



14th *Annual Medical
Symposium*
September 2016
ABSTRACT BOOK

THEME:
BIASES, FALLACIES AND SUPERSTITIONS IN MEDICAL & DAILY LIFE



FOREWORD

Welcome by Managing Trustee

I would like to extend a warm welcome to all those attending the 14th Annual Medical Symposium in Mirpurkhas, Sindh. This year we experienced a record amount of abstract submissions as compared to previous years. I would also like to thank our invited plenary speakers for taking time to contribute to what will hopefully lead to stimulating discussions and exchange of experience and knowledge.

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

I would like to congratulate all those who has worked hard during this symposium (especially Dr. Asif, Dr. A.B Rajer and Prof. Shumsul Arfeen Khan and students of MMC) which has bravely addressed various biases, fallacies and superstitions in our society. Societies cannot make progress until that get rid of the biases, fallacies and superstitions. Unfortunately a segment of print and electronic media is also actively propagating such thinking in our society. It is the duty of every college and university to propagate progressive and enlightened thinking.

Syed Razi Muhammad

Managing Trustee, Muhammad Medical Foundation

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The individual essays remain the intellectual properties of the
contributors

Invitation Letter

Dear Colleagues

On behalf of the Organizing committee we would like to extend our special invitation to attend and participate actively at 14th Annual Medical Symposium, organized by Muhammad Medical College Mirpurkhas. This year's conference will take place on September, 5th to 8th in Mrs. Razia Ali Muhammad Memorial Auditorium of Muhammad Medical College.

During the past 18 years, the conference has brought medical students and faculty members from all around the Pakistan and world to present their work, share their research, interact with other students.

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

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

We are looking forward to wel coming you at 14th Annual Medical Symposium

Congress!

Sincerely,
Symposium Organizing Committee

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ABSTRACT

GUESTS / FACULTY SPEAKERS

Runn of katch earthquake 2001 in tharparkar it's mental & health problem now and then

Prof: Dr. Hussain Bux Kolachi Department of Community Medicine Isra University
Hyderabad

ABSTRACT

INTRODUCTION: Visual art is powerful tool for communication and health research .in world most of the conferences has elaborate poster presentation and sessions and multiple new ideas and best practices and data analysis is displayed on posters .Pan flax and computer technology and internet and mobile phone applications have given posters new heights of fast transfer of research work from one corner of world to other corner of world. In western countries poster museum exist since last century We at Isra University organized in form of poster session research work done by student of third year MBBS since last three years 2013 . and are displayed during student research conference and also on world health day we want to present our findings in this paper

OBJECTIVE: To familiarized student to research project and data collection.
To build capacity among 3rd year MBBS to design posters
To give access to disseminate research project to multidciplinary conference and community

METHODOLOGY: Students are given lecture on research methodology and topic is allotted to 5 to 7 students under faculty members student collect data and complete analyses and designed poster and display in conference venue where multidciplinary people and professional visit ask and read these posters ask questions and best posters are given prizes and healthy discussion and knowledge gaining and creation knowledge we are presenting posters submitted by student in student research conference 2013 2014 and 2015 as well on world health Day

RESULTS: Posters in Student research conference 2014 poster 16 WHO Day 2015 posters 13 WHO day 2016 poster 10 total audience attended theses conferences and world health days 300 and generated great impact and brought original data to public view and medial the student research conference on Isra website was viewed by over 7000 alumni and non alumni

CONCLUSION: Visual art is effective medium of communication and research presentation worldwide we observed great interest new data and student and faculty and community involvement in such cost effective public health intervention and most poster focused on prevention of major public health problem of high morbidity and mortality

WORD COUNT: 377

SURGICAL EXCISION OF LID TUMORS WITH PRIMARY RECONSTRUCTION

Prof. Dr Rajesh Rathi FCPS (Ophthalmology) Muhammad Medical College Mirpurkhas
OBJECTIVES

- To assess the total excision of the lid tumor
- Cosmetic appearance of the patient after primary reconstruction.
- Restore Normal Anatomy and Function.
- Apply Various Reconstructive Techniques in different tumors.

TECHNIQUES: FOR LOWER EYELID

- Direct Closure
- Lateral Cantholysis
- Tenzel Rotational Flap
- Free Tarsal Grafts
- Hughes Procedure
- Mustarde (rotational cheek) Flap

FOR UPPER EYELID

- Direct Closure +/- lateral cantholysis
- Tenzel Flap
- Sliding Tarsconjunctival Flap
- Posterior Lamellar Graft with local myocutaneous flap
- Cutler – Beard (Bridge) Flap

METHODS

- Prospective, non comparative interventional case series from sep: 2006 to August 2009 at JPMC karachi
- This case series included 16 patients of lid tumors of different types
- Age ranges between 48 to 82 average being 61.82 yrs
- Out of 16, 8 where males and 8 where females

LOCATION OF TUMORS:

Out of 16 patients 10 patients had lower eye lid tumors, while upper lid, medial canthus and lateral canthus involvement was seen in 2 patients each.

SIZE OF TUMORS: 1/ 3rd of lid involvement was seen in 3 patients 1 / 2 involvement in 3 patients, and 10 patients had 2 / 3rd involvement

TYPE OF TUMOR:

13 patients had basal cell carcinoma, 2 had squamous cell carcinoma and 1 had sebaceous gland carcinoma

RECONSTRUCTIVE TECHNIQUES PERFORMED:

- Mustarde's rotational cheek flap in 10 cases
- Mustarde's rotational cheek flap with free skin grafting in 1 case
- Total excision with Tenzle flap in 4 cases
- Lid sharing (cuttlerBeared) in 1 case

CONCLUSION:

- Thorough understanding of eyelid anatomy
- Understand basic techniques of repair
- Challenging problem do to complex nature of eyelid anatomy
- Careful attention to detail with delicate surgical technique required

Differential expression of UPAR protein in various grades and stages of endometrial carcinoma.

ABSTRACT

OBJECTIVE: To evaluate the differential expression of UPAR protein in various grades and stages of endometrial carcinoma.

INTRODUCTION: Endometrioid adenocarcinoma generally follows a course of atypical hyperplasia. Identification of early stromal invasion in premalignant hyperplasia under light microscopy is a typical problem. High catalytic activity of UPAR promotes degradation of basement membrane and extracellular matrix, thereby favors tumor invasion. The current study was designed to observe the diverse expressions of UPAR in atypical endometrial hyperplasia and carcinoma with different morphological grades and FIGO stage.

MATERIAL AND METHODS: A sum of 47 endometrial tissues, including normal proliferative, atypically hyperplastic and carcinomatous lesions were selected, amongst all endometrial specimens received in Pathology department, BMSI, JPMC. All selected cases were microscopically analyzed for morphology and UPAR staining.

RESULTS: A significant UPAR expression was observed progressively from atypical hyperplasias to invasive endometrial carcinoma. Strong reactivity was associated with all high grade, majority of intermediate grade and few low grade tumors. Atypical hyperplasia expressed focal over reactivity while normal proliferative endometrium was negative for UPAR reactivity. UPAR expression was variable in all stages of endometrial carcinoma. An apprehend expression was seen in advance stage adenocarcinoma.

CONCLUSION: UPAR possessed a strong correlation with the progression of grades and stages of endometrial carcinoma. Focal over expression in atypical hyperplasia suggests likelihood of proceeding towards future invasive carcinoma, therefore UPAR may benefit in further management of patient.

KEY WORDS: UPAR, endometrial carcinoma, hyperplasia.

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WORD COUNT: 261

Fat Injections to face and their outcome.

AUTHOR: Dr. Bilal Fazal Shaikh

ABSTRACT

OBJECTIVE: To evaluate the results of fat injections for facial rejuvenation.

METHODS: A retrospective analysis was performed on 28 patients who received fat injections for facial rejuvenation between January 2013 and December 2014. In all patients aspiration of fat is done with aspiration cannula from lower abdomen. Dressing was applied. Fat was processed with centrifuging and then replaced in injection syringes. Fat was injected on the required areas and then redistributed.

RESULTS: Amount of fat initially injected is more than the requirement, but within days this extra amount is taken up by the body and rest of the fat stays there permanently. Absorption of fat was 40-60%. There were no major complications. 3% patients had edema, 8% patients had ecchymosis at donor site for one week on average and 3% patients had bruising at the injected site which was resolved in 3 days in average.

CONCLUSION: Fine needle technique for fat grafting has its own advantages. Accurate and refined results can be obtained without any painful needle puncture. Small to moderate size isolated or multiple defects can be treated in one session.

KEY WORDS:

WORD COUNT: 200

PAEDIATRIC LAPAROSCOPY WHERE DO WE STAND

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Professor & chairman pediatric surgery

Peoples University Of Medical & Health sciences

Nawabshah sind Pakistan

For INVITED TALKs

ABSTRACT

Minimal access techniques have revolutionized surgery in the past twenty years. The concept originated in the early twentieth century and has now become part of standard surgical practice.

Kelling has first described Paediatric laparoscopy in 1923 but its use has increased since last decade.

The potential benefits of paediatric laparoscopy include reduced pain; functional impairment and inpatient stay and improved Cosmesis. Recent technological advances have assisted in the application of the techniques to a paediatric population. There are now few paediatric surgical procedures remaining that have not been performed using minimal access techniques. The scope of laparoscopy in paediatric surgery encompasses neonatal surgery, thoracic surgery, gastrointestinal surgery, oncology and urology.

The rapid advancement in Paeds laparoscopy is because of smaller instruments even of 3mm, sealing devices and high definition technology made this all procedures possible.

This is experience of 9 years since I first started paediatric laparoscopy& I have done more than 300 laparoscopic procedures that include cholecystectomy, pyloric stenosis, appendectomy, single stage lap orchiopexy, Malrotation of gut, Ambiguousgenitalia, ovarianproblems, fundoplication, achalasia, pseudo pancreaticcyst, Empyema thoracis with VATS, andmost important thoracoscopic esophageal atresia repair first time ever done in Pakistan

WORD COUNT: 253

Common etiological factors of infertility

Dr Qamar Habib Dr Asma Jabeen Department of Obstetrics and Gynaecology
Muhammad Medical College Mirpurkhas

ABSTRACT

INTRODUCTION: Infertility is inability of a couple to conceive after one year of unprotected intercourse. It is a worldwide problem and carries a social stigma in many countries. Both male and female factors are significantly responsible. The causes of infertility include, cervical, uterine, tubal, ovarian and abnormalities of semen. Male and female factors are equally responsible i.e 40% each. Management of infertility includes evaluation of both partners thoroughly by history, examination and certain investigations followed by treatment of the particular cause.

METHODOLOGY AND RESULTS: The study was conducted to find out pattern of etiological factors of infertility in both partners, conducted in department of gynae unit I Muhammad Medical College, Mirpurkhas from January 2016 to August 2016. Patients presenting with primary and secondary infertility were included in the study. Both male and female partners were investigated fully and data was collected on a preformed proforma. Majority of couples had primary infertility with male factors contributing in a significant number of cases. Polycystic ovarian syndrome (PCO) was responsible for infertility in more than half females.

CONCLUSION: Investigating male factor should constitute one of the preliminary steps while investigating these couples, and should be excluded before subjecting the female partner to invasive investigations. PCO is a major cause of infertility in females and thus, there is an important role of timely diagnosis and treatment of PCO in girls.

KAY WORDS: infertility, PCO, tubal factor.

CORRELATION OF SERUM MAGNESIUM WITH DIABETES MELLITUS

Ali Raza Memon, Muhammad Yousuf Memon, AB Rajar

Corresponding Author: Dr. Ali Raza Memon Lecturer Department of Biochemistry LUMHS

ABSTRACT

BACKGROUND & OBJECTIVE: Diabetes Mellitus one of the global burden human health and it is the fourth leading cause of death all over the world. More than 300 millions people suffering from Diabetes all over the world especially in developing countries. The incidence of diabetes of Pakistan 8 to 11% of total population of the country. The longer duration of uncontrolled diabetes mellitus will cause macro vascular & micro vascular complications. The balanced diet which contain proper amount of minerals like magnesium, copper, zinc etc plays an important role in prevention of diabetic complications. Hypomagnesaemia is one of the cause of diabetic complications like retinopathy and after 5 – 10 years of duration if not normalize the serum magnesium level it will cause blindness. The purpose of this study to estimate the serum magnesium levels in diabetic population.

METHODOLOGY: Total 120 subjects were selected from medical OPDs LUMHS Jamshoro (having diabetes more than 5 years) for this study after ethical permission from LUMHS Jamshoro. These subjects are divided into three equal groups each contain 40 subjects Group I control subjects, group II IDDM patients, group III NIDDM patients. FBS & RBS were done by Accuchek glucometer and serum magnesium level was estimated by Zeeman 2000 Spectrophotometer at Medical Research Centre LUMHS Jamshoro. The data were analyzed by SPSS version 16

RESULTS: The mean serum magnesium levels were as control group 2.11 ± 0.13 , IDDM 1.99 ± 0.10 & NIDDM 1.83 ± 0.16 . The serum magnesium level was significantly observed as low in IDDM as well as NIDDM.

CONCLUSION: Hypomagnesaemia were more observed in NIDDM as compared to IDDM and control subjects so proper magnesium containing diet for NIDDM patients will be highly beneficial to prevent the diabetic complications especially diabetic retinopathy and blindness in future.

KEY WORDS: Diabetes Mellitus, Diabetic Complications, Hypomagnesaemia

WORD COUNT: 328

Tolerability and Efficacy off New oral Directly Acting Anti HCV Drugs

Authors: Dr Abdul Qadir khan, Dr Farhana Qadir, M. Imran, Shumaila Shabbir,
M. Nadeem, Samia Maqsood

AIMS & OBJECTIVE: Is to determine the tolerability and efficacy of new oral directly acting anti HCV drugs.

BACKGROUND & INTRODUCTION: Pakistan has the second highest burden of chronic hepatitis C virus infection after the China. Prevalence of hepatitis C virus infection in Pakistan is about 5% with an estimated 8 million people infected with virus¹. There are however pockets of very high prevalence of upto 24% of the population². The major HCV genotype here is genotype 3, followed by genotype 2 and 1. Pakistan was the second country in world after Egypt to receive sovaldi (sofosbuvir) through the Gilead global excess program at heavily discounted price, the drug was formally registered in March 2015.

METHODOLOGY: Prospective observational study was conducted at liver clinic MMCH & liver & GI center New town MPK, from MAY 2015 to August 2016. Total no. of patient were 94. Data was collected in a design Performa, additional information regarding complains clinical finding were noted, base line investigation were blood CP, LFTs, P.T, S.Albumin, u/s of abdomen, HCV RNA viral load & Genotype. Few investigations were done after the starting of the treatment. Data and additional information was put into SPSS VERSION 22.

RESULTS: Total no of the patients were 94, out of them male were 48, female 47. Male to female ratio was approximately 1:1; Average age of the patient was between 31-70 years. Out of 94 cases, 74 cases were Naïve & treatment experienced chronic hepatitis C, 2 were of compensated cirrhosis, & 18 were of Decompensated liver cirrhosis. Out of 94 cases, 75 patients were on sofosbuvir 400 mg OD and Ribavirin 400mg BD, for 3-6months. 19 patients were on Sofosbuvir+Ribavirin+Declastavir for 3-6 months. Most of the patients tolerated well the combination of sofosbuvir +Ribavirin ±Declastavir, 1 patient stopped the treatment due to side effects. RVR & ETR was positive in majority of the patients, and for SVR the patients are on follow up.

CONCLUSION: New directly acting oral anti HCV drugs are well tolerated & efficacious, further studies are needed in more numbers of the patients to assess the side effects.

WORD COUNT: 377

Detection and Typing Of HPV in Cervical Dysplasia and Invasive Carcinoma Using Flow through Hybridization

Dr Aliya Zaman Assistant Professor, Department of Pathology Muhammad Medical College Mirpurkhas.

INTRODUCTION: The objective of present study was to detect human papilloma virus and its typing in cervical dysplastic lesions and in squamous cell carcinoma by flow-through hybridization technique.

METHODOLOGY: flow-through hybridization technique the organisms are hybridized onto chip and hybridized signals are visualized with a chip scanner.

RESULT: Cervical carcinoma was found in 2.69% of all malignancies. Mean age of cervical carcinoma was 49.81. A total of 48 diagnosed cases were selected including 20 low grade squamous intraepithelial lesions (LSIL), 5 high grade squamous intraepithelial lesions (HSIL) and 23 squamous cell carcinoma (SCC). These cases were analyzed on flow-through hybridization device by using gene flow HPV High risk screening test kit. Results showing HPV DNA positivity in 21(43.75%) cases. HPV 16 positive in 40 % cases of HSIL and 13.04% cases of SCC. HPV HR1 (HPV 31,33,45,52,58) were positive in 15% cases of LSIL , 60% cases of HSIL ,and 30.4% cases of SCC. HPV HR2 (HPV 53, 59, 66, 81) were positive in 5% cases of LSIL. HPV HR3 (HPV 35, 39, 51, 59) were positive in 4.2% cases of LSIL. There was significant association between HPV and dysplastic lesions of cervix. HPV 16 & HPV HR1 were most common types.

CONCLUSION: There was significant association between HPV and dysplastic lesions of cervix. HPV 16 & HPV HR1 were most common types. The detection of HPV-HR2 & HPV-HR3 in LSIL showed that our population is at a high risk of developing invasive carcinoma from these least common high risk type.

KEYWORDS: Cervical carcinoma, Human papiloma virus, flow-through hybridization technique.

WORD COUNT: 290

Title: Hypospadias: a comparative study between Snod Grass and Braca's procedure.

ABSTRACT

NAME: Dr. Yasir Arfat Memon

DESIGNATION: Post Graduate Student

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INSTITUTE: LUMHS Jamshoro.

PURPOSE OF STUDY: To evaluate the outcome of Snod grass and Brac's procedure in LUH jamshoro.

STUDY PERIOD: Two years from January 2014 to December15.

Study Detail: Obervational and comparative study.

RESULTS: Total number of patients are 50, 25 patients selected for Snod Grass and 25 patients selected for Braca's procedure.

CONCLUSION: According to our study Braca's procedure have superior results then Snod grass.

Clinico Hematological Profile and Phase Distribution of Chronic Myeloid Leukemia

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OBJECTIVES: To evaluate the Clinico hematological profile based on the age, sex and Clinico hematological presentations and frequencies of three phases of chronic myeloid leukemia (CML), This study highlight the Ph positively by real time polymerase chain reaction (RT-PCR) technique contribute towards understanding the disease biology, and have important implications for diagnosis and management of CML patients.

STUDY DESIGN: This is an experimental and observational study.

PLACE AND DURATION: This study was conducted in medical ward and pathology department of Peoples University of Medical and Health Sciences for women (PUMHS-W) Nawabshah from June 2013 to June 2014.

MATERIALS AND METHODS: Total 83 patients including 52 male, 31 female at their age ranges between 23 and 57 years admitted in medical ward of PUMHS hospital were selected for study. The clinical history and physical examination of these patients were noted. All the blood samples and bone marrow biopsy sent to the pathology department of PUMHS for the analysis of complete blood count, peripheral blood and bone marrow examination for the diagnosis of three phases of chronic myeloid leukemia.

RESULTS: Out of 83 patients, 52 were male and 31 were female with male to female ratio of 1.6:1, the mean age of these subjects was 39.5 ± 16.5 years. The mean total leukocyte counts, platelet counts, hemoglobin levels and marrow blast frequencies were $121,000 \pm 35,000/\text{cmm}$, $285,000 \pm 122,000/\text{cmm}$, 7.5 ± 4.9 and 15 ± 9 respectively. The majority of patients 62 (74.6%) were classified in the chronic phase (CP), 17 (20.4%) in the accelerated phase (AP) and 3 (5.0%) in blast crisis (BC). The most frequent patient age ranges were 21-30 years for CP, 41-50 years for AP and 41-50 years for BC.

CONCLUSION: This study concluded that most CML patients are from a younger age group (33-47 years). Males were more commonly affected than the females. The detection of ph chromosome positively by resented and advanced RT-PCR technique is mandatory for the diagnosis and treatment of CML patients.

WORD COUNT: 377

Frequency of iron deficiency anemia in adult sickle cell disease patients.

Dr. Safdar Ali Pervez

ABSTRACT

OBJECTIVE: To determine the frequency of iron deficiency anemia in adult sickle cell disease patients.

SETTING: Armed Forces Hospital King Abdul Aziz Naval Base Jubail.

DURATION OF STUDY: Six months.

METHODS: This was a prospective, observational, cross sectional study. Patients with sickle cell disease were enrolled. Detailed history and physical examinations were recorded. Blood tests were done to diagnose iron deficiency anemia. Patients were assessed to determine outcome i-e iron deficiency anemia

RESULTS: Hundred and thirty three patients fulfilling the inclusion criteria were included in this study. The mean \pm standard deviation age of study population was 39.28 ± 10.840 years. On analysis of demographics data it was observed 94 (70.7%) were below 30 years of age & 39 (29.3%) were of age 30 years and above. 88 (66.2%) were males 45 (33.8%) were females. 87 (65.4%) were less than 50 kg and 46 (34.6%) were 50 kg and above. 76 (57.1%) patients were having BMI < 25 while 57 (42.9%) were having BMI \geq 25. 66 (49.6%) had H/O blood transfusion. 80 (60.2%) patients had blood transfusion < 3 times in a year. On analysis of outcome variable 81 (60.9%) had iron deficiency anemia.

Iron deficiency anemia is common in patients with sickle cell disease. Majority of patients were low weight. Patients with BMI < 25 had more chances of iron deficiency anemia.

KEY WORDS: Sickle cell disease, Iron deficiency, Ferritin, TIBC

WORD COUNT: 251

**Title: Effect of zinc sulfate on male factor sub fertility; a placebo controlled
10 years study.**

By: Dr. Jawaid Rajput, Professor of Surgery, MMC

OBJECTIVES: The role of zinc therapy on infertility caused by defective sperm quality is examined.

STUDY DESIGN: Here, 200 man with Asthenozoospermina were randomized into two groups – 250 mg twice daily zinc therapy for 3 months and no therapy.

The patients were followed up to 6 months. Sperm parameter were evaluated before and after treatment for the two groups.

RESULTS: There were significant improvement in the sperm quality; Sperm count – ($P < 0.02$) and progressive motility in Zinc therapy group ($P < 0.02$).

CONCLUSION: Zinc Therapy has a role in improving sperm parameters in men with azthenozoospermia.

KEY WORD: Azthenozoospermia; Zinc; Spermatozoa; motility.

Meconium stained liquor (MSL) and its consequence to mother and foetal outcome.

PROF. Firdous Mumtaz Gynae and Obst: Indus Medical College: TMK

ABSTRACT

The objective of this study is to assess the foetal and maternal outcome in relation with frequency and severity of meconium stained liquor (MSL).

This study was conducted at Indus Medical College Hospital and Memon Hospital Tando Muhammad Khan for one year as prospective and observational.

Only patients with term pregnancy and cephalic presentation with color of liquor varies from light yellow to dark green (Grade I to Grade III) were included while patients with cephalic presentation and clear liquor after ARM were excluded.

The assessment of foetal condition during labour is a major priority for all obstetricians.

Foetal distress is defined as, alteration in the FHR usually bradycardia with passage of meconium leading to foetal hypoxia.

Meconium-stained amniotic fluid (MSAF) may lead to meconium aspiration syndrome (MAS).

The major risk factors for MSAF are higher maternal age, prolonged or preterm labour, post term pregnancy, cholestasis of pregnancy, LWB, growth retardation and hypertensive disorders of pregnancy.

Aspiration of meconium by the foetus remains a relatively common cause of perinatal mortality and morbidity. In 10% of all pregnancies foetus passed meconium into the amniotic fluid and out of this 05% foetus / neonates may develop MAS. This syndrome can cause NND in 0.05 percent and 1/3rd develop long term respiratory compromise.

Though MSAF is clinical diagnosis but it can be detected by amnioscopy, monitoring of foetal O₂ status with FHR on CTG, foetal scalp blood PH. Though these facilities are not available in most of Hospitals, this may lead to instrumental / operative deliveries leading to one of the causes of foetal distress and maternal morbidities and mortalities.

CONCLUSION: Meconium stained amniotic fluid is associated with increased need for neonatal resuscitation, increased risk of birth asphyxia, meconium aspiration syndrome, hospital admission and mortality. So identification of pregnant woman at risk of passage of meconium during labour would allow intensive foetal surveillance and early intervention which might lead to reduction in neonatal adverse outcome and maternal morbidity and mortality due to instrumental and operative delivery.

KEY WORDS: Foetal outcome, severity of meconium, stain liquor, maternal morbidity and mortality.

WORD COUNT: 365

Title: Significance of Flat epithelial atypia in trucut biopsies and lumpectomy specimens of the Breast.

INTRODUCTION: The advent of mammography has resulted in early detection of breast malignancy, its precursor lesions, as well as other entities closely associated with it. Flat epithelial atypia (FEA) is one such emerging entity that is currently being encountered with increasing frequency in breast biopsies. However its role as a precursor malignant lesion is still debatable and needs to be understood.

OBJECTIVE: To determine the significance of Flat epithelia atypia in trucut biopsies and lumpectomy specimens of the Breast.

SETTINGS: We retrieved all cases of trucut biopsies and lumpectomy specimens of the breast diagnosed over a two year period from January 2011 to December 2012 at department of Pathology, Basic Medical Sciences Institute, Jinnah Postgraduate Medical Center, Karachi.

MATERIALS AND METHODS: H&E stained slides of all the cases and their multiple serial sections were reviewed.

MAIN OUTCOME MEASURES: A total of 289 cases were retrieved out of which 8.3% (24/289) were trucut biopsies and 91.6% (265/289) were lumpectomy specimens. Out of 289 cases features of FEA were found in 4.49% (13/289) cases. Majority were seen in association with fibrocystic disease i.e. out of 9 cases 5 (55%) showed FEA making it 1.7% (5/289) of the total. In remaining cases FEA was identified in 25% (2/8) cases of adenosis making it 0.69% (2/289) of the total, 20% (3/15) cases of invasive ductal carcinoma making it 1.03% (3/289) of the total, 100% (1/1) case of invasive lobular carcinoma making it 0.34% (1/289) of the total, 4.7% (1/21) cases of mastitis making it 0.34% of the total and 9% (1/11) cases of miscellaneous group making it 0.34% (1/289) of the total cases.

CONCLUSION: Our study revealed close relationship of FEA with considerable number of fibrocystic disease, as well as adenosis, mastitis, invasive lobular carcinoma, invasive ductal carcinoma of the breast. The need to identify it at an early stage is critical. Our study will be an effort to establish the significance of FEA in trucut biopsies and lumpectomy specimens of Breast.

WORD COUNT: 346

Role of PROBIOTICS in Major Burns

Dr. S. M. Tahir. Associate Professor; Department of Plastic, Reconstructive & Burns Surgery, Co-Editor: JLUMHS.

Dr. Bilal Fazal Shaikh. Assistant Professor of Plastic & Reconstructive Surgery, Muhammad Medical College, Mirpurkhas

ABSTRACT

INTRODUCTION: Burn wound infection delay the grafting, prolongs hospital stay and responsible for septicemia. Burn wound infection is due to immunosuppression in burns patients, colonization of burn wound, translocation of microbes from gastrointestinal tract and over growth of the resistant organism due to prolong use of topical and systemic antibiotics.

OBJECTIVE: To find alternate, effective method to reduce burn wound infection, predictable grafts take and minimize hospital stay.

DURATION & SETTING: This study investigated 64 patients having deep dermal and full thickness burns during May 2012 to June 2014.

METHODOLOGY: Patients of either sex having up to 50% BSA affected having either deep dermal, full thickness burn; expected to need grafting; were enrolled. The treatment group of this study, after taking informed consent, was given probiotics supplementation during entire period of hospitalization.

RESULTS: The difference(s) in variables' of interest between two groups were compared using student t test/ Chi Square test. During study period 22 patients received probiotics supplementation and therefore considered as "Treatment Group" and 42 patients do not received probiotics were considered "Control Group". The mean age of treatment group was $28.2 \pm \text{SD } 10.2$ years while for control groups it was $30.2 \pm \text{SD } 13.80$ ($p = 0.6004$). On admission mean BSA affected for treatment group was $40.2 \% \pm \text{SD } 13.80$, while for control it was $38.2 \% \pm \text{SD } 14.2$ ($p = 0.5909$). The leukocytosis was seen in 68.96% from control group and 67.64% treatment group. On average for each patients of control group, 9.75% body surface area was grafted as compared to treatment group where it was 10.81% for each patient. The graft loss was 29.26% in control group and 20.14% in treatment group. The mortality was 26% and 22% for control and treatment group respectively.

CONCLUSION: The use of probiotics does not prevent septic complications in burn patients; however for undiscovered reason(s) graft takes is more predictable.

WORD COUNT: 346

SPEAKS WITH SPEAKING BOOK EDUCATE THE BRAIN STRENGTHENING OF ROUTINE IMMUNIZATION ERADICATION OF POLIO.

AUTHORS: Dr Jewat Sunder**, Dr Satti Jewat*, Aziz Memon*, Dr:Tariq Mahmood
Mian,Dr: Farhan Essa Abdullah, Dr. Yaqoob Anwar

INSTITUTION: Sindh United (n) Developmental Educational Rural Society,
Pakistan academy of family physician.

BACKGROUND: Polio is still crippling disease in Pakistan therefore we have need of strengthening of routine immunization as well as eradication of polio ,it must be our first priority ,by engage the community as well as school children by innovative activities to aware them about the importance of immunizations and eradication of polio.

AIM & OBJECT: Our aim to eradicate polio free world, and object is educate, aware children about importance of polio drops.

MATERIAL &METHOD: Descriptive study /with speaking book and analysis of data by asking questions and answers about immunization and polio and its importance.

RESULTS: Sample size: 500 hundred children the results were:

What do you mean by routine immunization? Answers were: 221(44.2%)

What is polio? Answers were: 353(70.6%)

What happen in polio? Answers were: 293(58.6%)

How many drops given? Answers were: 343(68.6%)

At what age groups taken polio drops? Answers were: 281(56.2%)

CONCLUSION: Innovative activities like speaking book to develop a atmosphere of education by which children learn with interest, that interest will bring change and we have need of change for the saving lives of our beloved future for our beloved country as polio free.

WORD COUNT: 246

Visual art and public health role of Posters in health research dissemination

Prof. Hussain Bux Kolachi Department of Community Medicine Isra University Hyderabad

ABSTRACT

INTRODUCTION: Visual art is powerful tool for communication and health research in world most of the conferences has elaborate poster presentation and sessions and multiple new ideas and best practices and data analysis is displayed on posters. Pan flax and computer technology and internet and mobile phone applications have given posters new heights of fast transfer of research work from one corner of world to other corner of world. In western countries poster museum exist since last century we at Isra University organized in form of poster session research work done by student of third year MBBS since last three years 2013 And are displayed during student research conference and also on world health day we want to present our findings in this paper

OBJECTIVE: To familiarized student to research project and data collection
To build capacity among 3rd year MBBS to design posters
To give access to disseminate research project to multidisciplinary conference and community

METHODOLOGY: Students are given lecture on research methodology and topic is allotted to 5 to 7 students under faculty members student collect data and complete analyses and designed poster and display in conference venue where multi disciplinary people and professional visit ask and read these posters ask questions and best posters are given prizes and healthy discussion and knowledge gaining and creation knowledge we are presenting posters submitted by student in student research conference 2013 2014 and 2015 as well on world health Day.

RESULTS: Posters in Student research conference 2014 poster 16 WHO Day 2015 posters 13 WHO day 2016 poster 10 total audience attended these conferences and world health days 300 and generated great impact and brought original data to public view and media the student research conference on Isra website was viewed by over 7000 alumni and non alumni.

CONCLUSION: Visual art is effective medium of communication and research presentation worldwide we observed great interest new data and student and faculty and community involvement in such cost effective public health intervention and most poster focused on prevention of major public health problem of high morbidity and mortality.

WORD COUNT: 373

Particulars of Presenting Author

| | | | |
|----------------------------|--|---------------|-------------|
| Name | First:Dr.Mahesh | Middle: Kumar | Last:Mugria |
| Title | Designation: Professor | | |
| | BILATERAL CLEFT LIP MANAGEMENT BY BILATERAL MILLARD PROCEDURE; OUTCOME OF 50 cases | | |
| Email address | mkmugria@gmail.com | | |
| Qualifications | FCPS Plastic Surgery. | | |
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| Address for correspondence | Department of Plastic &reconstructive surgery, L.U.M.H.S, Jamshoro. | | |

| | |
|--------------------------------------|--|
| Title | BILATERAL CLEFT LIP MANAGEMENT BY BILATERAL MILLARD PROCEDURE; OUTCOME OF 50 cases |
| Purpose of presentation study | <i>A brief statement of the purpose of the study and the current state of research in the field:</i> The purpose of this study was to s manage this congenital anomaly with bilateral millard techniques. |
| Study Period | The study at the Department of Plastic &L.U.M.H.S and other hospitals at Hyderabad from 2013 to 2015. |
| Methods /Procedure details | In this observational study 50 patients of different age groups of both genders presenting with bilateral cleft lip and palate were included. Bilateral millard surgical techniques was done in all cases whether they were complete or incomplete or premaxilla was protruded or not. |
| Results /outcome | Out of 50 cases,nasal deformity persist in10 patients. Aesthetic appearance of lip seems to be good in most of thecases |
| Conclusions | Bilateral cleft lip is common congenital anomaly which can be managed with Billateral Millard procedure with acceptable aesthetic outcomes. |
| Conflict of Interest | No |

| | | |
|-------------------|---|-------------------------|
| Presentation type | | Instructional Lecture |
| | | Oral Presentation |
| | ✓ | Short Oral Presentation |



Pakistan Association of Plastic Surgeons

ABSTRACT

1st Year Students

PREVALENCE OF ANXIETY AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS 2016

Saad Zafar¹, Wajahat Hussain¹, Altamash Qureshi¹, M. Nauman Malik¹,

Students of First Year, Department of Community Health Sciences, Muhammad Medical College, Mirpurkhas.

BACKGROUND: It is very important to investigate the prevalence of anxiety and depression among medical students as they are under significant pressure during years of medical education. Medical students are at a higher risk of developing physical and mental health problems as compared to a non-medical student due to the academic stress. The transition from basic science training to clinical training has been identified as a crucial stage of medical education regarding student stress.

METHODOLOGY: A cross sectional study was conducted among almost 150 undergraduate students of Muhammad Medical College. The prevalence of Anxiety questionnaire was used to measure anxiety symptoms. Anxiety in association with different conditions was analysed using SPSS v.16.

RESULTS: Out of 150, 75 were males and 75 were females. 30 students from each year (1st to 5th year). Highest age group was 24-26 years of age. 41.3% felt no numbness and tickling in anxiety. 37.3% did not feel hot in anxiety. 40.7% mildly felt wobbliness in legs in anxiety. 47.3% were mildly unable to relax in anxiety. 38.7% mildly felt their heart pounding in anxiety. 36.7% mildly had a fear of worst happening in anxiety. 39.3% mildly felt dizzy and lightheaded in anxiety. 35.3% mildly felt unsteady in anxiety. 46.7% were not at all terrified or afraid of anxiety. 38% were mildly nervous in anxiety. 36.7% mildly had a feeling of choking in anxiety. 38% mildly felt their hands trembling in anxiety. 32% were mildly shaky and unsteady. 38% mildly had a fear of losing control. 32% mildly had difficulty in breathing. 40.7% did not have the fear of dying in anxiety. 34.7% felt moderately scared in anxiety. 42.7% mildly had indigestion in anxiety. 41.3% felt faint and light headed in anxiety. 38.7% mildly had hot and cold sweats in anxiety. 47.3% mildly had their face flushed in anxiety.

CONCLUSION: In short, the prevalence of anxiety had a mild effect on the students. Hence, less students need psychiatric counseling as compared to others.

KEY WORDS:

WORD COUNT: 365

Assessment of Cosmetics Utilization & Self-reported adverse effects among the female students of MMC

Kiran Sajjad¹ Maria Farooq¹ AB Rajar²

Students of 1st Year¹, Professor of Community Medicine Muhammad Medical College².

INTRODUCTION: Cosmetics, also known as make-up, are substances or products used to enhance the appearance or [fragrance] of the body. Many cosmetics are designed for use on the face and hair. They are generally mixtures of chemical compounds, some being derived from natural sources (such as coconut oil) and some being synthetics.

BACKGROUND: Cosmetics are articles applied to the human body for cleansing, beautifying, promoting attractiveness or altering appearance. In the last few years, the consumption of cosmetics has touched new heights and the curve is shooting upwards. Along with this, cosmetics are causing alarming adverse reactions to consumers and hence studying their utilization pattern and impact besides beautifying would be important.

METHODOLOGY: A cross sectional descriptive study was conducted among the female students of Muhammad Medical College. 125 students participated with their consent in the study. Information was collected by face to face interview through the questionnaire and assess with the respect to age, year of MBBS, marital status.

RESULTS: 125 questionnaire were distributed among the female students. n=124(95.2%) females said that they know about cosmetics & n=119(95.2%) said that they are using cosmetics. n=77(61.6%) said that they preferred to use natural cosmetics. n=36(28.8%) said that they visit beauty parlor once in a month. n=53(41.6%) females said that they use cosmetics for beautification. n=43(34.4%) said that they use facial mask, cleanser & moisturizers. n=51(40.8%) females said that they had develop allergy due to cosmetics usage. The highest self-reported adverse effect among allergy developing females were (12%) itching & (16.8%) acnes.

CONCLUSION: Almost many, but not all, females were in habit to use cosmetics and mostly they were using only for beautification. More than half of the females had developed allergy due to more cosmetics usage although self-reported adverse effects were in a moderate range.

KEYWORDS: Cosmetics, adverse effect and allergy.

WORD COUNT: 335

Frequency and Pattern of caffeine consumption among MMC Students

Syed Saad Ayub¹, Shaista Jawaaid¹, Sarmad Qaisrani¹, Huriza Saleem¹, Ayesha Shakeel¹

Assigned By: Dr. AB Rajar²

INTRODUCTION: Caffeine is a very common substance that we consume in food, drinks, and medicines. More than 90% of people in the world use caffeine in one form or another. It is safe to consume caffeine in moderate amounts. When people use caffeine every day, their bodies get used to it. They don't get the "good effects" of feeling more awake and able to concentrate unless they use more of it. This is called "tolerance. Caffeine also causes physical addiction and addiction. If a person gets headache or irritability after stopping caffeine consumption than these are withdrawal symptoms.

METHODOLOGY: Cross sectional study (cases were 149). Study Duration was July – August 2016. Case was collected from Muhammad Medical College. Close ended questionnaire after translating into local language used to collect data. Data entered and analysis by SPSS version 22. Study protocol was approved by the Ethical committee of Muhammad Medical College.

RESULTS: Data was collected from all students of MBBS. 90.6% students responded that they know about caffeine. Female (52.3%) were consuming more caffeine than males (47.7%). Yearly wise distribution of caffeine consumption was obtained in which 1st year (36.2%), 2nd year (20.1%), 3rd year (18.1%), 4th year (15.4%) and 5th year was (10.1%). Aged 17-21 years were consuming more caffeine as compared to other age groups. 59.7% students used tea as caffeine. Our findings indicate that 5th year (85.7%) used to intake more than 7 cups a day. 66.4% students used caffeine during exam to awake. We conclude 30.9% feel restlessness after excessive intake of caffeine. 36.2% students respond that they become fatigue if quit caffeine.

CONCLUSION: Female students are taking a little more amount of caffeine in the form of tea than male students. Reasons are. Studying exam to feel more awake. The caffeine also has some positive effect that is beneficial to our body, however the consumer should control the intake of caffeine. Aware the society about the effects of caffeine. Provide knowledge about how much amount of caffeine should we take normally, that is not much harmful.

KEY WORDS: Caffeine, Dependence, MMC Students

WORD COUNT: 373

Attitude towards the selfie use or abuse among the students of MMC.

Mahar Yasir¹ Ali Raza Haider¹ AB Rajar²

Students of 1st & 4th Year¹, Professor of Community Medicine Muhammad Medical College².

INTRODUCTION: A Selfie is defined as a photograph that one has taken of oneself, typically captured with a smartphone or webcam and shared via social Media. The word selfie was even named word of the year in 2013 by the Oxford English Dictionary.

BACKGROUND: Preoccupation with selfies can be a visible indicator of a young person with a lack of confidence or sense of self that might make him or her a victim of other problems as well. Overuse of selfies may mean you are using short-term gratification at the expense of more important goals.

METHODOLOGY: A cross sectional descriptive study was conducted among the students of Muhammad Medical College. 100 students participated with their consent in the study. Information was collected by face to face interview through the questionnaire to measure the attitudes towards selfie use or abuse and assess with the respect to age, sex, year of MBBS, residence, marital status.

RESULTS: 100 Questionnaire were distributed out of which 50 were males & 50 were females. 24% males & 56% females said that they spend more time taking selfies than they meant to. 30% males & 58% females said that they would find it very difficult to make it through a day without taking selfies. 42% males & 54% females said that they feel an urge to take selfies more and more. 43% males & 64% females said that they take and post selfies in order to forget about or avoid doing other things. 49% males & 53% females said that they get disappointed when no one comments on their selfies. 44% males & 48% females said that they imagine everything as they do as selfies.

CONCLUSION: The Attitudes towards the Selfie Use/abuse is more in female than male. As they often spend more time in taking selfies than it meant to. For most of the female, it is very difficult to make it through a day without taking a selfie.

KEY WORDS:

WORD COUNT: 349

"Prevalence of Superstitions among Medical Students and Faculty in Muhammad Medical College"

AUTHORS: Sobia Sameen¹, Bushra arshad¹, Salman Akhtar¹, Syed Saad ayub¹, Pawan Kumar¹, Fayaz ahmed¹

UNDER SUPERVISION OF: Professor Dr. A.B Rajar² (Department of Community Medicine)

BACKGROUND: Although the concept of superstition encompasses a wide range of beliefs and behaviors, most can be united by a single underlying property, the incorrect establishment of cause and effect: a belief or practice resulting from the unknown, trust in magic or a false conception of causation.

OBJECTIVE: To find out the frequency and pattern of superstitions among faculty and students of Muhammad Medical College, Mirpurkhas.

METHODOLOGY: This survey was conducted in Muhammad Medical College. Data collection was in Questionnaire method, self-administered, and analyzed by SPSS VERSION 22.

RESULTS: The questionnaire was distributed to 100 students and faculty members. Among them 46 were male and 54 were female. 15 sample of questionnaire were distributed to each class from 1st year to final year and 25 to faculty. 54% students disagreed on the belief "if a black cat crosses your path, you will have bad luck" while 42% students were agreed and 4% were unsure about their belief. 57% disagreed, 37% agreed and 6% were unsure about "wearing your birth stone will bring you good luck". 39% students disagreed, 58% students agreed and 3% were unsure about "believing on your birth star". 27% disagreed, 71% agreed and 2% were unsure about "does it compulsory to wear the wedding ring in fourth finger of the left hand". 51% disagreed, 46% agreed and 3% unsure about "if left eye blinking indicates something wrong is going to happen". 61% students disagreed, 34% agreed and 5% were unsure about "you should never call one back when the person is leaving the house". 59% students disagreed, 34% agreed and 7% were unsure about "cawing of the crow announces the arrival of some guest". 57% students disagreed, 39% agreed and 4% were unsure about "believing lucky day".

CONCLUSION: Superstitious behaviors, which arise through the tradition, experience, observation and the incorrect assignment of cause and effect, receive considerable attention in psychology and popular culture. We conclude that behaviors which are, or appear, superstitious are an inevitable feature of adaptive behavior in all individuals.

KEY WORDS:

WORD COUNT: 358

Physiologic variations in cardiovascular parameters in 1st year students of MMC residing in various regions of Pakistan

Summayya¹, Sumbul¹, Parisa¹, Saad¹, Masooma¹, Munazza¹

Supervisor: Dr. Habib-ur-Rehman Chohan²

Cardiovascular parameters vary from man to man and area to area it is necessary to find the possible difference of variables in various areas of Pakistan.

To find the possible difference in cardiovascular parameters in same age group students of MMC residing in various areas of Pakistan.

It is a prospective study designed to estimate Heart rate (Pulse rate), and arterial pressure in 1st year students of MMC, the pulse was counted by palpation, the arterial pressure was measured by sphygmomanometry.

The study population was 82 healthy subjects (i.e. 50 (61%) males and 32 (39%) female. The average age was 20.02 years \pm 1.743, the mean weight 58.74 \pm 11.974. The mean height was 1.669 meters \pm .094. The mean BMI was 21.07 \pm 3.874. The average height, weight, BMI, pulse rate, systolic and diastolic pressure of DG Khan/Rajanpur region was 19.71, 61.57, 1.662, 22.371, 84.14, 116.9 and 76.19 respectively. While those belong Multan/ Muzzaffargarh were having 19.55, 55.36, 1.669, 20.079, 82.82, 117.27, 75.00. In students of Faisalabad 20.00, 48.00, 1.67, 17.24, 87.00, 117.50, 77.50. The students of Bahawalpur/Khanpur were having 20.00, 56.94, 1.683, 19.997, 92.75, 114.06, 75.00 respectively. Of Tandojam/ Hyderabad 19.50, 54.00, 1.61, 20.83, 72.50, 123.50, 79.50. Of Sahiwal/ Khanewal students 20.00, 50.00, 1.595, 19.745, 89.00, 105.00, 70.00. Of Kashmore/ Sadiqabad 19.33, 50.67, 1.643, 18.95, 90.33, 106.67, 70.00 respectively. The students belonging to Lahore/ Shekhupur were having 22.00, 65.75, 1.75, 21.432, 94.00, 115.00, 80.00. Of Karachi 20.00, 59.00, 1.66, 21.200, 89.5, 115.00, 77.50. Of Sialkot/ Kashmir 19.5, 62.00, 1.695, 21.505, 99.00, 110.00, 67.00. Of Sukkur/ Khairpur students 20.00, 61.00, 1.645, 22.475, 72.5, 115.00, 70. Of Sawat 20.00, 72.00, 1.6300, 27.090, 81.00, 120.00, 80.00. Of Alipur/ Jampur 21.33, 60.00, 1.696, 20.843, 84.33, 116.67, 76.67. Of Gilgit 20.00, 58.00, 1.520, 25.100, 80.00, 100.00, 60.00. Of Mirpurkhas 20.56, 59.89, 1.682, 20.784, 90.89, 111.67, 72.22 respectively.

These figures show the difference between cardiovascular parameters in students of 1st year MBBS residing in various areas of Pakistan.

ABSTRACT

3rd Year Students

Prevalence of Social Phobia among Medical students In MMC:

ABSTRACT

SUPERVISORS: DR.SYED RAZI MUHAMMAD, DR.A.B.RAJAR

AUTHORS: Qurrat-ul-ain, Iqra Kanwal.

BACK GROUND: Social Phobia is social anxiety disorder characterized by intense stress in response to public situations. It is the fear of interaction with other people that brings embarrassment & self consciousness. It is reported that 18.1- 36.1% people of the age 17 to 35 years who take more stress, depression & alcohol dependence are the patient of social phobia. The objective of our study is to find the prevalence of students with Social Phobia and to search out the factors associated among the students with Social phobia.

METHODOLOGY: Cross sectional study was conducted over 150 students from every year of MBBS at MMC by close ended questionnaires Data was entered and analyzed by SPSS version 22.

RESULTS: Out of 150 students, 53.33% were females and 46.67% were male students, there were 27 students (18%) have no social phobia, 50 students (33%) have mild social phobia, 35 students (23%) have moderate social phobia, 25 students (16%) have severe social phobia & 13 students (8.6%) have very severe social phobia. 1ST yr students have (43%) more severe social phobia & final yr students have (21%) social phobia. Social phobia is more common in female (65%) & less in males (35%).

CONCLUSION: Most common Reason of Social phobia is anxiety, fear of unknown reasons, & stress among medical students (age n=18 to 22) of MMC. Decisions are needed to be based increasingly on information about prevalence and severity of disorders and cost-effectiveness of interventions. This will require disorder-specific information to be obtained not only about prevalence, but also about disability.

KEY WORD: Social phobia, Students, MMC.

WORD COUNT: 285

CASE REPORT

3rd Year Students

CASE OF LADY OF LIVER CERROSIS

Author: Hyder Ali Batool Zehra

Institution (where work has been performed): Civil Hospital Mirpurkhas Sindh

Study design: Simple case study is perform in september 2016

Aim: The aim was to treat OR diagnose liver cerrosis

CASE PRESENTATION: A 65 years old lady from hyderabad village (Kot Abdullahabad) comes with the complains of epigetric pain, weakness, cold, fever, very low quntity of urine, difficulty in digestion of food , yellowish discolouration of eye, padal edema , palpation ascitus mild positive, abdomen is full of fluid from 2 years.

INTRODUCTON: Typhoid Perforation is the most common surgical complication of Typhoid fever. Typhoid fever. It is associated with significant morbidity and mortality due to late presentation. The infection is caused by gram negative bacteria Salmonella typhi found only in humans.it is transmitted through feco oral route.The organism multiply in intestine and enter to circulation, the organism are moved from circulation by reticuloendothlail system, where they cause necrosis of reticuloendothelial cells and released into circulation and bile through they reach into intestine causing blockage of the capillaries leading to necrosis, ulceration and subsequent bleeding and perforation.Liver cirrhosis basically a fibrosis of liver and asytes is result of portal hypotension .In wich hepatocyte become shirink and abcess is formed and aminea is ocure dur to reticulocytes degenerate RBCs.

DIAGNOSIS:

ALTRASOUND REPORT: Findings are cirrhosis of liver with moderate ascites . PV is normal in size having echogenic thrombus (2.1x0.4cm)

BLOOD CP/ESR REPORTS:

hb 7 mg/dl

ESR 23mm/hr

RBCs 2.28M/mm

RBCs shows microcytic hypochromic anemia slightly neutrophillia

Thyroid test is positive

Urea, Creatinine and Electrolytes are normal

RESULT : Liver cerrosis is positive and mild echogenic thrombus were present

GENERAL PHYSICAL EXAMINATION:

Yellowish discolouration of eye

Abdomen full of fluid

Foot edema

Cough

Weakness

CONCLUSION: If a patient come to you with heavy abdomen ,anemia, joundice vomiting and with the comlain of problem in digestion then advice him/her endoscopy, ultrasound,blood cp .

ABSTRACT

4th Year Students

ETIOLOGICAL FACTORS FOR ACQUIRED APLASTIC ANEMIA IN PATIENTS ADMITTED TO BVH, BAHAWALPUR.

Rabiya ilyas Mlahi¹ Dr.Muhammad Asif ali Shah²

Student of fourth Year¹ Associate Professor Department of Community Medicine²

BACKGROUND: Aplastic anemia is defined as “bone marrow hypoplasia or aplastic resulting in pancytopenia “It affects 2-7 million individual globally. Wide variation in the prevalence of AA has been observed individuals in asian countries are affected 2-3 folds more than population from other regions. The major identifiable etiological factors are exposure to ionizing radiations chemicals some viruses and the no. of drugs. The objective of study was to find out the risk factors associated with AA.

METHODOLOGY: This descriptive study was carried out in Department of medicine, BVH from june to august. Seventy patients with acquired aplastic anemia were studied. Patients with pancytopenia due to bone marrow umfiltration with abnormal cell and fibrosis after a thorough history and clinical examination. All patients were subjected to a list of investigation. All the findings were recorded on proforma devised for this study and analysis. A face to face interview was conducted by using closed ended questionnaire. Data was entered and analysed by SPSS version 22.

RESULTS: The mean age of the patients was 19.7(2-58). Predominant age group was 5-9 years. Seventy patients with 52% male and 48% female were included in this study. Among male 51% had moderate type of aplastic anemia and 70% had a very severe type of aplastic anemia. Majority of the patients were in age group 5-9 years. In 48% of patients there was no etiological factor for Aplastic anemia. Aplastic anemia was significantly associated with various environmental exposures. Exposure to radiations 2 times contibute to 13% patients with 35% severe type of Aplastic anemia with P-value 0.05. Patients residing in rural settings had 54% moderate type of aplastic anemia with p-value 0.3 and those who reported exposure to pesticides had 23% moderate type of aplastic anemia were significantly more likely to report Aplastic anemia. Patients with a formal education were significantly less likely to have Aplastic anemia(4.3%).

CONCLUSION: This study observed a significant association of aplastic anemia with a lower socioeconomic profile, and certain environmental exposure among the Pakistani population. The evidence may be helpful in understanding the pathophysiology of aplastic anemia in the context of environment exposures.

KEY WORDS: APLASTIC ANEMIA, RISK FACTORS

WORD COUNT: 378

AWARENESS ABOUT MEDICATION ERROR AMONG MUHAMMED MEDICAL COLLEGE STUDENT & FACULTY

MoomalFarooqueJinji¹&AtiaKhokhar¹,DrAsif Ali shah²,4thYear MBBS Student¹,
Department of Community Medicine², Mohammed Medical College Mirpurkhas.

BACKGROUND: Medication errors are prevalent in the hospital settings. To ensure the patient safety and provide better health services, medication errors should be curbed. India is still lacking the regulatory system for the control of medication errors. Awareness among the health-care professionals regarding medication errors may be the major factor in the establishment of successful regulatory system. Therefore, this study assessed the awareness of the medical students and health care workers.

METHODOLOGY: A cross-sectional study was conducted from July-august 2016 in Muhammad Medical College, Mirpurkhas. One hundred fifty Respondents were identified through simple random sampling. A questionnaire comprising of 17 questions pertaining to different aspects of medication errors was prepared and distributed among including medical students, faculty of department doctors and Para-medical staff. Data entered & analysis by SPSS version 22 chi-square test was used to determine the association.

RESULT: Class One: It has been found that 6.12%, 23.12%, 15.64%, 55.1% of respondents were having excellent, good, average, poor knowledge respectively regarding the fundamentals of medication error. Poor knowledge about class one was reported age group 18-25 73(57.9%), female 42(58.3%) medical students of 3rd year 24(77.5%).

CLASS TWO: Knowledge regarding reporting medication errors was excellent in 7.4%, good in 25.17%, average in 21.76% and poor in 45.57% of respondents. Poor knowledge about class two was reported age group 18-25 58(46.0%), female 34(42%) teacher 6(66.79%).

CLASS THREE: It has been found that opinion about betterment of the system for reporting medication error was excellent 20(13.60%), good 22(14.96%), average 20(13.60%), poor 85(57.82%). Poor knowledge about class three was reported among age group 18-25 79(62.7%), male 47(62%) among 3rd year 23(74.2%).

CONCLUSION: The outcome of this study may be of great help in drafting the regulatory policies to curb the problem of medication errors. Conclusively, unbiased assessment of awareness amongst health-care professionals may pivot the pathway to the establishment of a system which will help in monitoring and controlling the occurrence of medication error.

KEYWORD: awareness, health care professionals, medication error

WORD COUNT: 364

Excessive usage of Smart Cell phone and their harmful side effects among MMC students

Aqeel KhaliqueMaqadam¹, Waqar ul Hassan¹, Naveed Gadiwan¹
Supervisor: Dr. Asif Ali Shah²& Dr. AB Rajar²

OBJECTIVES:

BACKGROUND: Mental health problems have been increasing among young people in Pakistan and around the world. Because of the quick development and widespread use of mobile phones, and their vast effect on communication and interactions in work and private life, it is important to study possible negative health effects of the exposure. The aim of my study was to assess the prevalence of side effects of Excessive usage of Cell phone among MMC students.

METHODS: This study was conducted by using cross sectional study design from July-August 2016 among Medical students of Muhammad Medical College, Mirpurkhas-Pakistan. Total 150 students were identified by using simple random sampling. A closed ended questionnaire was developed by review the literature and distributed to collect information about side effects of excessive usage of Cell phone. Data was entered and analyzed by using SPSS version 22.

RESULTS: Among total the mean age was 21.71: SD±1.5 (range 19-25 years). The prevalence of side effects of excessive usage of cell phone was (52.1%) among Male were predominant (47.9%) than females. Due to excessive usage of cell phone increased stress level (23.3%) and sleep disturbance (25%) were reported. These complain was frequently reported among 2nd year students. While students of first year reported negative effect on vision (26.9%), effect on the hearing (24.1%), Negative effect on study (25.6%) & stress (23.3%)

CONCLUSION: This study revealed that students should made aware about harmful side effects of excessive usage of cell phone that are: Not to hear mobile music for long time, not to use cell phone late at night, not to keep mobile in bedside while sleeping.

KEY WORDS: Mobile phone, Negative influence, MMC, Students.

WORD COUNT: 309

Health Services Performance for TB Treatment in DHQ, Sahiwal& BVH, Bahawalpur.

Sehar Iqbal¹Irum Sajjad¹ Asif Shah² AB Rajar²

Students of 4th Year¹, Professors of Community Medicine Muhammad Medical College².

BACKGROUND:Even in this millennium, tuberculosis (TB) remains the leading killer infectious disease in the world, with 1.7 million death. One third of the world population is infected by Mycobacterium tuberculosis and a great proportion of the population may develop and transmit the disease to the community. Pakistan ranks 5th among the 22 countries with the highest incidence levels of tuberculosis (TB) smear-positive case. This study aims to evaluate health services' performance in TB treatment in two districts of Pakistan.

METHODOLOGY:A Cross-sectional study was conducted among the TB patient receiving treatment from DHQ, Sahiwal& BVH, Bahawalpur. Total 100 TB patients were identified through simple random sampling. Relevant information was gathered by using the Primary Care Assessment Tool adapted for TB care which was also used in Brazil. Data was entered and analyzed by SPSS version 22.

RESULTS:"Access to treatment" was evaluated as un-satisfactory in BVH and regular in DHQ which displayed poor results on home visits and overcrowding delays check-up of patients. "Bond" was assessed as satisfactory in DHQ but unsatisfactory in BVH where doctors were not respond clearly to patients questions and treated by different professionals in OPD. "Range of services" was rated as regular in both cities and patients regularly done sputum test. "Coordination" was evaluated as satisfactory in DHQ & un-satisfactory in BVH where doctors less take care of patients due to overcrowding. "Family focus" was evaluated as satisfactory in both the cities.

CONCLUSION:Two types of obstacles are faced for health service performance in TB treatment in the cities under analysis. The first is structural and derives from difficulties to access health services and actions. The second is organizational and derives from the way health technologies and services are distributed and integrated. Incentives to improve care organization and management practices can contribute towards a better performance of health services in TB treatment in Pakistan and all over the world.

KEYWORDS:Health services, Performances, TB treatment

WORD COUNT: 355

Interaction of Problematic Mobile phone use and psychopathological symptoms with unintentional injuries in MMC students

Wasim Ajaz¹, Sharjeel Khan¹, Saleem Khan¹, Muhammad Asif², AB Rajar²

Student of fourth Year², Department of community Health Sciences Muhammad Medical College²

BACKGROUND: Unintentional injuries are a major contributor to morbidity and mortality in adolescents. Mobile phone use in certain circumstances (e.g., driving, cycling, walking) and mental health conditions are risk factors for unintentional injury. However, research on the interactions between problematic mobile phone use (PMPU) and psychopathological symptoms in unintentional injuries is limited. The present study aimed to determine the prevalence of unintentional injuries (road traffic injuries, pedestrian collisions, and falls) and examined interactions of PMPU and psychopathological symptoms with unintentional injuries. Mobile phones are now considered an essential part of everyday life, embraced by all age groups and demographics. College students frequently talked on the phone while walking, and have increased pedestrian injury rates compared with other age groups. The number of mobile phone-related injuries has increased, and more research is required to evaluate the risks caused by mobile phone. The present study aimed to determine the prevalence of unintentional injuries among medical students.

METHODOLOGY: A cross sectional study was conducted among all (n=305) undergraduate students of Muhammad medical college. A questionnaire was distributed to collect information on demographic, use of mobile during driving and experience of any accident. Chi-square tests were used to analyze the rates of unintentional injuries

RESULT: The mean age was 21 (range 16-26 years), 43.4% students belong from 21 to 23 years male were (52%). The highest prevalence 52% of accident was reported by students of fourth year. 54% male reported history of fall during using of cell phone most of them belong from final year i.e. 59% Students of 4th year reported history of strike with someone during using cell phone.

CONCLUSIONS: The findings indicate that unintentional injuries in adolescents are an important public health issue in Pakistan that merit further research. Intervention programs must consider the adolescents' behavioral and psychological health.

KEY WORDS: Mobile phone, Psychopathological symptoms, Unintentional injuries, Interaction.

WORD COUNT: 345

Maternal knowledge, Outcome expectancies and normative beliefs as determinants of Cessation of Exclusive Breast Feeding

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INTRODUCTION: Exclusive Breast Feeding (EBF) has the potential to significantly reduce the infant mortality. According to WHO, all children should be exclusive breastfed for the first 6 months. Normative beliefs (important people approve or disapprove EBF) and outcome (maternal/child) expectancies of exclusive breast feeding are bound to influence mother's attitude toward the practice of EBF. The objective of this study is to associate maternal knowledge, outcome expectancies and normative beliefs as determinants of cessation of EBF.

METHOD: A cross-sectional study design was conducted during June-August 2016 in pediatric and gynecology OPD of Civil Hospital Okara and Dera Ghazi Khan, Punjab Pakistan. The study population was the mother's of the children, whose last child's age was 0-24 months. A sample size of 131 was obtained after conducting face to face interview with the mothers by using a closed ended questionnaire. The data thus obtained was entered and analyzed using SPSS (Statistical Packages of Social Sciences) version 22.

RESULT: The mean age of the 131 mothers participating in the study was 27.7, + SD 6.2 (Range 14-45 years) highest number 31(59.6%) of children belong from the age group 7-12 months. Out of total 131 mothers 43(32.8%) had no schooling at all. Out of 131 children, 72(54.9%) were breast feeding at the time of study out of which only 54(41.2%) were EBF. Approximately 59(45.1%) of children have received non-breast milk food during the first 3 days, with Formula milk 31(23.7%) being the most common followed by gripe water 11(8.4%). A belief that insufficient breast milk 60(45.8%) was the most common reason for introducing non-breast milk food. Less common reasons included the impact of EBF on the physical appearance of mother 34(26.0%), prolonged infertility 49(37.4%).

CONCLUSION: The prevalence of EBF was 54(41.2%). The highest reason of cessation of EBF was the mother's belief of insufficient breast milk and the negative impact of EBF on the mother's health and physical appearance. Maternal and Child Health clinics (MCH) should be promoted in the country to provide knowledge to mothers about EBF. The mothers should be made aware and educated about the negative impact of cessation of EBF.

KEY WORDS: Exclusive Breast Feeding, Normative belief, maternal knowledge, Outcome

WORD COUNT: 399

Patient Satisfaction with HealthCare in Muhammad Medical College and Hospital

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BACKGROUND: Satisfaction of patients is not only an objective to be achieved by healthcare professionals, but it is also one of the desirable targets for clinical practice in order to achieve good results in terms of outcomes. Inequalities in providing health facilities have been observed in many regions of the world. In Pakistan, the public sector is badly neglected and policymakers show lack of concern regarding healthcare. The objective of study was to determine the satisfaction of in-patients towards quality of service provision and environment of public-sector hospitals.

METHODOLOGY: A cross-sectional survey was conducted in MUHAMMAD MEDICAL COLLEGE AND HOSPITAL from July 2016 _ August 2016. The questionnaire, besides the demographic details, also had the questions regarding satisfaction of patients with doctors, staff, administration and hospital environment. SPSS 22 was used for statistical analysis and results were expressed as frequencies with percentages.

RESULT: The questionnaire was completed by n= 126 patients, predominant were male 67(53.2%) were males. Out the 126 subjects in the study n= 117 (92.9%) agreed that doctors checked them with concentration and care. One hundred sixteen (92.1%) patients were satisfied with the questions asked to doctors. Of them 121 (96%) patients agreed that doctors were excellent in treating them with respect and dignity. Staff was reported as being kind natured and well-mannered by n= 109 (86.5%). One hundred thirteen (89.7%) patients showed their consent that doctors involved them in decisions making. However n= 19 (15.1%) were not pleased with sanitary conditions of the hospital.

CONCLUSION: According to the research conducted major portion of the patients were satisfied with the health care being provided at MMCH, although improvement is needed in financial support.

KEY WORDS: Patient, satisfaction, doctors, MMCH, Mirpurkhas

WORD COUNT: 319

Prevalence and associated risk factors of Domestic violence against women in two district of Pakistan

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BACKGROUND: Domestic violence against women in developing countries is budding as a serious concern. World Health Organization (WHO) defines domestic violence as "the range of sexually, psychologically and physically coercive acts used against young and adolescent women by current or former male intimate partners. "Associated with low socioeconomic status, lack of education. The aim of study was to determine the prevalence and risk factors of domestic violence against women in low profile areas of Pakistan.

METHODOLOGY: A cross sectional descriptive study was carried out from June-July 2016 in two districts Multan and Swat. Total 148 females were identified by using convenience sampling. Close ended questionnaire was used to collect information regarding socio-demographic, types of violence, duration of violence, causes of violence, effects of violence, strategies to get rid of violence. Data entry and analysis was carried out by using SPSS version 22. Pearson's chi-square test was performed to find out valid association of risk factors.

RESULTS: Of the total predominant age group was 35-39, among the types of violence physical (50%), sexual (6.8%), psychological (81.8%), (18.9%) has faced violence during pregnancy and (4.1%) women had miscarriages. Risk factors were husband's income and drug addicted husband show significant association to domestic violence.

CONCLUSIONS: Results suggested that 60% of women had history of violence associated factors like husband drug addiction and low income. Education of husband with empowerment of women was highly recommended.

KEY WORDS: Domestic Violence, Drug Addiction, Abusive Language

WORD COUNT: 276

Risk Factors Associated with Congenital Problems.

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INTRODUCTION: Congenital anomaly (CA) includes any morphological, functional, biochemical or molecular defects that may develop in the embryo and fetus from conception until birth, present at birth. According to WHO about 3 million fetuses and infants are born each year with major malformations with 495,000 deaths world wide. Linked with Genetic Conditions 15%-25%, environmental factors (maternal related conditions, drug or chemical exposures): 8%-12%. The objective to investigate the factors associated with CA.

METHOD: A Case-control study design was conducted during June-August 2016 in Bahawalpur Victoria hospital and Children Complex Multan, Punjab Pakistan. The study population was case of congenital anomalies; sample size of 118 cases and 118 controls was identified, face to face interview with the mothers by using a closed ended questionnaire. The data was entered and analyzed using SPSS version 22.

RESULT: The mean age of the children was 11.86 (Range 1-30), predominant age group 10-12 month. Patients were living in rural areas. Males 64(54.2%) were more affected than females 54(42.8%). In risk factor analysis tobacco intake during pregnancy (OR 23, 95% CI 5.4-100, P=0.00) History of diabetes (OR 13, 95% CI 4.4-37.9, P=0.00) Family history (OR 19.6, 95% CI 1.2-77 P=0.00), Age of first pregnancy (OR 7.8, 95% CI 3.1-19.5, P=0.00), contact with pollution (OR 6.7 95% CI 3.8-12, P=0.00) living near mobile tower (OR 5.7 95% CI 3-11.1, P=0.00), mother was passive smoker (OR 3.8, 95% CI 2.2-6.6 P=0.00) Infection during pregnancy (OR 3.5, 95% CI 1.5- 8.1, P=0.00). Protective factors were Intake of Folate/multivitamin during pregnancy (OR 0.02, 95% CI 0.01-0.05) and antenatal Care (OR 0.08, 95% CI 0.04-1 P=0.00).

CONCLUSION: Males 64(54.2%) were more affected with predominant of Children's of rural area. Tobacco intake during pregnancy, History of diabetes, Family history of CMs, and living near mobile tower these risk factors highly associated with Congenital anomalies. We recommended promoting utilization of proven reproductive and child health and advocacy strategies to address the identified factors.

KEY WORDS: Congenital malformations; Genetic conditions; Environmental factors.

WORD COUNT: 346

Smoking Emerging Health Problems in School Children's

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BACKGROUND: Tobacco is the most important cause of various disease and premature deaths in the world today. Tobacco-related deaths rise from 5.4 million in 2005 to 6.4 million in 2015 and 8.3 millions in 2030. Tobacco intake in Pakistan is high and reached up to 33%. Among this cigarette smoking in youth is mostly common. The objective of this study is to estimate the prevalence rate of smoking in school children (12 to 16 years of age) and to identify therisk factors.

METHODOLOGY: Cross sectional study was conducted from June August 2016 in School Children of Public Sectors. Total 150 students belong from 6th, 7th, 8th, 9th, 10th standard were identified through convince sampling. A questionnaire contains questions regarding smoking behavior was developed and distributed after telling aim and objective. . The data was entered and analyzed by SPSS 22 version

RESULT: A total of 150 school students return the forms, mean age was 14.79 \pm S.D 1.57 (range 12-19 years). Off them 109(72.66%) students smoke cigarette & aware about the side effects of smoking. The most frequent reason for smoking was fashion 16 (10.7%), followed by for relaxation 9(6%). Off them 15(16%) of students started smoking from last month followed by last six months 11(7.3%). Among these smokers, the parents of 9(6%) are aware. Fourteen (9.3%) students get affected by cough due to smoking. 13 (8.7%) of students spend 500 for smoking per month followed by 3000 per month 4(2.7%). Twenty five (16.7%) of students showed intention to quit smoking.

CONCLUSION: This study highlights the growing behavior of smoking among the young generation specially the students. It is also showed that most of the students are smoking for fashion. Anti-smoking programs should be initiated for the school going students and health education sessions should be conducted for increase awareness about hazards of smoking.

KEY WORDS: Smoking, children, problems.

WORD COUNT: 343

THE HEALTH BELIEF MODEL WITH INTERNET ADDICTION AND THEIR RELATED FACTORS AMONG MEDICAL STUDENTS

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INTRODUCTION: Internet addiction as an impulse control disorder of internet use that has negative impact on daily life

Adolescents tend to have lower self-control for online activity associated with psychological problems poor academic performances. The aim of this study to test the internet addiction with the health model among the medical students of MMCit is an individual test for each student.

METHODOLOGY: Cross sectional survey was performed on 206 (Medical MBBS) students by survey method in all professional years' students (2016). Internet addition (IAT) (Questioner) was develop by doing literature view (Dr. Kimberly young) and was used in this study. Data were analyzed by using SPSS version 22.

RESULT: 206 students have participated in this survey (37.3%) were males and (62.7%) were females. the mean age group study participated 21-23 years.

CONCLUSION: The result suggested that prevalence of internet addiction (IA) was at average level with some HBM constructs and there is association between HBM constructs and IA. Social relationship and imbalance of cost benefit for reducing internet use are involve perceive sus credibility and direction of their association with IA didn't accur with the HBM. IA are potentially useful to modify the HBM constructs and should be tested for efficacy.

KEYWORDS: Internet addiction, Health belief model, MMC Student.

WORD COUNT: 238

RETROSPECTIVE STUDY OF 100 CANCER PATIENTS CASES AT NIMRA CANCER HOSPITAL JAMSHORO HYDERABAD

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ABSTRACT

INTRODUCTION: Cancer is a leading cause of death worldwide. Cancer cells are formed from normal cells due to a modification / mutation of DNA, RNA. These can occur spontaneously by nuclear radiation, electromagnetic radiation, viruses, bacteria and fungi, parasites, heat, chemicals in the air, water and food, mechanical cell-level injury, free radicals, evolution and ageing of DNA and RNA, etc.

BACKGROUND: Cancer is a leading cause of death worldwide. There are different and advanced presentations of the disease in our region. We reviewed incidence and presentation of different malignancies in Nimra Cancer hospital Jamshoro Hyderabad in August 2016.

METHODS: We have collected the data from Nimra Cancer hospital. The data collected included the total number of patients, according to the age, sex, occupation, residence, language, types of malignancies, echo, outcomes and their treatment.

RESULTS: The total number of patients were 100, in which male were 39(29%) and female were 61(61%). The most common Age group was (60-69) (24%). Common Malignancies were Ca of breast (24%), Ca of Cheek (14%), Ca of Neck (12%), Ca of Oesophagus (10%), other malignancies were Ca of Ovary (7%), Ca of lungs (8%), Ca of cervix (5%), Ca of mouth (5%), Ca of Rectum (5%), Ca of Testes (2%), Ca of larynx (2%), Ca of Ear (1%), Ca of urinary Bladder (1%), Ca of Urethra (1%), Ca of Tonsils (1%), Ca of Tongue (1%), Ca of Tongue (1%), Ca of Stomach (1%). Most cases reported of malignancies were from Hyderabad (42%), Nawabshah ((9%). Out of 100 cases the total no of cases recovered up were 36(36%), lost to follow up 46 (46%), Expired (18%). Treatments given were, Surgical (34%), Radiotherapy Chemotherapy (30%), Symptomatic (23%), Supportive treatment (12%).

CONCLUSION: The most common Age group was (60-69) (24%). Common Malignancies were Ca of breast, Ca of Cheek, Ca of Neck, Ca of Oesophagus, Breast cancer and the Head & Neck cancer as it is world-wide are still the commonest malignancies in the region.

KEY WORDS: Cancer, Retrospective, Cases

WORD COUNT: 343

Assessment of Depression, Anxiety and Stress among Medical students of Muhammad Medical College, 2016

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BACKGROUND: Medical education is considered as a stressful period in student, life is due to multiple stressors they face such as academic load, constant pressure to succeed, and competition with peers, financial burden, teacher or parental pressure as well as concerns about the future. This study aims to determine the prevalence of anxiety, depression and stress, to identify related risk factors.

METHODS: A cross sectional study was conducted among all (n=200) undergraduate students of Muhammad Medical College (excluding those who were absent). The Depression, Anxiety and Stress scale (DASS 42) questionnaire was used to measure depression, anxiety and stress symptoms. Association between depression, anxiety and stress in relation to multiple factors were analysed by the SPSS-22.

RESULTS: Over all Prevalence of Depression Anxiety and stress: Of total students of depression were found {11(5.55%) male 4, female 7}, Overall prevalence of anxiety was {25(12.5%) Male 14, female 11} and stress {14 (7%) (Male 7, female 7)}

Prevalence of Depression Anxiety and stress in term of age group: the highest prevalence of depression, anxiety and stress was in age group of 21-23 years (72.7%), (52%), (57.1%) respectively

Prevalence of Depression Anxiety and stress in term of study area: the highest prevalence of depression in third year and fourth year i.e. 27.3%, while prevalence of Anxiety was highly reported in third year 24%. Of total Fourth year students 35.7% reported stress

CONCLUSION: The prevalence of depression, anxiety and stress are high among female than male medical students. We found that insomnia, friendship issues, communication problem in English and difficulty in studying are the factors which are affecting students and leading them to depression, anxiety and stress. Hence there is a need for early screening and psychiatric counselling of medical students.

KEY WORDS: Medical students, DASS 42 Medical students

WORD COUNT: 333

Awareness of the Diabetic Retinopathy in Diabetic patients and Doctors.

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Prof Ashok KumarNarsani² (Chairman Eye Department LUMHS Jamshoro)

ABSTRACT

INTRODUCTION: The prevalence of diabetic retinopathy (DR) varies substantially between studies but is probably up to 40%. It is more common in type 1 diabetes than in type 2 and sight-threatening disease is present in up to 10%. Proliferative diabetic retinopathy (PDR) affects 5–10% of the diabetic population; type 1 diabetics are at particular risk with an incidence of about 60% after 30 years. This Cross sectional study was done in LUMHS eye Hospital Hyderabad from 27th July 2013 to 5th march 2014. The aim of the study was to see the awareness of the Diabetic Retinopathy among the Diabetic patients and also to see the early referral of the diabetic patients by the doctors (GP, Physician, Diabetologist) to the Ophthalmologists for the screening of DR.

Total 102 known diabetic patients who attended the eye opd due to any cause were included in the study, written consent was obtained and Questionnaire was filled.

CONCLUSION: Only 24 patients were referred by doctors and they were aware about diabetic retinopathy rest of the patients attended eye opd due to other eye problems.

MESSAGE: The Diabetologists/ physicians or the GPs should refer all the Diabetic patients yearly for the screening for the DR to avoid sight threatening complications of DR.

WORD COUNT: 244

Factors Contributing To Lack of Interest in Research among Medical Students of Muhammad Medical College

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INTRODUCTION: Research is the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions. Research has a pivotal role towards advancements seen in the medical world. Research work have done a tremendous job in making us understand many truths about science. Over the past years in PAKISTAN, there is decline level of enthusiasm for exploration is found in medical students. From this study we are measuring the factors, why student shows lack of interest in research.

METHODS: A cross sectional descriptive study was conducted among the students of Muhammad Medical College. 200 students participated with their consent in the study. Information was collected by face to face interview through the questionnaire under the supervision of ethical committee of Muhammad Medical College. The data was enter and analyzed by SPSS version 22.

RESULTS: Total 200 students were interviewed out of which 122(61%) were not interested in the research and 78(39%) students were interested. Multivariate analyses showed that Curriculum overload 87 (71.3%), Lack of proper training 80 (65.6%), time limitations 76 (62.3%), lack of previous exposure 75(61.5%) finding a mentor 74 (60.7%), internet inexperience 73 (59.8%), uncooperative community 73 (59.8%), uncooperative colleagues 70 (57.4%), Laziness 69 (56.6%), Lack of knowledge 68 (55.7%), extracurricular activities 67 (54.9%) were the major factors contributing to the lack of interest in the research among the students.

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

KEY WORDS: Research, lack of interest, students, MMC.

WORD COUNT: 313

Home Birth and newborn care practice among rural woman in interior,Sindh

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ABSTRACT

BACKGROUND:A Home birth is a child birth in non-clinical setting typically using natural child birth method that takes place in a residence rather than a hospital. About 98% of newborn deaths occur in developing countries, where most newborns deaths occur at home. In 2015, more than 40 million unattended births in low- and middle-income The objective of study was to determine Information about reasons for delivering at home and newborn care practices in rural areas of Pakistan

METHODS: A cross-sectional survey was carried out in rural areas of the Sindh, from June to July, 2016. A face to face interview was conducted with 51 mothers identified through connivance sampling to collect on demographic, socioeconomic status mode, place and attended of last delivered. Data was entered and analyzed by using SPSS version 22.

RESULTS: A total 51 mothers were interviewed with mean age 30(range 28-32). Planned home deliveries were 50 (98%). Only 23(45.1%) of deliveries had a skilled birth attendant present.Off total 50 (98%) reported that Umbilical cord was cut by using a new inher deliveries.Forty one (80.4%) mothers did not feed colostrums to their babies. Initiation rates of breast-feeding were 9(17.6%) within one hour and 34(66.7%) within 24 hours. Main reasons cited for delivering at home were'=ease and convenience' 49 (96.1%),followed by 'lack of transportation' 37 (72.5%)

CONCLUSION: In-depth qualitative studies are needed to explore the reasons for delivering at home. Prelacteal feeding and discarding colostrums need to be addressed by culturally acceptable community-based health education programmed.

KEY WORDS: Home birth, Traditional birth attendants, new born care practice, Sindh

WORD COUNT: 301

The Cross Sectional Study Of Diet, Physical activity, Sleep Duration, Mobile & Laptop Use Among The Medical Student Of Muhammad Medical College Mirpur Khas Sindh

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BACKGROUND: Healthy life style is necessary for physical appearance, mental health and to live a healthy life. Bad eating habits, Physical inactivity, short sleep duration, excessive MP and Laptop use among students is an increasing problem that adversely affects student health. Current study was conducted with objective to examine the food habits, physical activity, sleep duration and excessive mobile phone use among MMC students.

METHOD: It is a cross sectional study. 325 students were recruited (165 male, 160 female). Data is collected through close ended questionnaire. Self-reported questionnaire compromising questions about PA, Diet, sleep duration & mobile and laptop use. We made criteria for PA, diet, sleep duration & MP use that for PA 1 hour exercise daily is normal so person above 1 hour had high PA while below 1 hour had low PA. Food mention as good, normal & bad food habits. Person below 7 hour duration had bad sleep habits while in 7-8 range were good.

RESULT: only 48% student were taking exercise. Male were taking more exercise than female while female were more conscious about diet. 53% student had low PA and ratio of 4th year students is more in group of low PA. Students of 5th year had good habits of diet. Most of the students had bad habits of sleep & sleep only 5-6 hours daily. 82% of students were using excessive MP & laptop.

CONCLUSION: Most of the medical students have sedentary life style which is dangerous for them in future as relation to NCDs. Student face problem of anxiety, stress due sedentary life style. Therefore, there is a need to improve communication and promotion strategies about PA, diet, sleep duration & MP use among students.

KEY WORDS: Medical students, PA, Diet, Sleep duration, MP use.

WORD COUNT: 337

Misconceptions about Vaccination

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BACKGROUND: Many misconceptions about vaccine have persisted for decades because of poor understanding. Worldwide almost 29% of all deaths in children aged between a month or five year old occur due to unvaccination. Pakistan is the country where hepatitis & polio is endemic linked with religious barriers and misbeliefs on vaccine efficacy. The main reason is lack of knowledge about how vaccine works. This study was conducted to assess the misconceptions about vaccine among care takers of patients visiting in MMCH.

METHODS: A cross sectional study was done from July to August 2016 from in Muhammad Medical College Hospital. Total 117 care takers of patients visiting at MMCH were identified by convenience sampling. Face to face interview was conducted to collect information on misconception about vaccination with the help of open and closed ended questionnaire. Data was entered and analyzed by using SPSS version 22.

RESULTS: Total 117 out of which n=67(57%) were males, n=62(53%) belong from rural area. n=15 (12.8%) respondents were against the vaccination. The common reasons were better hygiene is more responsible for decrease disease rather than vaccine n=62 (53.0%), immune system is more effective rather than vaccine n=56 (47.9%), it causes anemia n=27 (23.1%), infertility n=17 (14.5%) and overload immune system n=33 (28.2%). These misconceptions were highly prevalent in male n=9 (60.0%) and people of rural areas n=9 (60.0%)

CONCLUSION: Main reason for misconception is illiteracy and lack of health education. Religious leaders, media, health care authorities should work for raising awareness among people on the importance of vaccination thus removing misconception.

KEY WORDS: Misconception, vaccination, care takers of patients, MMCH.

WORD COUNT: 300

Pre hospital care, time interval among victims of RTA's (road traffic accidents)

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

METHOD: cross section study was conducted and data of this study was collected by close ended questionnaire from MMC students and allied department of MMCH from July to August 2016. The data was analyzed by SPSS version 16. Study protocol was approved by ethical committee of MUHAMMAD medical college.

RESULT: Among 75 cases 53(70.7%) were male and 22(29.3%) were females. Among the cases 61(81.3%) occurred in urban areas while 14(18.7%) in rural areas. The age group which suffered mostly is 21 to 23, which is 39 (52%). Mostly were bike users which is 53(70.7%). Frequent injuries were in lower limbs and head which are 32(42.7%), 20(20.6%) respectively. After accident 48 victims were provided pre-hospital care. 30 (40%), 29(38.7%) of victims were brought to the hospital respectively. 28(38.7%) victims were brought to hospital after 30 minutes of the accident. 48(64%) victims said that we can reduce these cases by following traffic rules.

CONCLUSION: RTA contribute significantly to unacceptably high morbidity and mortality in our study most of the accidents were reported in urban areas among males of 21-23 age groups. It is recommended that educating session for importance and compliance of traffic law should be conducted at level at grass root level. Government should provide better pre-hospital care to assure the safety of citizens.

WORD COUNT: 329

Quality of life in cancer patients undergoing Chemotherapy

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INTRODUCTION: Quality of life is defined as individual perception of life, values objectives, standards and interest in the frame work of culture. Quality of life is increasingly being used as primary outcome measure in studies to evaluate the effectiveness of treatment of cancer patients.

OBJECTIVE: The objective of this prospective, non interventional, 3 month observational study was to analyze and compare patient-report quality of life (QOL) and their physical/psychosocial symptom burden during their respective chemotherapy sessions.

METHODS: A cross sectional study was conducted during June – August 2016 in Shaukat khanum memorial hospital Lahore. The study population was chemotherapy patients, sample size of 50 cases was identified, Face to face interview by using EORTIC QLQ-C30 questionnaire. The data was entered and Analyzed by using SPSS version 22.

RESULT: The mean age of chemotherapeutic patient was 33.16 (SD 13.270) predominant age group 20-40 years. Male 29(58%) were more affected than female 21 (42%). In analysis emotional functioning responded towards fairly favorable 7(31.8%) most common in the age group of 30-40 years. Physical functioning towards fairly favorable 9(32.1%) most common in the age group of 30-40 years. Symptoms Scale (fatigue, nausea, pain diarrhea, insomnia, constipation, appetite loss) responded towards fairly favorable 10(28.1%) most common in the age group of 20-30 years. 82% reported that their medical treatment and physical condition highly interfered with their financial difficulties. 30% reported that their physical medical treatment highly interfered with their social life. 42% responded that they are moving gradually towards the quality of life.

CONCLUSION: Although QoL scoring system did not show significant improvement with the reference to their respective chemotherapy cycles, but a judicious diagnosis with an appropriate treatment including CT may lessen the negative perception of cancer as deadly and fatal disease.

KEY WORDS: Chemotherapy (CT), Quality of life (QoL).

WORD COUNT: 317

Self-Medication Practices among Medical Students of Muhammad Medical College, Mirpurkhas, Pakistan

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INTRODUCTION: Self-medication (SM) is a behavioral response of human beings in which, an individual uses drugs to treat self-diagnosed minor symptoms or disorders without professional advice or prescription. It is associated with socioeconomic status, lifestyle, ready access to drugs, and greater availability of medicinal products without prescription. The objective of study was to determine the prevalence of self-medication with drugs among the medical students.

METHODS: This study was conducted by using cross-sectional study design from July-August 2016 among undergraduate medical students of Muhammad medical college, Mirpurkhas, Pakistan. A closed ended questionnaire was developed by review the literature and distributed among 330 students to collect information on self-medication. The data was entered and analyzed by using SPSS version 22.

RESULTS: Of total 291 (88%) students resubmitted the questionnaire, mean age was 21.58: SD±1.9 (range 17-28 years). The overall prevalence of self-medication was 264(84.5%) among them males were predominant 127(51.6%) than females. self-medication practices reported increase in fourth year 67(27.2%) followed by second year 53(21.5%) and. The commonly used drugs were analgesics 168(57.7%) antipyretics 118(40.5%) and antibiotics 104(35.7%). Headache 152(52.2%) fever 123(42.3%) and pain 137(47%) was common illness for which self-medication was used. The most frequent reason for self-medication was to save time 73(25%) followed by academic knowledge 70(24%). Of total (24%) faced complication while using self-medication, commonest was nausea/vomiting. 190(65%) students opined that self-medication was a part of self-care. 173(39%) respondents perceived that the supply of medicine without prescription by the pharmacist can prevent the growing trend of self-medication.

CONCLUSION: The study revealed that age, gender and students' professional year influenced self-medication practices. Strong policies should be applied prohibiting the supply of medicine without a valid prescription to prevent the growing trend of self-medication. The medical students especially the males should be educated and made aware about the complications of self-medication.

KEY WORDS: Prevalence and practice of self-medication.

WORD COUNT: 338

Social and culture biases affecting doctor patient relationship in view of MMC students

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INTRODUCTION: The doctor-patient relationship is one of the most unique and privileged relations a person can have with another human being and having access to a well-developed and effective association is important for the experienced and objective quality of health care. This review's goal was to determine how differences between physicians and patients in race, ethnicity and language influence the quality of the physician-patient relationship.

METHODS: A cross sectional study was conducted among 75 students of Muhammad medical college and questionnaire was made to assess existing evidence for ethnic, language and racial disparities in the quality of Doctor-patient communication and the doctor-patient relationship. Data was entered and analyzed using SPSS version 22.

RESULTS: version 22. Among the total 75, male n=52(69.3%) female n=23(30.7%) Urdu speaking n=36 (48%) Punjabi n=3(4%) Saraiki 11(14.7%) Pushto n=9 (12%) Sindhi n=16(21.3%). Urban 60(80%) Rural 15(20%). 50(66.7%) Gotten better medical care if u had belong to different race, 25(33.3%) said that doctors treated them disrespectfully and unfairly, 31(41.3%) is the major communication problem in dr-pts communication, pts from village (56%) are more reluctant to communicate with doctors, education 36 (48%) is the most reason that dr are more reluctant to tell the pts about his or her condition, 72(96%) doctor disagree to give good response to the patient on the basis of religion.

CONCLUSION: In this study we found that cultural differences which are often associated with differences in languages, race and ethnicity constitute a significant barrier to effective communication, an inefficient or unsuccessful dr pts relationship leads to hindered communication due to languages, race and ethnicity.

KEY WORDS:

WORD COUNT: 291

A profile of road traffic accident cases attending in the civil hospital DIST.MPK

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ABSTRACT

BACKGROUND: Accident can be define as an unanticipated and detrimental event, a misfortunate Unexpected and with no obvious cause. Exactingly speaking a large amount of accidents are by any means. They are clashes that might and must have been evaded. There are a lot of diverse kind of traffic accidents that consequence sever personal damages fatalities. The objective of this (research) study were follows to check dominant cause of traffic accident and to ensure positive/negative relationship between total accidents and number of vehicles involved in accidents

METHODS: Descriptive study that involve 3900 cases. Study was performed in cases attended in civil hospital district Mirpur Khas Sindh. Data was analyzed by SPSS Software version 22

RESULT: The distribution of the subjected according to sex revealed that Male were highly affected 3760(96.4%) followed by female 140(3.6%). Area wise distribution revealed that more cases 2500(64.2%) were in urban and 1400(35.8%) cases in rural in District Mirpur Khas Sindh. Bikes RTA victims were most frequent 1800(46.1%) public transport 1760(45.1%) cars 300(7.7%) trucks 40(1.03%) out of 3900 cases in civil hospital district Mirpur Khas Sindh

CONCLUSION: It is concluded that the great number of accidents among young adult passengers of mainly male gender and belonging to urban areas. The victim mostly travelled by Motor Bikes and public transport. Motor Bikes is the common and economical transport medium in Urban Sindh for lower, middle& poor class

KEY WORDS: Road traffic Accidents, civil hospital DIST mirpur khas sindh, Motor Cyclists

WORD COUNT: 287

Attitude toward self-esteem and self-awareness among MMC Mirpurkhas

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INTRODUCTION: The ability to recognize what you are feeling to understand your habitual emotional response to events, to recognize how your emotions affect your behavior and performance. When you are self-aware you see yourself as others see you.

METHODOLOGY: Institutional based quantitative cross sectional study was conducted from June to August 2016. The study included 150 students, 30 forms to each class i.e. n=15 Male and n=15 Female, who were selected by using convenient sampling technique. Data was collected by interviewing by using structured and presented questionnaire. After the collected data entered and analysis with the help of SPSS version 22.

RESULT: Total 150 students with mean age of 21 to 25 were studied. 51% Male and 49% Female. 39% feel they depend on others thinking always. 40% easily asked help and accepted. 55% student of our study sometime see flawness in their appearance. 48% are uncomfortable in expressing opinion in personal life. 41% always anxious about self-knowledge. 50% value themselves and confident. 44% sometime believe their life better if they are more attractive. 65% believe they were never really be happy.

CONCLUSION: 75 students (50%) are confident and value themselves it shows positive attitude towards self-esteem and self-awareness on other hand 66(44%) sometime believe their life will better if they are more attractive.

KEYWORDS: self-awareness, positive attitude

WORD COUNT: 237

Determinants of Post-Natal Depression in Women at 3 month Postpartum, A cross sectional study in mirpur khas Sindh

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BACKGROUND: Postnatal depression (PND) is a non-psychotic depression occurring during the first 4-6 weeks of postpartum. Women have a transient period of mood dysphoria within about few weeks after giving birth known as postnatal depression (PND). Maternal health is a neglected issue in Pakistan while PND is one of the diseases which can affect the maternal mental health. Current study is conducted to determine possible risk factor of PND in 3 months postpartum & to determine the frequency of postnatal depression among recently delivered women.

METHODOLOGY: This was a cross-sectional study. 125 women are recruited during postpartum period. We screened participants for PND with the Edinburgh Postnatal Depression Scale (EPDS). The EPDS is a screening tool for PND. We translate EPDS into Urdu. EPDS consisting of 10 questions that investigate feelings occurring within the previous 7 days with each question having 4 possible answers rated from 0 to 3 score. A woman is considered 'Test positive' for PND if she scores 12 or more out of 30.

RESULTS: Out of 125 women only 21 (16.8%) women screened positive for PND with the EPDS. PND is more among the age of 24-29 (47%) & Odds of PND decrease with increase in age & number of pregnancy. Family planning, husband & family support reduce the risk of PND twofold. Breast feeding and prenatal & postnatal regular intake of vitamins and nutrition reduce 70% odds of PND. History of violence and complication after delivery increase risk of PND threefold. Gender of child, place of delivery, type of delivery has no relation with PND.

CONCLUSION: The prevalence of PND among Pakistani women is higher than other countries. 1 out of 6 women report symptoms of PND. Further research is needed to replicate these findings in a more diverse sample.

KEY WORDS: PND, Postpartum women

WORDS COUNT: 337

Frequency of cancer patients who presented for fine needle aspiration cytology in rural Sindh at NIMRA cancer hospital, JAMSHORO

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SUPERVISORS: Dr. Abdul Raheem Siyal² Dr. Ghulam Rusool Memon²

BACKGROUND: The Objective Of Our Study Was To Document The Spectrum Of Fna^c Findings In NIMRA Cancer Hospital, Jamshoro.

INTRODUCTION: Fine Needle Aspiration Cytology (Fna^c) Entails Using A Narrow Gauge (25-22g) Needle To Collect A Sample Of A Lesion For Microscopic Examination. Fine Needle Aspiration Cytology (Fna^c) Has Been Accepted As the First Line Investigation. It Is Recommended As A Screening Tool. Basically To Decide Whether A Patient Requires Surgical Intervention Or Can Be Managed Conservatively. It Allows A Minimally Invasive, Rapid Diagnosis Of Tissue But Does Not Preserve Its Histological Architecture. In Some Cases This Limits The Ability To Make A Definitive Diagnosis.

METHODS: It Is The Retrospective Descriptive Study, Comprised Data Of All Patients Who Presented For Fine Needle Aspiration Cytology At The NIMRA Cancer Hospital, Jamshoro, Between January 2016 And June 2016. The Data Was Retrieved From the Departmental Records and the Results Were Recorded Which Included the Total Number of Patients, According To the Age, Sex, Residence, Language, Site of Tissue, Type of Malignancy.

RESULTS: The Total Number of Patient Were 173 in Which Male Were 27 (15.60%) And Females Were 146 (84.39%). The Diagnosed Malignancies Were, I.E. Breast 96 (55.5%), Carcinoma of Thyroid 31 (17.91%), Lymph Node 16 (9.2%), Head 12 (6.9%), Neck 10 (5.7%) And Miscellaneous 8 (4.6%).

CONCLUSION: The Most Common Sex Group Effected Is Female. The Most Common Age Group of Patients Coming for Fna^c Was 40-49 (25.53%). The Most Common Malignancy Diagnosed Was Breast Cancer.

KEY WORDS: Retrospective study FNAC.

WORD COUNT: 291

Assessment of Hospital Waste Management in Distric Mirpurkhas Result of a Cross Sectional Survey

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BACKGROUND: Hospital waste (HW) has a high potential of infection and injury and its management is a major challenge for hospitals developing countries. HW contains hazardous or risk waste and non-risk waste. In Pakistan 1.35 Kg waste is produced form each occupied bed and about 250,000 tons of waste generated per year. HW in Pakistan is usually not properly treated and disposed of and scavengers collect the used syringes and sell them which are recycled. The objective of this study was to assess the hospital waste management techniques employed by the hospitals with knowledge and Practices of waste handler regarding hospital waste in different hospitals of Mirpurkhas, Sindh.

METHODS: By using cross sectional study design a survey was conducted in August 2016 in five hospitals of Mirpur Khas. Waste management practices were assessed by using World Health Organization (WHO) guideline. Knowledge and practices of n=50 waste handlers were measured regarding hospital waste by using closed ended questionnaire. Data was analyzed using SPSS version 22.

RESULT: From these five hospitals, 50 waste handlers were interviewed out of 50 the 44 (88%) were knowning about HWM. and 6(12%) were donot know about HWM ,in which 80 % were male and 20 % female... 35 (70%) tells that there hospitals have separate department 9 tells they donot have. 6 (12%) donot tells. Mostly organic waste dispose (48% burial, 36% burn, 8% incineration, 6% others).mostly manage dead foetus (46 % anatomy dept. 44% buried, 6% burning).Mostly surgical waste dispose by (44%disinfection, 38%burning, 12% incineration and 6% buried?

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

KEY WORDS: Knowledge, Hospital waste (HW), WHO guideline

WORD COUNT: 359

KNOWLEDGE AND BEHAVIOR OF PEOPLE TOWARDS POLIO VACCINATION TEAMS IN MIRPUR KHAS

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ABSTRACT

INTRODUCTION: Effectiveness of polio vaccination campaign is a major concern in Pakistan as polio is endemic. It accounts for 85.2% of the total polio cases reported worldwide. Health Care Workers are an integral part of immunization campaigns and source of education for the general public. This study aimed to assess the knowledge and attitude towards polio vaccination among (HCW'S) providing immunisation and education to general public in Mirpur Khas city.

METHODS: A Cross-Sectional Survey was conducted in Mirpur Khas in August 2016. A Questionnaire according to the study Objectives was used as a Data collection tool. A total of 175 individuals randomly selected respondents from town of Mirpur Khas and requested to fill up the Questionnaire. Computation of frequencies (%) of all Categorical Variables was done using SPSS and the associations between different variables were evaluated using the Pearson's chi-square test. Results were statistically analyzed using $p < 0.05$.

RESULTS: A total of 175 participants responded to the questionnaire. Over all participants demonstrated good knowledge and attitude towards polio vaccination teams. Majority of people agreed that team behaved friendly with them (95%), wish polio team visits (97%), cooperation by team (94.9%), satisfaction with their work (94.9%), last child vaccinated (95.4%), faced adverse effects (14.9%), team workers demanded for fee (6.9%). Knowledge gaps were identified about the expiry of polio vaccine (82.3%), having polio vaccination is an intrigue (37.1%), didn't know the age of vaccination (29.1%), having polio vaccination is an intrigue. Expiry of vaccine, unawareness for age of vaccine, Religious beliefs and lack of knowledge about polio immunization were reported as the major barriers towards polio immunization.

CONCLUSIONS: Over all, HCW's exhibit good knowledge and positive attitudes towards polio vaccination, However there is still room for improvement in certain areas like management like management of polio and use of Polio Vaccine in children with mild illness. Expiry of vaccine, unawareness for age of vaccine, Religious beliefs and lack of knowledge about polio immunization were reported as the major barriers towards polio immunization.

KEY WORDS: People, Behavior, Polio Vaccination.

WORD COUNT: 373

Occupational Health Hazards among Health Care Workers in Hospitals of Mirpurkhas

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BACKGROUND:Health care workers working in hospitals are required to be adequately informed about the physical and health hazards like infection of blood borne pathogens and droplet infections. Globally in United Kingdom over 1 million injuries and 2.3 million cases of ill health occurred and about 40 million working days were lost and 25000 of healthcare workers loose job because of their injuries or ill hazards. Every health care worker must be trained to know the location and proper use of P.P.E and clothing. The objective of study was to evaluate the Occupational Health Hazards among Health Care Workers in Hospitals.

METHODOLOGY:By using cross sectional study design this research was conducted in June August 2016. All hospital were approached, 200 health care worker identified through convince sampling. A face to face interview was conducted to collect information on occupational health hazard. Data was analysed by SPSS version 22.

RESULT:About 25% were unrespondents and among total 150 respondents 63% were males and 37% were females (44% were mbbs, 29% nurses, 20% postgraduates and 10% others) with age range from 25 to 65 years. 65% were private and 35% were Govt Health Care workers, 95% of healthcare workers use Personal protective equipment and 13% said feel risk of wearing personal protective equipment's while 87% don't feel any risk wearing personal protective equipment, 62% of healthcare workers don't feel pressure from their job whereas 38 % feel pressure from job .The study revealed that a majority of the respondents were aware about occupational health hazards and safety measures, however, few of them were aware of types of occupational hazards.

CONCLUSIONS:Awareness of occupational health and safety among the Health care workers is important, therefore, planned orientations trainings programs and proper guideness to health care workers will help reduce any kind of danger involved in job and adaptations of necessary safe measures like personal protective equipment.

KEY WORDS: Health Care Workers, Occupational Environment & Occupational Hazards

WORD COUNT:364

Prevalence of Depression among secondary school students

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BACKGROUND: Depression is considered as one of the most critical health issue globally. It can create a significant impact in the life of young generation. Such issues can lead to many conflicts, substance abuse, sleeping problems, burden on their studies and sometimes it may lead to violence. Depression affects 350 million people worldwide and severe depression can lead to huge rate of deaths each year. The aim of our study was to determine the prevalence of depression among youth.

METHODS: A cross-sectional study was conducted among 100 secondary school students in AJ Science School and College Mirpurkhas, during July-August 2016. Respondents were identified by simple random sampling. Depression test for teenage were used to measure the depressions of the basis of score Data was entered and analyzed by using using SPSS-22.

RESULTS: The mean age of the students was (16.73) \pm S.D (1.728), range (14-19). The prevalence of depression was found to be 34% in secondary school students. Among them, the high level was seen in females 31(91.2%) as compare to males 3(8.8%). Depression was highest reported in 8th class was 13(38.2%) as compare to 9th class 15(44.1%) and 10th class 6(17.6%). while the no difference of depression was observed in term of living area. Most 13(13% of the students complained that it was creating a serious impact on their sleep.

CONCLUSION: Study suggested that 34% of student were suffering from depression linked with family issues and the attitude of parents and teachers. Certain psycho-educational programs should be conducted to increase awareness among teachers and parents regarding the behavior of the students. Shows that the prevalence of depression is high in females. We found that insomnia communication difficulty in studies, friendship and family issues and the attitude of parents and teachers are the risk factor for depression. Hence there is a need of Confidential Counselling to be carried out in schools.

KEYWORDS: Depression in secondary school students, Mirpurkhas

WORD COUNT: 348

Reasons of defaulter of tuberculosis treatment among patients reported at DHQ Lodhran: A cross sectional survey

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ABSTRACT

BACKGROUND: Defaulting from Directly Observed Treatment Short Course (DOTS) is a big challenge to the effective control of TB. Asia bears two third of the burden of TB globally. It can be treated with a course of four standard, or first-line, anti-TB drugs. The World Health Organization (WHO) estimates that one third of the world's population is infected with TB and that 8.8 million new TB cases and 1.6 million deaths. The objective of study was to assess the reasons of defaulter of tuberculosis treatment among patients reported at DHQ.

METHODOLOGY: This was a cross sectional study conducted from July to august 2016. Face to face Interviews were conducted from the patients n=184 who have defaulted from their treatment course of TB. All cases were identified from the TB patient's records at **DHQ Lodhran**, contact was made and the interviews were conducted in the local language by asking all close ended questions. Data was entered and analyzed by SPSS version 22

RESULTS: total 184 defaulters, mean age is 39 years (range 6 -80 years) and predominant age group was 25 %(46) 11-20 years. Off total 40 %(75) and 35.3 %(65) abandoned treatment within first and second months (intensive phase) of treatment respectively. Among 184 defaulters interviewed, 26.1% (48) attributed their default to feeling better, 21% (40) to quack factor, 15.8% (29) to difficulty in swallowing too many tablets and 12.5% (23) to busy routine. Smoking 44 %(82), illiteracy 78 %(144) and lack of family support 9.8 %(18) were independently associated with default.

CONCLUSION: The rate of defaulting was highest during initial two months, the intensive phase of treatment. Multiple factors were attributed by defaulting patients as cause for abandoning treatment whereas several were independently associated with default. Enhanced patient pre-treatment counselling and education about TB is recommended

KEY WORDS: Defaulter, Quack, Tuberculosis, Quack Factor (Patients have lost to follow up by switching to non-medicinal practices or left the treatment due to

Persuasion by quacks).

WORD COUNT: 372

SELF-REPORTED ATTITUDES AND BEHAVIORS OF MEDICAL STUDENTS IN MMC REGARDING ACADEMIC MISCONDUCT

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Supervisors: Dr Syed Asif Ali Shah, Dr AB Rajar.

BACKGROUND: Honesty and integrity are key attributes of an ethically competent physician. However, academic misconduct, which includes but is not limited to plagiarism, cheating, and falsifying Documentation, is common in Medical Colleges across the World. The purpose of this study is to describe differences in the self-reported attitudes and behaviors of Medical students regarding Academic Misconduct.

METHODS: A Cross Sectional Descriptive study was conducted among the students of Muhammad Medical College. 200 students participated with their consent in the study. Information was collected by face to face interview through the close ended questionnaire to determine the self-reported attitudes and behaviors of Medical Students in MMC regarding academic misconduct and assess with the respect to Age, Sex, and year of MBBS, residence and Marital status.

RESULTS: 200 questionnaire were distributed out of which 108(54%) were Females. off total Sixty one (51.3%) males & n=58(48.6%) females have positive response that they ever done an assignment copied from internet and other published sources without acknowledging the sources. Forty (53.3%) males & n=35(46.7%) females have positive response that they ever done an assignment to re-submit the same report for other part of course. Thirty Seven (52.1%) males & n=34(47.9%) females have positive response that they submitted fake medical certificate to justify an absence. Forty (50.6%) males & n=39(49.4%) females have positive response that they forges a Professor signature on piece of work. Sixty eight (58.1%) males & n=49(41.9%) female have positive response that they cheated in examination. Forty Five (55.6%) males & n=36(44.4%) Female have positive response if model goes missing from anatomy lab and they are aware of the culprit, they will report the information to staff/faculty.

CONCLUSION: There are significant differences in medical student's attitudes and behavior towards plagiarism, lying, cheating and stealing by Gender, Age, Residence and Year of Study. The ability to identify acts of academic Misconduct does not deter students from engaging in the behavior themselves, as evidenced by self-reporting.

KEYWORDS: Lying, Cheating, Stealing, Academic misconduct.

WORD COUNT: 362

TEACHING OBSTETRICS AND GYNAECOLOGY TO MALE UNDERGRADUATE MEDICAL STUDENTS

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BACKGROUND: The Study was done to explore views of male medical students towards Obstetrics and gynecology as part of curriculum and to identify the problems during clerkship and its impact on selection of Obstetrics and Gynecology as career. In Pakistan there is a dearth of male practitioners in obstetrics and gynecology to cater for emergent needs.

METHODOLOGY: The study used a 20-item questionnaire-based survey at MMC from July to August 2016. Third and fourth year male students (n=100) who completed obstetrics and gynecology rotation were the participants. Inquiries were made perception of gender bias during clerkship, inclusion of obstetrics and gynecology in curriculum and subsequently as career. Results were analyzed using binary regression analysis.

RESULT: Sixty percent students were satisfied though embarrassed and under pressure during gynecological examination in consultant supervision. Another 61% said that obstetrics and gynecology should be a part of curriculum (p=0.013) and necessary for male students (p=0.008). 62% of the respondents were of the view that faculty has a major role in encouraging the students to take up Obstetrics and gynecology as career. 84% students replied in negative to adopt it as profession (p=0.002).

CONCLUSION: Although basic obstetric curricular objectives are important for medical practitioners, our social set up discourages male students to have concrete clinical interaction. The faculty needs to take a special supportive role to encourage learning and motivation for this specialty.

KEY WORDS: Obstetrics and Gynecology, career choice, Gender bias, medical students.

WORDS COUNT: 272

ATTITUDE TOWARDS EUTHANASIA AMONG THE FACULTY MEMBERS AND STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS SINDH

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INTRODUCTION: The concept of euthanasia is based on the philosophy of humanism and compassion. It recognizes the autonomy of an individual, freedom of choice to live or die with dignity. It is a very sensitive issue that polarized the world. Euthanasia is one of the most perplexing issues which the world faces today. The objective of the study is to assess the attitude and knowledge of medical students and faculty members towards euthanasia

METHODS: This cross sectional study was conducted during June to August 2016 at Muhammad Medical College (MMC) Mirpurkhas Pakistan. Total study population was 150 out of them medical students was (96) and faculty members (54), identified by convince sampling. The information of euthanasia was collected after the administration of closed ended questionnaire after translating into local languages. The data was entered and analyzed by SPSS version 22.

RESULT: off the total 54 faculty (male n=42 (77.8%), female n=12(22.2%) and 96 student (male=47(51.1%) , female 49(48.9%) . thirty eight (70.4%) among faculty and n=78 (81.3%) among students were familiar with the term euthanasia. About n=6(11.1%) faculty and n=38(39.6%) students were agree for the legalization of the voluntary euthanasia respectively. Off total n=36(66.7%) of faculty and n=23(24%)of the students were disagree for the legalization of the voluntary euthanasia respectively . When the idea of active euthanasia about n=13(5.6%) students of them were supportive of it while n=47(75.9%) of them believed it to be unethical . thirty seven 68.5%) faculty and n=35(36.5%) students were disagree for the legalization of a physician to practice euthanasia. Disagreed as they believed it is unethical according to Islamic point of view n=40(74.1%) faculty, n=51 (53.1%) students. The respondents n=34(63%) faculty and n=31(32.3%) students agreed with the prohibition of euthanasia and treating it as a crime in Pakistan.

CONCLUSION: The study has shown that the students and faculty of MMC were against the process of euthanasia. Religion was recognized as an important variable in support for euthanasia. For Muslims the decision regarding the moment of death belongs exclusively to ALLAH; since life is seen as a gift from ALLAH and the moment of death is known only to him, euthanasia is considered as a crime.

KEY WORDS: Euthanasia, voluntary euthanasia, involuntary euthanasia

WORD COUNT: 413

Awareness about Health effects of Second Hand smoke Exposure among MMC students

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BACKGROUND: Second hand smoke exposure is also called Passive smoking. It can cause: respiratory problems, heart diseases, diabetes, lung cancer, stroke and cough. Second hand smoke exposure is a significant health problem that may be responsible for serious health hazards. This study aimed to examine the awareness about the exposure of second hand smoke & the health factors associated with second hand smoke exposure among students of MMC.

METHODS: A cross sectional survey was carried out from July to August 2016 in MMC. A close ended questionnaire was developed by review the literature and distributed among 150 students to collect information about awareness of health effects of SHS exposure. Data was entered & analyzed by using SPSS version 22.

RESULTS: Total 150 students were interviewed, mean age was 21.43 ,S.D \pm 1.9 Range (17-27). The awareness about health effects of second hand smoke exposure was 67(50.8%) among females were predominant 65(49.2%) than male. Awareness about the heart attack was high 28(22.4%) among the final year students and accordingly diabetes 23(29.1%), lung cancer 26(21.6%), stroke 28(23%) were reported among the students of final year.

CONCLUSION: The study revealed that age, gender and student's professional year influenced SHS exposure. Strong policies should be applied for prohibiting the smoking in public place and students should also follow these policies. The medical students should be educated and made more aware about risk of second hand smoke exposure.

KEY WORDS: SHS exposure, awareness, students, MMC

WORD COUNT: 273

Epidemiology of Polycystic Ovary: A case control Study

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INTRODUCTION: Polycystic ovarian syndrome (PCOS) is a neglected public health problem with Prevalence of 5% to 10% among women at reproductive age. The possibility that PCOS may be genetically determined has been suggested for over 40 yr. Presence of PCO on ultrasound is accepted as the female phenotype, and premature balding has been suggested as the male counterpart. To study the relevant risk factors of PCOS

METHOD: With case-control study method, we have taken 35 cases of PCOs 141 controls were conducted from June to August 2016. All cases were identified from Liaquat University Hospital Hyderabad by using ROTTERDAM criteria. Close ended questionnaire was adopted to collect data regarding risk factors of PCOS and verbal informed consent was taken. Data entered and analyses by SPSS version 22. Chi-square test was used to determine the association.

RESULTS: The mean age was 24 ± 4 SD (range 15-37), predominant 13(37.1%) age group was belong from 21-29 and 31(88.6%) living from urban area. Off total 48.6% reported that age of menarche was 13-14 years. Among cases the frequent hair pattern was facial hair (beard & moustaches) in 28(80.0%) followed by chest hair 8(22.9%). Among all 25(71.4%) have acne with facial hair and 24(68.6%) feel anxiety, family history of Diabetes (OR 4.5, 95% CI 2.1-10, P=0.00), Family History of PCOS (OR 3.36, 95% CI 1.3-8.3), Weight increasing day by day (OR 13.5, 95% CI 5.2-35.3, P=0.00), 22(62.9%) change in the color of neck and armpit, 16(45.7%) feel embracement because of facial hair, 20(57.17%) suffering from depression.

CONCLUSION: To target the high risk factors of menstrual cycle disorder, it can be interpreted that age, education, irregular menstruation, depression, anxiety, hirsutism, family history of diabetes and weight gain were all significantly related to the incidence of PCOS. We should implement early screen, diagnose and treatment of PCOS in order to reduce the incidence rate of PCOS and improve prognosis of PCOS.

KEY WORDS: Polycystic ovaries, oligomenorrhea, hirsutism.

WORD COUNT: 351

FREQUENCY OF REFRACTIVE ERROR IN SCHOOL AGED CHILDREN

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ABSTRACT

INTRODUCTION: Refractive error is the one of the commonest cause of visual impairment in world and second leading cause of treatable blindness. Refractive error is defined as a state in which the optical system of non-accommodating eye fails to bring parallel rays of light to focus on fovea centralis. Various Studies conducted on prevalence and management of refractive error in children suggests that amblyopia and strabismus are common in children along with the refractive error. The visual loss due to refractive error is reversible with treatment and complications like amblyopia and squint are prevented if the glasses are prescribed early. In this cross sectional study 400 hundred students were screened out in two government and two private schools. In Government schools 27 students out of 200 had refractive error, Myopia was present in 15 (55.55%) students, and Hypermetropia in 7 (25.93%) students and Astigmatism in 5 (18.52%) students while in Private schools 25 students had refractive error. Myopia was present in 16 (64%) students, Hypermetropia in 7 (28%) students and Astigmatism in 2 (8%) students. Myopia and Astigmatism were more prevalent in female sex being 8.1% and 2% respectively while in males it was 6.4% and 1.4%. In this study no significant refractive error difference was found between government and private sector schools.

CONCLUSION: Refractive error is the most common and easily treatable causes of decrease vision in school aged children. It is recommended that visual acuity should be checked prior to admission to school because refractive error can be easily corrected with glasses and if it is treated in time child can be prevented from amblyopia and squint.

KEY WORDS:

WORD COUNT: 304

INCIDENTALLY DETECTED ASYMPTOMATIC HBV POSITIVE SUBJECTS WITH SLIGHTLY RAISED LIVER ALANINE AMINOTRANSFERASE (ALT).

AUTHORS: Syed Zain Ul Abidin¹, Zeshan Haider¹, Sharjeel Ahmad¹, Ali Raza¹
SUPERVISORS: Dr Ghulam Rasool², Dr Abdul Rahim Siyal², Dr Aneela Faisal²

BACKGROUND: One third of the world population (two billion people) has been infected by hepatitis B virus. It is the most common infectious disease among the world leading cause of death. HBV induced liver chronic disease is also an important precursor for the development of hepatocellular carcinoma even in absence of cirrhosis. Many subjects are unaware of viruses that are the cause of hepatitis except they have been fully involved by the disease and it has become apparent with significant signs and symptoms.

METHODOLOGY: This cross sectional study was carried out at pathology laboratory Muhammad medical college Mirpurkhas from January 2015 to July 2016. Total 125 Hepatitis B asymptomatic subjects were selected and screened out as routine laboratory investigations.

RESULTS: Selected asymptomatic patient showed normal reference levels for total bilirubin, ALK and GGT levels. While ALT was raised above reference range. Comparative to other age group it was significantly raised in old groups. In 20-48 years it 50-58 u/l but above 48 years it raised to 78 u/l. Females above 45 years were increased enzyme activity compare to same age group in male subjects. Male to female ratio is 2.2:1. In 125 patient 66.5% male and 33.5% female.

CONCLUSION: The liver function profile of these subjects showed normal total bilirubin, alkaline phosphatase and GGT levels, while ALT was slightly raised comparative to other age groups it was significantly raised in old groups.

OBJECTIVE: Purpose of study to give awareness regarding the appropriate measure to reduce the carrier load in community. We advise proper screening for viruses which effect the liver and those who will be Negative should be vaccinated and use of sterilized needles and blood products.

KEY WORDS: Asymptomatic HBV positive, liver Alanine aminotransferase (ALT)

WORD COUNT: 320

Sleep habit and sleep problems among students of Muhammad Medical College

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BACKGROUND: The study was to describe sleep habit and sleep problem in the population of undergraduate in MMC. It is believed sleep disturbance associated with poor social performance and psychiatric disorder. The objective of this study was to determine sleep problem and sleep habits in population of MMC.

METHODOLOGY: Cross sectional study was conducted among the student of MMC during June to August .The study population was the students of MMC from 1yr-finalyr .The data was collected by conducting face to face interview using a closed ended questionnaire .The final data was entered and Analysed by using SPSS version 22. The study protocol was approved by the ethical committee of MMC and verbal informed consent was taken.

RESULT: 150 students with mean age of $21.61 \pm$ S.D 2.1 (Range 18-26) were studied reported mean duration of night sleep in our sample was 6.4 ± 1.1 hours the majority 64(43%) of student went to bed before midnight and 76 students(51%) of the total sample wake up between 6-8am.Sleep latency of more than 10-30 min was present in 64(45%).76(51%) students have not nocturnal awakening per night .Night mare were 55 students(37%) <once a week. Daytime naps were common n reported 48 students (32%).Sleep quality was reported as satisfactory 45 students (30%) our study.

CONCLUSION: Sleep problems were common and there was no significant association sleep quality and academic achievement.

KEY WORD: Sleep disturbance, Sleep latency

WORD COUNT: 266

Attitude & Ethical Perception Regarding Organ Donation among Medical Students

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BACKGROUND: Organ donation is the process of removing tissues or organs from a live or recently dead person called Donor to be used in another live person called Recipient. Organ donation has recently drawn attention as a bioethical issue in Pakistan. The objective of this study is to determine the attitude, knowledge & ethical perception regarding organ donation among medical students in Muhammad medical college.

METHOD: convenience sampling was used to generate a sample of 200. Interviews were successfully completed and used for analysis. Data collection was carried out via a face to face interview based on a pre-tested questionnaire in Muhammad medical college. Data was analyzed using SPSS V.22 and associations were tested using the Pearson's chi square test.

RESULT: A total of 200 returned the forms, mean age was 21.7 ± 1.34 (range 20-24 years), and predominate was male 96(48%). Virtually all participants 191(95.5%) were aware about term organ donation. It was observed that their primary source of knowledge was 69(34.5%) from books followed by social media 57(28.5%). Of them 171(86.5%) support the idea of organ donation. One hundred thirteen 56.5% showed willingness for organ donation while remaining refused. The frequent reasons to oppose organ donation is the fear of surgical procedures 32(16%) followed by religion doesn't agree 29(14.5%).

CONCLUSION: Better knowledge may ultimately translate into the act of donation. Effective measures should be taken to educate people with relevant information with the involvement of media, doctors and religious scholars.

KEY WORDS: Organ donation, Attitudes, knowledge, questionnaire.

WORD COUNT: 282

PREVALENCE OF MATERNAL HEALTH PROBLEM IN RURAL AREAS of Sindh: A cross sectional survey.

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BACKGROUND: Maternal health term used for the health of women during pregnancy child birth and postpartum period. High maternal mortality in Pakistan is indicative of neglect of women's health low literacy and high fertility along with poor economy can lead to high maternal mortality and morbidity rate. By the end of 2015, estimated 303,000 women die due to complications in pregnancy. The objective of study was to assess the prevalence of attitude and practice regarding maternal health problems.

METHOD: A cross sectional study was conducted at pediatric and gynecology OPD of civil hospital, MMC, DHQ Mirpurkhas among 55 females in June to August 2016. Information regarding attitude and practice regarding maternal health problems was collected by Face to face interviewed with the help of closed ended questionnaire Data entered and analysis by using SPSS version 22.

RESULT: the mean age of the mother was 23 (range 17-43). Predominant was 20 to 25 year age group 20 (36.4%), off total 34.5% delivered their last baby by C sections. The frequent reason of C section was small pelvic bone 65% followed by umbilical cord around the neck 17. Thirty three percent faced complication during last pregnancy frequent was hemorrhage Only 30.9% females received antenatal care in last pregnancy. 74.5% females received vaccination during pregnancy. 63.6% females faced difficulties to access to the hospital due to unavailability of health care center in their areas.

CONCLUSION: Study suggests that women health inadequate access maternal care due to limited health care options and poor knowledge. Improving of health services and health awareness in term of maternal health is highly recommended.

KEY WORDS: Maternal health care, Rural Areas, Cross sectional survey

WORD COUNT: 312

Risk factors associated for female breast cancer in Pakistan: a case-control study

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BACKGROUND: Breast cancer (BC) in female is an emerging and challenging public health problem. It is estimated that 1.7 million new cases diagnosed every year, and over 55% of BC related deaths reported in low and middle income countries. BC is associated with smoking, alcohol, obesity early menarche, delayed parity, and reduced breast feeding. The Karachi Cancer Registry suggests that the age-standardized annual rate of breast cancer in Pakistan is 69.1 per 100,000, a figure equivalent to European and North American rates. The objective of the study was to investigate the risk factors for BC in Pakistani women.

METHODS: A hospital-based unmatched case-control study was conducted with 40 cases and 80 controls from June-August 2016. Cases were microscopically-confirmed and identified from the Nuclear Institute of Medicine and Radiotherapy, Jamshoro. Controls were non-breast cancer patients matched in term of age and ethnicity. Female with malignancies, gynecological, or endocrine problems were excluded. Odds ratios and their 95% confidence intervals were derived by using univariate regression models.

RESULTS: The mean age was 41 years (range 18-65), 62 (52.5%) cases belong from age group 44-55 and predominate 65 (55%) were living in rural area. In Bivariate analysis, previous use of oral contraceptives (OR 4.2, 95%CI 1.6-10, P=0.00) and overweight 10 year before the diseases (OR 4.6, 95% CI 2.0-10, P=0.00), breastfeeding more than six months (OR 0.6, 95% CI 0.3-1.1, P= 0.62), older age of menarche (OR 7.7: 95% CI 3.1-19, P=0.00) were the strongest predictor of BC risk. The family history of BC in first-degree relatives (OR 6.6, 95% CI 2.3-19.0, P=0.00) exhibited a strong protective effect.

CONCLUSION: Study results showed that overweight 10 year before the diseases, family history of breast cancer, older age of menarche, previous use of oral contraceptives and were associated with increased risk of BC. Hospital based screening camps for early detection of BC and health education for female on self- examination of breast is highly recommended.

KEY WORDS: Female breast cancer, Case-control study, Risk factors, Pakistan

WORD COUNT: 366

SEXUALLY TRANSMITTED DISEASES AMONG TRANSGENDER MEN

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Supervisors: Dr Muhammad Asif Ali Shah², Dr A.B Rajar²

ABSTRACT

BACKGROUND: The transgender community represents an understudied population in the literature. The object of this study is the sexually transmitted disease among transgender men. With this analyses of cross sectional study we characterize STDs among 28 transgender men undergoing community base self-screening for acute and early STDs. Syphilis and gonorrhea are common among transgender men in distt Mirpurkhas. STDs represent one of the most serious transgender health issues in the world. The WHO estimated that during the year 2002, 350 000 cases of sexual transmitted diseases like syphilis, gonorrhea, HIV and chlamydia have occurred, and this number still has not been reduced till now.

METHODS: This analysis of cross sectional study comprises 28 transgender men with a written questionnaire that comprised 17 questions about STDs occurring in transgender men. Self-screening was performed prior to the questionnaire with result available immediately after. Data was entered and analysed by SPSS version 22.

RESULTS: In our study the 28 participants performed screening test in which 14(50%) were performed early and 14(50%) were late. All the participants knows about the disease after the screening test. N=19(67.9%) were suffered from the disease after sexual intercourse. N=9(32.1%) were free from disease. N=10(35.7%) were having syphilis. n=4(14.3%) were having gonorrhea, 3(10.7%) were having hepatitis B and 2(7.1%) were having HIV AIDS. N=9 (32.1%) were used condom during sexual intercourse and were free from disease while 19 (67.9%) did not used condom and suffered from disease.

CONCLUSION: The rate of sexually transmitted diseases among transgenders in distt Mirpur khas is very common. Thesetransgender were not using condom and also have multiple sex partners.

KEYWORDS: Transgender men, STDs, screening.

WORD COUNT: 293

Prevalence of Internet Addiction with Health Belief Model among medical students: A cross sectional survey

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BACKGROUND: Internet addiction (IA) as an impulse control disorder of internet use that has negative impact on daily life. Because of IA adolescents tend to have lower self-control for online activity, associated with psychological problems, poor academic performances. The prevalence of IA among adolescents varies across countries, ranging from 1.9 to 8.2 % in European countries, from 2.3 to 20.7 % in Asian countries. In the present study, we investigated the prevalence of IA among medical students

METHODS: A cross-sectional survey was conducted from June –August 2016 in Muhammad Medical Student, Mirpurkhas. Total 206 students were identified by using simple random sampling. *Internet Addiction Test (IAT)* by Dr. Kimberly Young was administered among students to collect information regarding IA. Data was entered and analyzed by SPSS version 22.

RESULT: Of total students 49.5%, 42.2% and 8.3% had average, frequent and problematic internet addiction. Near half 47% Students from 21-23 year has IA, Male (58.8%) has problematic IA as compare to female 41.2%. The students from the third year have increase prevalence 35.3% of IA. According to health belief model perceived susceptibility and severity was 50.5% and 48.5% respectively. In perceived barrier reduce communication with your friend 55.3%, reduce due to feelings lost 35.4%, reduce due to feeling bore 34% reduce due to feeling old fashion 33.5%. Perceived self-efficacy was confident to reduce internet use 55.8% and difficulty to reduce internet use 30.6%

CONCLUSION: The result suggested that prevalence of internet addiction (IA) was at average level among medical students. Organization of awareness seminar against IA is highly recommended among medical students.

KEYWORDS: Internet addiction, Health belief Model, Medical student

WORDS COUNT: 312

Determinants of Infant Mortality in Mithi: Secondary analysis of Mithi Demographic and Health Survey (July-August, 2016)

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INTRODUCTION: Infant mortality rate is defined as the risk of a live-born child to die before its first birthday. Infant mortality rates reflect economic and social conditions for the health of mothers and newborns, as well as the effectiveness of health systems.

BACKGROUND: Pakistan has the third highest rate of infant mortality globally. To implement evidence-based interventions for the reduction of infant mortality, it is important to investigate factors associated with infant mortality. The aim of the current study is to identify determinants of infant mortality in Mithi.

METHODOLOGY: A cross-sectional survey was conducted in the civil Hospital of Mithi. Data was derived from the Mithi Demographic and Health Survey July-August 2016. All singleton live births between July and August were selected for the current analyses. Data was analysed by using STATA 22 and adjusted for the cluster sampling design. Multivariate Cox proportional hazard models were performed using step-wise backward elimination procedures to identify the determinants of infant mortality.

RESULTS: A total of 70 singleton live births in the last 2-3 months preceding the survey were selected. Multivariate analyses showed that 95.7% living in rural areas, belonging to the poor house hold wealth index quintile (81.4%), male infant (58.6%), less than or one year birth interval (84.3%), No antenatal care visit (92.9%), No postnatal checkup (52.9%) and place of delivery at home (57.1%) had significantly higher hazards of infant mortality in Mithi.

CONCLUSIONS: Socioeconomic distal and proximate determinants are associated with infant mortality. Infant mortality was higher in the poor and middle classes than the wealthier classes. Population of Sarah ecological region had high risk of infant mortality. Similarly, infant dying was higher for infants whose birth size, as reported by mothers, was very small and short preceding birth interval.

WORD COUNT: 321

Knowledge, attitude and behaviour regarding Patient safety & Medical errors among students and doctors of MMC

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INTRODUCTION: To reduce harm caused by healthcare is a globally priority. Medical students and doctors of MMC should be able to recognise unsafe conditions, systematically report errors and near misses, investigate and improve patient safety with a thorough understanding of human fallibility and disclose errors to patients. Incorporating this knowledge into medical students and doctors curriculum is an urgent necessity.

METHODS: Our questionnaire of 32 items was developed based on a 2015 WHO pilot study for patient safety curriculum guide. Our investigation was conducted in undergraduate medical students of 4th & 5th year and doctors of MMC and were asked to complete an anonymous questionnaire. All items were scored from 1 to 5. Differences in responses among different students and doctors, genders and level as well as the validity and reliability of questionnaire were analysed by SPSS version 22.

RESULTS: A total of 120 questionnaire were distributed among students 4th & 5th, 100 responded, out of 50 questionnaire for doctors, 30 responded. An average of 0.96 % of our survey questions were not answered, of which the most frequent unanswered question was 'what should happen if an error is made?'; the attitude of students was positive towards learning the patient safety, although their knowledge regarding medical errors was poor. The attitude of doctors was inconsistent. There was good coherence of reliability in section 2, 3, 4 of questionnaire (cronbach alpha >0.8) while section 1 & 5 were less reliable. The validity of questionnaire was good.

CONCLUSION: Although students understanding of patient safety is poor but their attitude towards learning about patient safety is very good. The result of our study highlights that great efforts are needed to facilitate the translation of positive attitude towards patient safety into appropriate practices that proven to be effective in reduction of medical errors.

KEY WORDS:

WORD COUNT: 342

Risk factors of oral cancer associated to smoking, gutka, chaliya, and oral dip products

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ABSTRACT

BACKGROUND: Oral cancer is a major cancer burden in Pakistan. The other most common cancer reported in Pakistan are breast and cervical cancers in females, lung and oral cancers in males. Oral cancer includes the malignancies of tongue, mouth and pharynx. In Pakistan, it is the 5th most common cancer among males and the survival rate is 5 years and associated with multiple risk including hypertension, infection of mouth and throat, family history of cancer smoking, chaliya, gutka, menpuri, and other oral substances abuse. This study was carried to find out the associated risk factors of oral cancer among the population of JPMC Karachi Mirpurkhas, Hyderabad and Badin districts.

METHODOLOGY: A case control has been carried out in JPMC Karachi, Civil Hospital Hyderabad, Civil Hospital Badin from June-August 2015 with 55 diagnosed cases of oral cancer and 85 controls. Information on demographic characteristics and potential risk factors were collected from both groups by using closed ended questionnaire. Bivariate analysis was used to assess the strength of the association between each risk factor of oral cancer risk by using SPSS version 15.

RESULT: Majority of the cases n=45(77.5%) in this case-control study were aged between 30-50 years at the time of diagnosis. On bivariate analysis oral cancer risk was associated with positive mouth infection Gutka n=25(55.6%), Chaliya n=25(55.6%), Cigarette n=20(44.5%) and Menpuri n=16(37.2%)

CONCLUSION: Our study finding the strength of associated risk factors of oral cancer. This study gives an idea about the significant relationship between oral cancer and consumption of Gutka, Chaliya, Menpuri and Smoking.

KEY WORDS: Cross sectional study, oral cancer, risk factors

WORD COUNT: 299

CASE REPORT

4th Year Students

Posthystrectomy Enterovaginal fistula-a case report

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INTRODUCTION: A fistula is an abnormal connection between two epithelialized surfaces such as blood vessels, intestines or rectum etc. Fistulas are usually caused by injury or surgery, but they can also result from an infection, inflammation or malignancy. An abnormal communication between the small bowel and vagina is called enterovaginal fistula. An Enterovaginal fistula may result from obstetric complications, inflammatory bowel disease, pelvic malignancy, pelvic irradiation, pelvic surgery, or other traumatic causes.

CASE: 50 Year Old female housewife from mirwah, known case of Hepatitis B admitted to MMCH on 2-Aug-2016 with complaint of abdominal distention, vomiting & constipation for 2 days. According to Patient, she had history of Total abdominal hysterectomy & bilateral salphingo-oophorectomy 12 days ago on 22-7-2016 due to chronic pelvic pain & perimenopausal bleeding. Patient developed abdominal distension postoperatively which was managed conservatively and patient was discharged on 5th Post-operative day then She readmitted on 2-8-2016 with the complaint of vomiting & abdominal distention & constipation. On Examination her Pulse was (89b/m), B.P (130/90mmHg), R/R (14b/m) & Temp. (98°F). Patient was anemic and dehydrated. Her abdomen was distended, tense and tender with sluggish bowel sounds. Rectum was loaded with fecal matter. Plain X-ray Abdomen erect shows multiple air fluid levels. Ultrasound Abdomen & pelvis shows collection in the cul de sac. Her Labs was Hb = 11.40%, TLC = 13,700/cumm, Platelets = 32900/cumm, Urea level = 23mg/dl, Creatinine = 0.8mg/dl & Amylase = 61U/L. So Examination under anesthesia was planned & old clotted blood of about 150ml removed from pelvis through vaginal vault manually. On 4th P.O.D patient complaint of yellowish discharge from vagina. On P/V Examination it was fecal matter. So Exploratory Laparotomy was planned. On exploratory laparotomy there was a gangrenous segment of ileum of about 5cm, 2cm proximal to Ileocaecal junction making fistulous communication with the vaginal vault. That gangrenous segment was resected & proximal portion brought out as end ileostomy. Ileostomy was working & patient was improving well so she was discharge on 22-aug-2016 with the plan of ileostomy reversal in near future.

ABSTRACT

Final Year Students

A Case Report of SLE reported at MMCH.

AUTHORS:Shehnaz Zulfiqar¹, Maria Abbas¹, Safeer Javed¹, Anam Liaqat¹
(Final Year Students)

SUPERVISIORS:Dr. Fayyaz Memo², Dr. Atif², Prof. Dr. Noor Muhammad Memon²
(Department of Medicine)

ABSTRACT

INTRODUCTION: Clinical presentation of systemic lupus erythematosus varies among different populations. The gastrointestinal manifestations of SLE can involve any part of the gastrointestinal tract. Diarrhea in patients with SLE generally results from parasitic or bacterial intestinal infections and chronic pancreatitis or drugs such as azathioprine. Rarer complications of SLE, including protein-losing enteropathy, intestinal pseudo-obstruction and SLE-associated disorders such as celiac disease, can also cause diarrhea. Diarrhea has been reported to be the initial complaint of SLE in mostly female patients. Here we reported the case of a 40- year old man with chronic diarrhea as the presenting complain of SLE.

CASE REPORT:The patient, resident of Digri, came in MMCH OPD with the complain of non bloody diarrhea lasting for three months with a low grade fever, vomiting and weight loss. Six years previously, he had been noted to have hypertension. Eight months previously, the patient had been diagnosed with paranoid schizophrenia. His laboratory results were as follows: hemoglobin: 10.6 g, platelets: 185×109/L, ESR: 89 mm/hr, urea: 7 mmol/L and creatinine: 90 µmol/L. He was an ex drinker and smoked -10 cigarettes/day. On admission, he had severe pallor, crusted lips, retromolar mucosal erosions, bilateral pitting pedal edema, bilateral wheezes with infra- axillary and infra-scapular crackles and intention tremors. His liver function and electrolyte results were normal. Bacterial and fungal cultures of blood, urine and stools were sterile. Other test results showed fatty liver, esophagitis and mild duodenal nodularity, anal fissure. Biopsies of the ileum and colon showed lymphatic dilatation and chronic inflammatory infiltrates. Ectrocardiography, echocardiography and CT scan of the abdomen were normal. A renal biopsy revealed diffuse proliferative glomerulonephritis. Treatment with mycophenolate mofetil at a dose of 1 g BID was given to treat persistent symptoms with significant relief.

KEY WORDS: SLE, male, MMCH, Diarrhea.

WORD COUNT:332

Anencephaly: Case Report

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Supervisors: Dr.Bilawal, Dr.HassanMemon, A.B.Rajar

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Anencephaly is congenital absence of a major portion of the brain, skull and scalp. It results due to the defective neurulation process, which is defined as the process of neural tissue formation from the ectoderm. In anencephaly the abnormality occurs in neurulation of the cranial part. Due to this the neural tissue is exposed and is not covered with the skull. The development of the cerebral hemispheres is also absent. If at all any amount of neural tissue is formed, it may show destructive changes like hemorrhage. It can be diagnosed in-utero on ultrasound examination and by elevated maternal serum levels of alpha fetoprotein (AFP). It is, usually, associated with polyhydramnios. About 65% of the cases of anencephaly die in utero, and some may be delivered prematurely. Infants are born with anencephaly show permanent unconscious, due to lack of functioning cerebral cortex and varying degrees of brain stem functions causing brain death.

CASE REPORT: A pregnant woman of G2P1L1 aged 28 years, resident of KhiproMirpukhas presented at MMCH with 29 weeks of gestation without any prior antenatal checkups. Previous history shows one vaginal delivery at home with a normal child. On examination, abdomen was over-distended with fundal height of 36 weeks/37cm abdominal girth was 83 cm. On sonography live fetus with anencephaly was detected. There was no history of iron and folic acid intake. No history of any chronic illness, drug or radiation exposure identified. Labor was induced with prostaglandin E1 and she delivered vaginally a stillborn anencephalic female baby with cephalic presentation, weighed 1000 g. The baby died 48 h later. The postpartum period was uneventful and the patient was discharged.

KEYWORDS:Anencephaly,fetus,Ultrasound,Fetal death,MMCH.

WORD COUNT:306

Audit of Gynecology ward at Muhammad Medical College Hospital (MMCH)

Authors: Shehnaz Zulfiqar¹, Maria Abbas¹, Anam Liaqat¹, Safeer Javed¹ (Final year students)

Supervisors: ¹Prof. Dr. Amna Memon, ²Dr. Qamarunnisa, ³Dr. Asma Jamshaid, ⁴Dr. Lata (Department of Gynecology)

ABSTRACT

INTRODUCTION: Women health has always remained neglected, because of the traditional reductionist approach to women health research. In developing countries reproductive morbidity greatly affects the quality of a woman's life and until recently this form of ill health has been ignored by woman herself, planners and researchers. Gynecological morbidity include conditions of the reproductive tract not associated with a particular pregnancy such as reproductive-tract infections, fibroids, UV prolapse, HMB and infertility.

OBJECTIVE: The purpose is to evaluate the burden of gynecological diseases in gynecology ward of MMCH.

METHODOLOGY: A retrospective study was conducted at the Department of Gynecology among outdoor and admitted patients, at Muhammad Medical College Hospital, from January 2014 to July 2015. Data was collected from the Gynecology outpatient's records, in which the presenting symptoms, clinical diagnosis and investigations were recorded. Information on various symptoms, ages, clinical findings and diagnosis of 346 women were recorded. Frequency of each morbidity was calculated separately.

RESULTS: Total 346 patients were recorded among them 344 (99.4%) were married and 2 (0.6%) were unmarried with ages mostly falling in 30-45 (59.4%). 22 (6.4%) were educated and 324 (93.6%) were uneducated. UV prolapsed was the commonest gynecological problem encountered n=63 (18.2%). The rest included fibroid uterus n=51 (14.7%), heavy menstrual bleeding n=34 (9.8%), PID n=29 (8.4%), UTI n=26 (7.5%), Anemia n=23 (6.6%), Amenorrhea n=21 (6.1%), Dysmenorrhea n=18 (5.2%), ovarian cyst n=13 (3.8%), Pelvic and vaginal mass n=13 (3.8%) and others n=55 (16.2%) including ovarian mass, Dermoid cyst, Vaginal cyst, Infertility, Irregular menstrual cycle, chocolate cyst and Endometriosis.

CONCLUSION: A number of women are seeking help for the varying severity of gynecological morbidity, ranging from mild discomfort to overt disability. The major gynecological morbidities identified are UV prolapsed, Fibroid uterus and Heavy Menstrual Bleeding. This study highlights the need for addressing and prioritizing resources towards these women health issues which affect women's ability to fulfill a wide range of diverse roles.

KEY WORDS: Audit, Gynecological diseases UV prolapse, MMCH

WORD COUNT: 356

Is fatty liver associated with other medical conditions?

Authors: Shehnaz Zulfiqar¹, Ahmad Faraz, Ayat Shakoor, Safeer Ahmad Javid¹. (Final year Students)

Supervisors: Dr. Abdul Qadir², Prof. Dr. Noor Ali Memon, Prof. Dr. Syed Razi Muhammad⁽²⁾Department of Medicine) (Department of Surgery)

ABSTRACT

BACKGROUND: NAFLD (nonalcoholic fatty liver disease) is the presence of liver fat accumulation exceeding 5% of hepatocytes in the absence of significant alcohol intake (20 g per day for men and 10 g per day for women), viral infection, or any other specific etiology of liver disease. According to WHO, In China alone, nonalcoholic fatty liver disease, and alcoholic liver disease, affect approximately 300 million people. The number of patients with alcoholic and nonalcoholic fatty liver diseases is rising at an alarming rate.

AIMS: To find out the association of fatty liver with other medical conditions.

METHODOLOGY: A retrospective study was conducted from August 2014-august 2015 at MMCH and Liver and GI Clinic New town Mirpurkhas in patients attending the Liver OPD or admitted in Medicine ward of MMCH. The data was entered and analyzed by SPSS version 22.

RESULTS: Total number of n=95 patients were included in the study, n=11 males (11.6%) and n=84 females (88.4%). Studies show that n=53 (55.8%) patients were obese and n= 56 (58.9%) were diabetic. HCV was positive in n=21 (22.1%) and HCB was positive in n=12 (12.6%). N=53 (55.8 %) were hypertensive and n=18 (18.9%) were hypothyroid. SGPT was raised in n=65(68.4%) and hyperlipidemia was found in n=58(61%) patients. n=95(100%) shows fatty liver on ultra sound.

CONCLUSION: According to our studies fatty liver found to be associated obesity diabetes Hypertension, hypothyroidism, and hyperlipidemia. Further studies are required to prove more association with other disease.

KEY WORDS: fatty liver, medical, conditions, hypothyroid, SGPT, Hypertensive.

WORD COUNT:293

Spectrum of diseases in patients admitted to surgical ward in MMCH with non-gynecological, non-traumatic, acute abdomen

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Supervisors: Prof. Dr. Syed Razi Muhammad², Dr. Rehmatullah Soomro² (Department of Surgery)

ABSTRACT

OBJECT: To identify the Spectrum of diseases in patients admitted to surgical ward with nongynecological, non-traumatic, acute abdomen.

METHODOLOGY: Retrospective study of cases of acute abdomen with non-traumatic and nongynecological cause registered in MMCH from **31 December 2014 to 31 July 2015**. A total of 198 cases were reviewed for this research and college's ethics committee approved for this project.

RESULT: During the period under review, a total of 198 patients were presented with nontraumatic and non-gynecological acute abdomen of which there were n=105males (53.03%) and n=93females (46.96%). The highest incidence of acute abdomen was with Cholecystitis (33.38%) was found in female patients of 30-40 years age group, followed by Appendicitis (12.62%) in 20-30 years of age group and then Pyelonephritis 22 (11.11%) in age group of 20 to 30 years. Intestinal Obstruction 13(6.5%)

CONCLUSION: Cholelithiasis was the most common cause of admission in surgery ward of MMCH while ca pancreas and ca gallbladder was a rare manifestation in this region.

KEY WORDS: Acute abdomen, surgery audit, non- traumatic, non- gynecological

WORD COUNT: 222

To Asses Adverse Childhood Experience Score in our Social order.

Authors:Shehnaz Zulfiqar¹, Safeer Ahmad Javid¹, MariaAbbas¹,AnamLiaqat (Final Year Students)

Supervisors: Prof. Dr. Syed Razi Muhammad, Dr. AB Rajar
(Department of Surgery, ³Department of Community Medicine)

ABSTRACT

BACKGROUND: The Adverse Childhood Experiences (ACE) Study is one of the largest investigations ever conducted to assess associations between childhood maltreatment and laterlife health and well-being. The study is collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic in San Diego. Studies suggest strong links between adverse childhood experiences (ACEs) and poor adult health and social outcomes. When humans are young, their world revolves around their parents or primary caregivers. Child abuse violates the trust at the core of a child's relationship with the world (Walker, 1994). When the primary relationship is one of betrayal, a negative schema or set of beliefs develops. This negative core schema often affects an individual's capacity to establish and sustain significant attachments throughout life.

AIM:To Asses Adverse Childhood Experience Score in our Social order.

METHODOLOGY: A cross sectional study was conducted. Sample size of n=150 people selected randomly from different social classes through an online survey and using Adverse childhood experience questionnaire.

RESULTS: Candidates who took part in study were of mean age 20-25.total 150 candidates solved the questionnaire with mean score of 2.5 out 10. There were n=86 (57.33%) males and 65 females (43.66%). Score achieved '0' (20%), '1' (30%), 2 (33%), 3 or more (16.27%). Psychological issues seen in n=35 (23.33%), violence n=91 (60.66%) and sexual abusen=23s (15.3%)

CONCLUSION: The ACE is fairly common in our society, measures should be taken against domestic violence and child abuse. Laws should made by government against it and civil society should play an active part to educate against it. As adverse experience in childhood hinder child's neuro development.

KEYWORDS: Adverse Childhood score, Asses, Social order, life, Relationships.

WORD COUNT:315

To compare the results and complications of Medical and Surgical treatment of anal fissure

Authors: ShehnazZulfiqar, Maria Abbas, Sher Ali, SafeerJaved (Final year Students)

Supervisors: Prof. Dr. Syed Razi Muhammad, Dr. RehmatullahSomro, Dr. Jamshaid Bashir (Department of Surgery)

ABSTRACT

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

METHODOLOGY: A retrospective study was carried out atMMCH, in the department of Surgery from January 2014 to July 2015. The total number of patients were 18, which were attending the Surgical OPD or admitted in surgical ward for treatment. All patients were divided into 2 groups.

Group A: Treated medically by 0.5% Nifedipine ointment

Group B: Treated Surgically (Lateral internal Sphincterotomy)

RESULTS: Out of 18 patients, 11 (61.1%) were males and 7 (38.8%) were females. Majority of patients were falling in age group 35 – 45 years. 8(44.4%) were treated medically by 0.5% Nifedipine ointment on their wish. 10(55.5%) patients were treated surgically. Patients treated by Nifedipine ointment, healing rate was 6/8(75%) and recurrence rate was 2/8 (25%). Those who were treated surgically healing rate was 10/10 (100%) and recurrence rate was (0%). Complication of medical treatment was headache. Surgical complications were rarely observed.

CONCLUSION: Surgical treatment provide100% healing to all patients, but for the patients who did not consent or fit for Surgery were treated medically with 75% healing rate.

KEY WORDS: Anal fistula, surgical treatment, medical treatment.

WORD COUNT: 238

Record Blood sugar level and control of diabetes in Patients of diabetic clinic MMCH

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Professor DrAdulQadir², Assistant Pro DrSafdar², Department of Medicine

ABSTRACT

BACKGROUND: Diabetes mellitus is a clinical syndrome characterized by chronic hyperglycemia and disturbance in carbohydrates, lipid and Protein metabolism. Globally 171 million cases were present which expected to rise to 366 million by 2025, Americans, africans, asians and arabians are 1.5 to 2 times more likely to develop diabetes over there life time. Now a days Pakistan with India and China is contributing big role in dibetic load of world little information about to Record of blood sugar level this study was done to identify their control.

OBJECTIVE: The objective of our study was to determine the record of blood glucose level and how much their blood sugar controll at diabetic clinic.

METHODOLOGY: A Descriptive analytic study done from record of Diabtic clinic fromjanuary 2016 to Agust 2016 .Total Cases 64 and calculate the record of patient with questionnaireperforma .Data was entered and analyses using SPSS software 22.

RESULTS:37(57.8%) cases were males & 27(42.2%) cases were females. With uncontrolled diabetes present at MMCH, mostly were 50-60 year age group patients 20(31.3%) &40-50 year age group(29.71%) remaining 39% were 20-30 & 60-70year age group patients, 65.6% patient present with high blood sugar level above 250-350mg/dl and 10% very high above 350mg/dl and 3% were decrease level when they were came on clinic after follow up mostly uncontrolled diabetic patient give better results after 60% use of insulin & 20% metformin&20% Insulin and Metforine combine. The overall blood sugar level FBS, RBS, wereuncontrolled because patients came to clinic with associated diseases HCV/CLD, CVA, Peripheral vascular disaese.

CONCLUSION: We conclude that high percentage of uncontrolled FBS & RBS but good control at night after medication .Measure should be taken to improve blood sugar level FBS and RBS with good follow up.

KEYWORDS:Diabetes, Record, Blood Sugar level, Control, MMCH

REFRENCE: AMERICANS DIABETIC ASSOCIATION (ADA)

WORD COUNT:339

Prevalence of nephrotic syndrome in children at Peadritric wardMMCH

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Dr.M. Hassan AMemon², Dr.Imran²

Final year students, Muhammad medical college mirpurkhas, Peadritric ward MMCH

INTRODUCTION: Nephrotic syndrome is a syndrome characterized by gross Proteinuria (mainly albuminuria) greater than 1g/m²/24 hour, Hypoalbuminemia {serum albumin less than 2.5g/dl}, gross Edema, Hypercholesteremia greater than 250mg/dl. Nephrotic syndrome is more common in male children at the age between 3-8 years. The study is done to find out frequency and prognosis in children after treatment.

METHODOLOGY: Nephrotic syndrome cases are collected from Peadsward MMCH from Jan 2016 to Aug 2016. There are total 4 cases and all are males.

RESULT: Total 4 patients, all are boys, 3 are 5 years old and 1 is 8 years old. 50% patient blood pressure recorded was low and 25% had normal and high blood pressure. All four patients had periorbital swelling, Edema and Oligouria. 50% had abdominal pain, 75% were anemic.

CONCLUSION: patients showed good response after taking treatment and symptoms were in remission.

KEY WORDS: Nephrotic syndrome, Edema, Oliguria.

WORD COUNT: 180

Comparison of Medical and Surgical Treatment of Anal Fissure in Muhammad Medical College Mirpur Khas 2016

Group Members: Sumaira Shameem, Huma Mehmood, Aroona Ibrahim, Farvaa Akhtar, Qurat ul Ain, Ghulam yaseen

Supervised by: Sir. Razi Muhammad, Sir. Rehmatullah Somroo, Mam. Sumaira.

BACKGROUND: Anal fissure is a tear in the anoderm distal to the dentateline. It can be categorized as acute or chronic. Acute fissure fissures typically heal with medical management after 4 to 6 weeks, chronic fissures persist beyond 6 weeks.

METHODOLOGY: A cross sectional questionnaire and retrospective study is done in Muhammad Medical College and hospital in august 2016. 27 patients including males and females were identified. Data was entered and analyzed using SPSS version 22.

RESULTS: Total number of Patients were 27, out of them 10 (37%) were male and 17 (63%) were females. 10(37%) having acute fissure and 17(63%) having chronic fissure. 9(33.6 %) were belongs to 15-25 years .22(81.5%) with complain of constipation. 10(37%) have 1-4 years of constipation. 25(92.6%) have pain during passing stool. 9(33.6%) having severe pain. 26(96.2%) were present with complain of hematochezia. 15 (55.6%) having streak line blood manner. 23(85.2%) were used 0.2% GTN. 10(37%) were recovered by using ointment. 20(74.1%) having no side effects .Doctor advise 17(63%) for surgery. 7 (29.7%) go for surgery. 7 (29.7%) were present with sentinel tag.

CONCLUSION: This study reveals that when medical manipulation fails, lateral internal Sphincterotomy should be the preferred options for the treatment of chronic fissure in ano. So it is recommended that all the option should be presented to the patient with complete information about the method, cure rates and side effects.

KEY WORDS: Fissure in Ano, 0.2% GTN Ointment, lateral Sphincterotomy

WORD COUNT: 282

ATTITUDE, PRACTICE & KNOWLEDGE OF BASIC LIFE SUPPORT AMONG FINAL YEAR STUDENTS OF MMC-2016

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Dr. Abdul Qadir², Dr. Syed Razi Muhammad²

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BACKGROUND: Basic Life Support is a level of medical Care which is used for Victims of life-threatening illnesses or injuries until they can be given full medical care at Hospital. It includes recognition of signs of sudden cardiac arrest (SCA), heart attack, stroke and FBAO, cardiopulmonary resuscitation (CPR); and defibrillation with an AED. Early resuscitation and prompt defibrillation (within 1-2 min) can result in >60% survival. Bystander's CPR is a vital intervention before arrival of emergency Services.

METHODOLOGY: A cross sectional descriptive study was conducted among the final year students of MMCH, Mirpurkhas. Study was conducted from 5-august to 30 august 2016. Data was collected from the final year students through a closed ended questionnaire. Data was entered and analyzed by using SPSS version 22.

RESULT: From total Class of 120 students, 90 responded. Mostly study participants were male n=60 (67%) were male, predominant age group was 21-23 mostly students belong to the urban area n=59(65.5%). All study participants n=90(100%) know about BLS, while n=68(75.6%) have attended lecture/seminar. About the attitude regarding in case of any accident n=76(84.4%) said that they will help the victim, while remaining students n=14(16%) have fear of causing injury to the victim n=4(4.4%), fear of acquiring infection n=3(3.3%), fear of by standers n=4(4.4%) while in any other reason n=3(3.3%) students. We asked some questions regarding practice & knowledge, in which average of 40 students strongly agreed with the correct answers. In students opinion n=88(98.4%) said that everybody needs to know about BLS.

CONCLUSION: From results, we concluded out that attitude, practice & knowledge regarding BLS among students are satisfactory. Everybody should know about BLS and CPR skills because a large part of the community is introduced to these life-supporting prospects. & BLS/CPR modules should be implemented as a mandatory part of the education.

WORD COUNT:344

Audit of Hysterectomies: Department of Gynecology and Obstetrics. MMCH 2016

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M. Nadeem¹ Dr. AmnaMemon², Dr. QamarHabib², Dr.Aasma Jabeen²
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College Mirpurkhas²

BACKGROUND: Hysterectomy is the most commonly performed gynecological surgical procedure. With millions performed in the peri and post-menopausal period. It is usually performed to relieve symptoms such as abnormal uterine bleeding, pelvic pain or as a definite management of gynecological disease. Hysterectomy was first performed in 1507 by Berengarius of Bologna through vaginal route. But the Credit for first Vaginal Hysterectomy was given to Lagen Back in 1813. The first TAH & BSO was done by Clay in 1844. The Rate of Hysterectomies varies from 6.1 to 8.6 per 1000 women of all ages depending on the Geographic distribution, patient & physician related factors.

METHODOLOGY: The study employed a retrospective design. Study was done from January 2015 to 15-august 2016. Files of admitted patients undergone hysterectomy were reviewed thoroughly. Data was entered and analyzed using SPSS Version 22.

RESULTS: A total of n=122 patients undergone hysterectomies, mostly belong to the rural area n=69(57%), with predominant age group 36-40 years, marital status mostly n=120(98.36%) were married having n=42 having >7 children. Among total Hysterectomies n=64(52.5%) were abdominal while n=58(48.5%) were vaginal hysterectomies. Predominant Indication of hysterectomy was due to UV-prolapse n=60 (49.8%), with presenting complain of genital prolapse in n=58 (48%), duration of complain in mostly patients was 2 years.

CONCLUSION: In our set up the rate of Hysterectomies performed is quite high. So there is a need to yearly conduct the audit of hysterectomies in gynecological and obstetrics ward in every hospital to analyze the pattern of indication, presenting complains and any other associated factors. Our study also demonstrates that there is need for multi-pronged and multi sectorial concentrated efforts to address the problem of UV-prolapse, as in our study it was the most common indication for Hysterectomy.

WORD COUNT:337

'An Audit of Disease Burden in Intensive Care Unit, Muhammad Medical College Hospital 2016

M. Imran¹, Zahra Azeem¹, Shumaila Shabbir¹, Samia Maqsood¹, Tanzila Ashraf¹,
Beenish Manzoor¹, Rizwan Gardezi¹
Student of Final year MBBS¹

BACKGROUND: An intensive care unit (ICU), also known as an intensive therapy unit or intensive treatment unit (ITU) or critical care unit (CCU), is a special department of a hospital or health care facility that provides intensive treatment medicine. Muhammad medical college Hospital ICU is the state of the art facility which provides quality Healthcare to the people of Mirpurkhas, when they need in need of an hour.

METHODOLOGY: The study employed a retrospective observational design. Study was done from January to 15-august 2016. Files of the admitted patients were reviewed thoroughly. Data was collected, and analyzed using SPSS version 22.

RESULTS: from total subjects n=309, n=157(51%) were females, n=161 (52.1%) belongs to rural area, with predominant age group belongs to >71 years. The most common disease burden was CLD n=97 (31.40%), HTN n=85 (27.5%), DM n=65(21%), CVA/stroke n=60 (21%) & COPD/bronchial asthma n=49(15.9%) & ischemic heart disease n=29 (9.38%) respectively. Complications of CLD were present including Ascites in n=24, Hepatic Encephalopathy n=59, upper GIT bleeding n=8, hepatocellular carcinoma n=7, hepatitis B n=9, hepatitis C n=60. Among these diseases the overall mortality was n=57 (18%), with high mortality due to CLD n=18, HTN n=15, DM n=13, CVA/ stroke n=14, COPD n=11 & with CRF n=7 respectively.

CONCLUSION: from this study we concluded out that the most common disease burden in ICU was due to CLD n=97 (13.40%) with n=18 mortality rate. While the overall mortality rate was n=57(18%).

KEY WORDS:

WORD COUNT:275

Frequency of anemic Obstetric Patients in Muhammad Medical collage Mirpurkhas 2016.

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SUPERVISED BY:Mam Amna², Mam Qamarul Nisa², Mam AsmaJabeen²

BACKGROUND: Anemia in pregnancy is hemoglobin concentration less than 11 g/dl and hematocrit less than 33%. Anemia in pregnancy is seen in 18 % in developed world. Underdeveloped countries like Pakistan anemia is 3-4 times more common occurring in 56% of pregnant women. Every year, 1 Million pregnant women and children die due to anemia.

METHODOLOGY:A Retrospective study was carried out from March-August 2016 in Mirpurkhas. Out of 50 females, 31 females were identified with anemia in pregnancy. Patient record was used to collect information regarding causes of low Hb level, blood transfusion units, iron therapy and mode of delivery. Data entry and analysis was carried out by using SPSS version 22.

RESULTS:Total n=50 obstetric patients were identified belong to age group of 15 – 40 years. Month of gestation was 5-7 month in 18 (36 %). Number of parity was 1-2 in 22 (44%). 23 (46%) presented with pallor ness. 31(62 %) presented with breathlessness. 24(48 %) presented with generalized weakness. Mild Hb level was present in 16(32 %). Moderate to severe Hb level was 22(34 %). Venofer iron therapy was received by 9(18 %) females. Iron supplement therapy was reveived by 12(41 %). 38 (76 %) females had 90-100 beats/mint pulse. 34(68 %) females had 120/80 mmHg blood pressure. 24(48 %) females received 1-2 units blood transfusion. 5(10 %) females received 5-7 units of blood. 14 (28 %) females were delivered by C-Section. 12 (24 %) females were delivered by normal delivery.

CONCLUSION: This study revealed that all anemic obstetric patients presented with low Hb level, pallor ness. Breathlessness and generalized weakness. So it is highly recommended to promote maternal education, food habits, and life style factors and iron folic acid with other dietary supplement intake.

KEY WORDS:low Hb, blood transfusion, iron therapy, mode of delivery.

WORD COUNT:353

Criteria for preoperative blood transfusion and their complications in Muhammad Medical Collage Hospital Mirpurkhas.

AUTHORS: Hamna Ibrahim¹, AliRaza¹, Hamza Abdul Malik¹
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SUPERVISED BY: Sir Syed Razi Muhammad²

BACKGROUND: is a safe, common procedure blood is given through I/v line. Blood transfusion done to replace blood lost during surgery or due to serious injury. For many decades, decision to transfuse RBCs based on 10/30 rule. Hb concentration above 10g/dl and hematocrit above 30%. 1988 National Institute of health consensus conference on pre-operative RBC transfusion suggest that no single criteria used as indication of red cell therapy and multiple factors related to pts clinical status and oxygen delivery needs.

METHODOLOGY: A Retrospective study was carried out from 1st January to 15th August 2016 Mirpurkhas 80 patients were identified with pre- operative transfusion. Patient record was use to collect information regarding pre-operative blood transfusion, Hb level and their complications. Data entry and analysis carried out by using SPSS version 22.

RESULTS: Age group of 26(32.5%) was 36-45 out of 61(76.3%) were females. Hb level of 22(27.5%) have 8-10g/dl, 20(25%) have less than 6 g/dl, 19(23.8%) have 7-8 g/dl, 11(13.8%) have 6-7 g/dl, 8(10%) have Greater than 10 g/dl, 1(1.3%) have iron over load, 2(2.5%) have Hepatitis B, 8(10%) have Hepatitis C, 3(3.8%) have Malaria, 22(27.5%) have O+ blood group, 19(23.8%) have B+ blood group. 32(40%) have PT 12-15 second, 12(15%) have 16-20 second, 22(27.5%) have INR less than 1, 17(21.3%) have 1.1-1.5, 4(5%) have 1.6-2.

CONCLUSION: This study reveals that 30(37.5%) have greater than 8 g/dl. Whose don't need transfusion pre-operatively according to AABB Guidelines. So it is better to refrain from un-necessary pre-operative blood transfusion to prevent complications related to transfusion post operatively.

KEYWORDS: Hb level, Blood transfusion pre-operatively, Blood group, PT, INR, TLC.

WORD COUNT: 306

Dealing of medical students with patients during ward posting in Muhammad Medical College Hospital 2016.

Authors: Hamna Ibrahim¹, Iram Nasir¹, Zeenat Khan¹, Afsarkhan¹, Bushra Rubab¹, SughraShabir¹.

Students of Final year department of surgery MMCH

SUPERVISED BY: Sir Syed Razi Muhammad²

BACKGROUND: Communication is an important component of patient care of medical students in tertiary hospital play a intense focus on Communication skills of medical students. Systemic review of randomized clinical trial and analytic studies of medical students patients communication conform a positive influence of quality communication on health outcome. Patient values cultures preferences need to be explored.

METHODOLOGY: Cross sectional descriptive study and collection of data is done between 1st August to 15 August. Between 1st August to 15 August. Total population 200 medical students including (males + females). collection of data for communication skills, behavior, patient's satisfaction of students with patients.

RESULTS : Among 200 medical students 165(82.5%) attend ward, Students take interest surgery 109(54.5%), Medicine 39(19.5%), Pediatrics 15(7.5%), Gynae 20(10%), ENT 6(3%), Eye 11(5.5%), 158(79%) concerned with Patients. 149(74.5%) take greeting, introduces as a medical student 120(60%), as a team member 53(26.5%), As a doctor 27(13.5%). 153(76.5%) take consent, 158(79%) faced language problem, 79(39.5%) feel nervous, 82(41%) feel confident. 159(79.5%) think behavior effect on patients response, 97(48.5%) students have 30-50% Communication skills, 158(79%) take consent before examination, 111(55.5%) check patient file, 97(48.5%) Communicate in 20 min, 113(56.5%) faced language problem, 71(35.5%) learn better medical skills from patients, 128(64%) discuss patient, 140(70%) feel emotion of patient, 104(52%) thinking all the time, 178(89%) believe effective Communication leads to greater health outcome and satisfaction.

CONCLUSION: Study reveals that some medical students have faced language problems + nervousness and lack of communication Skills. It is recommended to promote the communication skills + confident level of medical students.

KEY WORDS student concern with patient communication skills, patients' satisfaction, faced language problem.

WORD COUNT: 302

The comparison of analgesic effects of Diclofenac sodium intramuscular and suppository per rectal, in early postoperative period in open cholecystectomy in Muhammad Medical College Hospital

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Syed Razi Muhammad², Ahmed Halepoto²
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OBJECTIVE: The aim of this study was to compare the efficacy of diclofenac sodium intramuscular and suppository per rectal for pain treatment in patients undergoing early postoperative period.

BACKGROUND: Diclofenac is a nonsteroidal anti-inflammatory drug (NSAID). This medicine works by reducing substances in the body that cause pain and inflammation. Analgesia can both decrease the severity and duration of pain and also can delay the pain. Post-operative pain management is extremely important in surgeries. Approximately 80% of the patients feel post-operative pain following a surgery. Pain after the surgery peaks in the first hours and is controlled in the following hours and gradually decreases in the 2nd-3rd post-operative days.

STUDY DESIGN: The study designed as a randomized retrospective analysis of 40 patients in surgical ward in the months of July-August, 2016.

METHODOLOGY: The postoperative analgesic efficacy of diclofenac administered either as a conventional intramuscular injection (75 mg) or as the available suppository formulation (100 mg) was studied in two groups of 20-20 patients undergoing open cholecystectomy surgery. Evaluation of analgesia on the visual analog scale (VAS) between the two treated groups at the time of 24 hours.

RESULTS: According to our study, female ratio was greater than male 2:1 and mean age Group was 35-55 years.

| Hours after operate (desire of pain killer) | Group A (I/M) | Group B (suppository per rectum) |
|---|---------------|----------------------------------|
| 0 Hour | 0 | 11 patients |
| 2 nd Hour | 0 | 0 |
| 4 th Hour | 4 patients | 1 patient |
| 8 th Hour | 6 patients | 4 patients |
| 12 th Hour | 14 patients | 6 patients |
| 24 th Hour | 16 patients | 0 |

VAS pain scale is 0 to 10. In our study, highest was 8 mostly at 12th hour and lowest was 4 mostly at 4th and 24th hour seen.

CONCLUSION: Demographic characteristics and postoperative hemodynamics of the patients were similar between groups. In patients undergoing open cholecystectomy, a suppository per rectal application of diclofenac sodium is more effective compare than intramuscular diclofenac sodium and can be preferred in postoperative pain treatment. Postoperative VAS were lower after administration of pain killer.

KEYWORDS: Diclofenac sodium, Intramuscular analgesia, suppository analgesia, Open cholecystectomy.

WORD COUNT: 387

PREVALENCE AND ASSOCIATED RISK FACTORS OF UTEROVAGINAL PROLAPSE AT MMCH.

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Prof AmnaMemon², Dr QamarHabib², Dr Asma Jabeen².

INTRODUCTION: Uterovaginal (UV) prolapse is a type of genital prolapse among females and one of the widespread reproductive health problem among women associated with early marriage, poor socioeconomic condition, high parity and chronic cough. The worldwide occurrence of UV prolapse is about 316 million women annually (9.3% of all females). A cross sectional study was used to determine the risk factors related to the prevalence of UV prolapse among women visiting MMCH.

METHODOLOGY: Retrospective study was conducted from January to August 2016 among the diagnosed cases of UV prolapse at department of Gynaecology Department Muhammad Medical College Hospital Mirpurkhas Sindh. A total of 67 cases were studied with presenting complain of something coming out of vagina. Data was entered and analyzed by SPSS 22 version.

RESULTS: Among total 67 women reported UV prolapse, predominate n=55 (78.5%) belongs from age group more than 45 and mostly n=60(89.5%) women were from rural areas. Among all n=47 (70%) women had history of early marriage and had parity more than 5. n=37 (55.2%) women had birth space gap of one year and n=28(41.7%) done hard work during pregnancy. There was significant association between early marriage, multiparity, birth space gap, hard work during pregnancy, chronic cough and history of chronic constipation.

CONCLUSION: Study found that the prevalence of UV prolapse is high and the most common risk factors seems to be illiteracy, poverty, multiparity, early marriage, , birth space gap, hard work during pregnancy, chronic cough and history of chronic constipation. At the policy level, prevention and management of UV prolapse should be included as women's reproductive right. Government should provide primary health care centers with educational materials for awareness programs.

KEY WORDS: UV prolapse, Prevalence, Risk factors.

WORD COUNT:327

A RETROSPECTIVE RANDOMIZED COMPARISON BETWEEN URETHRAL DILATATION & OPTICAL URETHROTOMY IN PATIENTS WITH URETHRAL STRICTURE

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M.Samiullah¹, Rehmatullah Soomro², Syed Razi Muhammad² Student of Final Year MBBs¹
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BACKGROUND: Urethral stricture starts as fibrosing lesion of urethral mucosa with lumen reduction & resultant symptom complex. This Narrowing restricts urine outflow and dilatation of proximal urethra. There are different modalities of treatment of urethral stricture including dilatation, optical urethrotomy, or urethroplasty and etc. But the major problem is the recurrence of stricture after the initial treatment by any of these treatments. Those cases that reoccur might be palliated as long as this is agreeable to the patient and is uncomplicated by bleeding or sepsis.

METHODOLOGY: The study employed a retrospective observational design. Study was done from January to august 2016. Files of the admitted patients with urethral stricture were randomly selected and reviewed thoroughly for age, cause, type of treatment and time of recurrence after urethral dilatation or optical urethrotomy. Data was collected, and analyzed using SPSS version 22.

RESULTS: From total subjects n=16, n=15(93.75%) were male, most patients were under 60 years of age. Out of n=16 subjects, cause of stricture in n=6 (37.7%) was unknown. iatrogenic in n=3 (18.8%), traumatic n=4 (25%) and due to inflammation inn=3(19%). Urethral dilatation n=8 (50%) was performed while optical urethrotomy in n=8(50%). The recurrence rate with urethral dilatation was n=4 (50%) and n=1 (12.5%) with optical urethrotomy.

CONCLUSION: From our study we concluded out that the recurrence rate with urethral dilatation are more common as compared to optical urethrotomy within 1-2months of duration. And from results most favorable procedure among urethral strictures patient is optical urethrotomy.

Word Count: 291

PREVALENCE OF ANEMIA AND ASSOCIATED RISK FACTOR IN CHILDREN PRESENTED IN MMCH

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BACKGROUND: According to WHO anemia is a condition in which the number of red blood cells or their oxygen carrying capacity is insufficient to meet the physiologic needs. Globally anemia affects 1.62 billion people and the highest prevalence is in the pre-school age children which is about 47.4%.

METHODOLOGY: Retrospective study was done from May 2016 to August 2016 in paediatric ward of MMCH. 12 files were reviewed for the prevalence of anemia and its risk factors in children. Data was entered and analyzed by SPSS version 22. Data was summarized into frequencies and percentages and was presented in tables.

RESULT: Total 12 cases are included mean age group of children was neonate to 5 years of age predominant age group was 0-6 months. 83% mother reported that they have iron deficiency anemia during pregnancy and 58% mother take iron supplements. The children had history of anemia after birth and major factor was malnutrition. 66% children take iron supplements as a treatment by paediatrician.

CONCLUSION: According to study there was a prevalence of anemia and its associated risk factor was maternal malnutrition so it is highly recommended that mother should take antenatal care to prevent anemia in their children.

KEY WORDS: Children, Anemia, Risk Factor.

WORD COUNT: 245

Breaking Bad News of an Incurable Disease and Exploring Patient's Perceptions and Expectations

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Hamza A Malik, Syed Razi Mohammad⁴, Syed Zafar Abbas
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BACKGROUND: Bad news may be defined as "any information which seriously effects an individual view of his or her future i.e. disease diagnosis, disease recurrence, failure of treatment, prognosis of disease outcomes and presence of side effects of therapy. Breaking bad news is a daunting task for the doctors because it needs an effective communication between doctor and patient.

METHODOLOGY: A cross sectional survey was carried out in tertiary care teaching hospitals in Mps, from 15 August 2016 to 30 August 2016 in patients suffering from an incurable disease and at terminal illness. All consenting individuals were interviewed on the basis of a structured questionnaire. Data analysis was done by SPSS version 22.

RESULTS: Among the total n=20(100%) patients n=8(40%) are aged between 36-55 yrs, n=11(55%) were males, n=13(65%) were married and n=11(55%) were under metric. Out of total n=8(40%) has blood cancer, HCC, CLD and n=12(60%) were diagnosed on second visit, n=15(75%) were quoted "disease diagnosis" n=11(55%) got their bad news verbally with complete details. Majority n=13(65%) wanted second opinion for treatment. Patient's expectations to doctor were, n=8(40%) didn't feel that enough information given them, n=9(45%) wants their bad news to be broken because it helps to improve coping strategy while n=9(45%) patient's family ask doctors not to break bad news to patient, n=6(30%) didn't feel that the news was clear enough and n=6(30%) wish they were given enough time (pause) for the news to sink in.

CONCLUSION: This study provides an insight into the knowledge, perceptions and expectations of patients from their physicians with regards to the process of breaking bad news. These figures of our small study strongly suggest that doctor are often not fully equipped with necessary communication skills to enable them big bad news adequately to the need or satisfaction of patient/relatives.

KEYWORDS: Breaking Bad news, Incurable Disease, Perceptions, Expectations.

WORDS COUNT: 350

CAUSES OF EPIGASTRIC PAIN IN GASTROENTEROLGY CLINIC/Ward MMCH

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1= Students of final year 2= Professor's Department of Medicine Muhammad Medical College
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BACKGROUND: Epigastric pain is a localized pain usually felt in the region of upper abdomen immediately below xiphoid process. Globally it is estimated that 4.5 million people comes annually with the complain of epigastric pain with hospitalization rate of approximately 30 patient per lac cases. Most common causes of epigastric pain are peptic ulcer disease, CLD, GERD, Gastritis, Pancreatitis, Dyspepsia, HCC, MI, Esophagitis, Fatty liver, HCV, HBV and H.Pylori infection.

OBJECTIVE: The objective of this study was to find out the causes of epigastric pain in Gastroenterology clinic/ward of MMCH.

METHODOLOGY: Prospective study was done from May 2016 to August 2016. In gastroenterology clinic/ward MMCH. Predesigned proforma in which history of the patient, clinical findings and lab investigation was mentioned and data was taken from gastro clinic and medical gastro ward patient. Selected data was analyzed by SPSS version 22.

RESULT: Of total n=100 patients among them 49 were females and 51 were males. Out of 100 most common causes of epigastric pain was Peptic ulcer n=24 (24%), Dyspepsia n=15 (15%), H.Pylori n=7 (7%), GERD n=7 (7%) and other causes are CLD n=6 (6%), HCV n=6 (6%), Acute hepatitis n=5 (5%), Acute pancreatitis n=5 (5%), HBV n=4 (4%), HCC N=4 (4%), Cholelithiasis n=4 (4%), fatty liver n=3 (3%), IBS n=3 (3%), M.I n=3 (3%), Duodenal ulcer n=2 (2%), Esophagitis n=2 (2%).

CONCLUSION: Most common causes of epigastric pain is peptic ulcer disease and dyspepsia in Gastroenterology clinic/ward of MMCH.

KEY WORDS: Epigastric pain, causes, gastroenterology clinic/ward, MMCH.

WORD COUNT: 277

Mortality rate and major risk factors among CVA patients in MMCH (5th august, 2015 to 28th July, 2016)

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Mariam Zahid¹

Prof.Dr Fayyaz Memon², Dr Atif²

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BACKGROUND: CVA has been devastating illness. It has many risk factors and can present in number of different ways. Stroke is the 3rd most common cause of death worldwide.

OBJECTIVE: To determine the mortality rate and risk factors among CVA patients in MMCH (5th aug, 2015 to 28th July, 2016).

PATIENTS AND METHODS: Retrospective analysis of case notes of 353 patients successively admitted in department of medicine from 5th aug, 2015 to 28th July, 2016.

RESULT: The average age at presentation was 62 years (ranges from 10 to 100 years of age). Total number of patients was 353, with 259 (73%) male and 94 (26%) female.

Mortality rate was n=9 (2.5%) whereas n=344 were discharged.

Out of 353 patients n=14 (4%) had no risk factor.

Out of 339 patients n=193 (56%) had a single risk factor.

N=105 (54%) had only hypertension.

N=60 (31%) had only diabetes mellitus.

N=28 (14%) had only smoking as risk factor.

In total 339 patients 117 (34%) had two risk factors.

N=57 (48%) had hypertension and smoking.

N=49 (41%) had hypertension and diabetes mellitus.

N=11 (9%) had diabetes mellitus and smoking.

In total 339 patients 29 (8%) had all three risk factors i.e., diabetes, hypertension and smoking.

CONCLUSION: Our study shows that major risk factors for CVA are hypertension; diabetes mellitus, smoking and mortality rate among these patients are high. Under the light of these findings, we can plan prevention and management of disease in better way.

KEY WORDS: CVA, Hypertension, Diabetes

WORD COUNT: 272

Prevalence and Indications of Caesarean Section in a Teaching Hospital.

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Shehroz¹, Afsar Khan¹, Umar Farooq¹
Department of Obstetrics and Gynecology, Muhammad Medical College, Pakistan
Supervisor Prof Amna², Assistant Prof Lata², Dr Asma²

ABSTRACT

BACKGROUND: There is public health concern about increasing cesarean section rate. This study was conducted to evaluate cesarean section rate in our set-up. Cesarean section (CS) is a procedure that can be lifesaving in many cases. In several developing countries the procedure is scarcely performed, while it is overly performed in many high- and middle-income countries. The World Health Organization recommends a cesarean section rate of 10–15%. The aim of the study was to determine the indications for CS and identify the characteristics of women undergoing CS in Muhammad medical college Teaching Hospital. 112

Material & Methods: It was descriptive study carried out in Gynae unit 1, Muhammad Teaching Hospital, Sindh, from February 2015 to August 2016. Patients who underwent cesarean section were included. Details of age, education, parity, prior intervention, reason for referral and fetal and maternal condition were explored. Data analyzed by SPSS version 22.

RESULTS: During study period total deliveries occurred with cesarean section in 120, from these CS elective (34%) and CS emergency (66%). Antenatal booking was done in (5%). Education level of mothers was primary level in (24%) and no education level (31). Maternal age ranged 20–45 years. Regarding parity, primigravida were (37%), multigravida (20%) and grand multigravida (15%). Maternal medical condition, anemic (64). Indication for cesarean was repeat cesarean (68), obstructed labor (13%), fetal distress (4%), infection (6%), breech presentation (3%), hypertensive disorders (2%), antepartum hemorrhage (4%).

CONCLUSION: Cesarean section rate is quite high (45%) in indigent population in our set up. The low level where rising prevalence of caesarean section was mainly due to previous caesarean section followed by failed progress. Certain measures have been recommended to curtail the increasing trend. 112

KEY WORDS: Cesarean section, Cesarean section rate, previous c section

WORD COUNT: 333

Supervised by: Syed Razi Muhammad

Dr. Bilal Fazal Shaikh

MBBS, CRCP, PDG Bioethics, MS Plastic Surgery

Assistant Professor of Plastic Surgery

Presenters:

Gulnaz Gulshan, Rabia Aslam, Uneza Maryam, Zarka Erum.

(Final year)

ABSTRACT

OBJECTIVE: To determine the role of swab culture in identification of organisms and selection of antibiotics in diabetic foot ulcer and to evaluate the outcome in terms of control of sepsis based on antibiotics according to culture report.

STUDY DESIGN: Retrospective descriptive study.

SETTING: Muhammad Medical College, Hospital Mirpurkhas.

DURATION OF STUDY: From August 2014 to July 2016.

METHODS: Twenty two patients of diabetic foot ulcers were included in this study. Swab culture was taken from ulcer and after that surgical debridement done and deep tissue was taken for culture. Daily dressing was done and specific antibiotic selected after culture reports. Examination of wound was done on daily basis for inpatients and on once weekly basis for outpatients for any slough, purulent exudates or spread of infection.

RESULTS: In this study the mean age of patients was 52.60 ± 10.73 years. Gram positive bacteria were isolated more often than gram negative ones in the patients screened. The most frequent bacterial isolate were staphylococcus aureus in 11 patients (50%), Pseudomonas aeruginosa in 6 patients (27.27%) and Proteus in 5 patients (14%). Imipenem was the most effective agent against gram-negative organism. Vancomycin was found to be most effective against gram positive organism.

In the outcome, there were $n=18$ (81.8%) patients who healed, $n=4$ (18.18%) patients were amputated.

CONCLUSIONS: In diabetic foot infection, tissue culture is better than swab culture in identification of organisms and selection of appropriate antibiotics. Staph aureus and Pseudomonas aeruginosa were the most common case of diabetic foot infections. These wound require use of combined antimicrobial therapy for initial management, repeated dressing and wound debridements.

KEY WORDS: Diabetic foot infection, tissue culture, swab culture, surgical outcome.

WORD COUNT:310

**TREATMENT OUTCOMES OF TUBERCULOSIS PATIENTS
REGISTERED AT DOTS CENTER MUHAMMAD MEDICAL
COLLEGE HOSPITAL**

Department of Medicine Supervisor, Prof Abdul Qadir khan, Dr Goher
(Head of DOT Program in MMC)

Final year Hafiza Abeer ilyas, Masooma Syed Raza Muhammd, Afser, zeenat, samia, Qaisar
Khan¹ Ziaullah

ABSTRACT

OBJECTIVE: To find out the treatment outcomes of patients suffering from tuberculosis at DOTs center.

METHODOLOGY: This descriptive observation study on tuberculosis and its treatment outcomes was conducted at Muhammad medical Teaching Hospital sindh from 2014 oct to June 2015 over a period of eight month.

RESULTS: In this study total number of 38 patients are included, out of which 15 are females and 23 males. AFB positive patients are extra pulmonary 11 and sputum positive pulmonary cases are 27. Treatment outcomes showed 15 cured, 13 treatments completed 5 defaults, 4 deaths and no other treatment centre.

CONCLUSION: The proportion of favorable outcome was below the goal set by the WHO. Tuberculous case management needs to be investigated to reduce the chances of default rate.

KEY WORDS: TB, Dot program, treatment

WORD COUNT: 175

Knowledge, Practice & Attitude of Doctors in the treatment of Malaria according to WHO Guideline in Mirpurkhas.

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Dr. Safdar Ali Pervez²

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BACKGROUND: Malaria remains an important cause of illness and death in children and adults in countries in which it is endemic. Its control requires an integrated approach that is prevention and treatment with effective antimalarial agents. The treatment policy from use of monotherapy to the currently recommended artemisinin based combination therapies (ACT). ACTs are highly effective and well tolerated.

METHODOLOGY: The cross sectional study, conducted from 23rd of August to 29th of August 2016. Data was entered and analysis by using SPSS version 22.

RESULT: Total sample size 40. 14(35%) treat malaria monthly 5-10 cases. 24(60%) treat *Falciparum malaræ* in adults with artemether and lumefantrine. 15 (37.5%) treat *vivax malaræ* in chloroquine resistant areas with artemether & lumefantrine. 22(55%) treat *falciparum malaræ* in 1st trimester pregnancy. 33(82.5%) agreed that Pakistan is chloroquine resistant country. 20(50%) think patients receive proper dose of antimalarial therapy. 25 (62.5%) doctors give chloroquine. 4 stat 2 after 6 hours 1x BD for 2 days. 17(42.5%) give the dose of artemether and lumefantrine 80/480 BD 3 days in adults weighing more than 35kg. 22 (55%) give inj. Artem then change to as soon as the patient can take orally.

CONCLUSION: About half of the doctors included in our study who were treating malaria, were not treating malaria according to Updated WHO criteria.

RECOMMENDATION: Doctors should be educated by conducting seminars and distributing free literature about the updated WHO guidelines.

KEYWORDS: Malaria, Treatment, WHO guideline.

WORD COUNT: 273

To determine the incidence and etiology of seizures among neonates admitted to Children's Hospital Mirpurkhas

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BACKGROUND: A seizure is defined generally as an excessive, synchronous electrical discharge (i.e depolarization of neurons in the brain). Neonatal seizures often are a manifestation of significant neurologic disease and a major predictor of adverse neurologic outcome in the newborn. The clinical features and electroencephalographic (EEG) characteristics of neonatal seizures differ considerably from those associated with epilepsy in older infants and children, an observation that reflects the immature stage of development of the newborn brain. Another major difference relates to the fact that neonatal seizures rarely are idiopathic. Prompt diagnosis, investigation to establish the underlying etiology, and rapid intervention are essential to minimize the possibility of associated cardiorespiratory instability and to correct treatable causes. Furthermore, experimental data suggest that ongoing or prolonged seizures may cause additional cerebral injury and have detrimental longterm effects.

METHODOLOGY: This descriptive study was conducted at Children's hospital Mirpurkhas, from 11th April to 4th August 2016. During the study period, all admitted neonatal cases were examined and data on neonatal seizures was ascertained. Among admitted neonates, having seizures either at presentation were investigated for its cause. Cases with clinical diagnosis of neonatal tetanus were excluded from the study. In order to determine the etiology of seizures, metabolic profile including blood glucose, serum calcium and sodium levels and other necessary tests were done in all cases. Data was entered and analysis by using SPSS version 22.

RESULT: Seizures were observed in 300/735 (40.81%) of neonatal admissions. Meningitis was found to be the commonest cause 170(50.33%) of neonatal seizures, followed by 116 (38.66%) of birth asphyxia and hypoglycemia 14 (4.66%).

CONCLUSION: Neonatal seizures were found in about 41% of neonatal admissions and presented most commonly as subtle type. Meningitis was the commonest etiology of neonatal seizures, followed by the other causes.

KEYWORDS: Seizures, Etiology, Neonates, Birth Asphyxia, Hypoglycemia.

WORD COUNT: 349

Etiological Factors of Hepatocellular Carcinoma among the patients of Muhammad Medical College and city Hospital Mirpurkhas, Sindh, Pakistan

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BACKGROUND: Hepatocellular carcinoma (HCC) is the fifth most common cancer in the world and the third most common cause of death from cancer, and the second most common cancer in men, approximately 750,000 new cases are diagnosed. Majority of the patient with HCC have an established background of CLD and cirrhosis, with major risk factors for developing cirrhosis including chronic infection with HBV, HCV, alcoholic liver disease and NASH. Additional risk factor for developing HCC include diabetes, Hemochromatosis and some metabolic disorders. As the incidence of liver cancer continues to rise, effective surveillance programs are necessary in order to maximize patient outcomes.

METHODOLOGY: A Retrospective study is carried out from Oct 2015 to Aug 2016 among the 34 patients of Hepatocellular carcinoma in MMCH and MMCH city campus Mirpurkhas, Sindh, Pakistan. The secondary data was collected from previous hospital record of MMCH and MMCH city campus. Data was analyzed by SPSS version 16.

RESULTS: A total of 34 patients of HCC were included in this study. Majority n=18 (53%) belongs to 50-60 year of age, in which n=23 (67%) were male, and 11 (32%) were female. Out of which n=26 (76%) were HCV positive and Remaining n= 8 (23%) had Coinfection (Hep B & C). n=13 (38%) were Hypertensive, n=12 (35%) were diabetic, n=19 (55%) were ascetic and n=15 (44%) had Hypersplenism. n=19 (55%) had portal vein thrombosis and n= 26 (76%) had right lobe involvement. n=21 (61%) was on conservative treatment, n= 28 (82%) had raised alpha fetoprotein more than 800 microgram.

CONCLUSION: Cause of HCC in our study was cirrhosis secondary to HCV. Some patients found both hepatitis B & C. Common age of HCC is 50 to 60 year.

KEYWORDS: Hepatocellular Carcinoma, Hepatitis C Virus, Hepatitis B Virus

WORD COUNT: 326

Prevalence of herbal and nutritional supplements use among Medical students of MMC

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Jabeen¹, Fatima tul zahra¹,
Department of Surgery Professor Dr. Syed Razi Muhammad²

ABSTRACT

BACKGROUND: The demand for herbal and nutritional supplement is high presently around 80% of the world population use herbal medicine (1-4). Recent study reported that herbal self therapy is common among MMC students but the study did not reported on Nutritional supplement use

OBJECTIVE: The purpose of our study was to determine the extent of herbal & nutritional supplement use among MMC students and elucidate the views of students toward their use

METHODOLOGY: Collage base cross sectional study during July to August 20+16, All Classes from first to final year of Muhammad Medical College Mirpurkhas, 100 questionnaires fill by students through randomized control trial.

RESULTS: Total n=100 students completed the questionnaire, the point prevalence of herbal medicine use 60(60 %) among MMC students. Finding of the study shows that most of the female with the age group of 21-23 years use herbal medicine, mostly use turmeric for wound healing and ginger for abdominal problems and most of the students male use Psyllum husk (Ispaghul) for weight loss and constipation and use mostly protein for nutrition and protein deficiency so this study shows significant results about use of herbal and nutritional supplements among MMC students.

CONCLUSION: It is imperative to develop evidence base national guidelines on how best to incorporate this aspect of medical care.

KEYWORDS: Herbal and Nutritional supplement, Uses, Students, MMC,

WORD COUNT: 255

Prevalence of hysterectomy due to menstrual disorders among the patients of MMCH

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SUPERVISORS: DR. Qamar Habib², Dr. Asma Jamshed²

INSTITUTION: Department of Gynecology, Muhammad Medical College Hospital, Mirpurkhas.

OBJECTIVE: To see the prevalence of hysterectomy due to menstrual disorders among patients coming to Muhammad medical college, Mirpurkhas.

INTRODUCTION: A hysterectomy is the removal of uterus. It is an extremely common procedure in the UK 20 % women will have a hysterectomy by the age of 60. In Pakistan, it is also a common procedure. Interestingly, 40% will have a normal uterus on histological examination. Subtotal hysterectomy is removal of the uterus while the cervix remains. In counselling the patient, it is important to convey that removal of the ovaries will result in an immediate post menopausal state with varying degrees of systemic estrogen withdrawal symptoms, including flushing, sweating and mood changes.

METHODOLOGY: Study design Retrospective study Place and duration of study:

The study was conducted from 14 APR 2016 to 30 AUG, 2016 in Muhammad medical college hospital, Mirpurkhas. The patient's data were collected from Gynae ward of Muhammad medical college hospital. A proforma was made to see the prevalence of hysterectomy due to menstrual disorders was putted down by taking information from patients done at MMCH. Patient's data regarding hysterectomy due to menstrual disorders were entered and analyzed by using SPSS v.22.

RESULT: Total 70 patients with menstrual disorders were approached predominant were rural 52(74.28%), and 18 urban (25.71%), Menorrhagia was the main presenting complain of our patients 58(82.85%), 24(34.28%) patients presented with dysmenorrhea, 8(11.42%) patients giving the history of abnormal menstrual bleeding, 16(22.85%) shown premenstrual syndrome, 7(10%) patient shown premenstrual dysphoric syndrome.

CONCLUSION: Menorrhagia was the main presenting complain in our patients, who had hysterectomy.

KEY WORDS: Dysmenorrhea, menorrhagia

WORD COUNT: 298

Improving the management of post-operative pain (after abdominal Surgery) at MMCH

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BACKGROUND: It is normal to experience pain after abdominal surgery. While in the hospital pain can be subsided with pain medication. Better pain management of pain leads to better results

METHODOLOGY: A cross-sectional survey was conducted among 28 cases of post-operative abdominal surgery in August 2016 to know the way to improving the management of post-operative pain (after the abdominal surgery). Data is collected through questionnaire, which based on 4 point scale asking for agreement or disagreement with statements about the pain relieving services at MMCH to evaluate the features that are effective in post-operative pain relieving methods. The data was analyzed through SPSS version 22

RESULTS: Total n=28(100%) cases of abdominal surgery in which n=18(64.3%) were male n=10(35.7%) were female mean age group was of 21-60 year. n=21(75%) were agree, n=3(10.7%) were disagree and n=4(14.3%) were strongly agree that pain was treated quickly after telling the staff. n=16(57.1%) were agree, n=3(10.7%) were disagree and n=9(32.1%) were strongly agree about the post-operative pain services are satisfactory in MMCH. n=14(50%) were agree, n=11(39.3%) were strongly agree and n=3(10.7%) were disagree about comfortable atmosphere of surgical ward at MMCH

CONCLUSION: According to the research, major portion of the post-operative (after the abdominal surgery) patients were satisfied with pain management at MMCH.

KEY WORDS: Improving the management of post-operative pain (after abdominal Surgery), cross-sectional survey, MMCH

WORD COUNT: 263

Doctors and Patients views about standard informed consent at MMCH

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ABSTRACT:

BACKGROUND: The signed informed consent form provides documentary evidence that the patient has given informed consent to participate in a clinical producer and that the patient has been given the requisite information. However, this document must not only provide the necessary information, it must also be provided in a way that can be understood by the patient.

METHODOLOGY: This was a cross sectional descriptive study. The study included 30 Doctors and 30 patients. The doctors and the patient were interviewed by close ended questionnaire information regarding informed consent.

RESULT:

DOCTORS VIEWS:

AMONG 30 DOCTORS 17(56%) STRONGLY AGREED AND 13(44%)SIMPLY AGREED THAT INFORMED CONSENT IS MAINLY DONE TO INFORMED THE PATIENTS ABOUT THE TREATMENT. 11/30(36.7%) STRONGLY AGREED 15/30(50%) SIMPLY AGREED 2/30(6.7%) NOT AGREED NOT DISAGREED AND 2/30(6.7%) DISAGREED, INFORMED CONSENT IS MAINLY DONE TO MEET THE REQUIREMENT OF MMCH. 14/30(46.6%) STRONGLY AGREED 16/30(53.4%) SIMPLY AGREED THAT INFORMED CONSENT IS MAINLY DONE TO INFORM THE PATIENTS ABOUT THE BENEFITS OF OPERATION. 8/30(26.7%) STRONGLY AGREED 11/30(36.7%) SIMPLY AGREED 4/30(13.3) NOT AGREED NOT DISAGREED 7/30(23.3%) DISAGREED, THAT INFORMED CONSENT IS MAINLY DONE TO INFORM THE PATIENTS ABOUT THE DETAIL PROCEDURE OF OPERATION. 20/30(66.7%) DISAGREED AND 10/30(33%) STRONGLY DISAGREED THAT INFORMED CONSENT CAN AFFECT THE RELATIONSHIP BETWEEN THE DOCTORS AND PATIENTS.

PATIENT'S VIEWS:

Among 30 patients 27/30(90%) signed and 3/30(10%) not signed the inform consent. 24/30(80%) were know about the consent form and 6/30(20%) did not know. 5/30(16.7%) informed by the doctors about the complications of anesthesia and 25/30(83.3%) is not informed about the complications of anesthesia. 6/30(20%) not satisfied and 24/30(80%) satisfied from informed consent

CONCLUSION: In this study the doctors strongly agreed to take informed consent and to inform the patient about operation, anesthesia in MMCH. The patients satisfied from having the informed consent in MMCH.

Interpretation of results and factors affecting the result from 1st Year to 4th Year medical students in Muhammad Medical College

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Nabeela Osman¹, Nazish Afzal¹,

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AIMS AND OBJECTIVE: Aim of our study is to find out the factors which affect the results of Medical Students of Muhammad Medical College.

BACKGROUND: Studies are needed to examine predictors of success in medical college. The aim of this survey is to explore factors that potentially influence the views about results of medical students.

METHODOLOGY: A Retrospective study was conducted among n=121 students of Muhammad Medical Collage Mirpurkhas between June-August 2016. Data was taken from 29 students from 1st year, 43 students from 2nd year, 21 students from 3rd year, and 28 students from 4th year by closed ended questionnaire. SPSS Version 22 was used for data analysis. Data was summarized into frequencies, percentages and was presented in tables.

RESULTS: About 80.2% students from 1st year to 4th year was satisfied with their results, 19% students were not satisfied with their results, 8% poor performance was due to excessive use of internet, 6.6% poor result was due to consecutive papers and due to lack of sleep, 5% students thought that their result was affected because phone calls, 28.9% students were not satisfied with the behavior of their teachers, 14.9% teachers announce result in student favoritism, 28.9% increase their study timing due to poor results.

CONCLUSION: To get better percentage in the future result, student should limit the use of internet and avoid misuse of phone. Students should follow teacher's instructions. Results should be made on the basis of student's performance rather than favoritism. To manage the examination rules, to create gap between papers by eliminating the consecutive paper pattern.

KEY WORDS: Results, Consecutive Papers, Management Problems, Excessive use of internet, Excessive use of phone.

WORD COUNT: 322

Patient's perception of physician empathy

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BACKGROUND: Empathy is one's ability to understand and share the feelings of another. Showing empathy involves seeing things from another person's perspective so that you can understand and relate to his or her feelings.

AIM: The aim is to evaluate physician empathy from the patient's perspective in Muhammad Medical College Hospital Mirpurkhas and compare the results with the research already done in the Croatian Medical Journal

METHOD: Using the Jefferson Scale of Patient Perceptions of Physician Empathy (JSPPPE) a 5-item instrument, response options are presented along a 7-point Likert scale of 1 (strongly agree) to 7 (strongly disagree). The study comprises of patients from Muhammad Medical College Hospital (MMCH) between 15th august 2016 to 5th September 2016 by our team members, patients were interviewed to complete the measure. Data was collected, edited, summarized, analyzed, frequency and percentages were extracted by SPSS version 22.

RESULT: As of 29th of August 2016 the patient opinions appear to be favorable towards the physicians of MMCH, however a few grievances do exist. Largely, the respectful and positive interaction of the physician with patients is greatly appreciated. The patients feel secure in the physician's hands. They do agree that the physician understands their emotions, feelings and concerns. The physician does seem concerned about patient and their family. The physician does view things from the patient's perspective and is understanding.

CONCLUSION: Up till the 29th of August 2016, though a few grievances do exist majority of the patients are responding very positively saying that the physician really is empathetic with them.

KEY WORDS: Jefferson, Patient, Perceptions, Physician, Empathy, 5-item instrument, 7-point, Likert, MMCH.

WORDS COUNT: 301

KNOWLEDGE, ATTITUDE AND PRACTICE ABOUT TYPHOID FEVER OF DOCTORS OF MPK

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Shamim¹, Kanwal Bishar¹ Asad Daudani¹
Prof Dr. Abdul Qadir², Assist. Prof Dr. Safdar Ali Parvez²

ABSTRACT BACKGROUND: Typhoid fever is a very common infectious disease in the tropics, particularly in Pakistan with a hugely devastating mortality and morbidity figures. Study aimed to explore knowledge of and attitude towards Typhoid fever. It is expected that a better understanding, attitude and practice of the physicians towards Typhoid fever would decrease morbidity and mortality due to Typhoid fever.

METHODOLOGY: A cross sectional descriptive study was conducted in August 2016 among the 30 Doctors (Physicians) of Mirpurkhas Sindh who were known Knowledge Attitude and Practice about typhoid fever, data was conducted by using closed ended questionnaire. Data was entered and analyzed by using SPSS version 22.

RESULTS: About 77.1% of the physicians diagnose typhoid fever and 22.9% cases were diagnosed by clinical examination without any laboratory investigations. 85.7% of our physicians give supportive care to patients, 71.4% always prefer empirical antibiotic, 88.6% of physicians always request for Widal test, 88.6% cases were positive for Widal Test, 62.9% physicians advice for blood culture, 77.1% physicians order for Typhidot Test, 91.4% of patient's temperature was checked with thermometer, 22.9% count pulse rate, 28.6% have knowledge about Brady/tachycardia, 71.4% do not inspect tongue, in suspected cases of Typhoid fever 28.6% inspected tongue for coating, 48.3% physicians inspected red spots in abdomen, 14.3% palpate abdomen and they noted ceacal gurgling, and 28.6% look the abdomen for Hepatosplenomegaly, 48.6 % Physicians use cefixime in Typhoid fever patient, just 28.6% physicians prefer combination therapy for typhoid fever.

CONCLUSION: According to study result it shows that knowledge Attitude and Practices about Typhoid fever among our physicians is satisfactory except knowledge about Widal test. Widal test is absolute now days. It is recommended that physicians should be educated about updated Typhoid fever guidelines by conducting seminars and distributing free literature.

KEY WORDS: Attitude, Physicians, Infectious disease, Knowledge, Practice, Typhoid Fever, Drug Treatment.

WORD COUNT: 332

Abnormalities of Semen as a Male factor Infertility in Infertile couples at Muhammad Medical College Hospital

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Wajeeh-ul-Hassan¹, Zarka Erum¹, Prof.Dr.Qamar Habib²

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OBJECTIVE: The aim of this study was to examine Abnormalities of Semen as a Male factor Infertility.

BACKGROUND: Male infertility is a frequent reproductive health problem in the world. Male factor is responsible in 40% of infertility couples. It is usually related to abnormal sperm production or function and these abnormalities can occur anywhere in the production of sperm including hormonal regulation, storage and transport of sperm. Various factors are known to be responsible for seminal fluid abnormalities. Usually the first step in evaluating for male infertility is semen analysis. Infertility is a widespread problem. For about one in five infertile couples the problem lies solely in the male partner.

STUDYDESIGN: The study was designed as a retrospective analysis from July to August 2016 in Muhammad Medical College Hospital.

METHODOLOGY: Semen examinations of infertile male were carried out according to the standardized method of the World Health Organization. Before semen collection, patients were instructed to abstain from sexual intercourse for a minimum of 3 to 5 days. Semen was collected by masturbation either in lab or transported to the laboratory. Semen was to reach the laboratory for examination in not more than one hour from time of collection. Semen was examined macroscopically for volume, colour, viscosity and pH, microscopic examination which included sperm count, motility and morphology of spermatozoa.

RESULT: We collected semen reports of 73 males. Out of these, 37 had abnormal quantity of semen, 30 had abnormal sperm count, 19 had non-motile and 35 had sluggish motility, 63 had non-rapid linear, 12 had abnormal morphology. Final Diagnosis were, 32 had Normal semen, 04 had Azospermia, 10 had Pyospermia, 12 had Oligospermia, 11 had severe Oligospermia, 34 had Asthenospermia and 15 had Teratospermia.

CONCLUSION: Semen abnormalities are cause of infertility. A male with semen abnormality should be further evaluated by physical examination and hormonal analysis to find out the cause.

KEYWORDS: Male infertility, Semen analyze, Azospermia, Pyospermia, Oligospermia, Asthenospermia, Teratospermia.

WORD COUNT: 363

Experience of Extensor Tendon Injuries of Hand.

PRESENTER:

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SUPERVISED BY:

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ABSTRACT:

BACKGROUND: Extensor tendon injuries are common in both industrial and agriculture countries. In our part of world, patients with extensor tendon injuries of hands are frequently presented at hospital emergency department. Treatment option of extensor tendons vary according to the zone of injury.

OBJECTIVE: to review the management and outcome of extensor tendon injuries of hand in patients presetting to Muhammad medical college hospital.

METHODOLOGY: This study was designed as retrospective case series of extensor tendon injuries managed at Muhammad Medical College hospital during the period of September 2013 to August 2016. The data was collected through a predesigned proforma. Patients of both gender with extensor tendon injuries were included in this study. Patients with comorbidities and bone fractures requiring additional surgical procedure like external fixators or multiple injuries were excluded from this study. Modified Kessler (Prolene 4/0) with epitendinous suture (Prolene 5/0) were used to repair the tendons. The statistical analysis was done through frequencies and percentages.

RESULTS: A total of 17 patients were operated during the study period. 10 (58.8%) patients were male and 7 (41.2%) were females. The dominant hand was right hand in all patients. Agriculture instrument was most common cause of injury in 9 (52.9%) patients. Four (23.5%) patients had laceration during industrial labor work. Two (11.8%) patients had glass cut injury at home. Two (11.8%) patients had injury due to RTA. The most common tendon injured was extensor digitorum communis. Followed by extensor indicis and extensor pollicis longus. The most common complication was adherent scar in 6 (35.3%) cases, joint stiffness in 4 (23.5%), post-operative infection was seen in 3 (17.7%) cases, 13 (76.5%) cases showed post-operative good results at one month follow up, 4 (23.5%) patients were lost in follow up. No patient went under re-repair due to failure of tendon repair or late rupture of suture. The major limitation of this study was loss of long term follow up.

CONCLUSION: Early mobilization is corner stone of tendon repair to prevent the adhesion formations. Plaster cast although serve the purpose but dynamic splints are need of time. The patient compliance with post-operative physiotherapy should be more focused to improve functional outcome.

KEYWORDS: Extensor Tendon Repair, tendon injuries, hand reconstruction.

WORD COUNT: 404

Mobile phones/Hand held devices Overuse in Children under 5 yrs and Its Consequences on Their Later Life, 2016

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BACKGROUND: Overuse is often defined as a "dependence syndrome," which is the term used by WHO to replace *addiction* or *habituation*. Use of 4-5 times the recommended amount of technology in very young children, which lead to serious consequences i.e. Rapid brain growth, developmental delays, obesity, mental illness, aggression, digital dementia and addictions.

METHODOLOGY: A cross-sectional survey was conducted in 70 mobile phone user children under 5 from August 10, 2016 to August 30, 2016, in which a structured questionnaire measuring Mobile phones Overuse in children was interviewed by 70 mothers. Data analysis was done by SPSS version 22.

RESULTS: Among the total n=70(100%) mobile phone user children, n=24(34.3%) are 4 yrs old, n=19(27.1%) use mobile/handheld device 3 hrs in a day while n=15(21.4%) use whole day, n=26(37.1%) start using mobile at the age of 3 yrs, n=51(72.9%) are school going and out of which n=17(24.4%) develop lack of interest in studies, n=69(98.6%) mothers are well aware of what their children are watching, n=35(50%) children play games while n=25(35.7%) watch cartoons, n=44(62.9%) ask questions after watching something and out of n=35(50%) get satisfactory answers, n=21(30%) children don't pay attention on what their parents say, n=45(64.3%) develop aggression, n=57(81.4%) fight for mobile with their siblings, n=40(57.1%) has digital dementia, n=63(90%) are addicted to mobile, n=39(55.7%) have develop detachment from parents, n=24(34.3%) develop sleep deprivation, n=48(31.4%) has no physical activities, n=24(34.3%) children has decreased appetite, n=54(77.1%) mothers pacify by giving mobile and n=31(44.3%) develop interest thru their siblings.

CONCLUSION: Children's exposure to technology at this very young age has serious consequences on their later life that needs to be tackled. Due to mobile phones overuse in the western world AAP 2001 and CPS 2010 restricted the use of mobile phones/hand held devices due their serious consequences. In Pakistan this trend has also spread and is still spreading, this must need to be overcome by counselling the parents.

KEYWORDS: Mobile phones, Overuse, Children, Consequences.

WORD COUNT: 377

Audit and Mortality rate of Patients of Medical Cases Admitted in the ICU of Muhammad Medical College Hospital Mirpurkhas

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INTRODUCTION: Intensive care unit (ICU) which provides care to the severely ill patients. It is very necessary in a hospital to have a well-equipped intensive care unit to provide its patient which the facilities they need in need of hour. Muhammad medical college hospital ICU in the state of the art facility which provide quality health care to the people of Mirpurkhas.

PATIENT AND METHOD: Case record of 132 patients retrospectively studied who were admitted to ICU of MMCH between January 2015 to Aug 2016 was reviewed.

RESULT: 83 (62.8%) patients were males and 49 (37.1%) were female. Average age of the patients was 60 years (40-80 years) most of the cases were referred by the department of medicine. The commonest reasons for the admission in ICU. Were Decompensated liver cirrhosis n=50 (37.8%) were male 24.2% and female 13.6% then other most common diseases was COPD n=27 (20.4) were male 13.6% and female 6.8%, Stroke n=20 (15.1%) were male 9.8% and female 5.3%, Bronchial asthma n=15 (11.3%) were male 6.8% and female 4.5%, Diabetic foot n=15 (11.3) were male 6.0% and female 5.3%, Diabetic coma n=5 (3.7%) were male 1.5 and female 2.2%. The mortality rate among total 132 patients is N= 12 (9.09%).

CONCLUSION: The most common disorder due to which patients were admitted to ICU through casualty or directly admitted by a consultant or was referred by other ward was mainly of decompensated liver cirrhosis with ascites, hepatic encephalopathy, Hematemesis due to Esophageal varices, Liver cancer followed by Stroke, Diabetic foot, Diabetic coma, COPD, with acute exacerbations, acute severe asthma.

KEY WORDS: MMCH, ICU, COPD.

WORDS COUNT: 302

NEONATAL SEPSIS: CLINICAL PRESENTATION, PREDISPOSING FACTORS ATIBIOTIC USE AND OUTCOME

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ABSTRACT:

BACKGROUND: Neonatal sepsis is a clinical syndrome of bacterial infection characterized by signs and symptoms of systemic involvement during first month of life. It is a common cause of morbidity and mortality in full term and preterm neonates. This study determines clinical presentation, Predisposing factors and clinical outcome of neonatal sepsis at Mohammad Medical Collage Hospital.

OBJECTIVE: To evaluate the magnitude of neonatal sepsis in the Neonatalward, pattern of antibiotic use in these cases and clinical outcome.

METHODOLOGY: This was a cross sectional retrospective study. All the cases of neonatal sepsis admitted from January 2016 to August 2016 were included in the study. Relevant information's like age, sex, birth weight, investigations, diagnosis, antibiotic use and outcome were noted in the predesigned proforma. Sepsis within first week of birth was regarded as the early onset infections and infections thereafter were considered as late onset sepsis.

RESULTS: Ninety six cases got admitted in the neonatal ward during the 8 month of study period (15.6%) due to neonatal sepsis. 5 out of 15 (33.3%) had early neonatal sepsis in i.e. in 1st week of life. Whereas 10 out of 15 (66.7%) had late onset of sepsis- after 1 week of life. Fever was the commonest symptom in 11 (73.3%), refusal to feed in 6 (40.0%), Seizures in 4 (26.7%), Respiratory distress in 3 (20.0%), Hypotonia in 2 (13.3%), Lethargy in 2 (13.3%). Predisposing factors are Low birth weight in 4 (26.6%), Prematurity in 3 (20%), PROM in 1 (6.65%), Chorioamnionitis in 1 (6.65%) Organisms- samples from blood, CSF, urine, grew no organisms. The most frequently used antimicrobial agent was third generation cephalosporin (cefotaxime) along with amikacin in all 15 (100.0%) cases. and next in order was the combination of ampicillin and gentamycin. Regarding outcome all 15 cases (100%) recovered well and discharged.

CONCLUSION: Neonatal sepsis constituted nearly one sixth of the health problem in neonatal ward and majority of them were late onset infections. Septicemia is the most frequently encountered infections and costly third generation cephalosporin along with amikacin topped the list of antibiotic use.

KEY WORDS: Neonatal sepsis, Antibiotic use, outcome

WORD COUNT: 390

Opinion of one Friend to another Friend after Fight/heated argument among Students of MMC, living in hostels.

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BACKGROUND: Fighting is part of every real relationship. The key is knowing how to resolve the fight without breaking up the friendship. Often it is the individual who knows how to communicate by sharing his feelings and not pointing fingers who can diffuse the situation. Since both members of the friendship are feeling defensive, it becomes a risky and sensitive venture. It may take repeated tries to fully resolve your differences but you will come out with a stronger friendship at the other end.

METHODOLOGY: A cross sectional descriptive study design was conducted among 100 students of Muhammad Medical College Mirpurkhas between June –August 2016. 25 girls and 25 boys from first year and final year completed the questionnaire. Opinion of one friend to another friend after fight collected by using closed ended questionnaire. SPSS Version 22 was used for data analysis. Data was summarized into frequencies and percentages and was presented in tables.

RESULTS: we have taken data from n=100 students from 1st year and final year. 98 students of 1st year and final year claimed to have friends, whereas 2 denied any friendship. 10 students had more than 3 best friends. 81 students said that they fight with friends, 41 of first year students fight with each other and 40 of final year students fight with each other, 47 of girls fight whereas 37 boys fight with each other, 33 of students said that the reason behind fight is because of 3rd person, 72 students admit their mistake, 71 students don't talk after fight, 40 students start talking after 2 days, 37 students fight occur due to misunderstanding, 47 students feel guilty after fight, 50 students admitted fighting with friends before their admission at MMC, 87 students feel that they fight more since moving to MMC. 34 students feel a change here that is narrow mindedness of students, 92 students said this environment changes them.

CONCLUSION: Our cross sectional study indicates that girls fight more as compared to boys where study year is equal. Mostly students said that the reason behind their fight is because of 3rd person.

KEY WORDS: Argument after fight among Muhammad medical College Mirpurkhas.

WORD COUNT: 410

Opinion about functioning of different departments of final year at MMC.

AUTHORS: Muhammad Salman¹, Waqar Ahmed¹, Abid Aslam¹, Ramla Fatima¹, Ammara Mehboob¹.

SUPERVISORS: Prof. Dr. Syed Razi Muhammad²

INSTITUTION: Muhammad Medical College Hospital, Mirpurkhas.

OBJECTIVE: To see the functioning of different departments of final year at MMC.

INTRODUCTION: A Student based voting was conducted about the opinion they made about the functioning of different departments of final year including (surgery, medicine, paediatrics and gynae) at MMC. The study includes different aspects about the functioning of these departments, moreover, regarding betterment of departments, that which activity of department is favourable for students and changing the plans regarding curriculum.

STUDY DESIGN: Cross sectional study

PLACE AND DURATION OF STUDY: The study was conducted from 4 JUN 2016 to 30 AUG, 2016 in Muhammad medical college hospital, Mirpurkhas. The students availed from hostel of Muhammad Medical College and were city residents. A proforma was made to see the opinion of students about functioning of different departments of final year at MMC. Data regarding opinions was entered and analyzed by using SPSS v.22.

RESULTS: SURGERY: Total students of final year 100, out of which 54 (%) are satisfied with curricular activity of department, 24 (%) have found mismanagement, 38 (%) found environment of department friendly, 44 (%) are satisfied with lecture demonstration method, 32 (%) are satisfied with professors, 34 (%) think that department may have more faculty members, 45 (%) are satisfied with exam criteria, 64 (%) found faculty members for their guidance.

MEDICINE: Total students of final year 100, out of which 34 (%) are satisfied with curricular activity of department, 15 (%) have found mismanagement, 40 (%) found environment of department friendly, 32 (%) are satisfied with lecture demonstration method, 38 (%) are satisfied with professors, 32 (%) think that department may have more faculty members, 24 (%) are satisfied with exam criteria, 36 (%) found faculty members for their guidance.

PAEDIATRIC: Total students of final year 100, out of which 29 (%) are satisfied with curricular activity of department, 19 (%) have found mismanagement, 26 (%) found environment of department friendly, 33 (%) are satisfied with lecture demonstration method, 42 (%) are satisfied with professors, 31 (%) think that department may have more faculty members, 27 (%) are satisfied with exam criteria, 27 (%) found faculty members for their guidance.

GYN/AE/OBS: Total students of final year 100, out of which 59 (%) are satisfied with curricular activity of department, 23 (%) have found mismanagement, 43 (%) found environment of department friendly, 32 (%) are satisfied with lecture demonstration method, 43 (%) are satisfied with professors, 30 (%) think that department may have more faculty members, 33 (%) are satisfied with exam criteria, 42 (%) found faculty members for their guidance.

CONCLUSION: In student opinion, surgical department and gynae are more efficient in satisfying curricular activities, student friendly environment and examination pattern; students are more satisfied with professors of paediatric department, while students found mismanagement in department of medicine.

KEYWORDS: Curriculum, faculty member

WORD COUNT: 478

Clinical features and X-ray findings of pneumonia among the children <5 years of age presented at MMCH

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Ammara Mehboob¹.

SUPERVISORS: Prof. Dr. Hassan Memon², Prof. Dr. Imran Ahmed².

INSTITUTION: Department of Paediatric, Muhammad Medical College Hospital, Mirpurkhas.

OBJECTIVE: To see the positive x-ray finding of consistent pneumonia on clinically suspected children <5 year of age presented at MMCH.

INTRODUCTION: Pneumonia is inflammation of the lung parenchyma, and is associated with consolidation of the alveolar spaces. Lung parenchyma is the portion of lower respiratory tract consisting of the respiratory bronchioles, alveolar ducts, alveolar sacs, and alveoli. It is a common problem in children and accounts for 10-20% of hospital admissions. It may be difficult to differentiate viral from bacterial pneumonia, especially as bacterial cultures are often negative.

METHODOLOGY: Study design: Retrospective study. Place and duration: The study was conducted from 3 MAR, 2016 to 28 AUG, 2016 in Muhammad medical college hospital, Mirpurkhas. The patient were collected from child health care center, Mirpurkhas and Paediatric wards of MMCH. A proforma was made to see the clinical features and x-ray finding was putted down by taking information from x-rays done at MMCH. Patient's data regarding clinical features and x-ray findings were entered and analysed by using SPSS v.22.

RESULT: Total 76 pneumonia patients were approached predominant were male 52(80%), and 24 female (20%), nasal flaring and chest endrawing were the main presenting complain of our patients 44(57.89%), 32(42.10%) patients presented with tachypnea. 56(73.68%) patients giving the history of wheezing sound, 9 (11.84%) shown murmur, 2 (2.63%) shown cyanosis, as far as the x-ray findings concerned, out of total suspects, 40 (52.63%) were positive, 7 (9.21%) out of 40 presented with consolidation, (3 upper zone, 3 middle zone and 1 lower zone with pleural effusion). 33(43.42%) shown infiltration (30 were right sided and 3 were left sided).

CONCLUSION: The chest endrawing, nasal flaring and tachypnea were the main clinical features in our patients, Consolidation and infiltration were the main diagnostic findings in x-ray.

KEYWORDS: Consolidation, Infiltration

WORD COUNT: 328

Peptic ulcer Presenting complains Etiology and endoscopic findings in patients coming to MMCH.

AUTHORS: Muhammad Salman, Waqar Ahmed, Abid Aslam, Ramla Fatima, Ammara Mehboob.

SUPERVISORS: DR. A. Qadirsamad AND DR. Safdar

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

OBJECTIVE: To see the Presenting complains Etiology, and Endoscopic findings in patients coming to Muhammad medical college, Mirpurkhas.

INTRODUCTION: Peptic ulcer is a major global health problem with an annual incidence rate ranging from 10% to 19% diagnosed by physician and 3% to 17% diagnosed during hospitalization. The age adjusted death rate 10.79 per 100000 of population ranks Pakistan #22 in the world. Ulcer disease has become predominantly affecting the older population with peak incidence occurring between 35-45 age. In men, duodenal ulcer is more common than gastric ulcer. Although ulcer can develop in Esophagus, stomach or duodenum, at margin of Gastroenterostomy, in jejunum and in Zollinger Ellison syndrome. Patient with PUD may present with range of symptom from mild abdominal discomfort to catastrophic perforation and bleeding.

METHODOLOGY: Study design Retrospective study. Place and duration of study the study was conducted from 4 MAR 2016 to 30 AUG, 2016 in Muhammad medical college hospital, Mirpurkhas. The patient were collected from liver gastro clinic Muhammad medical college and medical wards MMCH. A proforma was made to see the presenting complain, etiology, and endoscopic findings was putted down by taking information from endoscopies done at MMCH. Patient's data regarding presenting complain, etiology and endoscopic findings were entered and analysed by using SPSS v.22.

RESULT: Total 60 PUD patients were approached predominant were male 48(80%), and female 12(20%). Epigastric pain was the main presenting complain of our patients, 2(3.33%) patients presented with hematemesis. H.pylori was the main etiology of peptic ulcer in our patients, 6(10%) patients giving the history of NSAIDs use, as far as the endoscopic findings are concerned 20 (33.33%) patients have got pangastritis, 12(20%) patient have ulcers in first part of duodenum, 4(6.66%) patients have white based ulcers in stomach, while remaining patients have normal endoscopy, out of 20(33.33%) patients of pangastritis biopsies were taken especially for H.pylori and 17(28.33%) were found H.pylori like organisms on histology. Remaining 16(26.66%) patients were asymptomatic.

CONCLUSION: The epigastric pain was the main presenting complains in our patients, H.pylori and NSAIDs used were the main etiological factors and duodenal ulcers especially in first part was seen in endoscopy.

KEY WORDS: PEPTIC ULCER DISEASE, HEMATEMESIS.

WORD COUNT: 390

PRESENCE OF BIAS IN SURVEYS BEING PRESENTED IN ANNUAL SYMPOSIUM OF MMC 2015

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BACKGROUND: Bias in questionnaires is an important issue in public health research. To collect the most accurate data from respondents, investigators must understand and be able to prevent or at least minimize bias in their questionnaires. Questionnaire bias is a result of unanticipated communication barriers between the investigator and respondents that yields inaccurate results. Bias may arise from the way individual questions are designed, the way the questionnaire as a whole is designed, and how the questionnaire is administered or completed. The type of biases are: leading question, open ended question, ambiguity, double barreled question, unnecessary technical jargons, vague word, forced choice question.

OBJECTIVE: To find out the presence of bias in surveys being presented in 13th annual symposium of MMC 2015.

METHODOLOGY: We have choose 10 questionnaire to analyze the 7 most common biases, we have asked 10 teachers with experience of research of these biases to decide whether any biases present in study. Hence maximum number of study would get from one respondent was 10 and over maximum score will be 70 similarly one bias would be identified by 10 researchers by asking 7 questions. After that we analyze the data on SPSS 22.

RESULT: The most common bias questions are forced choice question 38% , leading questions 35%, open ended and double barreled question 24%, ambiguity question 21%, technical terms 15%, vague words 8%. the studies which has more bias are Learning style 51.4% , empathy 50%, Student/teachers learning 48.6%. The studies which were less bias are Spices 78.6% integrated study 70%, Low back pain 60%

CONCLUSION: This study reveal that there are forced choice and leading question are more common biases used in the studies.

RECOMMENDATION: The standardized format of questionnaires makes them susceptible to biases. Consequently, the risk of manipulation is eminent. Therefore, in order to collect the most accurate data from respondents, investigators must understand and be able to prevent or at least minimize bias.

KEY WORDS: Bias, research questions, research papers.

WORD COUNT: 358

To find out the common causes of acute abdomen in the patients coming to MMCH

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AIMS AND OBJECTIVES: To find out the common causes of Acute Abdomen and to study the advantages and disadvantages of conservative and surgical intervention of Acute Abdomen.

METHODOLOGY: Total 31 patients with Acute Abdomen who were admitted in the surgical ward of Muhammad Medical Hospital Mirpurkhas from January 2016 to August 2016 were retrospectively studied. Data was obtained from previous hospital record of MMCH Mirpurkhas. Data was analyzed by SPSS version 22.

BACKGROUND: Acute abdomen represents a rapid onset of severe symptom that may indicate life threatening. Pain is a feature but is not always the case. Acute pain is due to many different organs within the peritoneal cavity and the potential for referred pain. Management of acute abdomen should be taken as an emergency. Acute cholecystitis/cholelithiasis, acute appendicitis, acute pancreatitis, intestinal obstruction and perforation of a part of GIT are the examples of acute abdomen.

RESULTS: 32.3% patients b/w age of 20-30yrs came with complain of acute abdomen 51.6% were male, 48.4% were female, 87% came with complain of pain, 51.6% with localized abdominal pain, 48.4% with whole abdominal pain, 58.1% came with on and off pain, 41.9% with continuous pain, in 54.8% pain radiate to other site, 83.9% of abdominal pain is aggravated by taking meal, 83.9% of patients pain is relieved by medication, 83.9% patients were suggested for operation, 29% were advice for Explorative Laparotomy, 19.4% were suggested for Appendectomy, 19.4% for Open Cholecystectomy, 16.1% suggested for Laparoscopic Cholecystectomy, 74.2% patients were completely recovered after medicine and surgery. 64.5% recovered without post-operative complications, 12.9% got abdominal burst wound, and 9.7% got post operatively wound infection.

CONCLUSION: All cases in our study were of acute abdomen at various times in hospital. Those early presented cases were managed in time showed better outcome as compared late presenters. Morbidity is more in late cases as compared to early cases. Mortality rate is high in late presenters.

KEYWORDS: Acute abdomen, Cholelithiasis, Acute Appendicitis, Perforation, Acute Pancreatitis.

WORD COUNT: 356

Pattern of Gynecological presentation in OPD: A Retrospective Study in Muhammad Medical College, Mirpurkhas, Sindh.

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BACKGROUND: The aim of this study was to find out the Gynecological disease pattern in gynaecology unit I OPD, Muhammad Medical College & Hospital (MMCH) Mirpurkhas Sindh. There were 476 Gynecological patients evaluated in 1 year period, coming to gynaecology OPD.

METHODOLOGY: This was a retrospective study carried out from July 2015-July 2016 taken from monthly base Data registers in Gynecology department of Muhammad Medical College Mirpurkhas. All data n=476 was approached using proforma for collection of information regarding age, sex, marital status, and their gynecological presentation. The data was entered in SPSS version 22.

RESULTS: From total of n=476 patients, Age distribution shows most of them were in reproductive age i.e. 92%, post-menopausal were 6% and pre-pubertal were 1%. Presentation distribution shows n=26(5.46%) with pelvic pain, n=40(8.40%) with vaginal discharge, n=126(26.47%) with Heavy menstrual cycle, n=67(14.07%) with something coming out through vagina, n=51(10.71%) with unable to conceive (primary infertility), n=35(7.35%) with secondary infertility, n=52(10.92%) with Irregular menstrual cycle and n=79(16.59%) with lower abdominal pain is seen.

CONCLUSION: From this study it is concluded that different disease patterns are seen in different patients and most common being heavy menstrual bleeding and U.V prolapse. They need proper diagnosis and quality service that improve our female reproductive life & quality of life.

KEY WORDS:

WORD COUNT: 257

Endoscopy finding in upper GIT in medicine ward, Muhammad Medical College Hospital, Mirpurkhas.

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BACKGROUND: Esophagogastroduodenoscopy is a diagnostic procedure that visualizes the upper part of GIT tract up to duodenum. It is a minimally invasive procedure since it does not require incision. Doctor uses an endoscope—a long, flexible tube with a camera to see the upper lining of GIT tract. The study was conducted to find out important findings in upper GIT endoscopy.

METHODOLOGY: This was a retrospective study carried out in cases of endoscopy from January 2016 to August 2016 in medicine ward, Muhammad Medical College Mirpurkhas. Total number of cases were 78, these files were studied to receive information about causes and findings of endoscopy.

RESULTS: Among total n=78 patients, Male=42, female=36%. Patients with esophageal variceal bleeding were 38%, patient with pan gastritis were 23%, patient with fragile esophageal growth were 8%, patient with D1 and D2 ulcer were 5% and with biliary stent were 3%, multiple ulcer in antrum 1%, large ulcer in fundus 2%.

CONCLUSION: According to the study endoscopy is more performed in patient with upper GIT bleeding, sudden weight loss, GERD, cancer, stenosis of esophagus, Ulcer, Barrett's esophagus, Hiatal hernia, esophagitis, gastritis and swallowing issue.

KEY WORDS: Endoscopy, Esophagus, stomach, 1st part of duodenum, variceal bleeding.

WORD COUNT: 222

Prevalence and risk factor of neonatal jaundice In MMCH 2016

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BACKGROUND: Neonatal jaundice is one of the most common condition requiring medical attention in newborn babies. Approximately 60% of term and 80% of preterm babies develop jaundice in first week of life, and about 10% of breast feed are still jaundice at first month of age. Jaundice refers to yellow discolouration of skin and sclera due to accumulation of bilirubin in the skin and mucous membrane.

METHODOLOGY: A retrospective study was conducted by using past records from 1st Jan to 15 Aug 2016 in MMCH. 96 neonates were selected by simple random sampling method. Data was entered and analysed by using SPSS software 22.

RESULT: Total 11 of 96 neonates having jaundice. The point Prevalence of jaundice in neonates is 11.4%. Among them 3(27.3%) neonates have pathological jaundice while 8(72.7%) have physiological jaundice. The main risk of neonatal jaundice is maternal sepsis and other rare risk factors include Rh incompatibility, TORCH infection, G6PD deficiency.

CONCLUSION: The point Prevalence of neonatal jaundice is about 11.4%. Promote and support successful breastfeeding. Interpret all bilirubin levels according to the infants' age in hours. Treat new-born, when indicated, with phototherapy and exchange transfusion.

KEY WORDS: Neonates, Jaundice, Prevalence.

WORD COUNT: 235

Prevalence and aetiology of anemia in diabetic Patient in MMCH, 2016

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Rehana Parveen¹, Dr. Safdar Ali²

Student of Final year MBBS, Faculty of Department of Medicine, Muhammad Medical College.

BACKGROUND: Diabetes Mellitus (DM) is a metabolic disorder of great impact Worldwide. Anemia in diabetic patient must be treated once diagnosed since it may contribute to the pathogenesis and progression of cardiovascular disease and diabetic neuropathy.

METHODOLOGY: A Retrospective study was conducted by using past hospital records from 1 January to 15 August 2016 in MMCH. 100 diabetic patient were selected by simple random sampling method. Data was entered and analysed using SPSS software 22. Chi square test analysis were done to explore the association of risk factor.

RESULT: Total 49 of 100 diabetic patient having anemia. The point prevalence of anemia in diabetic patient is 49%. Among 49 patient 63% having normocytic, 24% having microcytic and 12% having macrocytic anemia. Analysis showed that chronic kidney disease has a statistically significant association with anemia on Pearson's chi square test $\chi^2=4.036, p=.000$.

CONCLUSION: The prevalence of anemia in diabetic patient is about 49%. So it is highly recommended that they have a good control on diabetes and take proper nutrition and correct anemia by food and supplements.

KEY WORDS: Diabetes, Anemia, Prevalence.

WORD COUNT: 219

Prevalence of pre-eclampsia and eclampsia, Morbidity, Mortality, Fetal and perinatal outcome at MMCH

AUTHORS: Alveena Afzal¹, Saira Hameed¹, Kiran Malik¹, Aisha Abbasi¹, Farva Akhtar¹, Aroona Ibrahim¹
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Supervisors: Dr. Qamar² and Dr. Asma²

INTRODUCTION: Pre-eclampsia is defined as hypertension of at least 140/90 mmHG recorded on at least two separate occasions and at least 4 hours apart, in presence of a least 300mg protein in a 24 hour collection of urine after the 20 week of pregnancy in a previously normotensive woman and resolving completely by sixth postpartum week. Pre-eclampsia followed by one or more convulsions is called Eclampsia. Pre-eclampsia complicates approximately 2-3% of pregnancies. It is the second most common cause of direct death, more common in primigravida. The study was conducted to see the frequency of pre-eclampsia and eclampsia, mortality, morbidity and fetal perinatal outcome.

METHODOLOGY: The case data was collected from OBS and gynecology ward MMCH from January 2016 to Aug 2016. Total C-section done are 150, there are 6 cases of pre-eclampsia and 4 cases of eclampsia.

RESULTS: total of 150 C-section there were 10 cases of pre-eclampsia and eclampsia. The maximum blood pressure recorded was 160/100 mmHG. 2 patients had vomiting, 3 had vertigo and 8 had headache due to high blood pressure. Urine Albumin was +1 in 3 patient, +2 in 4 patients and +3 in 3 patients. MgSO₄ was given to 5 patients in treatment. All delivered by C-section with Well and alive baby.

CONCLUSION: pre-eclampsia and eclampsia is mainly present in primigravida, with previous pre-eclampsia history, C-section and first degree relative. With proper treatment and care the baby and mother can be saved.

KEYWORDS: Blood pressure, Pre-eclampsia, Eclampsia, C-section, MgSO₄ injection.

WORD COUNT: 282

Ward Patients and their attendants Satisfaction regarding Hospital Staff, Facilities and Doctors after taking treatment at Muhammad Medical College Hospital

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Mudassir Naveed¹, Syed Razi Muhammad²
Student of Final year¹, Department of Surgery, Muhammad Medical College Mirpurkhas²

OBJECTIVE: The study was conducted to assess the patient's satisfaction regarding hospital staff, facilities and Doctors.

BACKGROUND: Quality improvement and healthcare provision and opinions about their care and service in hospitals are as important as other clinical measures. A well-established tool about quality of health service developed nowadays is patient's satisfaction. Patient's satisfaction is thus a proxy but a very effective indicator to measure the success of doctors and hospitals. The assessment of Patients' satisfaction has become an important concern in the evaluation of health services.

METHODOLOGY: A cross-sectional survey was conducted in 100 patients in the month of August 2016 by random sampling from all wards in Muhammad Medical College Hospital, in which a structured questionnaire measuring patient's satisfaction with various aspects of doctors and services of hospital. Data was collected, edited, summarized, analyzed, frequency and percentages were extracted by SPSS version 22.

RESULT: According to our analysis, out of 100 patients: 30-30 from surgery and medicine ward and 20-20 from gynae and peds ward. 68% were male and 32% were female. Highest age group was 20-40 years. 58% belongs to rural area. 54% patients came MMC 1st time. 52% came due to better facilities, 75% were satisfied with the treatment, 74% satisfied with the doctor's behavior, 74% thinks doctor understands them, 87% thought the doctor had a soft corner for them, 91% were satisfied with OPD, 73% were satisfied with ward staff behave, 55% said that medicines were out of their range, 35% said that hospital lab, x-ray and ultrasound etc were expensive, 46% said that their blood requirement fulfilled by students, 86% were satisfied with night doctor and staff, 92% thought that doctor written tests were useful in treatment, 75% were un-satisfied with hospital canteen, 93% said that they would recommend MMCH to others, 92% said that MMCH better than others in the city, 85% felt better after taking treatment from here, 80% satisfied with the hospital cleanliness and atmosphere and 27% thought that needs improvement in labs.

CONCLUSION: Overall satisfaction level of patients about hospital doctors and service was good, need improvement in few aspects for further enhancement of quality care.

KEY WORD: Patient's satisfaction, Hospital staff, Facilities, Doctor, Muhammad Medical College Hospital.

WORD COUNT: 417

Patient Satisfactory Questionnaire

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BACKGROUND: Patient satisfaction is believed to be one of the basic parameters portraying quality health care and some aspects of patient care heavily rely of it.

AIM: The aim is to evaluate patient satisfaction in Muhammad Medical College Hospital Mirpurkhas and compare results with other studies.

METHOD: To evaluate patient satisfaction a recent version of the Patient Satisfaction Questionnaire III (PSQ-III) developed by the National Technical Information Service (NTIS) was used. The PSQ-III is a 51-item survey that taps global satisfaction with medical care as well as satisfaction with six aspects of care: technical quality, interpersonal manner, communication, financial aspects of care, time spent with doctor, and accessibility of care. This is a 5-item instrument; response options are presented along a 5-point Likert scale of 1 (strongly agree) to 5 (strongly disagree). The study comprises of patients from Muhammad Medical College Hospital (MMCH) between 15th August 2016 to 5th September 2016 by team members. Patients were interviewed personally, and the data collected was categorized and analyzed for frequency and percentages using a statistical analysis provided by SPSS version 22

RESULT: As of the 29th of August 2016, patient responses are favorable towards the MMCH establishment, however minor grievances exist.

Patients largely agree that the medical services provided to them are very satisfactory and are available at a reasonably affordable cost. Appreciation for the ease of access towards medical services is noted along with the staff's respectful behavior towards the patients.

Although most patient's express appreciation towards the level of communication from attending physicians, requests for a more detailed approach to explaining the medical procedures the patients would be subjected to is noted. Additionally, patients in unfavorable financial circumstances express requests to allow the medication provided for them to be more affordable.

KEY WORDS: Patient, Satisfaction, Questionnaire, PSQ-III, National, Technical, Information, Service, Patients, MMCH

WORDS COUNT: 334

Sigmoidoscopic Findings in patients of Gastroenterology ward, Muhammad Medical College Hospital, Mirpurkhas.

GROUP MEMBERS: Ejaz khan¹, Syed Gul Badshah¹, Nawab Ali khan¹, Ibrar Ahmed¹, Wajeeh-ul -Hassan¹, Prof Dr Abdul Qadir², Prof Razi Muhammad².

Students of final year, Department of Medicine, Muhammad Medical College, Mirpurkhas.

BACKGROUND: Sigmoidoscopy is a procedure used to see the inside of the sigmoid colon and rectum. The sigmoid colon is the area of intestine nearest to the rectum. It is performed to find out the possible cause of abdominal pain, rectal bleeding, changes in bowel habit and other intestinal problems. During the process the doctor inserts sigmoidoscope into the rectum and moves it into colon. The sigmoidoscope has a small camera on it which allows the doctor to view the lower digestive tract. This study was conducted to find out important findings found in sigmoidoscopy.

METHODOLOGY: This was a retrospective study carried out in cases of sigmoidoscopy from July 2015 to August 2016 in gastroenterology, Muhammad medical college, mirpurkhas. Total no of cases were 22. Their files were studied to receive information about causes and findings in sigmoidoscopy.

RESULTS: Among total n= 22 patients, n= 16 (72.7%) were males and n= 6 (27.3%) were females. Patients with complaint of bleeding per rectum were n=10 (45.4%) with findings Internal Hemorrhoids, Rectal ulcers, Polypoid growth of colon, Second important sigmoidoscopy findings were hard inflamed area in transverse colon. Patients with complaint of constipation, n=01 (4.5%) with findings of external Hemorrhoids, Patients with chronic Diarrhea n= 04 (18.1%) findings of polypoid growth in recto sigmoidal junction and spastic colon. Patients with complaint of lower abdominal pain, n=03 (13.6%) with findings small and medium sized internal hemorrhoids while mucosa up to sigmoid look normal.

CONCLUSION: According to the study sigmoidoscopy is performed mostly in patients with bleeding per rectum, constipation or chronic diarrhea and most common findings are internal and external hemorrhoids and polypoid growth. It is most important test performed in colorectal carcinoma.

KEY WORDS: Sigmoidoscopy, sigmoid colon, rectum, Hemorrhoids.

WORDS COUNT: 325

Stereotyping and Prejudice

Syed Raza Muhammad¹, Anum Asif¹, Hafsa Iqbal¹, Sundas Hanif¹, Nabeela Somroo¹, Sonia Ajmal¹, Ammara Mehboob¹, Ramla Fatima¹, Shafiat Khatoon¹, Zarka Mari¹, Bakhtawar¹, Nazish¹, Khalid Bin Nawaz¹, Hamza Abdul Malik¹, Abid¹, Salman¹, Waqar¹, Marvi¹, Fazila-Gull¹, Syeda Masooma Zehra¹, Rabiya Illyas², Mehriq Fatima², Mariya Ayub², Qaiser Khan¹

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Student of Final Year¹, Students of Fourth Year Student² Department of Surgery,
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BACKGROUND: In social psychology, a **stereotype** is a thought that can be adopted about specific types of individuals or certain ways of doing things. These thoughts or beliefs may or may not accurately reflect reality.

AIM: Our aim is to study stereotype against gender, age, (Balochi) and (non-Muslim) in Muhammad Medical College Hospital Mirpurkhas and if possible compare with other studies.

METHOD: The study comprises of students from Muhammad Medical College (MMC) 20 students from each class. The stereotype content model questionnaire, gender having 19 questions, age having 46 question, race having 14 question and ethnicity having 14 question was used having a 5- point scales (1-not at all to 5, extremely). Bias against Balochi and non-Muslims were studied in detail after a pilot's study between all the team members. The data collected was stratified and evaluated. A statistical analysis will be carried out in order to determine the frequency and percentages using SPSS version 22.

RESULT: As of 29th of August 2016 the research is still being conducted what we would like to see here is how different groups (genders, age, race, and ethnicity) are perceived by the students of Muhammad Medical College and are not interested in anyone's personal beliefs

KEY WORDS: Stereotyping, Prejudice, genders, age, race, ethnicity, content, model, MMC

WORDS COUNT: 280

SURVEY OF LIFE REGRETS AND LIFE SATISFECTION IN MATURE ADULTS OF MMC, 2016

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MEHAR-UN-NISA¹ PROF: SYED RAZI MUHAMMAD²,

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OBJECT: to explore the life regrets and its influence on subjective well-being.

BACKGROUND: Regret has been defined as negative emotion on an upward self-focused. Individuals have to make many decisions throughout the lifespan. Adults of all ages must be capable of not only making multiple decisions every day, but also living with the consequences of those decisions. People must deal with the pressure to make good decision, and subsequently assess their feelings about those decisions. These every day decisions may influence an individual well-being as contentment with each decision might influence how one cognitively appraises his/her satisfaction in life. feeling bad about multiple choices over time may leads to regret which can have adverse consequence on wellbeing .the aim of this study was to investigate decision making tendency , decision outcome ,life regrets , their positive and negative effect and life satisfaction.

METHODS: institutional based cross-sectional study was conducted from 1 august 2016 – 2 sep 2016 .this study include 56 participant which were selected by convenience sampling method ,data was collected by asking standardizequestionnaire that respond on Likert scale , some item were on reversed scoring. Data was analyzed on SPSS-22.

RESULTS: Total 56 people participated in survey in which majority of the participants belonging to 20-25 age group in which 34(60.4%) were male & 22(39.3%) were female, among all 43(76.9%) were have decision making tendency. 23(41.1%) were faced bad decision outcome. 38(67.9%) have regret on their decisions. 26(46.4%) have regret in finance, 36(64.3%) in education, 39(69.6%) in family, 40(71.4%) in relationships with others, 39(69.6%) in health, 37(66.1%) in carrier/job, 40(71.4%) on leisure, 13(67.6%) on handling their self. Out of total participants, 18(32.1%) weren't satisfied with their life. Higher life regrets was significantly associated with having higher decision making tendency 0.000, lower decision outcome 0.001, negative affect 0.020 and life satisfaction 0.000.

CONCLUSION: life regret was more strongly correlate with regret tendency, decision outcome and life satisfaction. As seen in the result, we can predict that adults who have lower levels of regret are likely to have higher levels of life satisfaction. People should be motivated to regulate feelings of regret in order to improve their wellbeing.

KEYWORDS: life regrets, decision tendency, life satisfaction.

WORD COUNT: 394

To determine the etiology, clinical features and outcome of chronic LIVER DISEASE

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Under Supervision of Dr. Abdul Qadir Khan² Students of final year MBBS, Department of
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ABSTRACT:

OBJECTIVE: To determine the etiology, clinical features and outcome of chronic liver disease from January 2016 to August 2016.

BACKGROUND: Chronic liver disease occurs throughout the world irrespective of the age, sex, region or race. Cirrhosis is an end result of a variety of liver diseases characterized by fibrosis and architectural distortion of the liver with the formation of regenerative nodules and can have varied clinical manifestations and complications. According to WHO, about 46% of global diseases and 59% of the mortality is because of chronic liver diseases and almost 35 million people in the world die of the chronic diseases. Liver disease rates are steadily increasing over the years.

METHODOLOGY: An observational hospital based study was conducted at Mohammad Medical Hospital, Mirpurkhas from January 2016 to August 2016. Total 800 patients were admitted in Medicine ward during this period, of whom 63 were with chronic liver disease and were included in this study. A pre-designed structured proforma was used. All patients had clinical history and underwent a physical examination. Routine laboratory tests, liver function tests and viral serology were performed in all cases. All results were analyzed on statistical software SPSS version 22. Frequencies and percentages were calculated, the final outcome was recorded.

RESULTS: Etiology of the disease was Hepatitis B and Hepatitis C in 55 (87.3%), and Alcohol in 2 (3.2%), Alcohol and viral hepatitis 3 (4.8%) cases. Abdominal symptoms: abdominal bloating 23 (36.5%), abdominal pain 18 (28.6%), abdominal discomfort 22 (34.4%). Systemic symptoms: bodily pain 23 (36.5%), shortness of breath 11 (17.5%), muscle cramps 2 (3.2%), itching 12 (19.0%). Unconsciousness 11 (17.5%), altered mental status 8 (12.7%). Emotional symptoms: anxiety 8 (12.7%), unhappiness 9 (14.3%), irritability 6 (9.5%), feeling depressed 11 (17.5%), mood swings 6 (9.5%), problems concentrating 10 (15.9%), difficulty sleeping at night 7 (11.1%), unable to fall sleep at night 6 (9.5%). Regarding outcome 32 (50.8%) improved, 2 (3.2%) poorer, 28 (44%) discharged home, 1 (1.6%) died.

CONCLUSION: Chronic liver disease is a major cause of morbidity in this part of Pakistan at tertiary care hospital. HCV infection is the main cause of chronic liver disease followed by either HBV or a combination of these viruses.

KEYWORDS: Chronic liver disease, Etiology, Outcome.

WORD COUNT: 390

Views about Friendship in opposite gender (Na-Mahram) among student of MMC

TanzilaAshraf¹, SamiaMaqsood¹, ShumailaShabbir¹, Zahra Azeem¹, M Imran¹,
Syed Razi Muhammad²

BACKGROUND: Friendship is only relation whom you choose for yourself which is not a blood relation's. As said "friends are Relatives you make for yourself". But friendship in opposite gender always remain controversial issue specially in Islamic state .It is restricted due to Religious point of view ,limitation of society in which we lives and not allowed by family members .But in these modern days trend of friendship between boys and girls is increasing day by day. Everyone talks about it "It should be or not". It's a matter of debate either it remain only so-called FRIENDSHIP or something else. This topic is mostly discussed in silver screen rather than in researches.

METHODOLOGY: A cross-section observational study was conducted among student of MMC. Data was collected by close ended questionnaire from 5 August to 25 August. Data was analyzed by using SPSS version 22.

RESULT: In total number of n=136 students in which n= 29(21.3%) strongly disagree and n=21(15.45%) students disagreed that friendship between boys and girls could possible, out of n=136 student n= 41(30.1%) strongly agreed and n=21(15.4%) agreed that they have friendship with boys. In which n=22(16.2%) students were agreed and n=11(8.1%) students were strongly agreed that due to this friendship they were facing problems, out of these n=8(5.9%) students strongly agreed and n=21(15.4%) students agreed that such a friendship effects their study. Out of total n=62(45.5%) students having friendship, n=43 (69.35%) agreed on that their parents know about their friendships. In total n=136 students n=62 (45.6%) students strongly disagreed and n=30(22.1%) disagreed to give advice to others for such a friendship.

CONCLUSION: According to our studies friendship with na-mahram is not merely friendship but more than friendship.....Such a friendship have impact on their study and also in life. Despite of increasing trend of such a friendship students are not agreed on it.

WORD COUNT: 326

Views of post-operative patients at Muhammad Medical College Hospital

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Student of Final Year, Department of Surgery, Muhammad Medical College

BACKGROUND: Postoperative patients must be monitored and assessed closely for any deterioration in condition and the relevant postoperative care plan or pathway must be implemented.

METHODOLOGY: A cross sectional survey was conducted among 50 post-operative patients in August 2016 to know about the views of post-operative patients at MMCH. Data is collected through the questionnaire, which based on features that are affective in patient's treatment. Data was entered and analyzed through SPSS version 22.

RESULTS: Total n=50(100%) cases were taken from surgical ward of MMCH. Out of which n=50(100%), n=33(66%) were male and n=17(34%) were female post-operative patients at MMCH. Patient's age ranges from 20-80 year from which highest age group was 20-40 years. Out of n=50(100%), n=41(82%) were agree. n=5(10%) were strongly agree and n=4(8%) were disagree about the comfort and cleanliness of OT. n=39(78%) were agree, n=7(14%) were strongly agree and n=4(8%) were disagree about the surgeon listening skills. n=29(58%) were agree, n=12(24%) were strongly agree and n=9(18%) were disagree about recommendation of MMCH for surgery to their relative and friends.

CONCLUSION: Majority of Patients are satisfied with the surgeon listening skills, the comfort and cleanliness of OT, Para-medical staff skills and post-operative services of MMCH.

KEY WORDS: Post-operative patients, Cross-sectional survey, MMCH.

WORD COUNT: 245

Association of cholelithiasis clinical, biochemical, & radiological signs of choledocholithiasis

Authors: Muhammad Rizwan Gardezi, Uzair Kareem, Abdul Sattar, Beenish Manzoor, Quratul-Ain, Sugra Shabbir

Department of Surgery **Supervised by:** Professor Dr Syed Razi Muhammad

ABSTRACT

BACKGROUND: Cholelithiasis is a pathological state of stones or calculi within the gallbladder lumen. A common digestive disorder worldwide the annual overall cost of cholelithiasis is approximately 5 billions in the United States where 75-80% of gallstones are cholesterol type and 10-25% are bilirubinate of either black or brown pigment in Asia pigment stones are predominate. In Pakistan most cases of choledocholithiasis are secondary to the passage of gallstones from the gallbladder into common bile duct. This study was carried out to identify the clinical evidence of choledocholithiasis in cholelithiasis patient in the MMCH.

METHODOLOGY: A retrospective study was conducted from January 2016 to August 2016 among the diagnosed cases of cholelithiasis at MMCH Mirpurkhas 50 cases were reported having cholelithiasis. Their ultrasound report, LFT, CBC and serum bilirubin level were checked. Data was entered and analysed by using SPSS version.

RESULTS: In the total sample 50 cases n=30 (60%) cases belong to age group 30-40 year and n=20 (40%) belong to age group 40-50 year in which 40 were males and 10 were females. Among them n=3 (6%) were diagnosed as choledocholithiasis having dilated common bile duct on ultrasound. Among n=3 (60%) had raised alkaline phosphates in LFT, n=4 (80%) had increased serum bilirubin level, n=2 (40%) had clinical features are jaundice, lack of appetite and fever.

CONCLUSION: Result of current study show that the clinical evidence of choledocholithiasis is 6 % in cholelithiasis.

KEYWORDS: Cholelithiasis, Association, Choledocholithiasis, Surgery ward, MMCH

WORD COUNT: 277

To Assess Risk factors of malnourished children under 5 year of Age in Muhammad Medical Collage Hospital MirpurKhas 2016.

AUTHORS: Rao Samiullah¹, Hamna Ibrahim¹, Aroona Ibrahim¹, Farwa Akhtar¹, Manzar Iqbal¹, Ali Tauqir¹, Umair Shaikh¹, Irfan Hafeez¹. Students of final year MBBS MMCH
Department of paediatrics.

SUPERVISED BY: Sir Hassan Memon, Sir Imran Ahmed, Sir Masood ul Hassan.

BACKGROUND: Pathological state resulting from relative or absolute deficiency of one or more essential nutrients. Severe malnutrition is presence of severe wasting and edema. WHO estimates every year 10.6 million (54%) children in world die before 5 year of age. Seven out of 10 deaths are due to Diarrhea, Pneumonia, Measles, Malaria, or Malnutrition.

METHODOLOGY: Hospital based retrospective study done and data is collected b/w 15 January-15 August done in MMCH to assess risk factors of malnourished child under 5 year of age.

RESULT: 6(60%) are Malnourished at 1-2 year of age. 6(60%) of them are females Monthly income of father 7(70%) was 7000 per month. Mothers are uneducated 9(90%) feed their breast milk for 1 year of age. 6(60%) all children's are taking junk food 8(80%) are vaccinated fully. start sitting in 6 month of age. 7(70%) have persistent diarrhea for 1 month 9 having history of vomiting. 5(50%) have history of fever.

CONCLUSION: This study reveals that malnourished children presented with low socioeconomic background improper hygiene mothers are uneducated having history of diarrhea, vomiting, fever.

We can overcome by educating mother, by improving hygiene.

KEYWORDS: Mothers Education, Low Socioeconomic background, Poor Hygiene.

WORD COUNT: 245

TITLE: FREQUENCY OF ASCITES IN PATIENTS ADMITTED AT MEDICAL UNIT OF MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPUR KHAS, SINDH, PAKISTAN

Authors: Dr. Abdul Qadir Khan, Dr.Safdar Hussain, Prof: Dept: of Medicine
Ibrar Ahmad¹, M.Umeer Shekh¹, Ali Raza¹, Hafeezur Rahman¹, Usman Ali¹, M.Sadiq¹, Student of Final year¹,
Department of Medicine Muhammad Medical College Mirpurkhas, Sindh.

BACKGROUND: Ascites can be defined as abnormal accumulation of free fluid in the peritoneal cavity. It is the most common complication of cirrhosis and is associated with a poor quality of health, increased risks of infections, renal failure and a poor long-term outcome. This descriptive analytical study was conducted on one 80 diagnosed patients of ascites consecutively admitted in medical unit of Muhammad Medical College, Mirpurkhas, Sindh, from Aug 2015 to Sep 2016.

INCLUSION CRITERIA: All the cases of ascites coming to Muhammad medical college from Age more than 12 years.

EXCLUSION CRITERIA: Patients with ascites due to perforation and intra peritoneal bleeding were excluded from the study.

PATIENTS AND METHODS: Total numbers of patients were 80. Proforma was prepared containing patients' basic information, history, clinical findings and investigations necessary to diagnose the cause of ascites. Serum-ascitic albumin gradient (SAAG) was calculated and patients were grouped into high and low SAAG groups. The obtained data was analyzed using SPSS-22.

RESULTS: In this study 80 patients of ascites were included among them 62 were male and 18 were female. Male to female ratio was 2:1. Among them were high SAAG and low SAAG group and high SAAG group patients were 68 (85%), and in low SAAG group patients were 12 (15%). In high SAAG group, out of 68 (85%) patients 65 (81%) were of cirrhotic ascites, [(viral hepatitis B, C and combined 56 (70%), alcoholic 5 (4%)], heart failure ascitic patients were 1 (1.25%). In low SAAG group out of 12 patients Malignant ascites was (primary peritoneal carcinomatosis and metastasis) 2 (2.5%), Tuberculous ascites was 5 (6%), and Ascites due to nephrotic syndrome was 1 (1.25%).

CONCLUSION: out of 80 cases of Ascites, 68 were due to Cirrhosis with portal hypertension and the main cause was Hepatitis C that indicates that still hepatitis C is the main cause of cirrhosis of liver and liver cancer in our part of the world. Preventive measures should be taken to eradicate this lethal disease from our area in the world.

KEYWORDS: Ascites, SAAG, cirrhosis

WORD COUNT: 393

RECTAL BLEEDING IN CHILDREN IN OPD OF PEDIATRIC UNIT OF MUHAMMAD MEDICAL COLLEGE AND CIVIL HOSPITAL, MIRPUR KHAS, SINDH, PAKISTAN

Supervised by: Prof. Dr Hassan Memon²

Ibrar Ahmed¹, Ali Raza¹, Syed Gull Badshah¹, Nawab Ali Khan¹, Ejaz Ali Khan¹,

AbdulSattar¹, Abdul Khaliq¹, Hafeez ur Rehman¹,

Students of Final Year M.B.B.S, Department of Pediatrics, Muhammad Medical College, Mirpurkhas, Sindh.

BACKGROUND: Per Rectal bleeding in children is an uncommon complaint. In most cases the children are seen in the outpatient department or in the office of the family physician or pediatrician. The bleeding is usually minimal, does not recur, and, after examination, is deemed to be of no real significance. It is ascribed to an anal fissure or abrasion produced by the passage of a firm constipated stool. This study aimed to determine the common causes and characteristics of per rectal bleeding in children in mirpurkhas & peripheries.

PATIENTS AND METHODS: This descriptive retrospective study was carried out at department of pediatric of Muhammad Medical College hospital (MMCH), Mirpurkhas, Sindh, Pakistan from January 2016 to August 2016. All children under the age of 13 years presenting with rectal bleeding were included. The data was reviewed for age, gender, clinical characteristics and management. In all cases complete blood counts (CBC), PT APTT was done and also sent for their stool sample for the stool D.R and Stool Culture.

RESULTS: Fifty children were included in the study with a mean age of 5.25 years and male to female ratio of 2:1. Out of 50 patients, 34 (68%) were male and 16 (32%) were female. Dysentery were found the most common cause of bleeding n=27, (54%). In Other Causes children were present with, anal fissure n=12 (24%), Dysentery n=8 (13%), Pediatric Meckel Diverticulum n=2 (4%), Mother Blood swallow in neonates n=1 (2%) are the other causes of rectal bleeding.

CONCLUSION: Dysentery was the most common cause of rectal bleeding in children of Mirpurkhas. Most were treated by metronidazole and allied drug therapy. In most cases, dysentery is caused by poor hygiene. Individuals can take measures to reduce their risk of infection by regularly washing their hands, especially before and after going to the toilet and preparing food.

KEY WORDS: Rectal bleeding, Dysentery, Mirpurkhas

WORD COUNT: 361

Emotional empathy among medical students of Mohammad medical college, Mirpurkhas

Noor Saba¹, Meherun-Nisa¹, Rabia Aslam¹, Uneza Maryam¹

Under supervision of Dr. Syed Razi Mohammad²

Student of final year MBBS¹

Mohammad Medical College Mirpurkhas²

Introduction:

Empathy is increasingly recognized as an important constituent of the undergraduate medical education. We have tested empathy of Medical Students of Muhammad Medical College using the Toronto's Scale of Empathy, and performed the psychometric analysis. We have measured the internal consistency reliability of the questionnaire and looked at the construct validity. I also want to see if there is a difference in empathy among students of different classes and different genders.

Methodology:

This is a cross-sectional study of the medical students enrolled at the Muhammad Medical College, Mirpurkhas, Pakistan, performed in 2016. The self-administered, surveys were distributed to 250 medical students of Muhammad Medical College between August 2016 to September 2016. The students had the option of keeping their anonymity. The answers were inserted in SPSS and analysed. Correlation between each item and the total score (item-score correlation) was calculated. ANOVA with post hoc test analysis was used to examine the differences of empathy scores related to gender, academic years, living in hostels. Data was analysed using SPSS version 22 and a value $p < 0.05$ was set as statistically significant.

Results:

A total of 250 students returned the forms (100%). The mean empathy score of the medical students in our study was 591.62 (± 0.4499). Empathy among the final year students was the highest (2.3665 ± 0.39829), followed by the empathy in fourth year students (2.4028 ± 0.50882). The difference in empathy between first (2.2052 ± 0.39234) and final year students was highly significantly different ($p = .000$). Final year had significantly higher empathy than those in the 2nd (2.2526 ± 0.26748), 3rd (2.3125 ± 0.43018) and 4th Years (2.4028 ± 0.20882). Empathy between the 2nd, 3rd and 4th years were not significantly different from each other. Empathy in the female students was significantly higher (2.6223 ± 0.35244), than the male students (2.2150 ± 0.48174).

Cronbach's alpha coefficient in this study ($r = 0.549$) was somewhat lower than acceptable range for the educational and psychological testing. Kaiser-Meyer-Olkin (KMO) analysis (Kaiser 1960) yielded an index of 0.596, suggesting a support for factor analysis. Bartlett's test of sphericity was 408.5 and was highly significant ($P = 0.00$). Very small values of significance indicate that there was a probability that there were significant relationships between the variables.

Conclusion:

The results of this study provides support for the reliability. There are significant associations between gender and empathy scores. The level of empathy in medical students of final year was more than those of other years of MBBS. We suggest that the curriculum within Pakistani medical schools include more teaching on empathy and communicational skills.

WORDS COUNT: 456

CASE REPORT

Final Year Students

A CASE OF NEPHRECTOMY

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Supervisors: Asst. Prof: DrJamshed Bashir² Prof: Dr. Syed Razi Muhammad²

INTRODUCTION: Nephrectomy or surgical removal of kidney is done to treat kidney cancer and nonfunctioning kidney. There are threetypes of nephrectomy,Partial, Radical and Total nephrectomy.In partial only diseased or injured portion is removed while in Radical nephrectomy kidney is removed with Gerota's fascia. Total nephrectomy is done is mostly done if kidney is nonfunctioning.

CASE PRESENTATION: A female Age 35year,presented at OPD of MMCH on 24-8-2016 with complain of pain in both lumber region and burning micturition for 5-6 months with association of nausea, and vomiting. She has past history of blood pressure and miscarriagetwice. She had history of taking medication for pain relief and hypertension. Pain was relieved only through medication and not through rest and movement. On examination patient was weak,hadvertigo, numbnessin ankle and wrist joint, and severe pain in shoulders. No history of other deformity of CNS, CVS, Respiratory, GIT, urinary system. She gave history of burning micturition and flank pain. Her B.P was 160/120 mmHg, pulse was 107 b/min, Temp: 98 F, Respiratory rate was 25R/min.

Radionuclide Renal studies showed poor functioning hydronephrotic right kidney. (16 % functioning). Left kidney well-functioning (84 %functioning). Urine Report was normal.

Due to persistent hypertension, she was referred to the Cardiologist. The Cardiologist advised for an echocardiography which revealed EF to be 45%. She was declared as a high risk case to be done in general anesthesia. After one week treatment mentioned below, she was planned to be operated under spinal anesthesia.

PRE-OPERATIVE TREATMENT:She is taking

- Tab: Concor 2.5mg(OD)
- Tab: Renetic 5mg (OD)

OPERATIVE FINDINGS:The kidney was found to be massively hydronephrotic with no cortex,ureter found atrophic and total nephrectomy was done.Local infiltration of surgical site done with Bupivacaine and Diclofenac suppository 100mg x stat given in OT

POST-OPERATIVE TREATMENT

- Inj:Ringer's lactate 1 liter(i.v x OD)
- Inj:Ceftriaxone sodium (1g I.v x OD)
- Inj:Tramadol diluted (i.v x BD)
- Tab:Concor 2.5 mg (1 x OD)
- Tab:Renitec (1 x OD)

WORD COUNT: 355

A Case of Left ovarian cyst

AUTHORS: Bushra Rubab¹, Kiran Malik¹, Ayesha Abbasi¹

SUPERVISED BY: Prof. Syed Razi Muhammad², Dr Sohail Yousif²

BACKGROUND: A 36 year old married lady from kandiari admitted through OPD on 25 August with the complain of lower abdomen and sometime pain in whole abdomen for more than 4 Year.

ON GENERAL PHYSICAL EXAMINATION:

- Huge distension of abdomen
- Swelling not moving with respiration.
- Swelling is massive not fixed to the intra-abdominal structure.
- After baseline investigation and ultrasound scan diagnosed as left ovarian cyst about 30x20cm.

KEY WORDS: Cystic Ovary, Oophorectomy, Explorative Laparotomy.

WORD COUNT: 100

Case Report of Mal descended Testis (Testicular tumor) Muhammad Medical Hospital 2016.

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Students of final year MBBS MMCH 2016, case report of surgical ward.

Supervised by: Sir. Syed Razi Muhammad, Sir Rahmatullah, Sir Jamshaid Bashir

PREVALENCE: Incidence of undescended testis affects 1-6% of males.

CASE REPORT: 32 year old male punnhooh came to E/R of MMCH on 29 August with complain of pain in Right Inguinal region for 3 month. pain is severe in intensity, pricking in nature addicted with cigarette, gutka, pan, viski, on general physical examination there is no anemia no jaundice no dehydration no clubbing no lymph adenopathy, on abdominal examination resonance percussion and bowel sounds are audio able.

INVESTIGATION'S: Chest X-ray, CBC, Ultra sound abdomen, serum Electrolytes (urea, creatinine, HBsAg, Anti Hcv, Anti-bodies).

SURGICAL MANAGEMENT: radical Orchiectomy done Post-operative Management: keep patient NPO for 4 hours. Ringer lactate 1000ml IV OD, Inj Hizon 1 gm/w, inj Diclo I/M BD. Send specimen for Histopathology.

KEY WORD: Mal descended testis, Radical Orchiectomy.

WORD COUNT: 163

Carcinoma of Urinary Bladder (Case Report Series)

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INTRODUCTION: Bladder cancer is a common urologic cancer that has the highest recurrence rate of any malignancy. Bladder cancer are a category of cancer arising from the epithelial lining of the urinary bladder. In rare cases the bladder is diagnosed with cancer pertaining to non-epithelial origins. The incidence of bladder cancer increases with age, with the median age at diagnosis being 65 years, bladder cancer is rarely diagnosed before age 40 years. Bladder cancer is about 3 times more common in men than in women. Over the past 2 decades, however, the rate of bladder cancer has been stable in men but has increased in women by 0.2% annually.

CASE HISTORY: 85 and 80 years old patients, one male and one female, both married belonging to rural area admitted in MMCH complaining of burning micturition and painless hematuria for the last 15 days and 2-3 months respectfully, the male patient had a past history of smoking and alcohol, Surgeon advised them ultrasound and different tests (BCP, LFT, ICT, Electrolytes).

Investigations:

| Reports: | Male: 85 years' old | Female: 80 years' old |
|--------------------|--|---|
| Ultrasound abdomen | 1- Vesical neoplasia (5.7x5.2x5.5cm) 2- Liver parenchymal disease (No metastasis) | 1- Vesical neoplasm (3.8x3.2x3.5 cm) 2- Left extra-renal obstruction with hydronephrosis and grade 2 renal infection |
| LFT (creatinine) | 1.2mg/dl | 1.4mg/dl (elevated) |
| Blood CP | HB- 10.5G% Platelets- 80,000 /cumm | HB- 8.4G% Platelets- Normal |
| ICT Malaria | Plasmodium vivax + | Plasmodium vivax - |

MANAGEMENT: After investigation Ca Bladder was diagnosed. Transurethral Resection of bladder tumors (TURBT) was performed.

Pre-operative management: Male patient was given inj. Artem (80mg) and paracetamol infusion for Malaria.

Post-operative management: both were given Inj. Ceftriaxone 1mg BD, Inj. Transamine 500 mg BD.

CONCLUSION: Research did not show any certain cause for bladder carcinoma. As the risk for bladder carcinoma increases with age, a person above age of 60 should take proper precautions and visit the physician as per guide line for early detection and treatment, more-over other risk factors such as smoking should also be prohibited in elderly people.

KEY WORDS: Ca bladder, TURBT, Risk increases with age, MMCH

WORDS COUNT: 370

CaseReport OF Bilateral Ureteric Calculi in MMCH Mirpurkhas

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BACKGROUND: A 60 years of old patient came in surgery ward on 15 Aug 2016 at 1:30Pm from Mirpurkhas with complain of pain in left Lumbar region from last 2 years on and off .There is no history of previous surgery. There is no family history of kidney stones. On general physical examination, there is no anemia, noJaundice, no dehydration, no clubbing, no edema, and lymph nodes are not palpable. Cardio vascular system, Respiratory System, and Nervous system are intact. On Abdominal Examination Percussion is resonance and bowel sounds are audible. On examination Pulse 80 b/m; BP 120/80mmhg, Temp 98f.

INVESTIGATIONS: The bilateral ureteric calculi confirmed on X-ray, KUB, X-ray IVP, Urine DR, and Ultrasound of Abdomen and pelvis. Routine investigations are Blood CP, serum electrolytes, and creatinine has done.

MANAGEMENT: Management is right side URS+DJ stent placement is done successfully and on left side URS attempted but failed and postoperative management are NPO for 4 hrs. inj Ringer lactate 1 L inj Hizon, inj Dicloran.

KEY WORDS: Bilateral ureteric calculi, DJ stent placement.

WORD COUNT: 208

Case of Acute Cholecystitis with Poorly Controlled Hypertension Presented at Muhammad medical college Hospital (Case Report)

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INTRODUCTION: Hypertension is a risk factor for cardiovascular complications after anesthesia and surgery. Ideally, all hypertensive patients should be treated before elective surgery; in practice patients with stage 3(160/110mmHg) must be given preoperative treatment. Patients with moderate hypertension (stage 2) also have significant target organ involvement that's why it should be considered for preoperative treatment. Most antihypertensive agents do not have adverse interactions with anesthetic agents and should be continued throughout the perioperative period except for ACE inhibitors and angiotensin II receptor antagonists where the evidence for continuation or cessation is unclear. I.V. antihypertensive drugs may be required to treat hypertensive crises.

CASE PRESENTATION: A 55 years old Lady from Mirpur khas admitted to surgical ward on August 19, 2016 with the complain of pain in right hypochondrium which radiated to her upper back from last 5 days associated with nausea and vomiting. She is hypertensive and on Concor (bisoprolol) 5mg from last 2 years. On physical examination patient's vital signs are as follows: BP 160/110mmHg, Pulse 88/min, Resp.18/min, Temp. 100 F. Due to poorly controlled hypertension her surgery was delayed and concerned the cardiologist and anesthetist for opinion. On investigation CBC reveals a WBC count of 11,700/mm shows neutrophilic leucocytosis. Serum cholesterol is elevated 291mg/dl. Serum Electrolytes and LFT's are normal but on Urine D/R creatinine is raised 1.6mg/dl. On ECG ST-Elevation was seen. On Echocardiogram shows Diastolic dysfunction, mild pericardial effusion and RWMA (regional wall motion abnormality). Troponin-T was negative. On first U/S report shows = Overdistended gall bladder with Sludge, suggest cholecystitis. while on 2nd U/S report shows = single calculus impacted at neck of GB measuring size 1.6cm leading over distention of thick wall G.B 14.9x 4.1cm. PreOperatively Patient was given Tab Concor 2.5mg then Increase upto 5mg and Tab Renitec 10mg was given while Tab capotene 25mg stopped given only for one day. Then Patient was monitored for nine days constantly and Observed her Vital regularly. On 9th day of admission her B.P becomes controlled & it is 120/80 mmHg. Open cholecystectomy was done on 29th Aug, 2016 in O.T and surgeon found the gall bladder buried in adhesions & emphyema gall bladder found and a single large Stone impacted in neck of Gall bladder. Post Operatively patient was given R/L-D 1L x 8 hrs, inj Ciprofloxacin 400mg i.v x B.D, Inj metronidazole 100ml x 8hrs, inj Diclofenac Sodium i.m x B.D and Vit. K given I/M O.D.

CONCLUSION: It is essential to ensure that all patients with severe hypertension are well controlled before anaesthesia and surgery. Similarly, those with moderate hypertension and target organ involvement should be controlled. This approach, coupled with the availability of potent hypotensive agents, should make it possible to reduce the risk of cardiovascular complications in during operation and post-surgical duration of patients.

KEYWORD: HTN, Cholecystitis, MMCH

WORD COUNT: 508

Case Report of Patient with Colorectal Carcinoma

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INTRODUCTION: colorectal carcinoma is the third most common cancer, when undetected and untreated, the third most deadly. Approximately 150,000 new cases of colorectal carcinoma are diagnosed each year. It is important to remember that if caught early enough, colorectal cancer can often be cured.

CASE REPORT: A 35 year old female from Mirphurkhas came to emergency at MMCH on 1 March 2016 with the complaint of painless bleeding per rectum for six months. Usually a small amount of dark red blood comes after defecation. Occasionally, blood passed without defecation. She also complained of constipation for long time. Before six months patient was completely healthy. In her family, there is no history of rectal carcinoma. On general physical examination patient was pallor due to anaemia. Firstly CBC, Urine DR, LFTs, urea Creatinine was done then by the help of DRE, Proctoscopy and colonoscopy 'Rectal Carcinoma' diagnosed. Rectal Carcinoma is very fatal so doctors decided to go for colostomy. Firstly Anterior Resection was tried but tumour is located 4cm above the anus and involving the anal sphincter. Hence, Abdomino Perineal Resection was done. Biopsy report revealed that tumour is 'Dukes Stage B'.

CONCLUSION: In this patient colorectal carcinoma is on Dukes Stage B. Prognosis in Dukes B is about 65% so follow up is necessary up to 1 year. With the counselling of Oncologist, if there are more chances of recurrence then go for chemotherapy and radiotherapy.

KEY WORDS: colorectal carcinoma, APR, Colostomy.

WORD COUNT: 276

Case Report:Hepatocellular carcinoma

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INTRODUCTION:Hepatocellular carcinoma (HCC) is a primary malignancy of the liver and occurs predominantly in patients with underlying chronic liver disease and cirrhosis and other minor factors are the aflatoxin containing diet, androgens and anabolic steroids. It is more common in age below 50 and male to female ratio is 4:1. It may occur as single or multinodules. It is the third most common cause of cancer related deaths worldwide.

CASE PRESENTATION:A 60 years old male from Bahawalpur came to the causality at Victoria Hospital Bahawalpur on 3rd of January 2016 with the complaint of Pain in the right hypochondrium for 20 days, constipation for 5 days, generalized weakness, vertigo and weight loss. There was no any remarkable history of any other disease. His appetite and sleep were disturbed. On general physical examination, patient was feeling uncomfortable; abdomen was distended with pitting oedema, spider navies, shifting dullness and fluid thrill. On abdominal examination there was a mass in right hypochondrium which was hard and tender. Anti HCV which was positive. Alpha fetoprotein was raised (>1000IU/ml). On CT scan the tumor size was 8.9 x 8.7cms. The size of tumor was not suitable for resection. So palliative treatment was started, TACE (Transarterialchemoembolization) procedure was also done, then Tab. Nexavar(sorafenib)400mg was started. In spite all these efforts the patient expired on 16th of March 2016.

kept on i.v. fluids and nil orally for 3 days. Broad spectrum

CONCLUSION:Hepatitis C is the major cause of Hepatocellular carcinoma. All patients with increased alpha-feto protein and liver mass on ultrasound are suspected for Hepatocellular carcinoma and should be further investigated for that.

KEY WORDS:Hepatocellular carcinoma, Alpha-feto protein, Right hypochondrium pain.

WORD COUNT:308

An old lady with fever and productive cough.

MEMBERS: Wajeeh-ul-hassan, Zarka Erum, Saood Ata, M. Taimoor, Farhat Aslam, Nadia Aslam

SUPERVISOR: Asst.Prof Dr: Safdar Pervez, Prof Dr. Noor Muhammad Memon, Prof Dr. Abdul Qadir khan.

ABSTRACT: we present the case report of a 65 years old lady who developed Community acquired Pneumonia caused by Klebsiella Pneumoniae. We describe clinical features, work-up and treatment of her condition.

CASE PRESENTATION: A 65 years old lady K/c of uncontrolled diabetes Mellitus and treated case of Pulmonary Tuberculosis, presented to OPD of MMCH with complaints of fever, productive cough with yellow colour sputum, loss of appetite and generalized body weakness for 20 Days. She has been taking different antibiotics for 10 days without any improvement. On Examination she looked ill with thin build. Her temperature was 101°F, Pulse was 110 b/min, and blood pressure was 110/70. No evidence of anemia, Jaundice, cyanosis or clubbing. On chest examination crackles coarse audible in both lungs fields. CNS, CVS and GIT examination were normal. CBC showed elevated ESR level (38 mm FHR), TLC (23,100/cumm) and neutrophils (82 %). Her CXR report showed pulmonary infiltrations in both upper and mid lungs fields more marked on left side with low density shadowing, multiple cavitations and fibro calcific changes in both mid zones. Patient was started empirically on inj: Tazobactam IV BD and sputum was sent for C/S and AFB. Patient sputum (2 samples) were negative for AFB, her culture sensitivity report showed presence of Klebsiella species, sensitive +4 to Ciprofloxacin, Ceftazidime +3s, Levofloxacin +2s while, resistant to Tetracycline R, Augmentin R. Tazobactam was discontinued while Ceftazidime was added along with Novidat. Blood C/S was unremarkable. Patient became afebrile after 3 days of Ciprofloxacin and Ceftazidime her WBC count decreased 11000. Patient improved remarkably after 14 days course of Ciprofloxacin and Ceftazidime.

DISCUSSION: Klebsiella Pneumonia is an important cause of community acquired pneumonia in elderly persons. Studies conducted in some regions showed incidence rate in elderly patient to be 15-40% which is almost equal to if not greater than, that of Haemophilus influenza however it is different for different regions¹. Person with alcoholism are the main population at risk and they constitute 66% of people affected by this disease. Mortality rates are as high as 50% and approach 100% in persons with alcoholism and Bacteremia².

CONCLUSION: K. Pneumonia should be considered in all old patients presenting with cough and fever. K. pneumonia is important differential diagnosis of cavitary pneumonia. Sputum C/S is an important investigation. Antibiotics should be given for at least 14 days³.

REFERENCE:

1. Mandell. Enterobacteriaceae. Mandell, Douglas, and Bennett's principles of infectious disease.
2. 7th ed. Churchill Livingstone, an imprint of Elsevier, 2009.

KEY WORDS: Pneumonia, Klebsiella species, pulmonary tuberculosis, Diabetes, MMCH
WORD COUNT: 457

Sliding hernia (Case Report)

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INTRODUCTION: A sliding hernia is a protrusion through an abdominal wall opening of a retroperitoneal organ, with or without its mesentery, with or without an adjacent peritoneal sac. This organ may be the Cecum, ascending colon, or appendix on the right side, the sigmoid colon on the left side, or the uterus, fallopian tubes, ovaries, ureter, and bladder on either side. Frequency of sliding hernias is estimated at 3-8% of all elective operations of inguinal hernias. Sliding hernias are supposed to be more anatomically challenging for a surgeon than an uncomplicated non-sliding inguinal hernias.

CASE HISTORY: 40 year old male married resident of Umerkot admitted in surgical ward through Outpatient department 21 August 2016 with the complain of inguino- scrotal swelling was present for 20 years. Pain in swelling for 3-4 month

On local examination swelling is about 5x6 cm in size spherical in shape non tender normothermic & irreducible. Swelling increases with cough impulse and there was no sign of cellulitis, ischemia, visible veins or ulcers. Testis was normally palpable on both sides with normal sensation. Transillumination test was -ve. There was upper limit of swelling was not reachable.

INVESTIGATION: Cbc blood urea, creatinine, hep b.c, Random blood sugar, X ray chest
Pre-operative management: Pt was given vitamin K (10 mg)

Post-operative management: Pt was kept NPO. Raised foot end. Hizoine inj (1mg) flygle 100mg diclofenac.

OPERATIVE FINDINGS: It was an indirect inguinal hernia. On opening the sac it was found to have appendix and Cecum making one wall of sac. Appendix was found to be inflamed. Cecum and appendix carefully dissected from the wall of sac. Cecum reduced and hernial sac repaired. Posterior wall was repaired by the mesh repair.

KEY WORDS: sliding hernia, mesh hernioraphy

WORDS COUNT: 315

A Case of Typhoid Perforation

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INTRODUCTION: Typhoid Perforation is the most common surgical complication of Typhoid fever. It is associated with significant morbidity and mortality due to late presentation. The infection is caused by gram negative bacteria *Salmonella typhi* found only in humans. It is transmitted through feco oral route. The organism multiplies in intestine and enters into circulation, the organism is moved from circulation by reticuloendothelial system, where they cause necrosis of reticuloendothelial cells and released into circulation and bile through they reach into intestine causing blockage of the capillaries leading to necrosis, ulceration and subsequent bleeding and perforation. Perforation may be small or wide up to 2.5 cm mostly within 45cm of ileocecal junction. They are multiple in 20% patients.

CASE PRESENTATION: An 18 years old tailor, Farhan S/O Salah Uddin, unmarried, Muslim, male resident of mirpurkhas came to MMCH through emergency at 10:30 am on 11/05/2016 with presenting complaint of severe pain in lower abdomen since 11 days and high grade fever. According to the patient's attendant pain suddenly started in lower abdomen, was severe and colicky in nature, does not radiate or shift to any other region. Pain intensity was decreased with medicine and aggravated with walking pain was associated with fever. The patient thought that he had appendicitis. Fever onset was gradual with no rigors and chills, Fever is of stab ladder pattern and low grade at night with no association. In GIT history his appetite was decreased, having dysphagia, blisters in mouth abdominal distention and decreased frequency of defecation. No significant abnormality in history of CNS, CVS, Respiratory and Urinary system. In previous history the patient was treated for typhoid fever one year back and no history of DM, TB, HTN or Surgery. In GPE he was found dehydrated with blisters in mouth. In abdominal examination there were no scar, pigmentation, bruise or prominent vessels with normal skin color and hair distribution and centrally placed umbilicus. In palpation there was rebound tenderness in upper left quadrant with no spleen and hepato megally. On percussion, rebound tenderness was present. Bowel sounds were not audible.

CPC was normal and HBsAg and antibodies for HCV were negative.

X-RAY CHEST (P.A view) shows gas shadow under right diaphragm.

Ultrasound findings suggest a suspicious, perforated appendicitis and free air in left upper quadrant.

MANAGEMENT:

PRE- OPERATIVE: Ringolact 1 liter straight. With Toradol (NSAID) I/V.

OPERATIVE: 2 pints of blood, NG tube, Foley's catheter and 2 I/V line take.

SURGERY: Laparotomy + Ileostomy.

POST-OPERATIVE: NPO till allowed. Inj ringolact 1 liter (33 drops per minute) I/V 08 Hours. Inj Maxef (Cefalexin) 2G (ATD) I/V X OD. Inj Dicloran (NSAID) 75 mg I/M X BD. Inj Kinz 10 mg dilute in 9 cc of D/W then given 3 cc I/V X 50g. Inj Paractamol I/V X 3 hourly. Maintain TRP.

REVERSE ILEOSTOMY was performed after 2 months and patient was alright then.

Acute Cholecystitis followed by acute Pancreatitis

Department of Surgery of Muhammad Medical College
Supervisor Prof Surgeon Razi Muhammad Shah, Assistant Prof Surgeon Saifullah Barohi
Students of Final Year. Hafiza Abeer Ilyas, Zeenat Khan, Qaiser Khan, Ziaullah
Aziaiza RACT

INTRODUCTION: This is a case of Acute Cholecystitis followed acute Pancreatitis in a clinical setting, looking at its presentation, diagnosis and focusing on treatment and management. Treatment given was analgesics, intravenous fluids, and antibiotics. ERCP and laparoscopic cholecystectomy were performed and he was discharged after 2 months.

CASE HISTORY: A young male presented to with history of severe right upper quadrant (RUQ) pain. On examination, there was mild fever, tachycardia, hypotension and jaundice. Guarding, tenderness, and Murphy's sign was noted. Routine laboratory tests showed WBC 14,000, hemoglobin 13.2 g/dl, and platelet count was 244. Liver function tests showed total bilirubin 1.5mg/dl, amylase 458 U/L, lipase 1044 U/L, ALT 91 IU/L. Ultrasound and CT scan revealed cholelithiasis, choledocholithiasis and pancreatitis. 40 percent acute pancreatitis due to cholelithiasis.

The patient was admitted to surgical ward, and started on intravenous fluids (3-4 liters/ 24 hours), broad spectrum parenteral antibiotics (i/v ceftriaxone 2g/ day), narcotic analgesics, and total parenteral nutrition. He was kept NPO for few days. Subsequently, ERCP and laparoscopic cholecystectomy was performed. No complications (e.g. pseudocyst, acute necrotizing pancreatitis, liver failure, shock, sepsis, multi organ failure and death) occurred and he was discharged in stable condition at 8 weeks.

CONCLUSION: Acute Pancreatitis was treated conservatively initially, and later with surgery (ERCP and laparoscopic cholecystectomy).

KEYWORDS: Acute pancreatitis, Case report, Endoscopic retrograde cholangiopancreatography, Laparoscopic, cholecystectomy, Endoscopic sphincterotomy.

WORD COUNT: 260

Prevalence of recurrent wheezing in children < 5 year old presented in OPD ward of MMC

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INTRODUCTION: wheezing is a musical and continues sound that originate from oscillation in narrowed airways which is mostly heard during expiration. When wheezing recurs >4 weeks called as recurrent wheezing. Approximately half of the children <5 years have at least one episode of wheezing, in which less than half children suffering from recurrent wheezing. So recurrent wheezing have significant morbidity and mortality in children less <5 years old. It has multifactorial causes; asthma and infection are most common in them.

METHODOLOGY: A hospital based study was conducted retrospectively from January to august 2016. Inpaeds ward of MMCH. In which we reviewed 27 files to find out the prevalence and causes of recurrent wheezing. Data was analyzed by SPSS version 22, for generating charts we used Microsoft excel 2007.

RESULTS: In total 55 patients, 27(49%) patient suffered from wheezing; out of these 11 children suffered from recurrent wheezing. Cause of wheezing were pneumonia 12 (44.4%), infection 8 (29.6%), asthma 4 (14.8%), allergies (27.4%), GERD 1 (3.7%). Causes of recurrent wheezing were Asthma 4 (36.4%), pneumonia 3 (27.3%), infection 2 (18.2%), allergies 1(9.1%), GERD 1(9.1%). Children with recurrent wheezing 7(63.6%) are under weight and 8(61.5%) male are more effected.

CONCLUSION: Children who are suffering from recurrent wheezing should be given great attention and well treated to decrease its morbidity and mortality, especially those who suffered from pneumonia, asthma and infections of lower respiratory tract.

WORD COUNT:280

Case of Empyema Necessitans Caused by Mycobacterium Tuberculosis presented at MMCH

AUTHORS: Saira Hameed, Alveena Afzal, Noor Saba, Rehana Praveen, Mubashir Nazar final year 2016.

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Department of Surgery wards MMCH

ABSTRACT

BACKGROUND: An empyema is a collection or gathering of pus within a naturally existing anatomical cavity. Empyema Necessitans refers to extension of a pleural infection out of the thorax and into the neighboring chest wall and surrounding the soft tissue.

CASE PRESENTATION: A 55 year old male, resident of Mirpurkhas city presented in surgery ward MMCH on 23rd May 2016 at 10.30 pm with the complaint of abdominal pain, swelling on left side of the chest, fever and cough. On physical examination patient lies uncomfortable on bed with pain. His blood pressure was 110/70 mmHg, pulse rate 80 beats/min and temperature 102°F. Respiratory rate 16 breath/min. Examination revealed Left side chest silent, Right side chest with vesicular breathing on auscultation, dullness on percussion and expansion of chest was abnormal. CNS examination showed motor, sensory function loss, abnormal speech and abnormal gait. Investigation showed X-ray chest AP view and lateral view pleural effusion with homogeneous opacity. Full Blood Count revealed hemoglobin of 5.8 g, RBC 2.43 m/cumm, PCV 17.2 white blood cell count of 12,800/cumm lymphocytes of 10%, neutrophils of 88%, eosinophils 1%, monocytes 1%, and platelet count 191,000/cumm. Tuberculin skin test was positive. In surgery his abscess was drained by passing two tubes subcutaneously by giving incision on the most fluctuant point, 6 Liters pus was drained and sent for culture. Patient was given antibiotic with anti-tuberculous drugs and discharged with good prognosis.

CONCLUSION: Empyema is a rare and late complication of tuberculosis.

KEYWORDS: Empyema, Fever, tuberculosis,

WORD COUNT: 273

CASE REPORT OF NEPHRECTOMY IN MMCH

Anum Asif Syed, Fazilla gull, Bakhtawar SiddiqueProf:RehmatullahSoomro
Prof: Dr. Syed Razi Muhammad

A 30 year old women house from MPK presented in surgical ward though OPD at MMCH on 22 august 2016 with the complain of pain in left lumber region for 1 year. About a month back, she visited a hospital where she was diagnose as pyonephrosis and PCN done on 26 July 2016.PCN drained all the pus but even then her pain didn't go. A plan for nephrectomy was made and she come here for this purpose. We did routine lab and found all results in normal range. Onultrasound lower uretric calculus with mild hydronephrosis& mild hydrouretric with 1 cm cortical thickness. However the radionuclide studies revealed this kidney to have function less than 20%. It was a controversial circumstances. Therefore keeping the age of the patient in consideration she was once again reevaluated for the function of the kidney and found nonfunctioning. Onceconfirmed we have done left sided nephrectomy 30 august 2016 by transverse incision at the level of 12 rib .The kidney was necrosed, severely adherent with surroundings, causing difficulty in mobilization. However the kidney mobilize, pedicle identified, tied by transfixation and cut. She mostly secured and wound close perfectly. Post-operatively the recovery is smooth except the patient develop fever and dyspnea which were handled very carefully.

Case report of Gastric Perforation

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INTRODUCTION: Gastric perforation is severe condition which needs to be medically treated immediately. Gastric perforation (GP) occurs when a hole forms all the way through the stomach, large bowel, or small intestine. It can be due to a number of different diseases, including appendicitis and diverticulitis. It can also be the result of trauma.

CASE REPORT: A 30 year old male resident of Mirpurkhas admitted in surgical ward through OPD on 20-2-2016 with the complain of pain in epigastric region for 3 days, constipation since 3 days and distention of abdomen for one day. Patient was feeling uncomfortable. On examination severe tenderness in abdomen and guarding with no bowel sounds. Initially manage the patient, meanwhile with we have sent all investigations along with x-rays and ultrasound of abdomen. After the investigation we diagnosed the perforation conformed. Then we prepare the patient for laparotomy. After pre-operative medication surgery is being done as all the fluid is aspirated and peritoneum is washed with 2 Liter of normal saline. Then over sewing with omental patch is done. Two drain kept in peritoneum, 1 in the pelvis and second in the sub-hepatic space. Then wound is closed layer by layer. After post-operative treatment no acute complain was reported and patient is discharged to home.

CONCLUSION: When you've had a gastric perforation and peritonitis occurs, the abdomen feels very tender. Pain often worsens when someone touches or palpates the area or when the patient moves. On the basis of investigation (X-ray and ultrasound of abdomen) we can diagnose the patient has gastric perforation for that explored laparotomy is done, in which bileus fluid in peritoneal cavity and gastric perforation is present.

KEY WORDS: Gastric perforation, Intestinal perforation, Laparotomy.

WORD COUNT: 317

Case Report of Cerebral Palsy Presented At Muhammad Medical College Hospital, Mirpurkhas

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INTRODUCTION: Cerebral palsy (CP) is a group of disorders relating to "motor" development due to non-progressive lesions of the developing brain, often Accompanied by disturbances of sensation, cognition and/or a seizure disorder. The overall prevalence is 2.5 per 1000 but may vary from 1 to 6 per 1000.^{2,3} About 2 to 3 out of every 1,000 children have CP, making it the most common neuro-developmental motor disability in children.

CASE PRESENTATION: A one year old Baby Gulnaz, from Mirpurkhas presented to Pediatric OPD at MMCH on 4-09-2012 at 9:50 AM with the complain of unconsciousness, febrile fits and vomiting. Baby is of full term and delivered through normal vaginal delivery and the history of late cry is positive in the birth history. He was unvaccinated and having positive history tuberculosis in the family. On Examination heart rate was 110 B/min, Temp 99 F, Resp. rate 32 b/min. there are signs of Upper motor neuron lessions in the form of hypertonia, hyperflexia and positive clonus. SOMI +Ve, rest of examination is unremarkable. Investigations reveal ICT; malaria negative, CBC shows; lymphocytosis , ESR 80, Mountex test +ve. On L.P CSF Pressure was increased, TLC were 65 mostly lymphocytes. 4 drugs ATT was started along with steroide. Anticonvulsants and antipyretics were given.

CONCLUSION: Lack of proper antenatal care and delivery in a non-hospital setting appeared to be the major factors contributing towards the development of CP. Enhancing parents' knowledge about their child's condition as well as targeting the preventable causes could be crucial in modifying the rising trend of childhood disability.

KEYWORDS: Cerebral palsy, disability, Mmch

WORD COUNT: 291

Case Report:Ileal Perforation

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INTRODUCTION: Ileal perforation as a complication of typhoid fever and enteritis has continued to be a major public health problem in the developing world, because of its persistent high morbidity and mortality. Typhoid fever is a severe febrile illness caused by ingestion of the gram-negative bacillus, salmonella enteritidis serovar typhi. Regions of the world like ours, lacking clean and portable water supplies and inadequate waste disposal systems have a high incidence of typhoid fever. One of the most fatal complications of typhoid fever is ileal perforation.

CASE PRESENTATION: A 25 years old male resident of Mirpurkhas presented to Casualty of MMCH on 25th of August with complaints of diffuse, severe abdominal pain, tenderness and vomiting since last night. There was history of weight loss and loss of appetite. No history on any systemic illness. On physical examination, abdomen was tense, tender, with absent bowel sound. Both guarding and rigidity were present all over the abdomen. An upright abdominal radiograph showed free gas under the right dome of diaphragm. The patient was resuscitated with intravenous fluid and broad spectrum antibiotics given pre-operatively. Exploratory laparotomy was performed through midline incision and fecal peritonitis with exudative flakes all over the intestine was found. Thorough peritoneal lavage was carried out with N/S. Perforation was at the 3-4 cm away from ileocecal junction. Resection of the perforated intestinal segment with loop ileostomy was performed. Patient was kept on IV fluid & NPO for 2 days. kept on i.v. fluids and nil orally for 3 days. Broad spectrum.

CONCLUSION: The key to improved survival in this deadly disease lies not in a better operation or improved perioperative care, but in the prevention of typhoid fever by providing safe drinking water and improved sanitation methods for all of the global community.

KEY WORDS: Ileal Perforation, Ileostomy.

WORD COUNT: 338

**A patient with Fistula in-Ano in
Muhammad Medical College Hospital
(Case Report)**

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INTRODUCTION: Anal fistula or fistula-in-ano, is a chronic abnormal communication between the epithelialized surface of the anal canal and (usually) the perianal skin. Fistula-in-ano is a very common disease seen in the general population. The incidence of fistula-in-ano is 9 per 100 000 in the world. Generally, Fistulectomy or Fistulotomy, is an adequate surgical procedure for the treatment of a simple or low trans-sphincteric fistula. In the presence of a complicated trans-sphincteric or suprasphincteric fistula, application of advancement flaps, an anal plug and fibrin glue are the different options for the treatment. The main objective in different procedures is the treatment of the disease and the prevention of recurrences, and anal incontinence.

CASE PRESENTATION: A 34 years old male patient from Mps admitted to the surgical ward from emergency at August 24, 2016 with the complain of discharging perianal sinus with bleeding from one year in Muhammad Medical college Hospital. On local examination a 9 o'clock discharging opening was found. On per rectal examination internal opening was palpable at anal vertical, track was straight and low tag fistula. On general examination we found no any significant systemic history. In investigations reports, Blood CP show RBC's 4.39m/cumm and macrocytosis, Urine DR shows pus cells (2-3/hpf) and epithelial cells (1-2/hpf), LFT shows ALT 128 u/L and gamma GT 96u/L. On serology, HCV was positive. Then in O.T, Fistulectomy was done under spinal anesthesia on August 25, 2016. Post-operative management was painkiller, antibiotics, local anesthetic and anti-inflammatory drugs were given.

CONCLUSION: Although rare, sometimes common clinical conditions like fistula-in-ano may also present in complex manner. It is important to establish the diagnosis firmly and map the fistula properly before going in for surgery. Complexity of fistulas and improper mapping often leads to recurrences and other complications like incontinence.

KEY WORDS: Fistula in-Ano, Fistulectomy, Muhammad Medical College Hospital.

WORDS COUNT: 347

VESICAL CALCULI: CASE REPORT

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SUPERVISORS: Dr. Syed Razi Muhammad² and Dr. Jamshed Bashir²

Department of Surgery

INTRODUCTION: Bladder stones are of two types, primary and secondary. First one develops in sterile urine, it often originates in the kidney, usually oxalate, while, second occurs in presence of infection, outflow obstruction, impaired emptying or foreign body, usually phosphate stone. Male to female ratio is M:F=8:1. It may be asymptomatic, or presents with increased frequency of micturition, during night desire to micturate decreases as stone falls on the neck of the urinary bladder, while standing irritates a desire to micturate as stone falls on to the trigone. Pain site usually referred to tip of penis at the end of micturition, which is aggravated by exertion and relieved by lying down and suprapubic discomfort. Passage of few drops of bright red blood at the end of micturition due to stone abrading the vascular trigone. Urinary infection is common presenting symptom.

CASE REPORT: An old man, Nazar Muhammad mastoi, aged 72 years, resident of kamal khan goth, tando Allah yar presented at MMCH with hematuria and retention of urine. Previous history shows = H/O Same complain multiple times in last 5 years, He went to doctors and they pass foley's catheter to relieve symptoms but nobody advice investigation. K/C IHD, HTN, COPD. After he present at MMCH, investigations are advised after putting foley's U/S PELVIC = Shows mildly enlarge prostate, large hypoechoic area seen looks like stone X-RAY KUB = Shows three large vesical stones and some small stones all prostatic fossa. Other routine investigation orders and after fitness open surgery was planned, All three large stones removed, by Cystolithotomy and some small stones also removed which are found in neck of gall bladder in prostatic fossa. Prostate found normal by palpation, recoverance fine. Surgery was done at 27, 5, and 2016, operate the surgeon Dr. Jamsheed Bashir with help of spinal anesthesia.

KEYWORDS: hematuria, micturition, calculus.

WORD COUNT: 313

A Case of Recurrent Urinary tract infection

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Prof: Dr. Abdul Qadir Khan² Prof: Dr. Syed Razi Muhammad²

ABSTRACT: Recurrent urinary tract infections are most common in adult women across the world with mean annual incidence of 15% and 10% in those aged 15-39 and 40-79 years. recurrent urinary tract infections present a significant problem for women and a challenge for doctors who care for them. the diagnosis of recurrent UTI can be achieved best by a thorough assessment of patient symptoms. the patients suffer from recurrent UTI can be treated safely and effectively with continuous antibiotic prophylaxis, post coital therapy.

INTRODUCTION: recurrent urinary tract infection is defined as three episodes of urinary tract infection (UTI) with three positive urine cultures in the previous 12 months or two episodes in the last six months. RUTI is caused by *Escherichia coli* which is responsible for 85% of infections in ambulatory patients and 50% of nosocomial infections. risk factors are use of spermicides, sexual intercourse, urinary stasis, renal cyst, neurogenic bladder, indwelling catheter, ureteric stent, DM, renal failure.

CASE PRESENTATION: A 45 year old female, Amna bibi, married, muslim, housewife resident of mirpurkhas came to medicine ward 2 through emergency on 29-08-2016 with presenting complaint of fever and restlessness. in history of presenting complaint according to the patient she has epigastric pain and nausea for last 10 days and the on and off fever as well. no family member is affected by same disease and she has been taking different types of drugs for the disease. economically she is poor and can not afford the medical expenses. in personal history she told about loss of appetite and low weight and all other physical and general examinations are quite ok.

IN LABORATORY INVESTIGATIONS

| | |
|----------------------|---------------------|
| RBC | 2.49 mil/cumm |
| PCV | 20.9% |
| MCV | 83.9 |
| MCH | 28.9 |
| MCHC | 34.4 |
| Alkaline phosphatase | 4580 U/L |
| Gamma GT | 495 U/L |
| Haemoglobin | 7.2 gm/dl |
| Leucocytes | 15300 thousand/cumm |
| Platelet | 66000 /cumm |

in treatment she has been given
Inj: novidate I/V x BD
Inj: risek 40mg x BD
Inj: pantra+maxolone I/V x SoS
Inj: neurobian I/V x OD
Tab: Cac 1000 1+0+0
Tab: anpra (0.5mg) 1+1+1
Tab: tepride 1+0+1
Syp: lilac 2TSF+0+2TSF

A CASE REPORT OF CHOLESTATIC LIVER DISEASE PATIENT AT MMCH

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BACKGROUND: cholestasis is a clinical & biochemical syndrome caused by an impaired bile flow associated with clinical manifestations such as jaundice & itching, & biochemical disturbances such as elevated ALP level. Cholestasis is intrahepatic when there is impairment in bile excretion & extra-hepatic when it occurs in the great bile ducts, commonly caused by calculi, pancreatic & biliary tumors or Hillar lymph nodes metastasis.

CASE HISTORY: A 45 years old muslim, male driver by occupation resident of Mirpurkhas, admitted in medicine ward through OPD dated on 15-8-16 around 11 am. With presenting complain of yellowish discoloration of eye & weakness for 2-month. Anorexia & itching for 2-weeks, Dry cough for 4-days. On examination & patient was have mild hepatosplenomegaly. ultrasound shows hepatosplenomegaly, bile ducts appears dilated. When performed LFTs showed elevated levels of total Bilirubin, direct bilirubin, SGPT & ALP. We give symptomatic treatment for the pruritis, weakness, & give artificial bile acids. On the basis of abnormal clotting profile (increased prothrombin time), we recommend vit.k& FFP to the patient. On biopsy report, moderate acute and chronic inflammation with cholestasis and septal fibrosis diagnosed.

CONCLUSION: Patient with cholestatic liver disease (PBC & PSC) showed substantial impairment of HRQL, which is further affected by worsening disease severity. Disease specific measures were better able to discriminate patients with varying severity.

KEY WORDS: cholestasis, jaundice, ALP.

WORD COUNT: 251

A Case Report of Bilateral Hydronephrosis in MMCH, 2016

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BACKGROUND: Hydronephrosis are common clinical conditions encountered not only by urologists but also by emergency medicine specialists and primary care physicians. Hydronephrosis is defined as distension of renal calyces and pelvis with urine as a result of obstruction of outflow of urine distal to renal pelvis. The presence of Hydronephrosis can be physiological or pathological; it may be acute or chronic, unilateral or bilateral.

CASE REPORT: A 55 year old man came from Moro on 28 March 2016 through OPD with the complaint of pain in both lumbar region for 15 days. Pain aggravated by taking meal and water. Intensity of pain was severe and there is no radiation of pain. There was history of loss of appetite, sleep disturbance, constipation and burning Micturation. On abdominal examination there was scar due to bilateral nephrolithotomy. There was no visceromegaly. There was resonant abdomen on percussion and bowel sounds were audible. In this patient Creatinine was high, on ultrasound bilateral Hydronephrosis was diagnosed.

Firstly PCNL was placed in right kidney so urine output at that time was 300 ml, PCNL output was satisfactory, then DJ stent were placed in both kidneys by this urine passed out and pain is relieved. Then the patient was referred to NIMRA (hydra) for DMSA scan, it shows that right kidney was 42% functioning and left was 58% functioning.

CONCLUSION: If patient have Hydronephrosis, treatment will depend on what's causing the condition and how severe it is. The first stage of treatment is often to drain the urine out of your kidneys by inserting a tube called a catheter into your bladder or kidneys. This will help relieve the pressure on your kidneys.

KEY WORDS: Bilateral Hydronephrosis, urine outflow obstruction

WORD COUNT: 332

ASSIGNED BY: Sir Syed Razi Muhammad

Case of Septic Induced Abortion at AL-Hameed Family Hospital

Authors: Saira Hameed, Alveena Afzal, Sheraz Sarwar Final year 2016

Supervisors: DrKhalidaShahid, DrAsmaJamshed

INTRODUCTION: septic abortion is infection of uterus and its appendages following an abortion especially, illegally performed induce abortion. It is characterized by high grade fever; at least 100F associated offensive purulent vaginal discharge and lower abdominal pain and tenderness.

CASE: patient named Kalsoom Bibi, P5, wife of Shabaz, age 35 years, Muslim by religion, married since 14 years, resident of kabirwala admitted in emergency at AL- Hameed family hospital on 9 June, 2016 with complain of high grade fever, abdominal pain, vaginal discharge and abdominal discomfort. On examination she lies uncomfortably in pain. Her pulse rate 96 beats / min, blood pressure was 90/60 mmHg, temperature 104F & respiratory rate 16 breaths/min. Examination revealed abdomen tender, cervix closed, uterus bulky and tender, foul smelling profuse purulent vaginal discharge. Investigation showed, severe anaemia 7.5g Hb, CBC revealed TLC 8050 CU/mm, ESR 30mm/1st hour, DLC neutrophils 59%, Monocyte 7%, eosinophils 05%. High resolution pelvic imaging revealed large size uterus, multiple echogenic shadows indicating presence of 3 holes at level of urinary bladder anteriorly. Her abdomen was opened and 2 liters of pus gushed out which was collected and sent for culture. Total abdominal hysterectomy was done & cavity was mopped clean with normal saline, stitched in layers. 2 unit of blood were transfused. She was kept on antibiotics and iron supplements. On basis of good prognosis she was discharged to go home.

CONCLUSION: with proper treatment, care and follow up patient of induced septic abortion can be saved.

KEYWORDS: sepsis, abortion, induced abortion, total abdominal hysterectomy

WORD COUNT: 270

Case report of ovarian carcinoma at Gynecological ward of MMCH

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Gynecological ward of Muhammad Medical College Hospital

BACKGROUND: ovarian cancer is second most common cancer of reproductive system and leading cause of gynecological malignancies. Incidence of ovarian cancer is 11.9 per 100,000 women per year are estimated. Death from ovarian cancer is 2.4% of all cancer and estimated death are 14,240 in 2016. Peak incidence is between 65-75 year ages. Major risk factor for ovarian cancer is age, nulliparity, family history, previous history of endometrial or breast cancer.

CASE REPORT: A 65 year old married woman came to OPD at Gynecological ward of MMCH with complaints of lower abdominal mass since 12 years which increased gradually from 1 year and became painful from 6 months. Pain was pricking in nature, aggravated by walking and relieved by medicine. She also had complaints of cough, difficulty in breathing, vaginal prolapse, weight loss and loss of appetite. On general physical examination she had general weakness, pallor, respiratory rate was 27/minute and Pulse rate was 92/minute. On abdominal examination mass was hard and tender, diffuse, felt in right iliac fossa. Patient advised for CBC, LFT's, chest X-ray and CT scan. CA125 marker was 90 which was suspected for cancer and which confirmed on Biopsy. According to Biopsy reports ovarian subepithelial tumor of 4th stage was diagnosed. Patient tumor size and adhesion was not suitable for surgical removal so referred to radiological center of LUMHS for radiotherapy.

CONCLUSION: Every abdominal mass in late age especially after menopause should be noticed and investigated for diagnosis of cancer in early stages. In diagnosis elevated CA125 marker can help. After diagnosis cancers should be treated according to stage by surgery, radiotherapy and chemotherapy. In this way we can reduce the morbidity and mortality from ovarian cancer.

KEY WORDS: Abdominal mass, abdominal pain, ovarian cancer, CA125,

WORD COUNT: 328

Case Study: Chronic Diabetic and Hypertensive Patient with Cholelithiasis

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INTRODUCTION: Cholelithiasis is the presence of stones in the gallbladder usually formed due to solid contents of bile. It is a multifactorial phenomenon i.e. due to obesity, multiparity, frequent weight changes and diabetes mellitus. Every year 1-3% people develop gallstones.

CASE PRESENTATION: A 70 year old lady, resident of Mirpurkhas presented to O.P.D in MMCH on 10th August 2016, with the complain of abdominal pain, nausea and vomiting from last 5 months. Her past history is positive for diabetes and hypertension. Clinically her b.p was 160/100mmHg. Physical examination showed no scar, no pigmentation and no tenderness. On auscultation bowel sounds were audible. First we conducted CBC, UCE, LFTs, HBV, HCV and RBS. She was HBV and HCV negative. RBS was increased. Ultrasonography show multiple stones within the gall bladder. Open cholecystectomy was performed by giving right mini incision. Postoperative period was managed by broad spectrum antibiotics along with insulin and antihypertensive medications. Patient was NPO for 8hrs.

CONCLUSION: The key to minimize the increasing cases of Cholelithiasis is to avoid fatty meals and life style modifications by including exercise and healthy food.

KEYWORDS: Patient, Cholelithiasis, multifactorial, Diabetes, Hypertensive.

WORDS COUNT: 226

Ectopic Pregnancy (Case Report)

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INTRODUCTION: An ectopic pregnancy is implantation of fertilized ovum outside the endometrial cavity. Almost all ectopic pregnancies occur in a fallopian tube, and are thus sometimes called tubal pregnancy. The fallopian tubes are not designed to hold a growing embryo, thus the fertilized egg in tubal pregnancy cannot develop properly and must be treated. That's why ectopic pregnancy occur 1 in 200-300 pregnancies.

CASE PRESENTATION: 26 years old Female married patient, lives in Mirpurkhas, comes through emergency on 22 March 2016. Presenting complain is pain in lower abdomen with sudden collapse in afternoon. On that Day (22 march) after lunch she had severe pain in lower abdomen, suddenly she became faint. Then her family brought her to emergency ward of MMCH. On examination gynecologist find that she was having no Pulse, no B.P. On abdominal examination, abdomen was distended, tense and tender. On gentle vaginal examination she find tenderness. Resuscitation and initial Investigations were done. After that, doctors thought it could be ectopic pregnancy, perforation or any intestinal obstruction. Due to patients severe condition, doctors took consent and shifted to OT for laparotomy. The point of bleeding was left fallopian tube which is ruptured due to ectopic pregnancy. Left salpingectomy was done. Then patient was shifted into the ICU for further monitoring. In ICU 5 pints of blood, platelets and IV fluid was given. After attaining clinically stability, the patient was shifted to the ward.

KEY WORDS: Ectopic pregnancy, MMCH

WORDS COUNT: 280

Case Report: Intestinal Perforation

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INTRODUCTION: Intestinal perforation is a common cause of peritonitis necessitating emergency surgical intervention. Typhoid perforation is a serious abdominal complication. The prevalence of typhoid fever is still remains endemic in the subcontinent. Intestinal Perforation is the most common cause for its high morbidity and mortality. In general, perforation occurs in the terminal ileum secondary to necrosis of Peyer's patches at 2-3 weeks after the onset of the disease.

CASE PRESENTATION: A 70 years old lady resident of Mirpurkhas presented to Casualty of MMCH with complaints of diffuse, severe abdominal pain, fever for 10 days, and vomiting for 4 days, and constipation for 2 days. There was no history of chronic abdominal pain or analgesic abuse, but patient was addicted to NASWAR. On physical examination, abdomen was tense, tender, with absent bowel sound. Both guarding and rigidity were present all over the abdomen. An upright abdominal radiograph showed free gas under the right dome of diaphragm. When she was investigated, Hb 10, white blood cell count 14500/cm³, platelets 160000/cm³, sodium 138 mEq/L, potassium 3.2 mEq/L. The patient was resuscitated with intravenous fluid and antibiotics ceftriaxone and metronidazole given pre-operatively. NG tube insertion and urethral catheterization was carried out. Exploratory laparotomy was performed through midline incision and fecal peritonitis with exudative flakes all over the intestine was found. Thorough peritoneal lavage was carried out with N/S. Perforation was at the ileocecal junction, Resection of the perforated intestinal segment with loop ileostomy was performed. Patient was kept on IV fluid & NPO for 2 days. Antibiotic 3rd generation cephalosporin with NG tube & abdominal drain tube removed on 3rd post-operative day. Kept on i.v. fluids and nil orally for 3 days. Broad spectrum

CONCLUSION: The key to improved survival in this deadly disease lies not in a better operation or improved perioperative care, but in the prevention of typhoid fever by providing safe drinking water and improved sanitation methods for all of the global community.

KEY WORDS: Intestinal Perforation, Ileostomy.

WORD COUNT: 363

Groin Flap for coverage of dorsum of hand wounds – A case report

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ABSTRACT

BACKGROUND: A male patient aged 30 years, farmer by profession came to Department of surgery for a non healing wound on the dorsum of hand. Patient said that initially he was hit by a nail in the farmhouse, which got infected. He didn't seek any care initially and thought that it would heal by its own but eventually it got infected and a significant part of skin got necrosed.

LABS: Hb=11.7, TLC=8200, PLATELET COUNT=319,000.

FINDINGS: On initial examination it was noted that the tendons were exposed so it was decided that the wound would be covered with a flap.

PLANNING: It was decided the groin pedicle flap based on SCIA will be used to cover the defect in two stages.

OPERATIVE PROCEDURE: In the first stage the wound was debrided and flap was raised and attached to the wound on dorsum of his hand. The donor area was closed primarily in almost half of its size.

In second stage, after 3 weeks the pedicle of the flap was detached, remaining few small areas with good healthy granulation tissue were covered with partial thickness skin graft. The graft was harvested from the thigh. The detached pedicle was stitched back to the donor area.

POSTOPERATIVE CARE: The first post-operative dressing was done after 4 days, and the wound was found to be satisfactory without any loss of flap or infection.

A case report of Right sided Obstructed inguinal Hernia

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INTRODUCTION: An inguinal hernia is a protrusion of the abdominal cavity contents, through the inguinal canal. Symptoms are present in about 66% of affected people. This may include pain especially with coughing, exercise, or bowel movements. As the hernia progresses, contents of the abdominal Cavity, such as the intestine, liver can descend into the hernia & run the risk of being pinched within the hernia, causing an intestinal obstruction. If the blood supply of the portion of the intestine caught in the hernia is compromised, the hernia is deemed strangulated & gut ischemia & gangrene can result.

CASE HISTORY: A 10 year old boy resident of kachilo admitted in surgical ward through emergency dated on 21-3-16 around 11' O clock, with the presenting complain of Swelling in the right inguinal region for 1 year, Severe pain in swelling for 1 day & mild abdominal distention and vomiting for 1 day. On Examination, There was right inguinoscrotal swelling about 5x6 cm in size, spherical in shape, hyper thermic and tender with smooth surface. Swelling is not increases with cough impulse. Swelling was firm in consistency. With no signs of ulcer, ischaemia, visible veins or previous scar. After examination, diagnose a case of right obstructed inguinal hernia. We prepare the patient for surgical intervention by maintain IV line, pass NG tube. Given Broad spectrum antibiotics, and catheterize. While meanwhile blood samples sent for investigations. Then right herniotomy with hernioraphy done.

CONCLUSION: strangulation of the inguinal hernia content is usually due to the tight constriction at the level of internal or at external inguinal ring. Anyone presenting with the clinical features of strangulated inguinal hernia with small bowel obstruction mandates prompt surgical exploration of the inguinal canal, otherwise fatal consequences may occur.

KEY WORDS: obstructed inguinal hernia, herniotomy, hernioraphy.

WORD COUNT: 228

A Case Report of Colorectal Carcinoma in Surgery Ward of MMCH

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INTRODUCTION:Colorectal Carcinoma is the most common malignancy of gastrointestinal tract. Colorectal cancer (also known as colon cancer, rectal cancer, or bowel cancer) is the development of cancer from colon or rectum. It is due to abnormal growth of cells that have the ability to invade or spread to other parts of body. 2nd leading cause of death in North America .3rd most common cancer in western society.

CASE PRESENTATION: A 25 years old female patient from Mirpurkhas came to OPD at MMCH on 27 April with the complaint of anal bleeding with pain for 3 months, abdominal pain for 3 months,altered bowel habits for 3 months,generalized weakness and weight loss.She was previously hepatitis B positive and had no significant family history. In personal history her appetite and sleep was also disturbed. On general physical examination patient was irritable and malnutrieted. Abdominal examination shows that abdomen was slightly tender, shifting dullness and bowel sounds are not audible. Firstly we advised colonoscopy and biopsy, which shows adenocarcinoma of rectum which metastasized to duodenum (Signet ring variant). In blood CP RBCs show slight hypochromia, WBCs show neutrophilic leukocytosis. Though we know that our patient has malignant carcinoma and her survival period is short so we go for APR, for her palliation and relieve the symptoms of patient and then send patient for chemotherapy. Due to advanced stage carcinoma, despite of all efforts the patient expired due to Cardio-pulmonary arrest within 6 months.

CONCLUSION: if patient came to you with bleeding p/R and altered bowel habits then advice colonoscopy+ fecal occult blood test and screening despite of age.

KEY WORDS:Adenocarcinoma of rectum, bleedingp/R, APR.

WORD COUNT: 316

Case Report of B-Cell Lymphoma Presented At Muhammad Medical College Hospital, Mirpurkhas

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INTRODUCTION: B cell Lymphoma is fourth most frequently diagnosed malignancy during pregnancy. In the most type of b cell lymphoma in pregnant woman is B cell Hodgkin lymphoma. HL during pregnancy has a reported incidence is 1 per 6000. It is consider most curable form of cancer especially if diagnose and treated early.

CASE PRESENTATION: A 28 year old female presented in emergency ward in 7th week of gestation with the complain of Shortness of breath and palpitation, generalized weakness. On examination, she was grossly pallor, and anemic. On Investigation Blood CP shows Hb=3.9g/dl, MCV and MCH are decreased, platelets are normal, WBCs shows lymphocytosis (97%). After two units of Packed cell transfusion, her Hb was 7g/dl. Patient was evaluated further for anemia but no any cause of anemia was found. Patient continued ante-natal visits in OPD. After every 2 month her Hb dropped to 6g/dl and by the collaboration of physician and hematologist blood transfusion and iron infusion given to maintain her Hb at 10 g/dl till delivery. A total of 18 blood transfusions and 4 iron infusions were given during pregnancy. Obstetrician decided to induce labor at 37th week of gestation. Induction of labor was done but failed, emergency caesarian section was performed for failed induction and fetal distress. A healthy alive male baby delivered. Her postoperative period remained unremarkable with no history of PPH. After 1.5 month of delivery patient came with symptoms of anemia and Blood CP showed decreased Hb & platelets (6g/dl & 25000). After 2 unit of transfusion patient counselled for bone marrow biopsy. Bone marrow biopsy shows that b-cell lymphoma.

CONCLUSION: A very rare case of B cell lymphoma in pregnancy has diagnosed. All such cases should be diagnosed and managed with multidisciplinary approach.

KEY WORDS: B cell Lymphoma, Pregnancy, Mmch

WORD COUNT: 332

CASE REPORT OF A-PLASTIC ANEMIA PRESENTED AT MMCH 2016

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INTRODUCTION: A-plastic anemia is decreased in bone marrow activity & dec: activity of precursor of red cell, white cell, and platelets (mega karyocytes) resulting in dec: Hb, WBC & platelets which result in pallor anemia, bleeding tendency and increase incidence of infections.

CASE REPORT: An 8year old school going girl from MPK presented in pediatrics ward through OPD at MMCH on 22feb 2016 with the complaints of, hematemesis for 2 month, rashes for 1 month & fever for 1 month. ON Examination she was conscious well oriented, but looked ill & pale, brownish spot on face, neck and right side of leg, not fading on pressure, no jaundice, no lymphadenopathy, no hepatosplenomegaly no h/o of drug intake before illness. We did routine laboratory tests on 22 feb showing decreased: HB-7.7mg/dl, platelets-29000/ μ l, which was further decreased in 24 hours Hb -6mg/dl, platelets-6000/ μ l, WBC-2800/ μ l, inc: ESR & lymphocyte count, normal: P.T & APTT. Bone marrow biopsy showed hypocellular bone marrow with pancytopenia. On the basis of these investigation we diagnosed the patient as aplastic anemia. We started blood & platelet transfusions as well as supportive treatment, including diltiazem, Lasix, maxiphan, risperidone & folic acid. we also advised the patient for bone marrow transplantation for which she was transferred to Karachi. There she receive blood transfusions, steroids & ciclosporins. While she was waiting for bone marrow transplantation. She developed infections including chicken pox from which she died April 2016.

CONCLUSION: All the pt: with pancytopenia are suspected of Aplastic anemia should be further investigated on bone marrow biopsy. Bone marrow transplantation is the best treatment option for A-plastic anemia. Although ciclosporin, thymoglobulin can also be tried.

KEYWORDS: aplastic anemia, bone marrow suppression, multiple purpuric spots, secondary infection, death.

WORD COUNT: 309

Case report of an obese patient with paraumbilical hernia in surgery ward at MMCH

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BACKGROUND: More than 20 million abdominal hernias are estimated to be repaired every year around the world. Paraumbilical hernias are more common in female, who are overweight and between 35-50 years of age. Risk factors of paraumbilical hernia are obesity and repeated pregnancies in which abdominal pressure is increased.

CASE REPORT: A 45 year old female patient, residence of Waggra Ji came to OPD of Surgery ward with the complaints of swelling around umbilical from 8 years and abdominal pain from 4 years Mild to moderate Pain in umbilical region, pricking in nature aggravated by increasing abdominal pressure and relieved by lying and pain killers (Diclofenac sodium). She was previously asthmatic, diabetic, and Hypertensive, no significant family history of hernias. In personal history she has addicted to beetle nuts (challia). On general physical examination her blood pressure was 140/85 mmHg, pulse rate 90 and respiratory rate 22/min. On abdominal examination swelling or mass present around the umbilicus which was 5-7 cm in size, crescent shape, hard and tender partially reduced on lying, Expansile cough impulse is positive, dull note on percussion, on auscultation bowel sound was not audible. First we advised CBC, LFT's, PT, INR and anti HCV which was positive. Herniorraphy and hernioplasty was done to repair hernia with removal of fat.

CONCLUSION: Due to large weight and with patient's consent, excision of extra abdominal fat, lipectomy and abdominoplasty were performed, and mesh repair of paraumbilical hernia done.

KEY WORDS: paraumbilical hernia, herniorrhaphy, hernioplasty

WORD COUNT: 275

Case report of cholelithiasis coming to MMCH Mirpurkhas

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Introduction: Gall stones are hardened digestive fluid that can form in gallbladder. Formation of gall stones in gallbladder is called cholelithiasis. Gallstones are most common in females than males.

History: A 37 year old lady married housewife, resident of Mirwah admitted through OPD on 30-8-2016 with the complain of pain in right upper abdomen for 4 years on and off. Pain increases after taking fatty meal associated with nausea and vomiting.

Histories of presenting complain: According to my patient a sharp pain radiates toward back and right shoulder after taking fatty meal.

Investigations: Hb, Platelet count, TLC, LFT, Bilirubin(Total), Bilirubin(Direct), SGPT(ALT), Alkaline Phosphatase, Abdominal ultrasound.

Family history: There is no significant family history of gall stones.

Conclusion: According to history it is concluded that gall stones are not hereditary.

Keywords: Gall stones, History, case report, Management.

Key Word: 173

Case of Left diabetic foot with (PAD) Presented at MMC

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DEPARTMENT OF SURGERY WARD MMCH

ABSTRACT

BACKGROUND: Diabetes mellitus is a clinical syndrome characterized by chronic hyperglycemia and disturbance in carbohydrates, lipid and Protein metabolism and with peripheral arterial disease is a major risk factor for lower extremity amputation (Reference from (ADA)).

CASE PRESENTATION: A 62 year male thin lean from Mirpurkhas present to surgery ward after counselling by surgeon Prof Syed Razi Muhammad on 3 JUNE 2015 at 1:20pm with complain of left foot gangrene big toe and three fingers, uncontrolled sugar and B.P... ON Physical Examination Pulse 88 B.P 150/100 mmHg. Patient appearance laying on bed with left foot gangrene cannot walk properly Pedal B/L oedema positive. On CVS H/O Bypass 2 years back in 2013 & H/O Non ST segment MI 1 week back. On CNS Signs of peripheral neuropathy. Increase serum creatinine, FBS 120mg/dl RBS 210 mg/dl pt is on insulin surgery was done on 4 JUNE 2015 Before surgery Blood Transfusion done and patient LFT disturb, Urea 110, Creatinine 4.2 due to that pt was at high risk for surgery after all surgery was done good. In surgery left gangrenous foot below knee amputation after surgery drain was 50 ml and patient care and follow up for treatment after that patient refer to TABA Karachi on advice of Cardiologist because patient presented with Atrial Fibrillation and 3rd degree heart block.

CONCLUSION: Peripheral Arterial disease is a major risk factor for lower extremity amputation.

KEY WORD: Diabetic foot, PAD, Surgery Ward, MMCH

WORD COUNT: 273

Case Report: Mesothelioma

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INTRODUCTION:1. **Mesothelioma** is a type of cancer that develops from the thin layer of tissue that covers many of the internal organs (known as the mesothelium). The most common area affected is the lining of the lungs and chest wall. Less commonly the lining of the abdomen and rarely the sac surrounding the heart or the sac surrounding the testis may be affected.

METASTATIC CARCINOMA: is able to grow at sites distant from the primary site of origin; thus, dissemination to the skin may occur with any malignant neoplasm, and these infiltrates may result from direct invasion of the skin from underlying tumors, may extend by lymphatic or hematogenous spread.

CASE PRESENTATION: A 50 years old male resident of Mirpurkhas presented to Surgery OPD of MMCH with complaints of swelling around the umbilicus since 7 months and abdominal pain since 2 months. On physical examination, there was unreducible, fixed swelling around the umbilicus. When he was investigated, on ultrasound there was hypoechoic mass in abdominal wall in right paraumbilical region measuring 3.5x2.6 cm in size. Few enlarged para aortic lymph node at the level of bifurcation of abdominal aorta. The patient was resuscitated with analgesic. Exploratory laparotomy was performed through midline umbilical incision and swelling clear from fatty tissue found firm to hard and extending from epigastric point in midline upto the pelvis then lower midline incision given and growth separated and excised for Biopsy, multiple lymph nodes and multiple granulomatous swelling found all over the gut and there was multiple swelling on omentum. Patient was kept on NPO for 2 days. Broad spectrum Antibiotics was given. kept on i.v. fluids and nil orally for 3 days. Broad spectrum

CONCLUSION: The key to improved survival in this deadly disease lies not in a better operation or improved preoperative care, but in the prevention of malignant tumors by providing safe drinking water and improved sanitation methods and prevention of smoking, chalia, gutka, alcohol for all of the global community.

KEY WORDS: Paraumbilical swelling, Hernia, Malignant Tumor.

WORD COUNT: 366

Case Report of Liver Abscess in MMCH Mirpurkhas

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BACKGROUND: A liver abscess is a pus-filled mass inside the liver due to any abdominal infection such as appendicitis or diverticulitis due to haematogenous spread through the portal vein. There are three types of liver abscess; Pyogenic Abscess, Amebic abscess, fungal abscess.

CASE PRESENTATION: A 22 years old male resident of Mirpurkhas presented to OPD of MMCH on 22th of August with complaint of pain in right upper abdomen, tenderness for 1 month, continues fever for 3 days and vomiting for 2 days 1-2 episodes in a day. No significant history of systemic illness. On physical examination there is no sign of Anemia, Jaundice, clubbing and edema but shows signs of dehydration. On abdominal examination tenderness on the right upper quadrants. The investigations were Ultrasound, Chest X-ray (PA View), LFTs. Abscess was drained. Symptomatic treatment was given which consist of Broad spectrum antibiotics, Antiemetic and Panadol were given. kept on i.v. fluids and nil orally for 3 days. Broad spectrum

CONCLUSION: Liver Abscess is commonly associated with underlying gastrointestinal pathology. Seeking out this underlying etiology is an integral part of management. We recommend US as the first-line diagnostic tool with guided intervention plus antibiotics as first-line treatment. Prognosis depends chiefly on the underlying pathology.

KEYWORDS: Liver Abscess, History, Case report, Investigations, Management.

WORD COUNT: 245

MMCH SEPTEMBER 2015 TO AUGUST 2016 X-RAY DEPARTMENT

| S.N O | MONTH | X-RAY | MAL E CHES T | FEMA LE CHEST | MAL E K.U. B | FEMA LE K.U.B | MAL E BON E | FEMA LE BONE | MAL E I.V.P | FEMA LE I.V.P | MALE LOPOGR AM | FEM ALE LOO POG RA M | MAL E BA MEA LFT | FEMA LE BA MEAL FT | MALE BA SWALLO W | FEMALE BA SWALLO W | MALE CYSTOGR AM | FEMALE CYSTOGR AM | MALE BA ENEM A | FEMA LE BA ENEM A | MALE URETHROGR AM |
|----------|-------|-------|-----------------------|---------------------|-----------------------|---------------------|----------------------|--------------------|-------------------|---------------------|----------------------|-------------------------------------|------------------------------|--------------------------------|---------------------------|-----------------------------|-----------------------|-------------------------|-------------------------|-------------------------------|-------------------------|
| 1 | SEPT | 90 | 30 | 20 | 20 | 5 | 10 | 2 | 02 | 01 | | | | | | | | | | | |
| 2 | OCT | 164 | 51 | 22 | 37 | 24 | 19 | 07 | 03 | 01 | | | | | | | | | | | |
| 3 | NOV | 137 | 48 | 23 | 12 | 17 | 20 | 15 | 01 | 01 | | | | | | | | | | | |
| 4 | DEC | 130 | 31 | 19 | 24 | 26 | 11 | 17 | 02 | 0 | | | | | | | | | | | |
| 5 | JAN | 251 | 50 | 40 | 45 | 38 | 27 | 49 | 01 | 01 | | | | | | | | | | | |
| 6 | FEB | 165 | 42 | 18 | 22 | 42 | 18 | 22 | 0 | 1 | | | | | | | | | | | |
| 7 | MAR | 398 | 85 | 74 | 69 | 57 | 65 | 45 | 01 | 02 | | | | | | | | | | | |
| 8 | APR | 232 | 55 | 29 | 37 | 24 | 55 | 27 | 04 | 0 | 01 | | | | | | | | | | |
| 9 | MAY | 264 | 43 | 39 | 22 | 44 | 65 | 38 | 03 | 02 | | 01 | 2 | | 02 | 02 | 01 | | 01 | | 01 |
| 10 | JUN | 179 | 45 | 35 | 13 | 21 | 36 | 17 | 02 | 03 | 01 | | 1 | | 02 | 02 | | | 01 | | 02 |
| 11 | JUL | 230 | 55 | 15 | 52 | 26 | 41 | 27 | 04 | 05 | 02 | | 1 | | 01 | | | | | | 01 |
| 12 | AUG | 374 | 78 | 70 | 45 | 52 | 58 | 55 | 08 | 04 | 02 | | 1 | | | | | | | | 01 |
| TOTAL | | 2614 | 613 | 404 | 398 | 376 | 425 | 321 | 31 | 21 | 06 | 01 | 5 | 0 | 01 | 4 | 1 | 0 | 2 | | 05 |

Summary

CHEST 1017, ...39%

K.U.B 774,...30%

BONE 746,...29%

MISC 772%

SUMMARY OF SIX YEARS ULTRASOUND DONE FROM JULY 2010 TO JUNE 2016

1- TOTAL NUMBERS OF ULTRASOUND = 9370

2- GENDER WISE NUMBER & PERCENTAGE OF ULTRASOUND DONE

| | | |
|----|-----------------------|-------------|
| a. | MALE NUMBER OF SCAN | = 4022..43% |
| b. | FEMALE NUMBER OF SCAN | = 5348..57% |

3- AGE GROUP WISE NUMBER & PERCENTAGE OF ULTRASOUND DONE

| | | |
|----|----------------------|---------------|
| a. | Child below 12 Years | = 436..4.7% |
| b. | Adult 12 to 50 Years | = 6795..72.5% |
| c. | Old > 50 Years | = 2139..22.8% |

STATEMENT SHOWING THE COMMONEST DISEASES DURING THE SIX YEAR PERIOD 2010 TO 2016

| | | |
|-----|---------------------------------|-------|
| 1. | NORMAL SCAN | 33% |
| 2. | LIVER PARENCHYMAL DISEASES | 41.6% |
| 3. | F.W.B | 8.5% |
| 4. | CHOLELITHIASIS & CHOLECYSTITIS | 7.0% |
| 5. | RENAL STONES | 3.2% |
| 6. | FEMALE SENITAL DISEASES (GYNAE) | 2.6% |
| 7. | UTI WITH COMPLICATIONS | 1.7% |
| 8. | B.P.H | 1.3% |
| 9. | SPLEENOMEGALLY | 1.2% |
| 10. | MISCELLANEOUS | 0.4% |

Audit of Blood Transfusion in MMCH between 1st sep 2015 to 29 Aug 2016.

Author :- Dr. Ghulam Rasool Memon (Pathologist) & Mr. Irshad Ul Haq (Senior Lab Incharge)

Total Transfusion

| Sex | Numbers | % |
|--------|---------|------|
| Male | 618 | 62% |
| Female | 390 | 39% |
| Total | 1008 | 100% |

| Age | Number | Percentage |
|-----------|--------|------------|
| Age < 1 y | 66 | 6.55% |
| 01 - 14 y | 91 | 9.03% |
| 15 - 44 | 500 | 49.61% |
| 45 - 64 | 298 | 29.57% |
| > 64 | 53 | 5.26% |

Where given

| Ward | Male | Female |
|-----------------|------|--------|
| OPD (CASULTY) | 8 | 0 |
| Medical 01 | 63 | 31 |
| Medical 02 | 50 | 21 |
| G & Obs | 0 | 226 |
| Surgical | 250 | 126 |
| Paeds | 46 | 20 |
| ICU | 13 | 24 |
| Neurology | 26 | 4 |

Blood groups of Patients

| Blood Groups | Male | Female | Total |
|--------------|------|--------|-------|
| A Positive | 116 | 57 | 141 |
| A Negative | 4 | 2 | 8 |
| B Positive | 346 | 203 | 410 |
| B Negative | 3 | 1 | 7 |
| AB Positive | 51 | 31 | 47 |
| AB Negative | 0 | 2 | 4 |
| O Positive | 100 | 104 | 185 |
| O Negative | 4 | 3 | 7 |

| Group - ve | % | Group + ve | % |
|------------|-------|------------|--------|
| 20 | 1.99% | 988 | 98.02% |

