart diseases and have 2 to 3-fold high morbidity risk. The overall prognosis in the CHD patient with DM is worse. In patients with T2 DM tend to be more complex diseases. In KP the rate of CHD patient is also a lot and mostly women suffer from it. The rationale of our study is to find the most common risk factor.

Objective(s) of study
The main objective of our study to find the causes of risk factor of coronary heart disease and the most common causes and the least causes of disease and how these risk factor can be reduced. The most important objective of our study to find the cases of risk factor which are face by the people of KPK.

Materials & Methods
This was a descriptive cross-sectional study the study was collected from NWGH, KTH, MMC, HMC, DHQ Charsadda, LRH Peshawar. The study carried out from 1st Dec 2017 to 29th Jan 2018. A total of 154 patients were enrolled in the study patient who was suffering other disease pneumonia, trigeminal neuropathy, chest problem and many other diseases they were excluded from the study. A detail Performa was made for this work and was filled by our research group member personally. For each patient, detailed questions were asked about exercise and medication which the patient used and for how long he/she used them. If the patients were unable to tell us so the relatives were asked the questions.

Results
In total 154 patients, 76 were male while 78 were female. Frequency of male 76 mean was 49.4% while 78 frequency of female was 50.6%. The mean value for age in male and female is 56.39. While the mean value for females was 41 years. Smoking which we concluded from the study that overall only 22 are regular smoker 14.3% and Non-smoker are 132 mean 85.7% in these 22 regular smokers 20 are male while just 2 females were suffering from CHD.

Conclusion
Our study shows that family history, smoking, hypertension, increased BMI, increased birth disease, congenital disease are the main causes. There is no exit difference between male and female risk factors except smoking which is mainly seen in males. the article which we studied for this research work have the main difference between smoking criteria in his research work smoking criteria was high while which is least in our study because the reference article study was done in us.

Keywords
Prevalence, Smokers, Diabetes Mellitus, Coronary Disease, Smoking
DEPRESSION AMONG STUDENTS, COMMON ACQUIRED INFECTIONS & A THREAT TO IMMUNE SYSTEM

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Introduction
Depression is considered as one of the factors that can interfere with proper functioning of healthy adults’ immune system. Those individuals with the active immune system have comparatively lower chances of getting common infections than those that have a weak immune response. Despite this, may not be the case that depressive people are always prone to infection as the consequences are not well-defined.

Objective(s) of study
To investigate the relationship between depression and immunity, by using common infections as a marker of the compromised immune system among medical and biological sciences students.

Materials & Methods
The cross-sectional study was carried out at Rawal College of Medicines, Islamabad, and the University of Peshawar. The sample size comprises of 500 students. The structured validated questionnaire, the Hamilton Depression scale with King’s Health questionnaire, was sent online through Google docs via different social networks. The responses were automatically generated and the data analyzed through mean score test with the assistance of SPSS 17.0 program.

Results
Total 500 questionnaires were sent out of which 432 were returned with a response rate of 88.6%. The data comprised of 208 Males and 224 Females. Mean age of the participants taken part in this study was 22±0.9. A high prevalence depression with common infections (56.11%) was found amongst medical students as compared to life sciences students (43.89%). Female students (56.51%) were found to be more depressed than male students.

Conclusion
Our current findings suggest that depression results in an impairment of the immune response and might promote common infections. Medical students constitute a vulnerable group that has a high prevalence (66.66%) of depression in them.

Keywords
Depression, Prevalence, Pakistan, Depressive Disorder, Psychiatric Status Rating Scales, Biological Science Disciplines, Immune System, Social Support

AN ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE (KAP) AMONG THE STUDENTS OF REHMAN MEDICAL COLLEGE REGARDING DENGUE AND ITS CURRENT EPIDEMIC IN PESHAWAR

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Introduction
Dengue is a mosquito-borne infection that has emerged as major public health issue recently. Preparedness for Dengue fever outbreak cuts down mortality and morbidity from this mosquito borne disease which infects 50-528 million people globally a year and has a usual fatality rate of 1-5%.

Objective(s) of study
To assess the Knowledge, Attitude and Practices (KAP) towards dengue and its current epidemic in the students of Rehman Medical College (RMC), Peshawar.

Materials & Methods
An observational, cross-sectional study was conducted in Rehman Medical College Peshawar, in the months of October to December 2017. The sample includes 20 individuals of each professional year (a total of 100 sample), through random sampling. Data were collected through a self-administered questionnaire after informed consent; which includes a total of 16 questions on knowledge, attitude and practices. SPSS version 23.0 was used to analyze the data in the form frequency and percentages.

Results
One hundred students, twenty from each professional year, were given questionnaire during the study period. Out of 100 students, 50% were males while 50% were females. Regarding the knowledge of the students, 71% of knows about dengue spread, 57% correctly identified the breeding sites while 46% were aware of the contraindicated medicine. Regarding the attitude of the students, 57% knows that dengue is a serious illness while 78% believes it is a preventable disease. Regarding preventive practices of medical students, 65% of students frequently checked for mosquito breeding sites in their homes and garden, 22% were using mosquito nets for the prevention of dengue fever and 33% answered that they will participate in community campaigns for the prevention of dengue.

Conclusion
Students have acceptable knowledge, better attitude and preventive practice regarding the dengue, and as a whole they are prepared to manage a possible dengue fever outbreak in the future.

Key Words
Dengue, Epidemic, Mosquitoes, Knowledge, Attitude and Practices (KAP), Peshawar.
AWARENESS OF KNOWN RISK FACTORS OF DENGUE FEVER IN RELATION WITH DEMOGRAPHIC FACTORS; A COMPARATIVE, PILOT STUDY BETWEEN RESIDENTS OF TEHKAL AND UNIVERSITY TOWN, PESHAWAR

Muzna Anwar, Murtaza Rahman Khan, Wajahat Hassan, Fatima Bibi, Muniba Habib Society for Undergraduate Medical Research (SUMR)

Introduction
Dengue fever (DF), Dengue Hemorrhagic fever (DHF) and Dengue Shock syndrome was classified as a viral infection in 1906. Primary infection leads to mild to moderate disease and a short-term (approximately 6 months) immunity against the four serotypes along with lifelong immunity to the specific serotype. However, subsequent ‘secondary’ infection by any other type may cause mild to severe disease which may prove fatal. This necessitates vigorous control measures and heightened level of awareness about risk factors among exposed populations. Virus transmission usually involves the ingestion of infected blood by aedes mosquitoes. The virus appears in the saliva of mosquito after 8-10 days’ incubation and can be transmitted to a susceptible human. Dengue is endemic in Pakistan with its usual peak incidence in the post-monsoon period. It was reported for the first time in Pakistan as an undifferentiated fever in year 1985. In 2011, Pakistan had the worst strike of dengue in which more than 20,000 cases and 300 deaths were reported officially which according to experts reflect under reporting. According to the provincial Health Department in Peshawar, as of September 2017, the death toll from dengue, in Khyber Pakhtunkhwa (KP), reached >50, 2492 out of 12552 people tested were found positive for Dengue in Peshawar. Commissioner of Peshawar sent a request to Pakistan Red Crescent Society and other welfare organizations to provide assistance in raising awareness, printing materials and setting up medical camps in the Peshawar.

Objective(s) of study
To assess the knowledge level about dengue fever and its risk factors among residents of Tehkal and University Town of Peshawar, Pakistan & to correlate the knowledge scores about Dengue with residential location of study participants

Materials & Methods
This is a quantitative interview based pilot study. A sample size of 200 was arbitrarily set for this pilot study. 100 residents of Tehkal payan and 100 residents of university town were interviewed by trained interviewers. Verbal consent was obtained prior to interviews. Interviews were conducted by SUMR volunteer medical students who underwent training in interviewing techniques under professional supervision. Differences in knowledge of dengue fever and its risk factors between Tehkal versus Town groups were calculated and analyzed in SPSS V 19

Results
Knowledge about dengue and its risk factors was significantly high among residents of Town area compared with Tehkal area residents, (p value < 0.005). Adequate knowledge about dengue was found to be in 88.3% of Town residents versus 65.4% in Tehkal residents, (p value < 0.005). Knowledge about risk factors associated with transmission of dengue was inadequate among both study groups, (p value > 0.005). Significant associations were found between knowledge scores and education (<0.001), income (>0.005), and having a relative or neighbor suffer from dengue (<0.001).

Conclusion
Knowledge about Dengue is inadequate among rural residents. Knowledge about risk factors associated with dengue transmission is inadequate in rural as well as urban residents of Peshawar.

Acknowledgement of Funding
Society for Undergraduate Medical Research Basic Research Grant – 002

Keywords
Severe Dengue, Aedes, Serogroup, Coinfection, Saliva, Dengue, Virus Diseases, Fever.
ANTIMICROBIAL RESISTANCE PATTERN OF ESCHERICHIA COLI ISOLATED FROM SAMPLES AT HOLY FAMILY HOSPITAL, RAWALPINDI

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Introduction
Escherichia coli is the most common cause of urinary tract infections. It also causes diarrhea, pneumonia, meningitis and sepsis. There is increasing antibiotic resistance in E. coli worldwide. Antibiotic resistance in E. coli has become a major health problem in recent years and has increased morbidity and mortality as well as the cost of health care. In Pakistan, the situation is particularly dire because of the indiscriminate prescription of antibiotics by general practitioners. The antimicrobial resistance pattern is constantly changing and so it is important to conduct studies to determine it.

Objective(s) of study
To determine the antimicrobial resistance pattern, to commonly used antibiotics, of Escherichia coli obtained from various samples at Holy Family Hospital, Rawalpindi.

Materials & Methods:
A descriptive cross-sectional study was carried out at Pathology department, Holy Family Hospital, Rawalpindi. Various samples were collected and analyzed in the laboratory to determine the presence of E. coli by use of microbiological and biochemical tests. Antibiotic resistance was determined using the disc diffusion method. Previous records were also included in the study. The data was entered and analyzed using SPSS version 23. The resistance patterns in male and female patients were compared using Pearson’s chi-square test.

Results
Using the results of 363 samples, high resistance was found to cefepime (81.2%), ceftriaxone (86.6%), cefixime (90.1%), ciprofloxacin (75.6%) and Augmentin (90.2%). On the other hand, there was less resistance to amikacin (23.1%), imipenem (16.6%), meropenem (32.1%) and nitrofurantoin (32.4%). The antibiotic resistance pattern also showed some variation with sample type.

Conclusion:
E. coli has become resistant to many commonly prescribed antibiotics like the cephalosporins and fluoroquinolones. The resistance has been increasing over the years, and clinicians must take steps to discourage inappropriate use of antibiotics. Imipenem and nitrofurantoin may be used as first-line drugs against E. coli infections.

Keywords
Antimicrobial Drugs, Escherichia Coli, Antimicrobial Resistance

COMMUNITY PERCEPTIONS ABOUT CHILD ABUSE – A QUALITATIVE STUDY

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Introduction
Child abuse is listed as one of the leading causes of death for children younger than ten years age, internationally. Pakistan is facing an epidemic of child abuse since last five years. The actual figures are alarming because they show a rising trend that cannot be explained by a higher level of awareness and diagnostic accuracy alone.

Child abuse can result from physical, emotional or sexual harm. Child abuse is also in the form of actions, there are also examples of inactions that cause harm such as neglect. Child abuse is widespread and can occur in any cultural, ethnic or income groups. Outcomes of child abuse can result in both short and long term injury or even death. There are many children who may be unaware that they are victims of child abuse. Parent and community perceptions play a vital role in etiology, prevention and outcomes of child abuse.

We conducted a qualitative study with community members in Peshawar to elicit their perceptions and ideas about child abuse. Qualitative design was chosen to perform an in-depth analysis of the responses and generate themes that are unique to local population, not reported before.

Objective(s) of study
Perform a thematic analysis of responses from interviews conducted with community members about child abuse and analyze related themes to generate possible preventive strategies.

Materials & Methods:
This is a qualitative study. Interviews were conducted with consenting participants. They were asked to share their opinions regarding child abuse. Out of 25 interviews conducted only 22 responded and the rest of them were not willing. This study was conducted from January to March 2018. Data analysis was carried out using Nvivo.

Results
Finding show that all respondents are aware of child abuse as a serious problem that must be prevented at all costs. The most common perception reported was that of parental responsibility towards prevention of child abuse. Almost all respondents mentioned that parents have major role to play in prevention of child abuse and protection of their children. Second most common theme that originated was a general concern about lack of religious knowledge and lack of awareness about the real purpose of a Muslim’s life. Next theme was about the availability of pornographic material as well as about the current low moral standards of Pakistani media. Role of educational institutions and judiciary was also discussed by 25% of respondents. Sexual repression and lack of sex education was a weak theme, expressed by 2% of respondents.

Conclusion:
Child abuse is emerging as a rather new threat to the integrity and peace of family lives in Pakistan. Community is well aware of this menace. Community is cognizant of the role of parents and religion is prevention of this tragedy.

Keywords
Sex Education, Pakistan, Islam, Cause of death, Child Abuse, Parents, Morals
AMONG PATIENTS WITH TERMINAL CANCER AND THEIR CAREGIVERS

KNOWLEDGE AND ATTITUDES ABOUT PALLIATIVE CARE FOR CANCER AMONG PATIENTS WITH TERMINAL CANCER AND THEIR CAREGIVERS

Fatima Ahmadzai, Hafsa Wazir, Rohma Umer, Hajira Nazir, Ariba Qazi Society for Undergraduate Medical Research, (SUMR)

Introduction
Palliative care is multi-modality based interdisciplinary care that aims to improve quality of life for patients living with any serious illness and their families. Ideally, it begins at diagnosis and is provided in tandem with other disease specific treatments. Early awareness of and involvement with palliative care is encouraged by World Health Organization, which states explicitly that “palliative care is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life.” Cancer is one of the leading causes of morbidity and mortality worldwide. Research shows that early involvement of palliative care helps improve patients’ as well as caregivers’ quality of life. Unfortunately, referrals to palliative care are notably late in the disease course, worldwide. Negative attitudes toward palliative care among patients and caregivers are often cited by physicians as a reason for late referrals to palliative care services. Pakistan has a high cancer burden. Cancer presents late in Pakistan. Late presentation of cancer necessitates awareness about palliative care and its role in cancer care. Presently, there are no certified palliative care specialists in Pakistan. Our research is performed with patients suffering from terminal cancer and their caregivers. Knowledge about palliative care for cancer patients was poor, (<23%) among our study population. Only 7% of the respondents knew that palliative care is a separate specialty of cancer care. 43% knew that pain medications for terminal cancer pain were prescribed and managed by pain specialists who work with palliative care teams. 89% agreed that there is a need for serious new care for terminal cancer palliative care.

Objective(s) of study
Assess knowledge and attitudes related to palliative care among Pakistani patients suffering from terminal cancer and their caregivers.

Materials & Methods:
This is an interview based, cross sectional survey conducted in Walk-In Clinic, WIC of Shaukat Khanum Memorial, SKM, Rawalpindi, Pakistan. SUMR developed the interview tool with help from a medical oncologist, a pediatric oncologist and a pain specialist. Patients presenting with a confirmed diagnosis of cancer to the WIC at SKM are assessed for eligibility for treatment at SKM. End stage cancers are usually not accepted for treatment based on poor treatment outcomes. These patients and their caregivers were interviewed outside WIC at SKM, Lahore for a period of six months. Interviewers were trained volunteers working at SKM. They obtained verbal consent and filled the close ended questionnaires onsite. Data was compiled and analyzed in Excel.

Results
Knowledge about palliative care for cancer patients was poor, (<23%) among our study population. Only 7% of the respondents knew that palliative care is a separate specialty of cancer care. 43% knew that pain medications for terminal cancer pain were prescribed and managed by pain specialists who work with palliative care teams. 89% agreed that there is a need for serious new care for terminal cancer palliative care.

Conclusion:
Existing level of knowledge about cancer palliative care is poor among our study participants. Society for Undergraduate Medical Research

Keywords
Palliative Care, Cancer Care Facilities, Pakistan, Quality of Life, Oncologists, Treatment Outcome, Neoplasms

INTRODUCTION
Acinetobacter and Pseudomonas are the most prevalent microorganisms in setting like Intensive Care Units of developing countries in the isolates have been obtained from Catheter Tips and Blood. Antimicrobial resistance in these microorganisms against rare antibiotics like Colistin and Tigecycline has been reported.

OBJECTIVE(S) OF STUDY
To determine antimicrobial profile of MDR Pseudomonas and Acinetobacter against Colistin and Tigecycline in patients of Medical Intensive Care Unit of a Tertiary Care Hospital.

MATERIALS & METHODS:
This descriptive retrospective study was conducted in Medical Intensive Care Unit of Holy Family Hospital for a period of 1 year from April 2016 to April 2017. A total of 136 clinical isolates were included using consecutive sampling technique. Clinical isolates were obtained from blood samples and catheter tips i.e, tracheal suction catheter tips, Endotracheal tube tips, Dialysis catheter tips and CVP line catheter tips. Only Multi Drug Resistant isolates of Acinetobacter and Pseudomonas were included and their antimicrobial susceptibility was determined by Modified Kirby-Bauer disc diffusion method against Colistin and Tigecycline. Data was analyzed using SPSS v22.0. Descriptive statistics were applied. The Chi-square test was used to compare the percentages of MDR Acinetobacter and MDR Pseudomonas infection prevalence and resistance rates.

RESULTS
Of 68 included isolates, 76 (55.9%) isolates were obtained from female while 60 (44.1%) from male patients. 100 isolates were obtained from catheter tips and 36 from blood. 106 (77.9%) isolates were culture positive for MDR Acinetobacter and 30 (22.1%) for MDR Pseudomonas.

42% isolates of MDR Acinetobacter were resistant to Colistin while 19% were resistant to Tigecycline. 13% of clinical isolates of MDR Pseudomonas were resistant to Colistin while 20% were resistant to Tigecycline. The difference between the antimicrobial susceptibility of MDR Acinetobacter and MDR Pseudomonas against Colistin and Tigecycline is significant (P<0.044 and P=0.00).

CONCLUSION:
Increasing Anti-microbial resistant of Multi Drug Resistant clinical isolates of Pseudomonas and Acinetobacter against Colistin and Tigecycline is alarming.

KEYWORDS
Anti-Bacterial Agents, Pseudomonas Infections, Anti-Infective Agents, Developing Countries, Tertiary Care Centers, Drug Resistance, Bacterial

ABSTRACT - UG
LAPAROSCOPIC SPLENECTOMY: AN IDEAL APPROACH FOR ITP

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Introduction

Immune thrombocytopenia (ITP), previously known as idiopathic thrombocytopenic purpura, is an autoimmune disorder characterized by increased platelet degradation with platelet count lower than 100,000 µL. Corticosteroids are used as a first-line treatment in ITP. Splenectomy is considered as a second-line therapy for those who fail to respond to steroids, or if steroids are contraindicated in the patient. Splenectomy can be performed as open or laparoscopic splenectomy. However, laparoscopic splenectomy has gradually replaced open splenectomy procedure in surgical treatment of ITP because it is associated with less postoperative pain, shorter hospital stay, less blood loss, fewer complications and better cosmetic outcomes as concluded by many studies conducted in Asian hospitals. The aim of this study was to describe the outcomes of laparoscopic splenectomy in patients diagnosed with ITP so that it can replace open splenectomy as the standard second-line treatment of ITP.

Objective(s) of study

To determine operative time, blood loss, postoperative rise in platelet count, need of conversion to open surgery, postoperative hospital stay and postoperative complications in ITP patients undergoing laparoscopic splenectomy.

Materials & Methods

This cross-sectional study was conducted in Holy Family Hospital, Rawalpindi and Bilal Hospital, Rawalpindi. 23 patients diagnosed with ITP undergoing laparoscopic splenectomy from 2010 till 2017 were included in the study. Patient characteristics were studied from patient charts and data regarding operating time, blood loss, postoperative hospital stay, conversion to open surgery, postoperative complications and postoperative rise in platelet count was collected.

Results

Out of 23 patients, 9 were males and 14 were females. The mean age of the patients was 31±7 years. There was 1 conversion to open surgery. The mean operating time was 90±22 mins and mean blood loss 131±55 ml. 21 out of 23 (91.3%) patients showed a positive response of rise in platelet count after surgery. There was no postoperative complication in any patient. The mean postoperative hospital stay was 3±1 days.

Conclusion

Laparoscopic splenectomy is associated with less operative time, postoperative hospital stay, blood loss and postoperative complications. It produces an adequate postoperative rise in platelet count.

Keywords

Thrombocytopenia, Splenectomy, Platelet Count, Laparoscopy, Bleeding Time, Adrenal Cortex Hormones

IMMUNIZATION STATUS OF CHILDREN AND ITS ASSOCIATION WITH MATERNAL EDUCATION

Muhammad Ahmed, Maria Sharif, Ali Sufyan, Rawalpindi Medical University (RMU)

Introduction

The Expanded Programme on Immunization was implemented in Pakistan in 1978 in collaboration with WHO and UNICEF. Pakistan being a developing country is still struggling to meet its goals. Educational status and knowledge of the mother has a key role in the success of immunization programme.

Objective

To assess the immunization status of children and to assess the impact of maternal level of education on the immunization status of children between the ages of 15-36 months at RMU Allied Hospitals.

Methodology

A cross-sectional study was conducted on 380 respondents visiting paediatrics outpatient department of RMU Allied Hospitals. Mothers of the children of age group 15-36 months were included in the study via non-probability consecutive sampling technique and were interviewed using a structured questionnaire. Statistical data was analyzed using SPSS version 23.

Results

303 (79.7%) of the children were fully immunized, 66 (17.9%) were partially immunized and 11 (2.9%) had not received any immunization. 115 (68.04%) children of illiterate mothers, 145 (87.7%) children of mothers with education up to matriculation and 43 (93.47%) children of mothers with higher education were fully vaccinated.

Conclusion

Vaccination status of children presenting at RMC allied hospitals was quite satisfactory. Mothers who have attained a higher degree of education are more likely to completely vaccinate their child as compared to those with a lower level of education or those who are uneducated.

Keywords

Child, Cross-Sectional Studies, Developing Countries, Pakistan, World Health Organization, Immunization Programs, Immunization, Pediatrics.
IS THE GIRL CHILD AS NEGLECTED AS WE THINK? A CROSS SECTONAL REVIEW OF OPD VISITS

Mian Danish Gui, Syed Ijlal Haider, Wajahat Hassan, Habiba, Rida Vaghr Balouch

Society for Undergraduate Medical Research (SUMR)

Introduction

Ten and half million children under 5 years of age die every year worldwide, with 98% of these deaths occurring in countries classified as "developing countries". Previous studies have indicated close correlations between the health of children in developing countries and a number of individual determinants of child health, such as family income, the education of mothers, sanitation and immunizations. To identify the actual priorities within a society, it is necessary to determine not only the associations between individual variables and child health, but also the comprehensive associations of health-related factors in a population. The Convention on the Rights of the Child recognizes that “States Parties shall respect and ensure the rights set forth in the present Convention to each child within their jurisdiction without discrimination of any kind, irrespective of the child’s or his or her parent’s or legal guardian’s race, colour, sex, language, religion, political or other opinion, national, ethnic or social origin, property, disability, birth or status”. However, in many countries available indicators show that the girl child is discriminated against from the earliest stages of life, through her childhood and into adulthood. In some areas of the world, men outnumber women by 5 in every 100.

Objective(s) of study

To compare the actual number of male versus female children < 5 years age attending pediatric OPDs of three major hospitals of Peshawar

Materials & Methods

This is a Retrospective medical record review. Study protocol was approved by SUMR and permissions from participating hospital were obtained. Data was collected from the OPD attendance register for attendances of male and female children from September 2014 to October 2016. Data was entered and analyzed in SPSSV19.

Results

Throughout the duration of study, pediatric OPD attendance for three hospitals male and female children < 5 years age showed a ratio of 1:0.81. Daily averages for male (55.28%) and female (44.72%) children attending the OPD remained the same for study duration. The mean monthly influx of Male children is 457.54±71.977, while the female children attendance was 382.88±71.977. These statistics shows a negligible difference between the attendances of the respective genders in these two years. However, given a population ratio of male:female children of 1:1, we observed a ration of 1:0.81 in OPDs, which may point to a higher number of male children being brought to OPDs versus female children.

Conclusion

Further studies need to be done to better elucidate the actual population based statistics and parental preferences related to gender when bringing a child to OPD.

Keywords


SUMMARY OF ABSTRACT

SUMMARY OF ABSTRACT

A TWO-YEAR, MULTI-CENTER STUDY OF SEASONAL VARIATION OF ACUTE WATERY DIARRHEA IN PAKISTAN

Zala Saleem, Khadeej Imran, Fatna Ahmedzai, Hajra Nazir, Misghan Hussain, Maleeha Shamroz, Muhammad Usama

Society for Undergraduate Medical Research (SUMR)

Introduction

Diarrhea is one of the major causes of morbidity and mortality in developing countries. In Pakistan, approximately 20-30% (100,000-150,000) of deaths of children under 5 years old population, are due to diarrheal illness. The incidence of diarrheal deaths is almost 4 times higher during summer than during winter in developing countries. Incidence of diarrheal diseases is one of the highest in Pakistan. It is, therefore, vital to know the seasonal variation of diarrheas for several reasons. Knowledge about the seasonal variation of diarrheas is essential in order to place the preventive and curative measures in place prior to advent of diarrheas season. Incidence of childhood diarrheas diseases and diarrheas associated mortality in children under 5 years age is one of the highest in Pakistan. Knowledge about the seasonality of diarrheal illness is an important issue to be better prepared. Seasonal variation of any disease, including acute watery diarrhea, in Pakistan remains to be fully elucidated through a study that covers specific geographic locations within Pakistan and has enrolled sufficient number of children to clearly claim a seasonal trend in that disease.

Objective(s) of study

Determine the seasonal variation of acute watery diarrhea in four major cities in Pakistan

Materials & Methods

This is a surveillance study. Surveillance sites were established in four major government sector hospitals in Rawalpindi, Peshawar, Karachi and Lahore. Uniform case definitions were used throughout the surveillance period. For the purposes of the study, severe diarrheas was defined as diarrheas requiring hospitalization and IV hydration in a child less than 5 years of age in accordance with WHO Integrated Management of Childhood Illness (IMCI) guidelines. OPD, admission, IV Rehydration Cell and Emergency Department registers were accessed by the SUMR team members and data was entered in MS Excel for study period between Jan 2014-Dec 2015

Results

During the study period, a total of 171,167 children with Diarrhea were reported from the hospital sites. Data from casualty departments, the out-patient clinics, and the in-patient departments was pooled in the final database. Out of these, 38,518 were hospitalizations, amounting to 62% of all admissions (62,123) to all the Pediatric wards in 2005. A pattern of incidence in all the cities and hospitalizations at the sites revealed a seasonal increase between the months of May and August (57.5% of all admissions) amounting to 62% of all hospitalizations. The highest incidence of diarrheas in the year was recorded in the month of July, which coincides with the Monsoon season in Pakistan.

Conclusion

The incidence of diarrheas being greatest in the rainy season is a likely reflection of the fact that hot and humid climatic conditions are favorable for various pathogens responsible not only for diarrhea and also for a majority of other illnesses.

Keywords

Seasons, Incidence, Outpatients, Pakistan, World Health Organization, Diarrhea, Morbidity, Hospitalization
FREQUENCY OF DEPRESSION IN ADOLESCENTS IN O-LEVEL TEACHING SECONDARY SCHOOLS OF PESHAWAR

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Peshawar Medical College (PMC)

Introduction
Depression can affect people of all ages including children and adolescents. Adolescents having better mental health come from families where parental attitudes are favourable, supervision is available and a wholesome relationship exists. It is a fact that behaviour is influenced by the supervision of the parents especially mothers and the absence of supervision may cause disturbed behaviour, leading to depression.

Objectives
To find out the frequency of depression in adolescents studying in O-level teaching secondary schools and to compare depression in adolescents of working and non-working (homemakers) mothers.

Materials & Methods
This cross-sectional study included O-level students from O-level teaching schools of Peshawar. They were invited to complete a questionnaire that included demographic information and Center for Epidemiological Studies Depression Scale for Children (CES-DC). It consists of 20 self-report items rated on a 4-point scale of symptom frequency, with a cut-off score of 15. The study was conducted in adherence with ethical policies and data was analyzed using SPSS v.20.

Results
The mean age of the sample (n=262) was 15.0±1.1 years with majority of male students (n=150, 57.3%). The Cronbach’s Alpha Reliability of CES-DC in our study was 0.863. The depression was reported in 136 (51.9%) students, significantly more in girls (p=0.000). The mothers’ of 40 of these 136 students were working-women and depression was not significantly reported in children of working women (p=0.382).

Conclusion
More than half of the O-level students reported depression. There was no association between depression and whether the mother was working or was a homemaker.

Keywords
Depression, Mental Health, Depressive Disorder, Psychiatric Status Rating Scales, Students, Demography, Attitude

INTRODUCTION

Depression can affect people of all ages including children and adolescents. Adolescents having better mental health come from families where parental attitudes are favourable, supervision is available and a wholesome relationship exists. It is a fact that behaviour is influenced by the supervision of the parents especially mothers and the absence of supervision may cause disturbed behaviour, leading to depression.

OBJECTIVES

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MATERIALS & METHODS

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CONCLUSION

More than half of the O-level students reported depression. There was no association between depression and whether the mother was working or was a homemaker.

KEYWORDS

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INTRODUCTION

Depression can affect people of all ages including children and adolescents. Adolescents having better mental health come from families where parental attitudes are favourable, supervision is available and a wholesome relationship exists. It is a fact that behaviour is influenced by the supervision of the parents especially mothers and the absence of supervision may cause disturbed behaviour, leading to depression.

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This cross-sectional study included O-level students from O-level teaching schools of Peshawar. They were invited to complete a questionnaire that included demographic information and Center for Epidemiological Studies Depression Scale for Children (CES-DC). It consists of 20 self-report items rated on a 4-point scale of symptom frequency, with a cut-off score of 15. The study was conducted in adherence with ethical policies and data was analyzed using SPSS v.20.

RESULTS

The mean age of the sample (n=262) was 15.0±1.1 years with majority of male students (n=150, 57.3%). The Cronbach’s Alpha Reliability of CES-DC in our study was 0.863. The depression was reported in 136 (51.9%) students, significantly more in girls (p=0.000). The mothers’ of 40 of these 136 students were working-women and depression was not significantly reported in children of working women (p=0.382).

CONCLUSION

More than half of the O-level students reported depression. There was no association between depression and whether the mother was working or was a homemaker.

KEYWORDS

Depression, Mental Health, Depressive Disorder, Psychiatric Status Rating Scales, Students, Demography, Attitude

INTRODUCTION

Depression can affect people of all ages including children and adolescents. Adolescents having better mental health come from families where parental attitudes are favourable, supervision is available and a wholesome relationship exists. It is a fact that behaviour is influenced by the supervision of the parents especially mothers and the absence of supervision may cause disturbed behaviour, leading to depression.

OBJECTIVES

To find out the frequency of depression in adolescents studying in O-level teaching secondary schools and to compare depression in adolescents of working and non-working (homemakers) mothers.

MATERIALS & METHODS

This cross-sectional study included O-level students from O-level teaching schools of Peshawar. They were invited to complete a questionnaire that included demographic information and Center for Epidemiological Studies Depression Scale for Children (CES-DC). It consists of 20 self-report items rated on a 4-point scale of symptom frequency, with a cut-off score of 15. The study was conducted in adherence with ethical policies and data was analyzed using SPSS v.20.

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