

ABSTRACT BOOK

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THEME:  
Undiagnosed Psychiatric Problems in General Population

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

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## Contents

S. No	Title and Author
1	<b>PREVALENCE OF OBSESSIVE COMPULSIVE DISORDER SYMPTOMS IN STUDENTS OF MMCH, MIRPURKHAS.</b> Tehmina Gulzar Cheema <sup>1</sup> , Uroosa Randhawa <sup>1</sup> , Anjum Ghulam <sup>1</sup> , Aattiqa Shahid <sup>1</sup> , Sana Raheed <sup>1</sup> Dr. Syed Razi Muhammad <sup>2</sup> , Final Year Students <sup>1</sup> , Department of Surgery <sup>2</sup>
2	<b>INCIDENCE AND CAUSES OF RECURRENT CHEST INFECTIONS IN CHILDREN BELOW 5 YEARS OF AGE PRESENTED IN MUHAMMAD MEDICAL COLLEGE MIRPURKHAS, SINDH.</b> Shazia Babbar <sup>1</sup> , Wafa Shah <sup>1</sup> , Daniyal Asghar <sup>1</sup> , Junaid Khan <sup>1</sup> , Saba Fatima <sup>1</sup> , Daniyal Aziz <sup>1</sup> Shusta Akbar <sup>1</sup> , Hira Zahid <sup>1</sup> , Saddam Goraya <sup>1</sup> , Students of final Year <sup>1</sup> , Prof Dr Hassan Memon <sup>2</sup> Dept: of Pediatrics, MMC
3	<b>ASSESSMENT OF TYPES OF PERSONALITY AMONG STUDENTS AND FACULTY OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS,</b> Saba Fatima <sup>1</sup> , Shusta Akbar <sup>1</sup> , Dr Syed Razi Muhammad <sup>2</sup> . Muhammad Medical College, Mirpurkhas, Students of final year, Dean & professor of Surgery
4	<b>ACHALASIA CARDIA IN PREGNANT LADY REPORTED IN MEDICINE WARD AT MMCH MIRPURKHAS.</b> Shusta Akbar <sup>1</sup> , Tahira Mari <sup>1</sup> , Aiman Mustafa <sup>1</sup> , Ramsha Hafeez <sup>1</sup> , Hira Zahid <sup>1</sup> Dr Abdul Qadir Khan <sup>2</sup> , Dr Akram Bajwa <sup>2</sup> , Students of Final Year <sup>1</sup> , Department of Medicine <sup>2</sup>
5	<b>PREVALENCE OF ANEMIA IN OBSTETRIC PATIENTS IN MMCH.</b> Samiya Abdul Majeed <sup>1</sup> , Hira Zahid <sup>1</sup> , Kanwal Bishar <sup>1</sup> , Tahira Yasmeen <sup>1</sup> , Saddam Hussain <sup>1</sup> , M. Aamir <sup>1</sup> , Ramsha Hafeez <sup>1</sup> , Shusta Akbar <sup>1</sup> . Prof Anna Menon <sup>2</sup> , Dr Qamar Habib <sup>2</sup> , Dr Asma Jabeen <sup>2</sup> . Final Year Students <sup>1</sup> , Department of Gynecology & Obstetrics <sup>2</sup>
6	<b>DOCTOR STILL THE MOST TRUST WORTHY PROFESSION IN PAKISTAN.</b> Ali Aqdas <sup>1</sup> , Mariam Zahid <sup>1</sup> , Maham Gul <sup>1</sup> , Sadia Saeed <sup>1</sup> , Aqeel Khalique <sup>1</sup> , Shahnawaz <sup>1</sup> , Aftab Khosa <sup>1</sup> , Salma Iyani <sup>1</sup> , Dr. Syed Razi Muhammad <sup>2</sup> , Dr. Saqib Baloch <sup>2</sup> Students of Final Year <sup>1</sup> , Department of Surgery MMC <sup>2</sup>
7	<b>LOWER GI BLEEDING CAUSES, INVESTIGATION AND MANAGEMENT, COLONOSCOPY FINDINGS IN PATIENTS PRESENTED AT MMCH.</b> Tehmina Gulzar Cheema <sup>1</sup> , Uroosa Randhawa <sup>1</sup> , Ghulam <sup>1</sup> , Aattiqa Shahid <sup>1</sup> , Sana Rasheed <sup>1</sup> Dr. Qadir Samad <sup>2</sup> Students of Final Year <sup>1</sup> Department of Medicine <sup>2</sup>
8	<b>EFFICACY OF COGNITIVE BEHAVIOR THERAPY ON DEPRESSION AND ANXIETY AMONG THE MEDICAL STUDENT OF MMC.</b> Saba Fatima <sup>1</sup> , Shazia Babbar <sup>1</sup> , Syed Razi Muhammad <sup>2</sup> , Students of Final Year <sup>1</sup> , Department of Surgery MMC <sup>2</sup>
9	<b>PREVALENCE OF AUTISTIC TRAITS (USING AQ TEST) AMONG MEDICAL STUDENTS IN MUHAMMAD MEDICAL COLLEGE.</b> Ramsha Hafeez <sup>1</sup> , Shusta Akbar <sup>1</sup> , Samiya Majeed <sup>1</sup> , Mehriq Fatima <sup>1</sup> , Masroor Tariq <sup>1</sup> , Syed Razi Muhammad, Students of Final Year <sup>1</sup> , Department of Surgery <sup>2</sup> , MMC.
10	<b>RATIONALITY AND IRRATIONALITY IN THE STUDENTS OF MMC USING SHORTENED GENERAL ATTITUDE AND BELIEF SCALE (SGABS).</b> Rabiya Ilyas Malhi <sup>1</sup> , Maria Ayub <sup>1</sup> , Ammara Rajput <sup>1</sup> , Iqra Ansar <sup>1</sup> , Pashmina Munir <sup>1</sup> , Mehdi Arsalan <sup>1</sup> , Wasim Ijaz <sup>1</sup> , Mehtab Baig <sup>1</sup> , Abdullah Kanju <sup>1</sup> . Syed Razi Muhammad, <sup>2</sup> Students of Final Year <sup>1</sup> , Department of Surgery <sup>2</sup>
11	<b>EVALUATION OF CAUSES OF HEMATURIA IN PATIENTS AT SURGICAL DEPARTMENT OF MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS.</b> Noor-ul-Sabah <sup>1</sup> , M. Mudasir Husnain <sup>1</sup> , M. Mehtab Baig <sup>1</sup> , Yumna Fatima <sup>1</sup> , Ayesha Lodhi <sup>1</sup> , Tahira Yasmeen <sup>1</sup> , Ammara Rajput, Rehamatullah Soomro <sup>2</sup> , Syed Razi Muhammad, <sup>2</sup> Student of Final Year <sup>1</sup> . Department of Surgery <sup>2</sup> , MMC.
12	<b>MODE OF TRANSMISSION OF HEPATITIS C IN CHRONIC HEPATITIS C PATIENTS AT LIVER OPD IN MMCH.</b> Nuzhat Safdar <sup>1</sup> , Nimrah Michael <sup>1</sup> , Rabia Siddque <sup>1</sup> , Hudabia Khan <sup>1</sup> , Shumaila <sup>1</sup> , Saleem Khan <sup>1</sup> Dr. Abdul Qadir <sup>2</sup> , Student of Final Year <sup>1</sup> , Department of Medicine <sup>2</sup>
13	<b>ATTENTION DEFICIT HYPERACTIVITY DISORDER IN THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS.</b> Muhammad Naveed Hashim <sup>1</sup> , Ahsan Bari <sup>1</sup> , Sharjeel Ahmed <sup>1</sup> , Mudassir Hussnain <sup>1</sup> , Naveed-ur-Rehman <sup>1</sup> , Muhammad Abdullah <sup>1</sup> , Muhammad Mehtab Baig <sup>1</sup> . Syed Razi Muhammad, Student of Final Year <sup>1</sup> , Department of Surgery <sup>2</sup> ,

**14 CLINICAL EVIDENCE OF CHOLEDOCHOHEOLELITHEASIS IN CHOLELITHIASIS IN MUHAMMAD MEDICAL COLLEGE MIRPURKHAS.** *Mudasir Husnain<sup>1</sup>, Naveed Ur Rehman<sup>1</sup>, M. Abdullah Khan<sup>1</sup>, Ahsan Bari<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup>, Naveed Hashim<sup>1</sup>, Fatima tuz Zahra<sup>1</sup>, Azka Mehmood, Syed Razi Muhammad<sup>2</sup>, Rehmatullah Soomro, Student of Final Year<sup>1</sup>, Department of Surgery<sup>2</sup>, MMC*

**15 OBESITY AND COMORBIDITIES.** *Mehriq Fatima, Shusta Akbar<sup>1</sup>, Ramsha Hafeez<sup>1</sup>, Masroor Tariq<sup>1</sup>, Shafiq Ahmed<sup>1</sup>, Danyal<sup>1</sup> Dr. Qamar<sup>2</sup> Students of Final Year<sup>1</sup> Department of Gynecology and Obstetrics<sup>2</sup>*

**16 ETIOLOGICAL FACTORS OF HEPATOCELLULAR CARCINOMA (HCC) AMONG THE ATIENTS OF MUHAMMAD MEDICAL COLLEGE HOSPITAL & CITY HOSPITAL MIRPURKHAS, SINDH, PAKISTAN.** *M. Mehdi Arsalan, Ammara Rajput, Iqra Ansar, Pashmeena Munir, Danial Aziz, M. Amir Students of Final Year. Prof. Dr. Abdul Qadir Khan, Department of Medicine*

**17 AUDIT ON ISCHEMIC DISEASES IN MUHAMMAD MEDICAL COLLEGE HOSPITAL.** *Masroor Tariq<sup>1</sup>, Danial Aziz<sup>1</sup>, M. Aamir<sup>1</sup>, Ramsha Hafeez<sup>1</sup>, Shushta Akbar<sup>1</sup>, Mehriq Fatima<sup>1</sup>, Prof. Dr. Abdul Qadir, Students of Final Year<sup>1</sup>, Professor of Medicine<sup>2</sup>*

**18 PATIENTS PERCEPTIONS OF WRITTEN CONSENT.** *Muhammad Mehtab aig<sup>1</sup>, Muhammad Abdullah Khan<sup>1</sup>, Mudassir Husnain<sup>1</sup>, Naveed Ur Rehman<sup>1</sup>, Fatima Tuz Zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Shahzadi Sundas<sup>1</sup> Dr Syed Razi Muhammad<sup>2</sup>, Dr Rehmat Ullah Soomro<sup>2</sup> Students of Final Year<sup>1</sup>, Department of Surgery<sup>2</sup>*

**19 FREQUENCY OF HEPATITIS C IN PREGNANT WOMEN.** *Hudabia khan<sup>1</sup>, Rabia Sadique, Nuzhat Safdar<sup>1</sup>, Nimrah Mical<sup>1</sup>, Tahira Mari<sup>1</sup> Dr Qamar<sup>2</sup>, Dr Asma Jamshaid<sup>2</sup>, Dr Heem Latta<sup>2</sup>, Students of Final year<sup>1</sup>, Professor of Gynecology and Obstetrics<sup>2</sup>*

**20 PREVALENCE OF DEPRESSION AMONG CHRONIC HCV PATIENTS.** *Hira Zahid<sup>1</sup>, Samiya Abdu Majeed<sup>1</sup>, Kanwal Bishar<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Hanium Baloch<sup>1</sup>, Um-e-Aimen<sup>1</sup>, Saddam Hussain<sup>1</sup>, Dr. Syed Razi Muhammad<sup>2</sup>, Dr. Abdul Qadir Khan<sup>2</sup>, Students of Final Year<sup>1</sup>, Professor Department of Surgery and Medicine<sup>2</sup>*

**21 DEPRESSION AMONG WOMEN AFTER HYSTERECTOMY.** *Hira Zahid<sup>1</sup>, Samiya Abdu Majeed<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Kanwal Bishar<sup>1</sup>, Fatima tuz Zahra<sup>1</sup>, Saddam Hussain<sup>1</sup>, Danial Aziz<sup>1</sup>, Hafiz junaid<sup>1</sup>, Prof. Dr. Razi uhammad<sup>2</sup>, Dr. Qamar Habib Memon<sup>2</sup>, Students of Final Year<sup>1</sup>, Professor of Surgery<sup>2</sup>, Professor of Gynaecology<sup>2</sup>*

**22 DEPRESSION AMONG THE HOSTEL GIRLS WEARING VEIL, HIJAB, NEITHER VEIL NOR HIJAB.** *Samiya Abdul Majeed<sup>1</sup>, Hira Zahid<sup>1</sup>, Fatima tuz Zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Kanwal Bishar<sup>1</sup>, Professor Dr. Syed Razi Muhammad<sup>2</sup>, Student of Final year<sup>1</sup>, Professor of Surger*

**23 POSTOPERATIVE PAIN MANAGEMENT OF ABDOMINAL SURGERY A CROSS SECTIONAL STUDY IN MMCH.** *Hafiz Junaid<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup>, M. Farooq<sup>1</sup>, Aqeel Khalique<sup>1</sup>, Hafiz Shoaib<sup>1</sup>, Sadia Saeed<sup>1</sup>, Prof. Dr. Razi Muhammad<sup>2</sup>, Prof. Dr. Rehmatullah Soomro<sup>2</sup>, Student of Final Year<sup>1</sup>, Professor of Surgery*

**24 ASSESSMENT OF GENERALISED ANXIETY DISORDER AMONG THE MEDICAL STUDENTS OF MMC.** *Gohar Nayab<sup>1</sup>, Fatima Saggu<sup>1</sup>, Hanium Baloch<sup>1</sup>, Maryam Saggu<sup>2</sup> Syed Razi Muhammad<sup>3</sup>. Student of Final Year, Student of 1<sup>st</sup> year, Dean & Prof. of Surgery Department.*

**25 TO CHECK THE QUALITY OF LIFE OF WOMEN WITH UROGENITAL PROLAPSED.** *Fatima-tuz-Zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Muhammad Abdullah Khan<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup>, Naveed-ur-Rehman<sup>1</sup>, Dr. Qamar Habib Memon<sup>2</sup>, Student of Final Year<sup>1</sup>, Professor of Gynae and Obs Department<sup>2</sup>*

**26 CAUSES OF RISE IN TERRORISM IN PAKISTAN.** *Danial Aziz<sup>1</sup>, Loqman Sohrani<sup>1</sup>, M. Khalid<sup>1</sup>, M. Ashraf<sup>1</sup>, M. Zafar<sup>1</sup>, Hashmat Sohrani<sup>1</sup> Prof. Dr. Razi Muhammad<sup>2</sup>, Prof. Dr. Rehmatullah Soomro<sup>2</sup>, Student of Final year<sup>1</sup>, Professor of Surgery<sup>2</sup>*

**27 ENDOSCOPIC INDICATION AND FINDINGS IN UPPER GIT IN MMCH.** *Hafiz Junaid<sup>1</sup>, Hafiz Shoaib<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup> Prof. Dr. Abdul Qadir, Student of final year<sup>1</sup>, Professor of Medicine<sup>2</sup>*

**28 FEAR OF OBJECTS AND SITUATION AMONG MEDICAL STUDENTS IN MMC.** *Daniyal Khan<sup>1</sup>, Hafiz Junaid<sup>1</sup>, Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup>, M. Farooq<sup>1</sup> Prof. Dr. Razi Muhammad<sup>2</sup>, Student of final year<sup>1</sup>, Professor of surgery<sup>2</sup>*

**29 GLOSSOPHOBIA AMONG UNDERGRADUATE STUDENTS OF MUHAMMAD MEDICAL COLLEGE.** *Attiqa Shahid<sup>1</sup>, Tehmina Gulzar Cheema<sup>1</sup>, Sadia Gulzar<sup>1</sup>, Uroosa<sup>1</sup>, Hira Zahid<sup>1</sup> Syed Razi Muhammad<sup>2</sup>, Student of Final year<sup>1</sup>, Prof. of Department of Surgery<sup>2</sup>*

		<b>ASSESSMENT OF PATIENT HEALTH QUESTIONNAIRE AMONG THE STUDENTS OF MMC.</b> Anum Rajput <sup>1</sup> , Sidra Mukhtar <sup>1</sup> , Shumaila Saleem <sup>1</sup> , Gohar Nayab, Saleem Javed <sup>1</sup> , Muhammad Naveed hashim <sup>1</sup> Syed Razi Muhammad, Students of Final Year <sup>1</sup> , Professor of Department of Surgery <sup>2</sup>
30		<b>ASSESSMENT OF ANXIETY AMONG THE PATIENT ATTENDANTS VISITING THE MMCH.</b> Ali Raza <sup>1</sup> Irum Sajjad <sup>1</sup> Faraz Ahmed <sup>1</sup> Sehar Iqbal <sup>1</sup> Majdiha Mahmood <sup>1</sup> , Sumaiya Tehreem <sup>1</sup> Noor-ul-Saba <sup>1</sup> Abdul Qadir Khan <sup>2</sup> , Students of Final Year <sup>1</sup> , Professor of Department of Medicine <sup>2</sup>
31		<b>ASSESSMENT OF ANGER AMONG THE STUDENTS OF MMC.</b> Ali Raza <sup>1</sup> Irum Sajjad <sup>1</sup> Sehar Iqbal <sup>1</sup> Sumaiya Tehreem <sup>1</sup> Majdiha Mahmood <sup>1</sup> Syed Razi Muhammad <sup>2</sup> , Students of Final Year <sup>1</sup> Professor of Department of Surgery <sup>2</sup>
32		<b>TO COMPARE THE RESULTS AND COMPLICATIONS OF MEDICAL AND SURGICAL TREATMENT OF ANAL FISSURE.</b> Irum Sajjad <sup>1</sup> Sumaiya Tehreem <sup>1</sup> Sehar Iqbal <sup>1</sup> Majdiha Mahmood <sup>1</sup> Faraz Ahmed <sup>1</sup> Ali Raza <sup>1</sup> Zain-ul-Abidin <sup>1</sup> , Rehmatullah Soomro <sup>2</sup> Sohail Yousif <sup>2</sup> , Students of Final Year <sup>1</sup> Professors of Department of Surgery <sup>2</sup>
33		<b>PREGNANT WOMEN'S AWARENESS ABOUT IMMUNIZATION IN PREGNANCY.</b> Ume-Aimen <sup>1</sup> , M.Ali Asghar Gill <sup>1</sup> , Sabtai Bhutta <sup>1</sup> , Shoaib Malik <sup>1</sup> , Sharjeel Ahmad <sup>1</sup> , Zeshan Haider <sup>1</sup> , Shahnawaz khosa <sup>1</sup> , Saleem Javed <sup>1</sup> , Aftab khosa <sup>1</sup> , PROF. Dr. Shaista Arain <sup>2</sup> , Students of final year <sup>1</sup> , Professor Department of Gynecology and Obstetrics <sup>2</sup>
34		<b>SIGNS AND SYMPTOMS AND LEUKOCYTE COUNT WITH ACUTE APPENDICITIS.</b> Aiman Mustafa <sup>1</sup> Hira Zahid <sup>1</sup> , Shusta Akbar <sup>1</sup> Kanwal Bishar <sup>1</sup> , Hanium Baloch <sup>1</sup> , Saddam Hussain <sup>1</sup> Dr Syed Razi Muhammad <sup>2</sup> , Dr Rehmatullah Somroo <sup>2</sup> , Students of Final Year <sup>1</sup> , Professor Department of Surgery.
35		<b>PREVALENCE OF CHILD OBESITY AMONG SCHOOL CHILDREN OF DISTRICT MIRPURKHAS, SINDH PAKISTAN, 2017.</b> Zobia Aziz <sup>1</sup> , Yamna Arif <sup>1</sup> , Muhammad Asif <sup>2</sup> Students of 4th year <sup>1</sup> , Department of Community Health Sciences Muhammad Medical College <sup>2</sup>
36		<b>PREVELANCE AND ASSOCIATED RISK FACTORS OF DOMESTIC VIOLENCE AGAINST WOMEN IN TWO DISTRCT OF PAKISTAN.</b> Hunza Khan <sup>1</sup> , Fatima Faiz <sup>1</sup> , Umaira Nigar <sup>1</sup> , Syed Asif Shah <sup>2</sup> , A.B RAJAR <sup>2</sup> Student of fourth year <sup>1</sup> Department of Community medicine Muhammad medical college Mirpurkhas <sup>2</sup>
37		<b>DYSLEXIA.</b> Um-e-Aimen <sup>1</sup> , M. Ali Asghar Gill <sup>1</sup> , Sibtain Bhutta <sup>1</sup> , Shoaib Malik <sup>1</sup> , Sharjeel Ahmed <sup>1</sup> , Zeeshan Haider <sup>1</sup> Pof. Dr. Syed Razi Muhammad <sup>2</sup> , Students of final year <sup>1</sup> , Professor Department of Surgery <sup>2</sup>
38		<b>PREVALENCE OF TYPE 2 DIABETES AMONG THE STUDENTS OF MMC</b> Ubaid-ur-Rehman <sup>1</sup> , Sheeraz Talha <sup>1</sup> , Syed M. Dawar Agha <sup>1</sup> , Mubeen Azam <sup>1</sup> Dr. Asif Ali Shah <sup>2</sup> , Dr. A.B Rajar <sup>2</sup> , Students of 4 <sup>th</sup> Year, Dept. of Community Health Sciences, Muhammad Medical College Mirpurkhas
39		<b>ACUTE ABDOMEN.</b> Ume-Aimen <sup>1</sup> , M.Ali Asghar Gill <sup>1</sup> , Zeshan Haider <sup>1</sup> , Sabtai Bhutta <sup>1</sup> , Shoaib Malik <sup>1</sup> , Sharjeel Ahmad <sup>1</sup> , waqar Shabir <sup>1</sup> , Prof. Dr. Syed Razi Muhammed <sup>2</sup> , Dr. Jamshad Bashir <sup>2</sup> , Dr.Altaf Jatoi <sup>2</sup>
40		<b>PATTERN OF PERCEIVED PERSONALITY TRAITS AMONG THE FACULTY MEMBERS AND STUDENTS OF MMC.</b> Sundas bhurgari <sup>1</sup> Farwa Yaseen <sup>1</sup> Nazia Asgar <sup>1</sup> , Asif Shah <sup>2</sup> AB Rajar <sup>2</sup> Students of 4 <sup>th</sup> Year MBBS <sup>1</sup> Professors of Community Medicine Muhammad Medical College <sup>2</sup>
41		<b>NON-VERBAL IMMEDIACY (N.I) AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS, SINDH.</b> Shahzaman <sup>1</sup> , Haroon Faiz <sup>1</sup> , Muhammad Kashif <sup>1</sup> , Mubashir Abbas <sup>1</sup> Dr. Muhammad Asif <sup>2</sup> , Dr. AB Rajar <sup>2</sup> , Student of fourth Year <sup>1</sup> , Department of Community Health Sciences MMC <sup>2</sup>
42		<b>PREVALENCE OF ELECTRONIC CIGARETTE AND SHISHA AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS.</b> Saima, <sup>1</sup> Salyha Noor, <sup>1</sup> Dr. Muhammad Asif <sup>2</sup> , Student of 4 <sup>th</sup> year <sup>1</sup> , Department of Community Medicine Muhammad Medical College <sup>2</sup>
43		<b>THE LEVEL OF HOPELESSNESS AND PERCEIVED SOCIAL SUPPORT AMONG POLIO VICTIM.</b> Prof. Dr. Asif Ali Shah <sup>1</sup> (Professor of community Medicine <sup>1</sup> ) Rashid Mehboob <sup>2</sup> , M. Aleem <sup>2</sup> , M. Irfan <sup>2</sup> , M. Jahanzaib <sup>2</sup> (Student of 4 <sup>th</sup> year)
44		<b>RISK FACTORS ASSOCIATED WITH ECTOPIC PREGNANCY: A CASE CONTROL STUDY.</b> Qurrat-ul-Ain <sup>1</sup> , Alvina Rehman <sup>1</sup> , Mushaba Gill <sup>1</sup> , Ramsha Fatima <sup>1</sup> , Noor-ul-Ain <sup>1</sup> Dr.
45		

		<i>Muhammad Asif Shah<sup>2</sup>, Students of Fourth Year<sup>1</sup>, Department of Community</i>
46		<b>IDENTIFICATION OF BIORISK GAPS AMONG THE LABORATORIES TO ENHANCE BIORISK AWARENESS.</b> <i>Muhammad Ahmad<sup>1</sup>, Hamza Mansoor<sup>1</sup>, Waleed Irshad<sup>1</sup>, Ahsan Abbas<sup>1</sup>, Dr. M Asif Shah<sup>2</sup>, Dr AB Rajar<sup>2</sup>, Student of Fourth Year<sup>1</sup>, Department of Community Health Sciences MMC<sup>2</sup></i>
47		<b>HEALTH SURVEY, QUALITY OF LIFE AMONG HEALTH CARE WORKERS OF MIRPURKHAS IN 2017.</b> <i>Mahnoor Inam<sup>1</sup>, Kainat Bhurgri<sup>1</sup>, Tooba Arif<sup>1</sup>, Insha Aftab<sup>1</sup>, Dr Asif Shah<sup>2</sup>, Students of Fourth Year<sup>1</sup>, Department of Community Medicine MMC<sup>2</sup></i>
48		<b>PREVALENCE AND RISK FACTOR OF TYPHOID FEVER IN MUHAMMAD MEDICAL COLLEGE HOSPITAL MIRPURKHAS.</b> <i>Kamran Ahmed<sup>1</sup>, Abdul samad<sup>1</sup>, Ghulam Hussain<sup>1</sup>, Imran Sattar<sup>1</sup>, Muhammad Asif<sup>2</sup>, AB Rajar<sup>2</sup>, Fourth Year Student<sup>1</sup>, Department of Community Health Sciences, MMC<sup>2</sup></i>
49		<b>PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG PREGNANT WOMEN OF MUHAMMAD MEDICAL COLLEGE HOSPITAL 2017.</b> <i>M. Gulzaib Khan<sup>1</sup>, M. Ijaz Jamil<sup>1</sup>, Hira Anwar<sup>1</sup>, Fiza Rajput<sup>1</sup>, M. Asif<sup>2</sup>, AB Rajar<sup>2</sup>, Student of fourth year<sup>1</sup>, Department of Community Health Sciences<sup>2</sup>, MMC</i>
50		<b>TO DETECT THE SENSITIVITY OF VARIOUS ANTIBIOTICS IN URINE CULTURES.</b> <i>Hyder Ali Pehlwan<sup>1</sup>, Ghulam Muhammad<sup>1</sup>, Veer Vikram Singh<sup>1</sup>, Harlal<sup>1</sup>, Dr Syed Razi Muhammad, Dr Asif Shah, (Student of 4<sup>th</sup> Year<sup>1</sup> r, Department of Surgery &amp; Community Medicine Health Sciences<sup>2</sup></i>
51		<b>SAFE DRIVING PRACTICES AMONG THE DRIVERS OF DISTRICT MIRPURKHAS SINDH PAKISTAN 2017.</b> <i>Hafiz M Usman<sup>1</sup>, Nouman Rasheed<sup>1</sup>, M Shahjahan<sup>1</sup>, Tahseen Qureshi<sup>1</sup>, Muhammad Asif<sup>2</sup>, A B Rajar<sup>2</sup>, Student of Fourth year<sup>1</sup>, Department of Community Health Sciences MMC<sup>2</sup></i>
52		<b>KNOWLEDGE, BEHAVIOR AND PRACTICE OF PEOPLE TOWARDS POLIO VACCINATION TEAMS IN MIRPUR KHAS.</b> <i>Fasih ul Hassan<sup>1</sup>, Ali Javed<sup>1</sup>, Shahjahan Bhutto<sup>1</sup>, Abdullah<sup>1</sup>, Dr Muhammad Asif<sup>2</sup>, Dr Allah Bachiyoo Rajar<sup>2</sup>, Student of 4<sup>th</sup> Year<sup>1</sup>, Department of Community Health Sciences<sup>2</sup>, MMC</i>
53		<b>STRESS IN CHILD DUE TO MATERNAL SMOKING DURING GESTATION: A CROSS SECTIONAL SURVEY.</b> <i>M. Farhan<sup>1</sup>, M. Fayyaz<sup>1</sup>, Shahla Karam<sup>1</sup>, Shumaila Riaz<sup>1</sup>, Dr AB. Rajar<sup>2</sup>, Dr Muhammad Asif Shah<sup>2</sup>, Student Forth Year MMC<sup>1</sup>, Associate Professor Department of Community Medicine<sup>2</sup></i>
54		<b>EMOTIONAL INTELLIGENCE, PERCEIVED STRESS AND ACADEMIC PERFORMANCE OF MUHAMMAD MEDICAL COLLEGE UNDERGRADUATES.</b> <i>Faizan Elahi<sup>1</sup>, M Maaz Ahmad<sup>1</sup>, Qudrat Ullah<sup>1</sup>, Dr Muhammad Asif<sup>2</sup>, Dr AB Rajar<sup>2</sup>, Students of fourth Year<sup>1</sup>, Department of Community Health Sciences MMC<sup>2</sup></i>
55		<b>PREVALANCE AND ASSOCIATED RISKFACTORS OF ROAD TRAFIC ACCIDENT AND GOVERNMENT RESPONSIBILITIES.</b> <i>Batool Zehra<sup>1</sup>, Maria Anum<sup>1</sup>, Bushra Asif<sup>1</sup>, Bisma Gazal<sup>1</sup>, Dr. Asif Shah<sup>2</sup> and Dr. AB Rajar<sup>2</sup>, Student of 4<sup>th</sup> Year<sup>1</sup>, Department of Community Health Science<sup>2</sup>, MMC</i>
56		<b>KNOWLEDGE, ATTITUDES AND PRACTICES OF BARBERS TOWARDS HEPATITIS B IN MIRPURKHAS DISTRICT, PAKISTAN 2017.</b> <i>Assia Ghaous<sup>1</sup>, Shazia Habib<sup>1</sup>, Sassi<sup>1</sup>, Iara Marriyum<sup>1</sup>, Muhammad Asif<sup>2</sup>, AB Rajar<sup>2</sup>, Student of Fourth Year<sup>1</sup>, Department of Community</i>

**60 SMARTPHONE ADDICTION AMONG SCHOOL GOING CHILDREN.** Ahmad khan abbas<sup>1</sup>, Shafique Ahmed<sup>1</sup>, Faizan Abbasi<sup>1</sup>, Moiz Shah<sup>1</sup>, Ansar Abbas<sup>1</sup>, Dr. Asif Ali Shah<sup>2</sup>, Dr. A.B Rajar<sup>2</sup>, Students of 4<sup>th</sup> year, Dept. of Community Health Sciences<sup>2</sup>

**61 INTROVERTS AND EXTROVERTS AMONG STUDENTS OF MMC.** Jaziba Rubab<sup>1</sup>, Saleha Khan<sup>1</sup>, Syed Mohammad Mehdi<sup>1</sup>, Muhammad Hassan<sup>1</sup>, Dr. Farzana Chang<sup>2</sup>, Students of 3<sup>rd</sup> Year MBBS<sup>1</sup>, Professor of Pathology Muhammad Medical College<sup>2</sup>

**62 SELF-MEDICATION PRACTICES AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS, PAKISTAN.** Asad Ali Qaisar<sup>1</sup>, Zubair Alam<sup>1</sup>, Sadia Gulzar Cheema<sup>1</sup>, Saba Shakoor<sup>1</sup>, Mahnoor Mustafa<sup>1</sup>, Dr. Shaheen<sup>2</sup>, Dr. Nighat<sup>2</sup>, Students of 3<sup>rd</sup> year<sup>1</sup>, Department of Pharmacology<sup>2</sup>

**63 PREVLELENCE OF ROAD TRAFFIC INJURIES DURING USE OF MOBILE PHONE** Muhammad Kashif Rehmani, Uzma Khan, Zarga Khan, Muhammad Asif, AB Rajar Students of fourth Year, Department of Community Health Sciences Muhammad Medical College

**64 PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG HEALTH CARE WORKERS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS 2017.** Sundas Akber<sup>1</sup>, Komal Ali<sup>1</sup>, Sehrish Rasheed<sup>1</sup>, Ghazala Imtiaz<sup>1</sup>, Shah MA<sup>2</sup> Student of 4<sup>th</sup> year<sup>1</sup>, Department of community Health Sciences Muhammad Medical College<sup>2</sup>

**65 PREVALENCE OF EXAMINATION OF TUBERCULOSIS IN CHILDREN IN MIRPURKHAS.** Wajid Ali Khan<sup>1</sup>, Inamullah Khan<sup>1</sup>, Aftab Rehman<sup>1</sup>, Sanaullah Khan<sup>1</sup>, Dr. Muhammad Asif Shah<sup>2</sup>, <sup>1</sup> Student of Fourth Year, <sup>2</sup>Department of Community Medicine Muhammad Medical College

**66 PREVALENCE OF DAUGHTER OF NARCISSISTIC MOTHER.** Ambreen Saif<sup>1</sup>, Tahira Akhter<sup>1</sup>, Mariam Batoor<sup>1</sup>, Sadia Gulzar Cheema<sup>1</sup>, Tabeer Fatima<sup>2</sup>. Students of 3<sup>rd</sup> Year, Department of Pathology, MMC

**67 PREVALENCE OF OBSESSIVE COMPULSIVE DISORDER (OCD) AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPUR KHAS.** Ahmad Ghaffar Tariq<sup>1</sup>, M. Rizwan Shareef<sup>1</sup>, Fahad Ejaz Khan<sup>1</sup>, Nayla Rehman<sup>1</sup>, Aishwaraya Rai<sup>1</sup>, Dr Farzana Chang<sup>2</sup> Students of 3<sup>rd</sup> Year<sup>1</sup>, Department of Pathology, MMC<sup>2</sup>

**68 EVALUATION OF MENTAL STRENGTH AMONG THE STUDENTS OF MMC (A NEW SCALE).** Shaista Jawaid<sup>1</sup>, Masooma Jaffri<sup>1</sup>, Sumbul Rehmatulla<sup>1</sup>, Sumaiya Mughal<sup>1</sup>, Prof. Dr. Syed Razi Muhammad<sup>2</sup>, Students of 2<sup>nd</sup> Year<sup>1</sup>, Department of Surgery<sup>2</sup>.

**69 KNOWLEDGE, ATTITUDE, PRACTICE & BEHAVIOUR OF MMC STUDENTS REGARDING COMMUNICATION SKILLS.** Syed Saad Ayub<sup>1</sup>, Sobia Sameen<sup>1</sup>, Bushra Arshad<sup>1</sup>, Pawan Kumar<sup>1</sup>, Awais Saeed<sup>1</sup>, Dr. Syed Razi Muhammad<sup>2</sup> Students of 2<sup>nd</sup> Year<sup>1</sup>, Department of Surgery<sup>2</sup>.

**70 AN AUDIT OF DISEASE BURDEN IN SURGERY WARD, MUHAMMAD MEDICAL COLLEGE HOSPITAL, 2017.** M. Mehdi Arslan, Wasim Ajaz, Saleem Khan, M. Aamir, Rabiya Ilyas, Maria Ayub, Iqra Ansar, Ammara Rajput (Students of Final Year) Syed Razi Muhammad, Rehmatullah-Somro, Sohail Yousaf

**71 AN AUDIT OF DISEASES MORE FREQUENT IN INTENSIVE CARE UNIT MUHAMMAD MEDICAL COLLEGE HOSPITAL 2017.** Ali Aqdas<sup>1</sup>, Mariam Zahid<sup>1</sup>, Laila Salim<sup>1</sup>, Sadia Saeed<sup>1</sup>, Aqeel Khalique<sup>1</sup>, Younis Mazari<sup>1</sup>, Naveed Gadiwan<sup>1</sup>, Aftab Khosa<sup>1</sup>, Dr. Saqib Baloch<sup>2</sup>

**72 PATTERN OF MENSTRUAL PROBLEM IN MMC STUDENTS.** Aiman Mustafa<sup>1</sup>, Fatima-tuz-zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Bushra Noor<sup>1</sup>, Tofique Ahmed<sup>1</sup>, Prof. Dr. Asma Jamsheed<sup>2</sup> Student of final year<sup>1</sup>, Professor of Gynaecology<sup>2</sup>

**73 CASE REPORT OF THYROTOXICOSIS PRESENTED IN MMCH 2017.** Wasim Ajaz<sup>1</sup>, M. Aamir<sup>1</sup>, Danyial Aziz<sup>1</sup>, Mehdi Arslan<sup>1</sup>, Saleem Khan<sup>1</sup>, Professor Abdul Qadir Khan<sup>2</sup>, Students of final year<sup>1</sup>, Department of Medicine<sup>2</sup>

**74 CASE REPORT ON DIABETIC FOOT.** Waqar ul Hassan<sup>1</sup>, Hafiz Muhammad Shoaib<sup>1</sup>, Saleem Shazada<sup>1</sup>, Muhammad Ashraf<sup>1</sup>, Iftikhar Habib<sup>1</sup>, Prof. Dr. Syed Razi Muhammad Students of Final Year, Department of Surgery

**75 CASE REPORT OF PATIENT WITH COLONIC CARCINOMA.** Sana Rasheed<sup>1</sup>, Anjum Ghulam<sup>1</sup>, Tehmina gulzar Cheema<sup>1</sup>, Uroosa<sup>1</sup>, Attiqa Shahid<sup>1</sup>, Prof. Dr. Syed Razi Muhammad, Dr. Jamshaid Basheer, Student of Final Year<sup>1</sup>, Faculty of Department of Surgery, Muhammad Medical College<sup>2</sup>

**A CASE PRESENTATION ON LAPAROSCOPIC CHOLECYSTECTOMY.** Prof. Dr. Rehmatullah Soomro<sup>1</sup>, Prof. Dr. Sohail Yousif<sup>1</sup>, Tasir Jamal<sup>2</sup>, Tofique Shar<sup>2</sup>, Abuzar Ali Shah<sup>2</sup>, Bushra Noor<sup>2</sup> Azka Mehmood<sup>2</sup> Professor of Surgery<sup>1</sup> Student of final year<sup>2</sup>

**A CASE REPORT OF XANTHOGRANULOMATOUS PYELONEPHRITIS IN SURGERY WARD OF MMCH MIRPURKHAS.** Tahira Mari, Atia Khokhar, Saira Arif, Momal Jhinji, Sadia Syed, Majdiha Mehmood Dr Syed Razi Muhammad, Dr Jamshed Bashir

**A CASE REPORT OF HEPATIC ENCEPHALOPATHY IN ICU AT MMCH.** Tahira Mari, Shusta Akbar, Momal Jhinji, M. Ali Asghar Gill Dr Abdul Qadir Khan

**A CASE PRESENTATION ON THE BENIGN BREAST LUMP.** Tahira Mari, Rabia Sidiq, Nuzhat Safdar, Shehzadi Sundas, Hudaibia Khan, Nimrah Khokhar, Atia Khokhar, Dr Syed Razi Muhammad, Dr Altaf Jatoi

**CASE REPORT: ECLAMPSIA.** Shahzadi Sundas<sup>1</sup>, Parvez Ali Shah<sup>1</sup>, Shumaila Saleem<sup>1</sup>, Majdiha Mahmood, Anum Rajput<sup>1</sup>, Habib ur Rehman<sup>1</sup> Final Year Student MMC, Department of OBS and Gynecology Professor Dr. Qamarunnisa<sup>2</sup> and Assistant Prof Dr Asma Jabeen<sup>2</sup>

**CASE REPORT OF GASTRIC PERFORATION.** Summaiya Tehreem<sup>1</sup> Majdiha Mahmood<sup>1</sup> Sehar Iqbal<sup>1</sup> Waqas Jamil<sup>1</sup> Irum Sajjad<sup>1</sup> Faraz Ahmed<sup>1</sup> Ali Raza Syed Razi Muhammad<sup>2</sup> Sohail Yousif<sup>2</sup> Students Final Year<sup>2</sup> Professors of Department of Surgery<sup>2</sup>

**CASE REPORT CA STOMACH.** Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup>, Saba Fatima (Final year), Prof Dr. Abdul Qadir Khan<sup>2</sup> (Dept of Medicine) Department of Medicine Muhammad Medical College Mirpurkhas, Sindh

**CASE REPORT PLACENTA PREVIA.** Shazia Babbar<sup>1</sup>, Wafa Shah<sup>1</sup>, Saba Fatima<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Junaid Khan<sup>1</sup> Student of Final Year, Prof Dr. Qamarunnisa<sup>2</sup> Assistant Prof Dr. Asma Jabeen<sup>2</sup> Department of Gynecology & OBS Muhammad Medical College Hospital Mirpurkhas

**CASE REPORT OF UTERINE PERFORATION DUE TO UNSAFE ABORTION.** Sehar Iqbal<sup>1</sup> Summaiya Tehreem<sup>1</sup> Irum Sajjad<sup>1</sup> Raza Haider<sup>1</sup> Faraz Ahmed<sup>1</sup> Waqas Jameel<sup>1</sup>, Zain ul Abidin<sup>1</sup> Dr. Asma Jamsheed<sup>2</sup>, Dr. Jamshed Bashir<sup>2</sup>, Dr. Qamar Habib<sup>2</sup> Department Of Gynecology & Obstetrician

**A CASE REPORT OF PIONIDAL SINUS (PNS) IN SURGERY WARD OF MMCH.** Ali Aqdas<sup>1</sup>, Mariam Zahid<sup>1</sup>, Sadia Saeed<sup>1</sup>, Naveed Gadiwaan<sup>1</sup>, Younis Mazari<sup>1</sup>, M. Shahzad<sup>1</sup>, Daniyal Khan<sup>1</sup>, Shanawaz Khosa<sup>1</sup> Dr. Sohail Yousaf<sup>2</sup> Student of Final Year<sup>1</sup> Surgery Ward MMC<sup>2</sup>

**CASE REPORT: JEJUNAL PERFORATION.** Saddam Hussain<sup>1</sup>, Hira Zahid<sup>1</sup>, Samiya Abdul Majeed<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Kanwal Bishar<sup>1</sup>, Prof Dr Syed Razi Muhammad<sup>2</sup>, Dr Jamshed Bashir<sup>2</sup> Final Year Students<sup>1</sup>, Department of Surgery<sup>2</sup>

**CASE REPORT ULCERATIVE COLITIS.** Muhammad Abdullah Khan<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup>, Mudassir Husnain, Ahsan Bari, Naveed Ur Rehman, Fatima Tuz Zahra, Azka Mehmood<sup>1</sup> Professor Dr Abdul Qadir Khan (Department of Medicine MMCH) Department of Medicine Muhammad Medical College Mirpur Khas

**A CASE PRESENTATION OF CRYPTORCHIDISM.** Masroor Tariq<sup>1</sup>, Aqeel Khalique<sup>1</sup>, Danial Aziz<sup>1</sup>, M. Aamir<sup>1</sup>, Ramsha Hafeez<sup>1</sup>, Shushta Akbar<sup>1</sup>, Mehriq Fatima<sup>1</sup>, Prof. Dr. Razi Muhammad<sup>2</sup>, Prof. Dr. Sohail Yousaf<sup>2</sup> Students of final year<sup>1</sup>, Professor of Surgery<sup>2</sup>

**CASE REPORT POSTPARTUM HEMORRHAGE.** Maria Ayub<sup>1</sup>, Rabiya Ilyas<sup>1</sup>, Waseem Ijaz<sup>1</sup>, Saleem Khan<sup>1</sup>, Noor, -ul-Saba, Aamir Khosa<sup>1</sup> Dr. Qamar Habib<sup>2</sup>, Dr. Asma Jamshaid<sup>2</sup>

**CASE REPORT: CELIAC DISEASE.** Iftikhar Habib<sup>1</sup>, Muhammad Ashraf<sup>1</sup>, Waqar Shabbir<sup>1</sup>, Muhammad Irfan<sup>1</sup>, Waqar Ul Hassan<sup>1</sup> Prof. Dr. Abdul Qadir Khan<sup>2</sup> Students of Final Year<sup>1</sup>, Department of Medicine<sup>2</sup>

**CASE REPORT ECTOPIC PREGNANCY.** Hanum Baloch<sup>1</sup>, Fatima Sayyad<sup>1</sup>, Golam Nayab<sup>1</sup>, Atiqa Shafid<sup>1</sup>, Ayesha Lodi<sup>1</sup>, Tehmina Cheema<sup>1</sup>, Yumna Lata<sup>1</sup> Dr. Asma Jamshaid<sup>2</sup>, Dr. Qamar Habib<sup>2</sup>, Dr. Hem Latta<sup>2</sup> Students of Final year<sup>1</sup>, Professors of Gynae. & Obs department<sup>2</sup>

**A CASE REPORT OF CHOLANGIOCARCINOMA AT MMCH CITY BARNCH MIRPURKHAS.** Tahira Mari<sup>1</sup>, Saleem Javed<sup>1</sup>, Syed Sadia<sup>1</sup>, Nimrah Khokhar<sup>1</sup>, Sidra, Anum<sup>1</sup>, Habib ur Rehman<sup>1</sup>, Parvez Ali<sup>1</sup>, Shoaib<sup>1</sup>, Waqar, Dr Syed Razi Muhammad<sup>2</sup> Students of Final Year<sup>1</sup> Department of Surgery<sup>2</sup>

**A CASE REPORT OF HYDATID CYST OF LIVER.** M. Zafar<sup>1</sup>, Danial Aziz<sup>1</sup>, Loqman Sohrani<sup>1</sup>, M. Khalid<sup>1</sup>, M. Ashraf<sup>1</sup>, Hashmat Sohrani<sup>1</sup> Prof. Dr. Sohail Yousaf<sup>2</sup> (Student of final year<sup>1</sup>) (Professor of Surgery<sup>2</sup>)

94	<b>UNUSUAL CASE OF TRUMATIC HYPHEMIA.</b> Batool Zehra <sup>1</sup> , Shahzaman <sup>1</sup> ,Dr. Rajesh Rathi <sup>2</sup> , Students of 4 <sup>th</sup> Year <sup>1</sup> , Department of Eye <sup>2</sup> Simple case study is perform in august 2017
95	<b>CASE REPORT: FIBROID.</b> Azka Mehmood <sup>1</sup> , Fatima-tuz-Zahra <sup>1</sup> , Muhammad Abdullah khan <sup>1</sup> ,Muhammad Mudassir hussain <sup>1</sup> ,M. Mehtab Baig <sup>1</sup> , Ahsan bari <sup>1</sup> , Samiya Abdul Majeed <sup>1</sup> , Dr. Qamar Habib Memon <sup>2</sup> ,Dr.Asma Jabeen <sup>2</sup> .Student of final year <sup>1</sup> , Professor of Gynae and obstetric department <sup>2</sup>
96	<b>POST-PARTUM SEPTICAEMIA.</b> Anjum ghulam <sup>1</sup> , Tehmina Gulzar Cheema <sup>1</sup> ,Sana Rasheed <sup>1</sup> ,Uroosa Randhawa <sup>1</sup> , Aatiqa Shahid <sup>1</sup> .DR. Asma Jamshaid, DR. Hemlata and DR. Qamar Habib.
97	<b>CASE REPORT OF UV PROLAPSE (MANCHESTER REPAIR).</b> Ammara Rajput <sup>1</sup> , Iqra Ansar <sup>1</sup> , Mehdi Arslan <sup>1</sup> , Pashmina Munir <sup>1</sup> (Student of final year)Prof Dr: Qamarunisa <sup>2</sup> , Assistant Prof DrAsma Jamshed <sup>2</sup>
98	<b>RESPONSE AND COMPLICATIONS OF DIFFERENT REGIMES (SOFOSBUVIR, DACLATASVIR AND RIBAVIRIN) IN PATIENTS TREATED FOR HEPATITIS C ON OUTPATIENT BASIS.</b> Dr: Abdul Qadir Khan Professor of Medicine MMCH, Dr: Lubna Kamani Associate Prof: LNH Khi.
99	<b>FEEDING PRACTICES IN CHILDREN 0-2 YEARS OLD PRESENTED AT MMC PEDIATRICS OPD.</b> Tehmina Gulzar Cheema <sup>1</sup> , Uroosa Randhawa <sup>1</sup> , Aattiqa Shahid <sup>1</sup> , Anjum Ghulam <sup>1</sup> , Sana Rasheed <sup>1</sup> Dr. Hassan Memon <sup>2</sup> , Dr. Imran Ahmed <sup>2</sup>
100	<b>PREVELENCE OF ROAD TRAFFIC INJURIES DURING USE OF MOBILE PHONE,</b> Muhammad Kashif Rehmani, Uzma Khan, Zarqa Khan, Muhammad Asif, AB Rajar, Student of fourth Year, Department of Community Health Sciences, Muhammad Medical College
101	<b>EFFECTS OF HEPATITIS C ON HEMATOLOGICAL PARAMETERS IN LOCAL AREAS OF MIRPURKHAS.</b> Hafiza Amna Abbasi; Hafiza Amina Jahangir; HumairJavaid; Hamza Tariq; Abeer Khan; Wahaj Khan; Rida Khan; Sanam Akhtar, Dr. Habib urRehman Chohan

## PREVALENCE OF OBSESSIVE COMPULSIVE DISORDER SYMPTOMS IN STUDENTS OF MMCH MIRPURKHAS

*Tehmina Gulzar Cheema<sup>1</sup>, Uroosa Randhawa<sup>1</sup>, Anjum Ghulam<sup>1</sup>, Aattiqa Shahid<sup>1</sup>, Sana Raheed<sup>1</sup>*

*Dr. Syed Razi Muhammad<sup>2</sup>, Final Year Students<sup>1</sup>, Department of Surgery<sup>2</sup>*

### Abstract

**Objective:** Our study was designed to explore the symptoms of Obsessive Compulsive Disorder among students, because to our knowledge this is a rather neglected topic of discussion in several areas in Pakistani context.

**Design:** Cross sectional, validated questionnaire based interview

**Place and duration of study:** 19<sup>th</sup> July 2017 to 15<sup>th</sup> August 2017 in MMCH.

**Subject and Methods:** 150 students, aged 19-28 years across both gender were included. OCD questionnaire by Wayne K. Goodman, University of Florida (1994) was administered. This scale has 25 questions with scores ranging from 0-40. Those scoring 12 and above are likely to have OCD. The prevalence of likelihood of OCD was obtained through the use of descriptive statistics on SPSS 22 version.

**Results:** 65 (43.3%) students scored 12 and above and have likelihood of OCD. 25 (16.7%) scored 8-11 and have probability of OCD. Remaining 60 (40%) are unlikely to have OCD.

Results indicate that male students have slightly higher likelihood (53.3%) of developing OCD than female students (33.3%). Prevalence of OCD symptoms decreased with the age (18-19 years, 47%; 20-21 years, 44%; 22-24 years, 22.7%; and 25-28 years, 0.5%). Highest likelihood was found in 1<sup>st</sup> year and 2<sup>nd</sup> year medical students (53.3%) and lowest likelihood was found in 5<sup>th</sup> year medical students (23.3%).

**Conclusion:** Findings suggest 43% of students had OCD symptoms. Overall OCD symptoms were slightly higher in males as compared to females. Future research is needed to reconfirm this finding and explore the cause of these gender differences in Pakistani context. Addressing these symptoms at this critical point might have huge implications for the future of Country. It appears that OCD is under-recognized and under-treated.

**Key words:** Obsessive Compulsive Disorder, Prevalence, MMCH.

Word Count: 308

## INCIDENCE AND CAUSES OF RECURRENT CHEST INFECTIONS IN CHILDREN BELOW 5 YEARS OF AGE PRESENTED IN MUHAMMAD MEDICAL COLLEGE MIRPURKHAS, SINDH

*Shazia Babbar<sup>1</sup>, Wafa Shah<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Junaid Khan<sup>1</sup>, Saba Fatima<sup>1</sup>, Danial Aziz<sup>1</sup>, Shusta Akbar<sup>1</sup>, Hira Zahid<sup>1</sup>, Saddam Goraya<sup>1</sup>, Students of final Year<sup>1</sup>, Prof Dr Hassan Memon<sup>2</sup> Dept: of Pediatrics, MMC*

### Abstract

**Objective:** The objective of this study is to know the causes of Recurrent Chest Infections in children below 5 years of age.

**Introduction:** A chest infection (or lower respiratory tract infection) in children affects the lungs and airways. It is common for children to have between 8 and 10 respiratory infections every year, but recurring infections can be an indication of a compromised immune system or a more serious condition. Premature (neonatal) babies are particularly at risk because they have sensitive and underdeveloped immune systems. Childhood chest infections can cause pain and discomfort for sufferers. Chest pain, sore throat and headaches are all common symptoms of an infection.

Recurrent chest infections may indicate the presence of a more serious, underlying condition, for example, cystic fibrosis, congenital or acquired immunodeficiency, tuberculosis or a vegetable foreign body in the bronchus or allergic lung disease (asthma).

**Methodology:** The method of our study is Cross-sectional.

**Results:** Acute respiratory infections are the commonest illness of childhood. 9-20% of Acute hospital admissions. Most involve only the upper respiratory tract infection but in 8-12 % the lower respiratory tract is also affected. The incidence of lower respiratory rate such as Pneumonia, bronchiolitis and bronchitis has been assessed in our studies.

**Conclusion:** There are many different causes of recurrent chest infections in children. The clinician has to distinguish between children with self-limiting or easily managed conditions, such as recurrent chest acute viral infections or asthma and those with more severe often progressive, diseases.

**Keywords:** Lower respiratory tract infection, premature babies, sore throat, Cystic fibrosis, Asthma, Consultations, Bronchus, Pneumonia.

**Words count:** 319

## ASSESSMENT OF TYPES OF PERSONALITY AMONG STUDENTS AND FACULTY OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS,

*Saba Fatima<sup>1</sup>, Shusta Akbar<sup>1</sup>, Dr Syed Razi Muhammad<sup>2</sup>. Muhammad Medical College, Mirpurkhas, Students of final year, Dean & professor of Surgery*

### Abstract

**Objective:** The Objective of this study is to find out the types of personality and compare them among the students and faculty of Muhammad medical college Mirpurkhas, Sindh.

**Introduction:** The personality type comes from Myers Briggs theory that was developed by the mother-daughter partnership of Katherine Briggs and Isabel Briggs Myers. It is an adaptation of the theory of psychological types produced by Carl Gustav Jung. At its simplest, it consists of 16 types. The best way to discover the personality types depends on the MMDI personality test which has 4 parts of preferences [1] Extraversion (E) and Introversion (I), [2] Sensing (S) and Intuition (N), [3] Thinking (T) and Feeling (F) [4] Judgment (J) and Perception (P).

**Methodology:** A cross-sectional study was done at August 2017 on the students and faculty of Muhammad Medical College Mirpurkhas. Self administered Questionnaire was given to the students of 4<sup>th</sup> & 5<sup>th</sup> year and faculty, present in the workshop. Data was divided into 2 groups Seniors [Professors, Associate Professor, Assistant professor, Senior Registrar, Lecturer and Medical officer 12 in number] and Juniors [ Fourth year, Final year, House officers, Post graduate students were 168 in number]. Total 180 individuals were taken for study in which 98 were males and 82 were females. We excluded the option 'both' (where equal number of answers was labeled for each of the two trait).

**Result:** 118(71%), 109(67%) and 93(62%) of participants had Judgment, Sensitivity and Extraverts as main trait respectively. **Gender Wise:** In TF preference, 46(51%) had Thinking and 45(49%) had Feelings in males and 45(62%) had Feelings and 28(38%) had Thinking in females. In JP preference 67(71%) had Judgment and 27(29%) had Perception in males. 51(70%) had Judgment and 22(30%) had Perception in females. **Class Wise:** 12(100%) of seniors in EI preference were Extraverts, in SN preference 9(82%) had Sensitivity, in TF preference 5(56%) had Thinking and in JP preference 12(100%) had Judgment as main trait. 81(59%) of juniors in

EI preference had Extravert, in SN preference 100(66%) had Sensitivity, in TF preference 90(55%) had Feelings and in JP preference 106(68%) had Judgment as main traits.

**Conclusion:** In PJ both seniors and juniors had greater ratio of Judgment than perception that were 100% and 68% respectively. According to the MBTI assessment the most common personality type in males was ESTJ and the most common personality type in female was ESFJ which suggest that males think more than females and females have more Feelings than males.

**Key Words:** EI, SN, TF, PJ

Word count: 451

## ACHALASIA CARDIA IN PREGNANT LADY REPORTED IN MEDICINE WARD AT MMCH MIRPURKHAS

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Dr Abdul Qadir Khan<sup>2</sup>, Dr Akram Bajwa<sup>2</sup>, Students of Final Year<sup>1</sup>, Department of Medicine<sup>2</sup>*

### Abstract

**Introduction:** Achalasia is a failure of smooth muscle fibers to relax which can cause a sphincter to remain closed and fail to open during swallowing. Therefore food collects in capacious esophagus resulting in dilatation of esophagus. It is also seen in Chagas disease (American trypanosomiasis) due to damage of neural plexus of the gut. It is also called cardiospasm, esophageal achalasia and esophageal aperistalsis. It usually develops slowly in middle age with intermittent dysphagia for solids, which is eased by drinking, standing and moving around. As disease progress the obstructed lower esophagus dilates and peristalsis within the body of esophagus becomes less powerful. The failure of peristalsis is because of degeneration of ganglion cells in myenteric nerve plexus of sphincter and body of esophageal wall. Clinical features are severe chest pain due to esophageal spasm. As dysphagia progress, nocturnal pulmonary aspiration develops. It predispose to squamous carcinoma of esophagus. CXR shows the widening of mediastinum and features of aspiration. Barium swallow shows tapered narrowing of the esophagus and dilated. Endoscopy is done to rule out the carcinoma. Manometry confirms non relaxing LES and power contractility. It is treated by the endoscopic dilatation and surgical myotomy.

**Case Presentation:** 20 year old married female Naseema with 2 months pregnancy, resident of old Mirpurkhas, was admitted on 8-8-17 through OPD complaining of inability to swallow since 6-7 years, but severe from 15 days. In respiratory region she had complain of nocturnal breathlessness and palpitation. **BARIUM SWALLOW:** Shows dilatation of esophagus, lower end of esophagus shows bird beak appearance. **ENDOSCOPY REPORT:** Shows difficulty in passing scope from LES, pop up sign +ve. Gastroenterologist planned to balloon dilatation.

**Conclusion:** Balloon dilatation of the LES is an effective treatment inpatient with achalasia cardia. After diagnosis the contracted LES should be treated because it may proceed to esophageal carcinoma in this way, we can reduce morbidity and mortality for esophageal carcinoma.

**Keywords:** Achalasia cardia, bird beak appearance, balloon dilatation.

Word Count: 362.

## PREVALENCE OF ANEMIA IN OBSTETRIC PATIENTS IN MMCH

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### Abstract

**Introduction:** Anemia is one of the most frequent complications related to Pregnancy.

According to WHO, Anemia in Pregnancy is defined as a hemoglobin concentration of less than 110g/L (less than 11gm/dl) in venous blood? Every year 1.62 billion pregnant women are diagnosed with anemia and it is one of the major causes of Fetal and Maternal Morbidity and Mortality.

**Method:** A Retrospective study was conducted from Jan-Dec 2016 in the Gynecological Department at MMCH. Study populations were the pregnant women of age between 17-40 years and Data was collected from Patient's records regarding the Mode of Delivery, Hemoglobin level & Blood transfusion. Data entered & analyzed by SPSS version 22.

**Result:** Total n = 100 Obstetric patients were identified belonging from the age group of 17-41. Out of 100, 56 patients had Anemia. The highest number 24 (42.9%) of patient belong to the age group (21-25 years). 36(64.3%) women were delivered by LSCS & highest 22(39.3) outcome were Alive Baby Boy. The Severity of Anemia was divided into Mild (i.e. 9-10.9gm/dl) in 15(26.8%), Moderate( 7-8.9gm/dl) in 29(51.8%) & Severe (<7gm/dl) in 12(21.4%). 21(37.5%) received at least 1 unit blood transfusion and 11 received 4-5 units blood transfusion. 5(8.9%) patients were advised parenteral Venofer and 3(5.3%) patients were advised folic acid. 5(8.9%) patient came the symptoms of general weakness during the early pregnancy and they were advised medical treatment only.

**Conclusion:** The prevalence of Anemia was 56%. Hemodilution occurs during pregnancy, as a result patient becomes Anemic and the major cause are Iron and Folic acid deficiency. Pregnant women must be encouraged to take Iron rich diet and must take Iron and Folic acid supplements throughout the pregnancy.

**Key Words:** Anemia in pregnancy, Hemoglobin level, Blood Transfusion, Iron and Folic acid supplements.

**Word Count:** 276

## DOCTOR STILL THE MOST TRUST WORTHY PROFESSION IN PAKISTAN

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### Abstract

**Background:** There is perceived general attitude of lack of trust in our society. Even the historically most trusted profession are perhaps facing distrust by the general population. As per recurrently published data & Survey from west, including royal college of physicians of London recruited famous firm MORI's report, physicians are still the most trusted professionals. Our group did survey in 2011 (Which also showed doctors as the most trusted profession in Mirpurkhas (Voted by 39%). However, many say that medical profession has seen negative press because of some high profile adverse medical incidences locally & nationally.

**Aim:** To determine the most trusted profession in our Society.

**Material & Methods:** 198 people from different walk of life, in different location of Mirpurkhas were randomly selected and interviewed. No more than 10% people from a specific profession were interviewed average age of respondents was 32 year (range 22 to 67). They included 41 (21%) women. Hospital's Research Ethics Committee approved conduct of this study.

**Results:** The 4 most commonly trusted professions were Doctors (41%), "None" (19%), Army (13%) and Teachers (13%). Those professional who were trusted by less than 1% included Land Lord, Lawyers, Media, businessman & Engineers.

**Conclusion:** Doctor Still enjoys the trust of most people.

**Word Count:** 246

## LOWER GI BLEEDING CAUSES, INVESTIGATION AND MANAGEMENT, COLONOSCOPY FINDINGS IN PATIENTS PRESENTED AT MMCH

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*Students of Final Year<sup>1</sup> Department of Medicine<sup>2</sup>*

### Abstract

**Objective:** Our study was designed to explore the Lower GI bleeding etiology and sigmoidoscopy and colonoscopy findings in patients presented at MMCH.

**Background:** Lower gastrointestinal bleeding (LGIB) is defined as bleeding that occurs from the bowel distal to the ligament of Treitz (Longstreth, 1997). It is a significant cause of morbidity and mortality worldwide. All patients age 18 years and above with LGIB were included in the study, while patients with severe cardiopulmonary instability/failure were excluded.

**Design:** Retrospective study.

**Place and duration of study:** 19th July 2017 to 15th August 2017 in MMCH.

**Subject and Methods:** 49 patients who had LGIB were recruited into this study. Study protocol was approved by the Ethical committee of Muhammad Medical College. The files were studied to receive information about causes, Sigmoidoscopy and colonoscopy findings in patients presented at MMCH. Data entered and analyzed by SPSS version 22.

**Results:** Colonoscopy showed abnormalities in 49 patients N=27 male, N=22 female. . The common finding was hemorrhoids' (18.4%), anal fissure (18.4), ulcerative colitis in 14.3%, fistula in ano (14.3%).30-39 year old patients (28.6%) ,40-49 (22.4%) ,50-59(16.3%) and 80-89(6.1%).

**Conclusion:** In this study, hemorrhoids, anal fissure, fistula in Ano, ulcerative colitis were found to be more prevalent in the male populations while hemorrhoid was more prevalent in the females.

Colonoscopy has a very high diagnostic yield and shall be considered as the investigation of choice in Patients presenting with bleeding per rectum after local anorectal pathologies have been excluded by per rectal examination and proctoscopy. It is a safe procedure in experienced hands. Furthermore bleeding per rectum afflicts relatively younger patients in our country as compared to statistics in west. However findings of this study are required to be confirmed by similar studies inducting large number of patients.

**Key Words:** lower gastrointestinal bleeding, hemorrhoids, MMCH

**Word Count:** 334

## **EFFICACY OF COGNITIVE BEHAVIOR THERAPY ON DEPRESSION AND ANXIETY AMONG THE MEDICAL STUDENT OF MMC**

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### **Abstract:**

**Objective:** The objective of this study is to find the efficacy of the CBT among medical student of Muhammad Medical College, Mirpurkhas, Sindh, Pakistan.

**Background:** Previous research has shown that Cognitive behavioral therapy is an effective treatment for depression and anxiety. However the effectiveness of this approach in routine care needs more research.

**Introduction:** The founder of CBT is the Psychiatrist “AARON BACK”. CBT is a psychotherapy that is based on the cognitive model and is a common type of Talking Therapy. CBT helps you become aware of inaccurate or negative thinking so you view challenging situations more clearly and respond to them in a more effective way. You work with a mental health counselor or a psychotherapist in a structural way.

**Methodology:** The current study includes self-learning of CBT and practicing it on the individuals who were found to have severe anxiety in a recent study (Nayab and Sagg) in Fatima Girls Hostel, Muhammad Medical College between 18<sup>th</sup> JULY to 18<sup>th</sup> August 2017. Five individuals were identified in GAD study. Two out of Five accepted to undergo the sessions of CBT. CBT was done in group sessions (7 sessions for one individual & 5 session for another). Each session lasted about 45-50 minutes.

**Result:** Self-learning the CBT was a unique experience. We spent 4-5 hours daily on Google & YouTube videos, besides reading articles and case studies on CBT.

CBT was highly effective in one individual. For another individual we started homework sheets to convert negative thoughts into positive. We learnt that friendship, free expression of feelings, sharing the experiences, tolerance and confidentiality can enhance the efficacy in CBT. The pretest score (Before CBT) of individuals were 16 and 18, and posttest score (After CBT) was marginally improved to 15 in individual 1, and markedly to 3 in individual 2.

**Conclusion:** CBT is highly effective in anxiety and depression. It is possible for non-psychiatrist to learn the technique and employ it on the apparently normal population scoring high in GAD7 Anxiety Test Questionnaire and PHQ-9 Depression Test Questionnaire.

**Keywords:** CBT, Depression, Anxiety, GAD, Confidential, Counseling .

**Word Count:** 395

## **PREVALENCE OF AUTISTIC TRAITS (USING AQ TEST) AMONG MEDICAL STUDENTS IN MUHAMMAD MEDICAL COLLEGE**

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### **Abstract:**

**Background:** Autism is a complex neuro-developmental disorder that is usually detected in children from 18 months to three years of age. There are no reliable data for the prevalence of autism in Pakistan. The statistics from South Asia estimate that are 350,000 children with autism in Pakistan

**Objective:** To find out the Prevalence of Autistic Traits in Students using Autism Spectrum Quotient (AQ) Test.

**Methodology:** A Cross Sectional study was conducted during the month of august 2017 in Muhammad Medical College. The study population was students of first to final year & the sample size was 100. Among them 50 were male & 50 were female, 20 from each year. Data was collected using the AQ Questionnaire & analyzed by SPSS version 22.

**Results:** The range of our score is 11 to 34 & the mean score is 25. Those who score 11 to 25 are 58 & completely normal. We are more concerned about the 42 students who scored above 26 & up to 34. Female ratio is more than male. Among these 42, females are 25 & males are 18.

Following are the questions with highest scores: 77% of students agreed that they get upset if they can't pursue their work of great interest. 77% agreed that they don't know how to keep a conversation going. 74% agreed that new situations make them anxious. 71% agreed that they like to carefully plan activities they take part in. 55% disagreed that they can play games with children which involve pretending. 57% disagreed that they are good at remembering people's date of birth. 69% agreed that people often tell them that they keep going on and on about the same thing. 68% agreed that they tend to notice details that others do not. 62% agreed that they find it hard to make new friends. 55% disagreed that they enjoy social chit chat. 64% agreed that they are not sure when it is their turn to speak when they talk on phone.

**Conclusion:** We conclude that these 42 students should go for further assessment to find out whether they are autistic or not. If possible then have some proper sitting sessions with psychiatrist & work on their selves if there is any room for improvement.

**Key Words:** Autistic traits, AQ test.

Word Count: 374

## RATIONALITY AND IRRATIONALITY IN THE STUDENTS OF MMC USING SHORTENED GENERAL ATTITUDE AND BELIEF SCALE (SGABS)

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Mehtab Baig<sup>1</sup>, Abdullah Kanju<sup>1</sup>. Syed Razi Muhammad<sup>2</sup> Students of Final Year<sup>1</sup>, Department of Surgery<sup>2</sup>*

### Abstract

**Objective:** The purpose of study was the assessment of Rational Attitude and Belief thinking by The Shortened General Attitude and Belief Scale(SGABS) among students of MMC.

**Design:** Cross sectional,validated questionnaire based interview

**Place and Duration of Study:** 15<sup>th</sup> JULY 2017 to 10 AUGUST 2017 at MMC.

**Subjects And Methods:** 2 components (Rationality & Irrationality) of General Attitude and Belief Scale (SGABS) were calculated from a sample of 200 Students(20boys and 20 girls from each class)of MMC using the **SGABS** questionnaire by **Lindner, kirkby, Wertheim, & Birch (1999)**. The instrument contain two components (Rationality & Irrationality) and irrationality is further subscaled into Self-Downing, Need for Achievement, Need for Approval, Need for comfort, Demands for fairness and other-Downing. This scale comprise of 26 items. Each question was answered using likert scale with a possible scoring of 1-5. Following were the two scale: **Rationality** comprises 5 questions with a possible score of 5-25. Subscale of **Irrationality** i.e Self-Downing comprise of 5 questions with a possible score of 5-25. Need For Achievement comprise of 4 questions with a possible score of 5-20. Need For Approval comprise of 3 questions with a score of 5-15. Need For Comfort comprise of 4 questions with a possible score of 5-20. Demands For Fairness comprise of 4 questions with a possible score of 5-20 and Other-

Downing comprise of 1 question with a maximum possible score of 1-5. The rational beliefs and attitude among students were assessed using the SPSS version 22.

**RESULT:** Our students score range from 12.91-14.76. The mean score of male in **Rationality** was higher at 14.74(SD5.527) against female i.e. 13.81(SD 5.847). In **Self-Downing** our students range from 15.16-17.03. Female scoring marginally higher at 16.12(SD6.724) compare to male score of 16.07(SD6.457). Our students score in **Need For Achievement** ranging from 11.7-13.09 with male scoring 12.34(SD4.963) lower than mean score of female 12.46(SD4.812). Our students range in **Need For Approval** 8.14-9.17. Mean score of male is slightly higher than female compare to 8.62(SD 3.767). **Need For Comfort** range of our students is 11.58-12.56 with male scoring slightly higher 12.3(SD5.159) compared to female score of 12.25(SD4.877).

**Demands for Fairness** range of our students is 12.29-11. 77 with female scoring slightly higher 11.08(SD5.202) compare to 10.98(SD5.462). **Other-Downing** range of our students is 2.97-3.36 with male scoring higher with 3.20(SD1.378) than female i.e. 3.13(SD1.353). A class wise difference of mean score of students was found to be very small.

**Conclusion:** We found that female score higher at Irrationality subscales Self-Downing, Need For Achievement and Demands For Fairness while male score was higher at Rationality and Irrationality subscales (Need For Approval, Need For Comfort and Other-Downing). We found the following irrationality subscale Need for achievement is slightly higher in girls, which was expected to be higher in boys. Need for approval is slightly higher among boys, which was expected to be higher in girls.

**Word Count:** 515.

## **EVALUATION OF CAUSES OF HEMATURIA IN PATIENTS AT SURGICAL DEPARTMENT OF MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS**

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### **Abstract:**

**Background:** Hematuria is an alarming symptom among the symptomatology of urinary tract. All patients with hematuria should have IVP done. This study is conducted to find which frequent cause of hematuria is. The aim of study was to find out the causes of Hematuria in patients came to Muhammad Medical College Hospital from period of July 2016 to July 2017.

**Method:** A retrospective study including randomly selected patients admitted in surgical department of MMCH from July 2016 to July 2017 with the complain of hematuria. 107 patients were evaluated and the data was organized and finalized in SPSS version 22. Exclusion Criteria: 1. Associated gynaecological problems. 2. Age < 16 years. 3. Trauma cases.

**Results:** Out of 107 patients of hematuria, we found most common age group between (36- 55) years with male dominancy 87/107 (81.30%) and female 20/107 (18.70%). The most common causes of hematuria in our hospital were renal stones cases 43 (40.2%), urinary tract infection cases were 32 (29.9%), benign prostate hyperplasia cases were 14 (13.1%) and carcinoma of bladder cases were 4 (3.7%). The most common associated symptoms were burning micturition 74.8% followed by dysuria 15% and urinary retention 9.3%.

**Conclusion:** The most common cause of hematuria was found to be renal stone. Urine D.R and X-ray KUB is a choice of investigation for painful hematuria and IVP is a choice of investigation for painless hematuria.

**Key Words:** Hematuria, Retrospective study, renal stones

**Word Count:** 285

## MODE OF TRANSMISSION OF HEPATITIS C IN CHRONIC HEPATITIS C PATIENTS AT LIVER OPD IN MMCH

*Nuzhat Safdar<sup>1</sup>, Nimrah Michael<sup>1</sup>, Rabia Siddque<sup>1</sup>, Hudabia Khan<sup>1</sup>, Shumaila<sup>1</sup>, Saleem Khan<sup>1</sup>  
Dr. AbdulQadir<sup>2</sup>, Student of Final Year<sup>1</sup>, Department of Medicine<sup>2</sup>*

### Abstract

**Objective:** To determine the mode of transmission of hepatitis C in chronic hepatitis C patient of MMCH.

**Background and Introduction:** PAKISTAN has the highest burden of chronic Hepatitis C. This article reports based on patients history to determine the mode of transmission in HCV patients of MMCH

**Methodology:** The cross-sectional study was conducted at liver OPD MMCH from July to August 2017. Total Patients was #85a close-ended questionnaire. The data was collected in Performa, information regarding transmission by nasal uses of drug, blood transfusion, having tattoos, social deprivation, alcohol consumptions, lifelong sexual behavior, health related jobs, drug abuses, and body piercing. The data and information was put in SPSS version 22.

**Results:** Total no of patients were 85, out of them female were 46, male 39. Average age of patient was between 41-50years. Out of 85 cases patient 74(84%) were confirmed by blood test. Patients infected by blood transfusions were 46(56.1%). Patients infected by tattooing were 14(16.5%). Patient were infected 39(45.9%). Patients infected by surgery were 28 (32.9%). Patients infected by injectables were 72(82.7%).

**Conclusion:** The large number of infected individuals reveals the burden of disease in the future, giving rise to costs for health care system and society at large. The known risk factors explain the infected cases, influencing the prevention strategies. Our findings regarding risk behaviours associated with HCV infections showed that there is still improving strategies for reducing transmission among drug users and infections, as well as need for preventions and control strategies targeting those living in poverty.

**Keywords:** 300

## ATTENTION DEFICIT HYPERACTIVITY DISORDER IN THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

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Naveed-ur-Rehman<sup>1</sup>, Muhammad Abdullah<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup>  
Syed Razi Muhammad, Student of Final Year<sup>1</sup>, Department of Surgery<sup>2</sup>, MMC*

### Abstract:

**Background:** Adult attention-deficit/hyperactivity disorder (ADHD) is a mental health disorder that includes a combination of persistent problems, such as difficulty paying attention, hyperactivity and impulsive behavior. Adult ADHD can lead to unstable relationships, poor work or school performance, low self-esteem, and other problems.

**Methodology:** A Cross-sectional study was conducted between 27-July 2017 and 20-August 2017 among the students of MMC. 20 girls and 20 boys from each of the 5 classes filled the Adult ADHD Self-Report Scale (Schweitzer et al 2001, Med Clin North Am). Total sample was 200 students with equal number of boys and girls. The questionnaire had 3 parts. Part A consisted of questions about inattentivity, part B consisted of questions about hyperactivity and part C consisted of questions about impulsivity.

Questionnaire contains total of 18 questions (A=8,B=7,C=3). Every question yielded one or zero mark. Sample was distributed in 4 age groups (group 1= 19y-20y group 2= 21y-22y group 3= 23y-24y group 4= 25y-26y). Those scoring 4 or more were diagnosed as suffering from ADHD. **Results:** 147 (73.5%) scored 4 or more and were diagnosed to have ADHD. 53 (26.5%) scored less than 4. Affected males were 81 and females were 66.

Total inattentive students were 83 (41.5%) (Males=40 and Females =43), hyperactive students were 42 (21%) (males=23 and females=19), impulsive students were 22 (11%) (Males=18 and Females=04).

According to age distribution group 1 (19-20 years) had a total of 65 students, of which 51 (78.46%) were affected. Among the affected members of this group, 28 (54.9%) were inattentive, 16 (31.37%) were hyperactive and 7 (13.72%) were impulsive.

According to age distribution group 2 (21-22 years) had a total of 63 students, of which 52 (82.53%) were affected. Among the affected members of this group, 30 (57.69%) were inattentive, 16 (30.76%) were hyperactive and 6 (11.53%) were impulsive.

According to age distribution group 3 (23-24 years) had a total of 44 students, of which 31 (70.45%) were affected. Among the affected members of this group, 17(54.83%) were inattentive, 7(22.58%) were hyperactive and 7(22.58%) were impulsive.

According to age distribution group 4 (25-26 years) had a total of 28 students, of which 13 (45.42%) were affected. Among the affected members of this group, 8(61.53%) were inattentive, 3(23.07%) were hyperactive and 2(15.38%) were impulsive.

**Conclusion:** Our results show that most of our students are inattentive (83=41.5%), whereas hyperactive (42=21%) and impulsive students were (22=11%) fewer. Gender difference was most remarkable in impulsivity (males=18 and females=04), than inattentivity (Males=40 and Females =43) or hyperactivity (Males=23 and Females=19).

**KEY Words:** hyperactivity, inattentivity, impulsivity

Word count: 464

## CLINICAL EVIDENCE OF CHOLEDOCHOLELITHEASIS IN CHOLELITHIASIS IN MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

Mudasir Husnain<sup>1</sup>, Naveed Ur Rehman<sup>1</sup>, M. Abdullah Khan<sup>1</sup>, Ahsan Bari<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup>, Naveed Hashim<sup>1</sup>, Fatima tuz Zahra<sup>1</sup>, Azka Mehmood, Syed Razi Muhammad<sup>2</sup>, Rehmatullah Soomro,  
Student of Final Year<sup>1</sup>, Department of Surgery<sup>2</sup>, MMC

### Abstract:

**Background:** Choledocholelithiasis is the presence of stones in bile ducts; the stones comes from gallbladder or from within the ducts itself. According to the National Health and Nutrition Examination Survey (NHANES III), over 20 million Americans are estimated to have gallbladder disease (define as the presence of gallstone on trans-abdominal ultrasound or a history of cholecystectomy). Among those with gallbladder disease, the exact incidence and prevalence of choledocholelithiasis are not known, but it has been estimated that 5-20% of patients have choledocholelithiasis at the time of cholecystectomy, with the incidence increasing with age. In PAKISTAN, most cases of choledocholithiasis are secondary to the passage of gallstones from the gallbladder into the most common bile duct. This study was carried out to identify the clinical evidence of choledocholelithiasis in cholelithiasis patient in the MMCH.

**Methodology:** A retrospective study is conducted from 10-august-2016 to 10-august-2017 among the diagnosed cases of cholelithiasis at MMCH, Mirpurkhas. Total 118 cases were reported having cholelithiasis (define as the presence of gallstone on trans-abdominal ultrasound or a history of gallstones). Their ultrasound reports, LFT, CBC and Serum Bilirubin level were checked. Data was entered and analyzed by using spas version.

**Result:** In the total sample, n=48 (41%) cases belongs to 40-44 years age group, n=84 (71.2%) were female, n=34(29%) male. Among them n=7 (5.9%) were diagnosed as choledocholelithiasis having dilated common bile duct on ultrasound. Among the cases n=5 (71.4%) had raised alkaline phosphatase in LFT, n=4 (57.1%) had increased TLC on CBC, n=6 (86%) had increased serum bilirubin level, n=2 (29%) had acute pancreatitis.

**Conclusion:** Result of current study shows that the clinical evidence of choledocholelithiasis is 5.9% in cholelithiasis.

**Key Words:** Choledocholelithiasis, Cholelithiasis, Alkaline Phosphatase.

Word Count: 328.

## OBESITY AND COMORBIDITIES

*Mehriq Fatima, Shusta Akbar<sup>1</sup>, Ramsha Hafeez<sup>1</sup>, Masroor Tariq<sup>1</sup>, Shafiq Ahmed<sup>1</sup>, Danyal<sup>1</sup>, Dr.Qamar<sup>2</sup>  
Students of Final Year<sup>1</sup> Department of Gynecology and Obstetrics<sup>2</sup>*

### Abstract

**Introduction:** Different types of diseases occur in obese patients. Due to their obesity the people find it difficult to treattheir diseases. This leads to the death of patients. Mainly the diseases that occur are hypertension, diabetes, gall stones and many type of cancers.

**Objective:** The objective was to study the obese patient to see the diseases that most commonly occur in obese patients and their lifestyle risk factors in those patients.

**Methods:** A cross-sectional study was conducted between the 1<sup>st</sup> and 14<sup>th</sup> August 2017 in Muhammad Medical College's girls' and boys' hostel. The study population was obese patients and the sample size was 50 girls and 50 boys. Face to face interview was done using close-ended questionnaire. The data was entered and Analyzed by using SPSS version 22.

**Result:** The mean age of obese patient was 22.4 (SD 2.216) and predominant age group 21- 25 years. Male 43(60-90 kg) were more affected than female41 (60-90 kg). 89.5% of people ate breakfast daily and vegetable consumption was low in students with 2.9% students eating vegetables daily. 91.4 % students consumed junk food daily. 9.4% people consumed caffeinated beverages daily. 4.8% people ate chocolates daily. 90.5% people ate sweets and desserts daily.

**Conclusion:** The obesity in the patients was due to more consumption of junk food, caffeinated beverages, chocolates and sweets. Consumption of vegetables and healthy food was low in our studies.

**Key words:** Beverages, obesity, caffeine.

Word count: 261

## ETIOLOGICAL FACTORS OF HEPATOCELLULAR CARCINOMA (HCC) AMONG THE PATIENTS OF MUHAMMAD MEDICAL COLLEGE HOSPITAL & CITY HOSPITAL MIRPURKHAS, SINDH, PAKISTAN

*M. Mehdi Arsalan, Ammara Rajput, Iqra Ansar, Pashmeena Munir, Danial Aziz, M. Amir  
Students of Final Year. Prof. Dr. Abdul Qadir Khan, Department of Medicine*

### **Abstract:**

**Background:** Hepatocellular carcinoma is the 5<sup>th</sup> most common cancer in the world and the 3<sup>rd</sup> most common cause of death from cancer and the 2<sup>nd</sup> most common cancer in the men. Majority of the patients with HCC have an established background of CLD and cirrhosis, with major risk factors for developing cirrhosis include chronic infection with HBV, HCC, alcoholic liver disease and NASH. Additional risk factors for developing HCC include diabetes, hemochromatosis and some metabolic disorders. As incidence of liver cancer continues to rise, effective surveillance programs are necessary in order to maximize patient outcomes.

**Methodology:** A retrospective study was carried out from July 2016 to August 2017 among the 37 patients of HCC in MMCH. The secondary data was collected from previous hospital records in MMCH. Data was analyzed by SPSS version 22.

**Results:** Total n=37 patients of HCC were included, majority n= 17 (45.9%) belongs to 45-55 years age group, n=26 (69%) were male, n=11 (31%) were female. Out of which n=17(47%) were HCV positive, n=9 (25%) were HBV positive and remaining n=7 (21%) had co-infection (Hep B & C). n=13 (35%) were hypertensive, n=7 (19%) were diabetics, n=21 (57%) had ascites, n=15 (42%) had hypersplenism, n=19 (53%) had portal vein thrombosis, n=27 (73%) had right lobe involvement, n= 21 (58%) were on conservative treatment and n= 34 (93%) had raised Alpha Feto Protein more than 800 microgram.

**Conclusion:** Cause of HCC in our study was cirrhosis secondary to HCV, HBV, and some patients have both hepatitis B & C and some have idiopathic causes. Common age group of HCC was 45-55 years

**Key words:** Hepatocellular carcinoma, HBV, HCV, idiopathic

**Word Count:** 321

## AUDIT ON ISCHEMIC DISEASES IN MUHAMMAD MEDICAL COLLEGE HOSPITAL

*Masroor Tariq<sup>1</sup>, Danial Aziz<sup>1</sup>, M. Aamir<sup>1</sup>, Ramsha Hafeez<sup>1</sup>, Shushta Akbar<sup>1</sup>, Mehriq Fatima<sup>1</sup>, Prof. Dr. Abdul Qadir, Students of Final Year<sup>1</sup>, Professor of Medicine<sup>2</sup>*

### **Abstract**

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

**Objective:** To examine the number of patients suffering from ischemic diseases, major risk factors, signs & symptoms and the diagnosis of patients in MMCH

**Methodology:** Descriptive cross sectional study was conducted by going through the reports of all patients in the last two months at MMCH. Data was collected, organized, summarized, analyzed, frequency and percentages is extracted

**Results:** Out of 228 patients 21 were suffering from ischemic diseases. These included Ischemic heart disease (IHD) (8 were male & 5 were female) of them Myocardial infarction (MI) (male 16.4%, female 23.9%). Other Ischemia's include Diabetic Foot (3 were male while 1 was female), Transient Ischemic attack (male were 6 & female were 4), Ischemic stroke (male 9 while female 3). The Mortality was 2.9% male & 1.1% female. The most common risk factors resulting in Ischemic disease were Age, Hypertension, Hypercholesterolemia, Family history of Ischemic diseases, Diabetes Mellitus, Tobacco Smoking. The most common signs & symptoms Chest pain characterized by Central, substernal compression Heaviness, burning, Radiating Shoulder and Neck pain, Dyspnoea, Diaphoresis, DM, Wound on foot, Either loss of sensation or severe pain in the affected area, Foul smelling discharge in Diabetic Foot.

**Conclusion:** IHD and Diabetic Foot were more frequently among Ischemic disease, most common risk factors are Hypertension, DM and Age. The mortality rate was 2.9% for males and 1.1% for females.

**Keywords:** Risk factors, Ischemia, Mortality Rate

Word Count: 315

## PATIENTS PERCEPTIONS OF WRITTEN CONSENT

*Muhammad Mehtab Baig<sup>1</sup>, Muhammad Abdullah Khan<sup>1</sup>, Mudassir Husnain<sup>1</sup>,*

*Naveed Ur Rehman<sup>1</sup>, Fatima Tuz Zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Shahzadi Sundas<sup>1</sup>*

*Dr Syed Razi Muhammad<sup>2</sup>, Dr Rehmat Ullah Soomro<sup>2</sup>*

*Students of Final Year<sup>1</sup>, Department of Surgery<sup>2</sup>*

### Abstract:

**Introduction:** The role of consent to treatment, in ethical terms, is to safeguard patients' autonomy. A Formal Agreement that a Patient signs to give permission for a medical procedure. Informed consent is a process for getting Permission before conducting a health care. We used a questionnaire to study patients' perceptions of the consent. The study was conducted in the department of obstetrics and gynecology of a Muhammad Medical teaching hospital of the patients who were operated for different Diseases and Medical issues in Surgery, obstetrics and gynecology in a one-month period.

**Methods:** A prospective study was conducted in MMCH in August 2017. A Questionnaire was taken from Akkad et al (BMJ, 2006) and used for Data collection. A total of 50 patients were requested to fill up the Questionnaire in Gynecology/Obstetrics and surgery wards of MMCH. 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  $p<0.05$  as significant.

**Results:** A total of 50 patients responded to the questionnaires. 31 (62%) Patients had limited understanding of the legal standing of written consent. 38 patients (86%) said that signing consent doesn't makes patient wishes known. 25 patients (50%) said it was to protect the hospital from litigation. 46 (92%) thought that taking consent is in favor of Doctors. 22 (44%) thought that consent removes their right to be compensated. 31 patients (62%) went for as it was a Safeguard against the mix-ups in the operation theatre. 22 (44%) patients said that consent disempowers them and lacks their control and signing consent gave doctor good control of what happened. 41 (82%) of patients believed that they know about informed consent, n 38 (78%) thought it to be necessary for patient undergoing surgery. 38 (75%) patients thought that they know consent in ethical terms is to safeguard patient's autonomy

**Conclusions:** Many patients seem to have limited awareness of the legal implications of signing or not signing consent forms, and they do not recognize written consent as primarily serving their interests. Current consent procedures seem inadequate as a means for the expression of autonomous choice, and their ethical standing and credibility can be called into question.

**Key Words:** People, litigation

**Word Count:** 441

## FREQUENCY OF HEPATITIS C IN PREGNANT WOMEN

*Hudabia khan<sup>1</sup>, Rabia Sadique, Nuzhat Safdar<sup>1</sup>, Nimrah Mical<sup>1</sup>, Tahira Mari<sup>1</sup>  
Dr Qamar<sup>2</sup>, Dr Asma Jamshaid<sup>2</sup>, Dr Heem Latta<sup>2</sup>, Students of Final year<sup>1</sup> Professor of Gynecology and Obstetrics<sup>2</sup>*

### Abstract

**Introduction:** - Hepatitis C virus is a major health care concern worldwide, but more so in developing countries like Pakistan. Hepatitis C virus infection is responsible for serious consequences for afflicted people especially in terms of chronicity of liver disease, hepatic failure and development of hepatocellular carcinoma. The prevalence of HCV virus infection varies throughout the world with highest number of infections reported in Egypt. The prevalence of HCV-RNA positivity in pregnant women ranges from 1.2% to 4.5% in different countries. The prevalence of HCV in a population can be predicted by risk factors associated with the transmission of infection. These risk factors include injection drug use, blood product transmission, occupational injury, sexual transmission and vertical transmission.

**Method:-** Study design was Cross sectional study. Study duration was from July to August 2017. 48 no of pregnant women were studied. Study was done in Muhammad Medical College Mirpurkhas Sindh. Study Population was pregnant Female who visit MMCH. Closed ended questions were asked by the patients, face-to-face interview was conducted. Data entered and analysis by SPSS Version 22. The ethical committee of Muhammad Medical College approved study Protocol.

**Results:-** The mean age was 27. 39(81.3%) of the women had knowledge about hepatitis. Out of 48 pregnant women those with hepatitis C were 3(6.3%). 7(14.6%) women said that their husbands were suffering from hepatitis C or other liver diseases. 19(39%) females were getting antenatal care while the other (10.4%) were not getting antenatal care. The number of women who had their blood tests done was 45(93.8%). The number of women who thought that hepatitis C could be transferred from mother to baby was 34(70.8%).

**Conclusion:-** Although the majority of women knew about hepatitis C it is imperative that the public health awareness of hepatitis C is increased, as well as the antenatal care of pregnant women who are infected.

**Key words:-** hepatitis C, antenatal care, chronicity.

**Word count:** 316

## PREVALENCE OF DEPRESSION AMONG CHRONIC HCV PATIENTS

Hira Zahid<sup>1</sup>, Samiya Abdul Majeed<sup>1</sup>, Kanwal Bishar<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Hanium Baloch<sup>1</sup>, Um-e-Aimen<sup>1</sup>, Saddam Hussain<sup>1</sup>, Dr. Syed Razi Muhammad<sup>2</sup>, Dr. Abdul Qadir Khan<sup>2</sup>, Students of Final Year<sup>1</sup>, Professor Department of Surgery and Medicine<sup>2</sup>

### Abstract

**Introduction:** - Hepatitis C virus (HCV) infection is one of the main causes of chronic liver disease worldwide affecting an estimated 170 million people. There is an increase in the prevalence of psychiatric co-morbidity in chronic hepatitis C patients compared to the general population that may lead to difficulties in antiviral therapy. Mental health issues may also reduce the quality of life and interferes with treatment compliance.

**Method:** A cross-sectional study was conducted between 1 July and 14 August 2017 in Muhammad Medical College, Sindh, Pakistan. The study population was patients with hepatitis C for six months; face-to-face interview with the 53 patients (29 male and 24 female) was done, using Personal Health Questionnaire (PQ8) for depression. Scoring was interpreted as 0-4= no depression, 5-9= mild depression, 10-14= moderate depression, 15-19= moderately severe depression and 20-27= severe depression. The data was entered and analyzed using SPSS version 22.

**Result:** All the patients had some degree of depression. Males (29=54.7%) were more depressed than females (24=45.3%). Mode of transmission included IV drug abuse 13(24.5%) and blood transfusion 9(16.9%). Husbands of 4(7.5%) patients were also HCV positive. Other 19(35.8%) were not sure about the cause. 33(62.3%) patients did not develop complications while other 20 (37.7%) patients developed some complications. 37 (69.9%) patients were associated with other diseases like diabetes and hypertension, while other 16(30.2%) did not complain of other diseases. Prevalence of depression was found to be Mild 6 (11.3%), Moderate 23 (43.3%), Moderately Severe 20 (37.7%) and Severe 4 (7.5%).

**Conclusion:** We concluded that all our patients with chronic hepatitis C suffered from some degree of depression.

**Key Words:** Hepatitis C virus, Psychiatric Co morbidity, Depression, Quality of life.

Word Count: 257

## DEPRESSION AMONG WOMEN AFTER HYSTERECTOMY

Hira Zahid<sup>1</sup>, Samiya Abdul Majeed<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Kanwal Bishar<sup>1</sup>, Fatima tuz Zahra<sup>1</sup>, Saddam Hussain<sup>1</sup>, Danial Hafez junaid<sup>1</sup>, Prof. Dr. Razi Muhammad<sup>2</sup>, Dr. Qamar Habib Memon<sup>2</sup>, Students of Final Year<sup>1</sup>, Professor of Surgery<sup>2</sup>, Professor of Gynaecology<sup>2</sup>.

### Abstract:

**Background:** Hysterectomy is a surgical removal of whole or a part of the uterus to treat any problem. It is widely believed that hysterectomy impacts detrimentally on psychological health so women face depression after the hysterectomy.

**Aim of study / objective:** We aimed to test the association between hysterectomy and depression.

**Methodology:** A Cohort study conducted from July to August 2017 in Muhammad Medical College Hospital and other hospitals of Mirpurkhas. Data was collected using Personal Health Questionnaire Depression Scale from 44 women who had hysterectomy in the last two years. Data was entered and analyzed using SPSS Version 22.

**Results:** The mean age of our patients who had hysterectomy was 50. Of these, 6 (13%) had depression. 3 (6.8%) had severe depression and 1 (2.2%) had moderate depression, while 2 (4.5%) had mild depression. Depression was more in the younger women with two thirds (4=67.2%) being between 31-45 years of age. Depression was more common in women from rural areas with 2/3<sup>rd</sup> (4=66.6%) of women being in this group. Most patients with depression (05-83.3%) denied having any family support, whereas only 1 (16.7%) with depression claimed to have family support. Depression was more in uneducated (3=50%) women. Depression also increased with co-removal of ovaries (4=66.5%).

**Conclusion:** Our findings suggest that women who undergo hysterectomy at a young age suffer more depression.

**Recommendation:** Women who have hysterectomy should receive psychological support to avoid postoperative depression. Further research is needed to replicate these findings in a larger and more diverse sample.

**Key words:** Depression, Rural area, Family support, Hysterectomy

Word count: 304.

## DEPRESSION AMONG THE HOSTEL GIRLS WEARING VEIL, HIJAB, NEITHER VEIL NOR HIJAB

*Samiya Abdul Majeed<sup>1</sup>, Hira Zahid<sup>1</sup>, Fatima tuz Zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Kanwal Bishar<sup>1</sup>,*

*Professor Dr. Syed Razi Muhammad<sup>2</sup>, Student of Final year<sup>1</sup>, Professor of Surgery<sup>2</sup>*

### Abstract

**Introduction:** A significant number of girls wear the Hijab or the veil in Muhammad Medical College. We conducted a study to find out whether there is any association between wearing veil or Hijab and depression & anxiety.

**Methods:** This study was conducted using a cross-sectional study design during the month of August 2017 among students (girls) of Muhammad Medical College, Mirpurkhas, Pakistan. The study population was the girls wearing Veil, Hijab or neither Veil nor Hijab and a sample size of 108 were obtained using the Personal Health Questionnaire (PQ 8) Scale. The scoring of the depression scale was as follow: 0-4 had no depression, 5-9 had mild depression, 10-14 had moderate depression, 15-19 had moderately severe depression and 20-27 has severe depression. The scoring for Anxiety was  $\geq 3$ . The Data was entered and analyzed by using SPSS version 22.

**Results:** The mean age of the girls was 21 years. The total number of participants was 108. Among them, veil wearing girls=21, hijab wearing girls=37 and neither veil nor hijab wearing girls=50. The overall depression was found to be among 78(72.2%) girls. Depression was found to be 16(76.2%) among veils girls, 26(70.28%) among hijab girls and 36(72%) among the girls with neither veil nor hijab. Overall anxiety was found to in 36(33.3%) Girls. Anxiety among veil wearing Girls was 6(28.7%), among hijab wearing Girls was 12 (32.43%) and among neither veil nor hijab wearing girls 18(36%).

**Conclusion:** There appears to be no significant association between wearing of veil or hijab and depression & anxiety.

**Key words:** Veil, Hijab, Neither Veil nor Hijab, Depression, Anxiety

Word count: 247

## POSTOPERATIVE PAIN MANAGEMENT OF ABDOMINAL SURGERY A CROSS SECTIONAL STUDY IN MMCH

Hafiz Junaid<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup>, M. Farooq<sup>1</sup>, Aqeel Khalique<sup>1</sup>, Hafiz Shoaib<sup>1</sup>, Sadia Saad<sup>1</sup>, Prof. Dr. Razi Muhammad<sup>2</sup>, Prof. Dr. Rehmatullah Soomro<sup>2</sup>, Student of Final Year<sup>1</sup>, Professor of Surgery<sup>2</sup>

### Abstract

**Introduction:** Postoperative pain is defined as an unpleasant sensory and emotional experience associated with tissue injury or damage together with muscle spasm after surgery. Effective postoperative pain control is an essential component of the care of the surgical patient. Inadequate pain control may result in increased morbidity or mortality.

**Background:** Most patients who undergo surgical procedures experience acute postoperative pain, but evidence suggests that less than half of patients report adequate postoperative pain relief. Many postoperative interventions and management strategies are available for reducing and managing postoperative pain.

**Aim of study:** Objectives: To find out best intervention to relief the post-operative pain after abdominal surgery. To find out the efficacy of different medication used in post-operative pain management and also assess the procedure or medication mostly used by the MMCH surgeons to control postoperative pain management.

**Methodology:** It was a cross-Sectional study conducted in august 2017 on Muhammad medical college general surgeons. Data Collected through self-reported closed ended Questionnaire and Questionnaire administered. Data was entered and analysis was done using SPSS Version 22.

**Results:** 80% of surgeons use analgesic in post-operative pain management. In analgesic 47% surgeons use NSAIDS followed by 34% surgeons of Opioids. 41% surgeons think NSAIDS are more effective drug while 23% surgeons think Paracetamol is least effective analgesic. 73% surgeons use I/V route for drug administration while 49% surgeons think dose should be halfly increased if patient not response to normal dose.

**Conclusion:** Advances in pharmacology, techniques, and education are making major inroads into the management of postoperative pain. Nursing education, patient care, and surgeon responsiveness will be key to the success of any pain management improvement initiative.

**Recommendation:** The guidelines include a number of strong recommendations, such as properly educating patients (or the relative of a patient) about treatment options for managing pain and the goals of care for postoperative pain management. There should be the use of multimodal analgesia, using a variety of medication and techniques to have a more synergistic, effective approach to pain relief than single-modality interventions.

**Key words:** Analgesic, Opioids, Intravenous Route

Word count: 377

## ASSESSMENT OF GENERALISED ANXIETY DISORDER AMONG THE MEDICAL STUDENTS OF MMC

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Syed Razi Muhammad<sup>3</sup>. Student of Final Year, Student of 1<sup>st</sup> year, Dean & Prof. of Surgery Department.

### Abstract

**Objective:** The objective of this study is screening and measuring the severity of Generalized anxiety disorder(GAD) among medical students of MMC.

**Introduction:** GAD is characterized by excessive, controllable & often irrational worry that is apprehensive expectation about events or activities. This excessive worry often interferes with daily functioning, as individuals with GAD typically anticipate disaster, and is overly concerned about everyday matters such as health issues, money, death, family problems, interpersonal relationship problems, or work difficulties. GAD-7 is used for screening and severity of the GAD symptoms. GAD-7 is moderately good at screening three other common anxiety disorder-panic, social and post traumatic stress disorder.

**Methodology:** A cross sectional study was done in MMC in August 2017. 50 students were taken randomly from each class 1<sup>st</sup> year to final year. Total was 250 including male & female equally. The questionnaire contained 7 items. Each of the 7 items was calculated by assigning a score of 0(not at all),1(several days),2 (more than half days) and 3(nearly every day). GAD-7 total score ranges 0-21, scores of 5, 10 and 15 represent cut-point for mild, moderate & severe anxiety respectively.

**Results:** 33.2% students have no anxiety. 41.2% students have mild anxiety. 18.4% students have moderate anxiety. 7.2% students have severe anxiety. Females (mean=7.22) are more anxious than males (mean=6.56). Among the classes, 3<sup>rd</sup> year had a mean GAD of 7.92, 4<sup>th</sup> year had a mean GAD of 7.14, 1<sup>st</sup> year had a mean GAD of 6.54, Final year had a mean GAD of 6.46 and 2<sup>nd</sup> year had a mean GAD of 6.40. Cronbach's Alpha value is .760, which reflects good internal consistency. Kaiser-Meyer-Olkin test (measure of Sampling Adequacy)

**Word count:** 302.

## TO CHECK THE QUALITY OF LIFE OF WOMEN WITH UROGENITAL PROLAPSED.

Fatima-tuz-Zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Muhammad Abdullah Khan<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup> Naveed-ur-Rehman<sup>1</sup>, Dr. Qamar Habib Memon<sup>2</sup>, Student of Final Year<sup>1</sup>, Professor of Gynae and Obs Department<sup>2</sup>

### Abstract

**Introduction:** Uterine prolapse (UP) occurs when weakness occurs in normally supportive tissues that cause the uterus to descend, with or without the urinary bladder and bowel, into or out of the vagina. Common symptoms include pelvic pressure, discomfort, visible bulging, disturbed urine & bowel habits and sexual impairment. Clinically, UP symptoms are organized into four groups according to presentation: vaginal, urinary, bowel, and sexual.

**Methods:** This study was conducted by using cross-sectional study design from July-August 2017 among patients of Muhammad medical hospital, Mirpurkhas, Pakistan. A closed ended questionnaire was developed, among 76 women of UV prolapse to check the quality of life. The data was entered and analyzed by using SPSS version 22.

**Results:** A total 76 patients responded to questionnaire. Patient had urinary leakage associated with strong desire to pass urine 39(50.9%) said urinary leakage with coughing 38(50%) said that heavy or dragging feelings from vagina 68(89.5%) said poor urinary stream 21(27.6%) said that some times after emptying your bladder 7(9.2%) said that constipation, difficulty in emptying bowel 20(27.6%) said that lower backache worsens with vaginal discomfort 59(77.6%) said that prolapse affect your household 28(36.8%) said that prolapse affect your physical activity 70(93.2%) said that limit your social life 52(68.4%) said that prolapse affect your relationship with your partner 76(100%) said that prolapse affect sex life 55(72.4%) said that prolapse make you feel depressed 76(100%) said that prolapsed did not affect sleep 68(85.5%).

**Conclusion:** The quality of life of UV prolapse patients can affect the patient's physical health, emotional stress, and social limitation. The results suggest the importance of developing policies and programs that are focused on early health care for UP. Through family planning and health education programs will be possible to restore quality of life related to UP.

**Key words:** Quality of life of women, urogenital prolapsed.

**Word count:** 329

## CAUSES OF RISE IN TERRORISM IN PAKISTAN

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*Prof. Dr. Razj Muhammad<sup>2</sup>, Prof. Dr. Rehmatullah Somoro<sup>2</sup>, Student of Final year<sup>1</sup>, Professor of Surgery<sup>2</sup>*

### Abstract

**Background:** Terrorism involves deliberately killing, trying to kill or violence against civilians. Terrorism is described as violence to create fear, in order to achieve a political, religious or ideological aim. Terrorism is a major problem in Pakistan since 2002. It has costed lives and adversely affected the image and economy of Pakistan. Schools, Armed forces institutes, shopping plazas & public places are the most targeted places since 2002. Pakistan shows 8th in the list of deadly affected countries.

**Aim of study:** To find the opinion of MMC students about the causes of Terrorism in Pakistan.

**Methodology:** It is a cross sectional study. 100 students were recruited (50 male, 50 female).

Data is collected through closed ended questionnaire. Self-reported questionnaire compromising question about causes of terrorism is used. Data was entered and analyzed by using SPSS version 22.

**Results:** 84% of students think the cause of terrorism is foreign interference. 71% of students think terrorism is increased by the interference of India in Baluchistan. 34% of students think the use of police for political purpose & 31% student think injustice from courts is a cause of terrorism. 37% of students think weapon culture and 46% think activities of different religion groups & sects is the main cause of terrorism.

**Conclusion:** Foreign interference was considered the major factor in promoting terrorism in Pakistan. Most students also considered misuse of religion, corruption in police & courts as major factor promoting terrorism in our country.

**Recommendation:** The Government needs to reduce the unemployment rate, end injustice and manage proper system of education. Collaboration with the neighboring countries like India, Bangladesh and Afghanistan is the best way to eradicate the roots of terrorism from whole region.

**Key words:** Foreign interference, Political Purpose, Injustice, Misuse of religion

**Word count:** 326.

## ENDOSCOPIC INDICATION AND FINDINGS IN UPPER GIT IN MMCH

Hafiz Junaid<sup>1</sup>, Hafiz Shoaib<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup>

Prof. Dr. Abdul Qadir, Student of final year<sup>1</sup>, Professor of Medicine<sup>2</sup>

### Abstract

**Introduction:** An upper gastrointestinal (UGI) endoscopy is a procedure to look at the inside lining of esophagus, stomach, and the first part of small intestine (duodenum). Endoscopy is a diagnostic procedure that visualizes the upper part of the GIT tract up duodenum.

**Background:** It is minimally invasive procedure since it does not require incision. A thin, flexible viewing tool called an endoscope (scope) is used. The tip of the scope is inserted through your mouth and then gently moved down your throat into the esophagus, stomach and duodenum.

**Indications:** Gastro esophageal reflux disease, Persistent heartburn, Bleeding from mouth, Persistent nausea and vomiting, Problems of swallowing, unexplained weight loss, Peptic ulcer, Cancer, Barrett's esophagus, Coeliac disease, Stricture of the esophagus.

**Objectives:** Study was conducted to find out important indications and findings in upper GIT endoscopy performed in MMCH.

**Methodology:** it is a retrospective study conducted in March 2017- August 2017 in Muhammad medical college on Patient in medicine ward comes for endoscopy. Data was collected by going through the reports of all the patients. Data was analysed by SPSS Version 22.

**Results:** Total 78 patients come for endoscopy in MMCH. Common complain of 61% was bleeding from mouth. 19% complain of difficulty in swallowing, 16% comes with complain of persistent GERD. In 47% patients Diagnosis was esophageal variceal bleeding while 41% diagnosed as peptic ulcer & gastritis.

**Conclusion:** According to the study endoscopy is more performed in patients 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, Upper GIT, Esophageal variceal bleeding, Gastritis

**Word count:** 298

## FEAR OF OBJECTS AND SITUATION AMONG MEDICAL STUDENTS IN MMC

Daniyal Khan<sup>1</sup>, Hafiz Junaid<sup>1</sup>, Wafa Shah<sup>1</sup>, Shazia Babbar<sup>1</sup>, M. Farooq<sup>1</sup>

Prof. Dr. Razi Muhammad<sup>2</sup>, Student of final year<sup>1</sup>, Professor of surgery<sup>2</sup>

### Abstract

**Background:** Fear of any object and situation is social anxiety disorder characterized by intensive stress in response to public situations. It is fear of interaction with other people that brings embarrassment & self-consciousness. It is reported that 17.9-35.2% people of the age of 15 to 37 years who take more stress, depression & alcohol dependence are the patient of social phobia and to search out the factors associated among the students with Fear of object and situation.

**Methodology:** A cross-sectional study was conducted over 150 students: 30 from every year of MBBS. Data was collected by self-reported close-ended questionnaires. Data was entered and analyzed by SPSS version 22.

**Results:** Out of 150 students, 51.09% were female and 48.01% were male students. There were 22 students (15.33%) who had no fear of objects or situation & 45 students (30%) who had mild fear of objects and situations. 32 students (21.33%) had moderate fear of objects and situations & 23 students (18.66%) had severe fear of object and situation while 13 student (8.6%) had highly severe fear of object and situation. 1<sup>st</sup> year students (48.9%) had more severe fear of objects and situations than final year students (18.7%). Fear of objects and situations was more common in females (61%) and less in males (39%).

**Conclusion:** Most common reason of fear of objects and situations is anxiety, the fear of unknown reasons and stress among medical students. Decisions need to be based increasingly on information about prevalence and severity of disorders and cost effectiveness of interventions that will require disorder specific information to be obtained not only about prevalence, but also treatability.

**Key words:** Fear of object and situation, Unknown cause, Stress, Depression.

**Word count:** 317

## **Glossophobia among Undergraduate Students of Muhammad Medical College**

*Atiqa Shahid<sup>1</sup>, Tehmina Gulzar Cheema<sup>1</sup>, Sadia Gulzar<sup>1</sup>, Uroosa<sup>1</sup>, Sana Rasheed<sup>1</sup>,  
Anjum Ghulam<sup>1</sup>, Syed Razi Muhammad<sup>2</sup>*

### **Abstract**

**Objective:** The main objective of our study was to determine the prevalence of public speaking anxiety among medical students of MMC.

**Introduction:** Glossophobia is the phobia or dread of speaking in public. It affects approximately 75% of the population and accounts for one of the most pervasive feelings of dread. To investigate the prevalence of glossophobia in medical students the participants were instructed to mark one of the given options in Personal Report of Public Speaking Anxiety (PRPSA) Questionnaire.

**Methodology:** This is an observational cross-sectional study. We conducted our study in Muhammad Medical College. 20 students (10 girls & 10 boys) were taken from each class - 1<sup>st</sup> year to final year. There were a total of 100 students including males and females. The PRPSA questionnaire comprised of 34 questions. These questions were calculated by assigning a score of 1 (strongly disagree), 2 (disagree), 3 (undecided), 4 (agree) and 5 (strongly agree). McCroskey and Richmond (1998) reported that a score of 120 - 170 indicates high anxiety, scores of 34 - 92 indicate low anxiety and scores of 93 – 119 indicate moderate anxiety.

**Results:** Out of 100 students 2 % had high speaking phobia, 45 % had moderate speaking phobia and 31 % had low speaking phobia. Males showed a higher level of speaking phobia as compared to females. 1<sup>st</sup> years had high levels of anxiety in public speaking. Cronbach's alpha value is 0.799 which shows good internal consistency.

**Keywords:** Public speaking, anxiety, MMC.

**Word Count:** 271

## ASSESSMENT OF PATIENT HEALTH QUESTIONNAIRE AMONG THE STUDENTS OF MMC

Anum Rajput<sup>1</sup>, Sidra Mukhtar<sup>1</sup>, Shumaila Saleem<sup>1</sup>, Gohar Nayab, Saleem Javed<sup>1</sup>, Muhammad Naveed hashim<sup>1</sup>  
Syed Razi Muhammad, Students of Final Year<sup>1</sup>, Professor of Department of Surgery<sup>2</sup>

### Abstract

**Objective:** The objective of this study is screening and measuring the severity of depression among the students of MMC

**Introduction:** depression is a state of low mood and aversion to activity that affect a person's thoughts, behavior, feelings, and sense of well being, PHQ 9 is the 9 item depression scale of the patient health questionnaire based directly on the diagnostic criteria for major depressive disorder in Diagnostic and Statistical manual .

**Methodology:** A cross sectional study was done in MMC. 20 students were taken from each class 1<sup>st</sup> year to final year. Total students were 100 including male and female. Questionnaire contains 9 items. These items are calculated by assigning score of 0(not at all), 1(several days), 2(more than half days), 3(nearly every day). PHQ-9 total score ranges from 0-27. Depression severity: 0-4 none, 5-9 mild, 10-14 moderate, 15-19 moderately severe, 20-27 severe.

**Results:** 48% students have no depression, 28% have mild, 16% have moderate, 4% have moderately severe & 4% have severe depression. 51% were male and 49% were female. First year (n=9% have no depression and n=11% have depression) 2<sup>nd</sup> year (n=8% have no depression and n=12% have depression) 3<sup>rd</sup> year (n=13% have no depression and n=6% have depression) 4<sup>th</sup> year (n=8% have no depression and n=12% have depression) final year (n=10% have no depression and n=11% have depression) Cronbach's back alpha value is .827 which reflects good internal consistency.

**Word Count:** 269.

## ASSESSMENT OF ANXIETY AMONG THE PATIENT ATTENDANTS VISITING THE MMCH

Ali Raza<sup>1</sup> Irum Sajjad<sup>1</sup> Faraz Ahmed<sup>1</sup> Sehar Iqbal<sup>1</sup> Majdiha Mahmood<sup>1</sup>, Sumaiya Tehreem<sup>1</sup> Noor-ul-Saba<sup>1</sup> Abdul Qadir Khan<sup>2</sup>, Students of Final Year<sup>1</sup>, Professor of Department of Medicine<sup>2</sup>

### Abstract

**Introduction:** Anxiety is a state of apprehension, uncertainty, and fear arising from the anticipation of a realistic or imagined threatening event, often impairing physical and psychological functioning. Generalized anxiety disorder (GAD) is the most common anxiety disorder.

**Background:** Anecdotally, the number of people presenting to the hospitals with anxiety disorders has increased. There is a need to develop an evidence base to aid policy development on tackling anxiety disorders. In order to develop an effective strategy we need estimation of severity/prevalence of anxiety disorders.

**Methodology:** A cross sectional descriptive study was conducted among the Patient Attendants visiting MMCH. 110 attendants participated with their consent in the study out of which 51 were males and 59 were females. Information was collected by face to face interview through the questionnaire which uses a 7-items scale to assess severity of anxiety among the patient attendants and assess with the respect to age, sex, residence, marital, employment and socioeconomic status.

**Results:** 54 (49.1%) Patient attendants have abnormal anxiety. 43 (39.1%) patient attendants have borderline anxiety. 13 (11.8%) patient attendants have no anxiety. Gender-wise, among Females, {55 (93.2%) have anxiety, 21 (35.6%) borderline and 34(57.6%) abnormal} and males{42 (82.3%) have anxiety, 22 (43.1%) borderline, and 20(39.2%) abnormal}. Resident-wise, Patients attendants of rural areas{64 (87.6%) have anxiety, 27 (36.9%) borderline and 37 (50.7%) abnormal} and Patients attendants of urban areas {33 (89.3%) have anxiety, 16 (43.4%) borderline and 17 (45.9%) abnormal}. Education-wise, {51 (89.4%) illiterate patient attendants have anxiety, 19 (33.3%) borderline and 32 (56.1%) abnormal} and {46 (86.8%) educated patient attendants have anxiety, 24 (45.3%) borderline and 22 (41.5%) abnormal}. Employment status, [65 (90.3%) employed patient attendants have anxiety, 27 (37.5%) borderline and 38 (52.8%) abnormal]. 32 (84.2%) have anxiety, 16 (42.1%) borderline and 16 (42.1%) abnormal.

Cronbach's Alpha value is 0.791, which reflects good internal consistency.

**Conclusion:** Based on the results, the high percentage of anxiety in the patient attendants is alarming. The major factors responsible for anxiety cited by respondents that they were illiterate, employed and poor financial status of the family. Steps need to be taken to counter this problem and ensure anxiety free hospital experience for the attendants.

**Keywords:** Anxiety, Patient attendants, health aids.

**Word Count:** 397.

## ASSESSMENT OF ANGER AMONG THE STUDENTS OF MMC

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Syed Razi Muhammad<sup>2</sup>, Students of Final Year<sup>1</sup> Professor of Department of Surgery<sup>2</sup>

### Abstract

**Introduction:** Anger is an intense emotional response involving a strong uncomfortable and emotional response to apperceived provocation, hurt or threat. The most visible consequences of anger are aggression and violence.

**Background:** Human emotions are vital to our survival but they can also do us harm. Anger is one of the most basic emotions. Mounting evidence links anger with a range of physical, mental and social problems. So it necessitates that we can and should look for help with anger when it is causing us or others harm.

**Methodology:** A cross sectional descriptive study was conducted among the students of Muhammad Medical College. 20 male and 20 female students were chosen from each class, making a total of 200. Information was collected by face to face interview through the questionnaire which uses a 20-items scale to assess the states of anger among students and assess with the respect to age, sex, and year of MBBS, residence,& marital status.

**Results:** 147 (73.5%) students showed some abnormal anger, 13 (6.5%) Students had severe anger, 69 (34.5%) students had moderate anger, and 65 (32.5%) students had mild anger. 47 (23.5%) students had normal anger and 6 (3%) students had no anger. Gender wise, among males, 80 (80%) showed more anger than females 67 (67%). Among the classes, 27 (67.5%) 1<sup>st</sup> year students showed some abnormal anger, 3(7.5%) severe, 9(22.5%) moderate, and 15(37.5%) mild. 27(67.5%) 2<sup>nd</sup> year showed some abnormal anger, 3(7.5%) severe, 10(25%) moderate, and 14(35%) mild. 31 (77.5%) 3<sup>rd</sup> year showed abnormal anger, 1(2.5%) severe, 19(47.5%) moderate, and 11(27.5%) mild. 31 (77.5%) 4<sup>th</sup> Year showed abnormal anger, 2(5%) severe, 17(42.5%) moderate and 12(30%) mild. 31(77.5%) Final year showed abnormal anger 4(10%) severe, 12(30%) moderate, and 15(37.5%) mild. 55(45.8%) students of Clinical classes

(3<sup>rd</sup> to 5<sup>th</sup> year) and 25 (31.5%) pre-clinical students (1<sup>st</sup> and 2<sup>nd</sup> year) showed some abnormal anger. Cronbach's Alpha value is 0.724, which reflects good internal consistency.

**Conclusion:** Almost three in four of our students showed abnormal anger. Students who were males and in clinical classes showed more anger than female and pre-clinical students. Class-wise, abnormal anger was highest in 3<sup>rd</sup> year students, followed by the students of 4<sup>th</sup>, 5<sup>th</sup>, 2<sup>nd</sup> and 1<sup>st</sup> Year. Due to high prevalence of abnormal anger in MMC students, we suggest that anger management workshops should be held by the administration.

**Keywords:** Anger, Aggression, States

**Word Count:** 407.

## TO COMPARE THE RESULTS AND COMPLICATIONS OF MEDICAL AND SURGICAL TREATMENT OF ANAL FISSURE

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### Abstract

**Introduction:** Anal Fissure is a tear in the anal canal extending from just below the dentate line to the anal verge. It can be categorized as acute or chronic. Acute Fissures typically heal with medical management after 4 to 6 weeks. Chronic fissures persist beyond 6 weeks and require surgical interventions.

**Objective:** The purpose of this study is to compare the results and complications of Medical and Surgical treatment of anal fissure.

**Methodology:** A retrospective study was carried out at MMCH, in the department of Surgery from September 2016 to Aug 2017. The total number of patients was 43, which were attending the Surgical OPD or admitted in surgical ward for treatment. All patients were divided into 2 groups.

**Group 1:** Treated medically for acute fissures by 0.5% GTN cream.

**Group 2:** Treated surgically for chronic fissures (Fissurectomy)

**Results:** Out of 18 patients, 11 (25.6%) were females and 32 (74.4%) were males. Majority of patients were falling in age group 30 – 55 years. 14(32.6%) were treated medically for acute fissures by 0.5% GTN cream on their wish. 29(67.4%) patients were treated surgically for chronic fissures. Patients treated by GTN cream, healing rate was 10/14(71.4%) and recurrence rate was 4/14 (28.6%). Those who were treated surgically healing rate was 27/29 (93%) and recurrence rate was 2/29(7%). 5/14 (35.7%) Patients reported complication after medical treatment was headache. 2/29 (6.8%) Patients reported complication after surgical treatment was mild infections & 3/29 (10.3%) with bleeding.

**Conclusion:** Surgical treatment for chronic fissures provide (93%) healing to all patients, but for the patients who did not consent or fit for Surgery or with acute fissures were treated medically with 71.4% healing rate and furthermore Surgical complications were also rarely observed.

**Key words:** Anal fissures, surgical treatment, medical treatment

**Word count:** 331.

## PREGNANT WOMEN'S AWARENESS ABOUT IMMUNIZATION IN PREGNANCY

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### Abstract

**Introduction:** Maternal immunization protects both the mother and fetus from the morbidity of certain infections. It can also provide the infant passive protection against vaccine preventable infections acquired independently after birth.

**Method:** A Cross sectional study design was conducted during 1-14 August 2017 in Civil Hospital Chichawatni, Punjab Pakistan. The study population was pregnant women visit gynaecology ward during the time duration; sample size was 72 pregnant women, face to face interview with the women by using a closed ended questionnaire. The data was entered and analyzed using SPSS version 22.

**Result:** (69.4%) of women know about maternal immunization while others (30.6%) don't know maternal immunization. (37.5%) of women get to know about immunization from their doctors, (30.2%) from nurses and (13.9%) from LHV. Out of those who were immunized 39 women were living in an urban area and 10 women in a rural area. Women were facing many problems like (26.4%) face lack of family support, other (15.3%) have financial problems and (5.6%) didn't get immunized due to lack of transport. The number of women informed about benefits of immunization was (61.1%). Females and their babies faced side effects after immunization were (50%). (94.4%) women said that risk of disease decreased after immunization. (41.7%) females know when vaccination has to be done.

**Conclusion:** Quite a large number of women were unaware about maternal immunization or were facing big hindrances in getting the vaccination required. Strong public health efforts must be made and campaigns must be run in order to change this and prevent preventable infections.

**Key Words:** Maternal immunization, passive protection, morbidity.

Word Count: 264

## SIGNS AND SYMPTOMS AND LEUKOCYTE COUNT WITH ACUTE APPENDICITIS.

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### Abstract

**Introduction:** - Acute appendicitis is the most common surgical abdominal emergency. Delayed treatment increases the incidence of complications. The aim of this study was to investigate the presentation, incidence, and predictors of complications, and pathological findings in adult patients with clinical diagnosis of acute appendicitis.

**Method:** N=16 A Cross-sectional was conducted during January – 14<sup>th</sup> August 2017 in Muhammad Medical College Sindh, Pakistan. The study population was patients having acute appendicitis with leukocytosis. Interview was conducted by using a closed-ended questionnaire. Data entered and analysis done by SPSS version 22. The ethical team of Muhammad Medical College approved the study protocol.

**Result:** The mean age of the patients was 18 years. The males were 37.5% and the females 62.5%. Predominant presenting symptoms were pain in the right iliac fossa 16(100%), tenderness 16(100%), vomiting 11(68.8%), fever 8(50%), loss of appetite 3 (18.8%). Blood C.P was done in 81.8%. The leukocytosis was found in 9(56.3%) of acute appendicitis. Conservative treatment given 25.0% in patients while surgical appendectomy was done by 75.0% in patients.

**Conclusion:** We concluded that medical signs, symptoms and leukocyte count are authentic tools for diagnosis of acute appendicitis.

**Key Words:** Acute appendicitis, Pain in right iliac fossa, Tenderness, vomiting, Fever.

**Word Count:** 185

## PREVALENCE OF CHILD OBESITY AMONG SCHOOL CHILDREN OF DISTRICT MIRPURKHAS, SINDH PAKISTAN, 2017

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Students of 4th year<sup>1</sup>, Department of Community Health Sciences Muhammad Medical College<sup>2</sup>

### Abstract

**Background:** Many countries in South-East Asia including Pakistan are going through an economic and nutrition transition. The nutrition transition is associated with a change in dietary habits, decreasing physical activity and rising prevalence of obesity. Obesity in children and adolescents is gradually becoming a major public health problem in many developing countries, including Pakistan. The aim of this study was to determine the prevalence of obesity among school children of District Mirpurkhas

**Methodology:** A cross sectional descriptive was conducted among the children of Little Folks High School District Mirpurkhas from June-August 2017. All children available who met the inclusion criteria were considered. We had initially 64 children who freely accepted to respond to the self-administered questionnaire. BMI was calculated by dividing self-reported weight in kilograms by the square of self-reported height in meters. Degree of being overweight and obesity were determined using CDC, BMI percentile chart. Data accuracy and reliability was maintained by using SPSS version 22.

**Results:** Out of 64 children 29 (45.31%) were male and the predominant 44(%) age group was 12-15 years. Of the total n=1(1.5%) children were obese, n=12(18.75%) were overweight n=39(60.94%) were normal and n=12(18.75%) were underweight. According to n= 29 (45.31%) children take fried items in breakfast. n=42(65.63%) take pocket money for school. Out of 64 children 44 children (68.75) said that their parents offer desserts and fast foods if they behave well. According to n=46(71.88%) children are allow to play outdoors. N=12(18.75%) spend more than 4 hours on electronic devices, n=15(23.44%) sleep more than 12 hours per day. n=36(56.26%) have a family history of obesity's=43(67.19%) children are not pressurized by their parents to maintain their weight. Parents of n=44(68.75%) are not concerned about their children being overweight.

**Conclusion:** According to this study 18.75% of the children were overweight and may be shifted to obesity state. There is an urgent need to spread awareness about obesity, its consequences, and ways and means of prevention, especially among children and their families.

**Keywords:** Child Obesity, District Mirpurkhas. BM1

**Words Count:** 361.

## PREVELANCE AND ASSOCIATED RISK FACTORS OF DOMESTIC VIOLENCE AGAINST WOMEN IN TWO DISTRCIT OF PAKISTAN

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### Abstract

**Introduction:** 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.

**Objective:** The aim of the 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 July-August 2017 in Muhammad Medical College and Hospital, Mirpurkhas. Total 148 females were identified using connivance sampling. Close-ended questionnaire was used to collect information regarding socio-demographic, type's violence, duration of violence, causes of violence, effects of violence, strategies to get rid of violence. Data entry and analysis was carried out using SPSS version 22. Parsons chi-square test was performed to find out valid association of risk factors.

**Results:** The 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 husbands being addicted to drugs had a 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: 382.

## DYSLEXIA

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### Abstract

**Introduction:** Dyslexia is a general term for disorders that involve difficulty in learning to read or interpret words, letters, and other symbols, but that do not affect general intelligence.

Depending on the definition used, 5% to 10% of the population is considered to have dyslexia.

**Method:** A Cross sectional study design was conducted during August 2017 in Muhammad Medical College Mirpurkhas, Sindh Pakistan. The study population was students of Muhammad Medical College; sample size of 107 was identified, face to face interview with the students by using a closed ended questionnaire. The data was entered and analyzed using SPSS version 22.

**Results:** The questions were asked from 107 students of Muhammad Medical College out of which 55 were male and 52 were females. 94% have shown no dyslexic symptoms and 6% showed the symptoms of dyslexia. Males 5 (9.09%) were more affected than females 2 (3.8%). Results concluded were 58.9% of students said that they feel excessively tired. 37.4% students

use their fingers to count. 32.7% students said that they have better oral ability then written work. 32.7% of students have confusion in understanding complicated questions. 31.8% have difficulty in organization of work.

**Conclusion:** Gender wise males (9.09%) were effected more than females (3.8%). Large no of students feel excessively tired (58.9%). 32.7% of students have batter oral ability then written work. 32.7% students misunderstand complicated questions. No of students use fingers for counting are 37.4%. 31.8 % students feel difficulty in organization of work. 29.9% students have difficulty in remembering list of instructions.

**Key Words:** Dyslexia, excessively tired.

**Word Count:** 286

## PREVALENCE OF TYPE 2 DIABETES AMONG THE STUDENTS OF MMC

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Dr. Asif Ali Shah<sup>2</sup>, Dr. A.B Rajar<sup>2</sup>, Students of 4<sup>th</sup> Year, Dept. of Community Health Sciences,  
Muhammad Medical College Mirpurkhas*

### Abstract

**Background:** Type 2 diabetes is caused by a combination of peripheral resistance to insulin & an inadequate secretory response of pancreatic  $\beta$ -cells ("relative insulin deficiency").

Approximately 90% to 95% of diabetic patients have Type 2 diabetes. The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014.

According to WHO, in Pakistan the prevalence rate has increased from 5% diabetic patients in 1980 to almost 15% in 2014.

**Objective:** To find out the prevalence of Type 2 diabetes in the students of MMC.

**Methodology:** The study design was cross-sectional conducted in MMC from July to August 2017. This study consisted of n=100 students, using Finnish Diabetes Association Type 2 Diabetes Risk Assessment Form a pre-tested, close ended questionnaire. The sampling technique was random sampling. The only inclusion criterion was being a student of MMC. Statistical analysis was done on SPSS v.22.

**Results:** Out of 100 students 50 were males and 50 were females. 52 had a BMI Less than  $25\text{kg}/\text{m}^2$ , 11 had BMI between  $25\text{-}30\text{kg}/\text{m}^2$  & 10 had BMI higher than  $30\text{ kg}/\text{m}^2$ . 7 students responded that they were taking medication for B.P. while 67 stated that they were not taking medication for B.P. 27 students had no family history of diabetes while 25 stated that family history was positive with disease occurring among grandparents, aunt or uncle and 21 had family history with disease occurring in parents or siblings. 50 were at low risk, 22 were at moderate risk & 1 was at high risk of developing disease within 10 years.

**Conclusion:** With increasing BMI and positive family history of diabetes the risk of developing diabetes among students within 10 years is estimated 1 in 25.

**Key Words:** Diabetes Type 2, BMI, Finnish Diabetes Association.

**Words Count:** 338

## ACUTE ABDOMEN

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Sarjeel Ahmad<sup>2</sup>, waqar Shabir<sup>1</sup>. Prof. Dr. Syed Razi Muhammed<sup>2</sup>, Dr. Jamshad Bashir<sup>2</sup>, Dr. Altaf Jatoi<sup>2</sup>*

### Abstract

**Background:** An acute abdomen refers to a sudden, severe abdominal pain. It is in many cases a medical emergency, requiring urgent and specific diagnosis. Several causes need surgical treatment.

**Abstract:** A 25-year-old (male), farmer by occupation, resident of Khiproo presented in Emergency department of MMCH on 20-3-2017 with acute abdomen. He had pain in the whole abdomen, abdominal fullness, vomiting and abdominal distention for 6-7days. He passed stools 1 day ago. He was already admitted in LUMHS hospital on 18-3-2017 and treated symptomatically. On Abdominal examination, the abdomen was distended without any scarring. On palpation the abdomen was tender all over. Gut sounds were sluggish. DRE was unremarkable. The total bilirubin was 10.3mg/dl, ALT was 52U/l. The typhoid test was positive. On x-ray there was free air under the diaphragm. The plan was made to do laparotomy. During laparotomy, peritoneal cavity was found full of fecal matter, Sigmoid colon was collapsed and there was perforation in descending colon. Abdominal cavity was thoroughly washed and Hartman's procedure was done. Abdominal wall was closed in layers. The patient recovered well post-operatively. Colostomy was not working up to the second post-operative day. On third post-operative day fecal matter was coming from the wound side. Patient was febrile with tachycardia, tachypnea, and general condition gradually deteriorated. Laparotomy was scheduled. A small perforation was found at the terminal ileum and duodenum. Colostomy was re-instituted and all contaminated fluid was removed from the abdominal cavity. Primary repair of ileal perforation was done and controlled fistula was made in duodenum. Antibiotics and plenty of IV fluids were given. The patient kept deteriorating postoperatively and again small bowel contents were coming from the wound. Another laparotomy was done. A small perforation was found at the terminal ileum and duodenum. Ileal perforation was exteriorized and a controlled fistula was made in the proximal jejunum. After the third surgery the patient became hypotensive, followed by Systemic Inflammatory Response Syndrome (SIRS) and Multiple Organ Dysfunctions (MODS) and expired.

**Key words:** - laparotomy, perforation, acute abdomen

Word Count: 366.

## PATTERN OF PERCEIVED PERSONALITY TRAITS AMONG THE FACULTY MEMBERS AND STUDENTS OF MMC

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### Abstract:

**Background:** The five-factor model of personality is a hierarchical organization of personality traits in terms of five basic dimensions: extraversion, Agreeableness, conscientiousness, neuroticism, and openness to experience. Understanding personality, it is a much more practical subject in everyday situations, to "get" people in order to influence, help and support, to better understand and shape decision-making, to motivate and manage people, and deal with conflict and most important to understand and manage our own impact on other people. The purpose of

this study is to search out the pattern of major personality traits among faculty members and students with respect to age, gender, marital status, birth month and blood groups.

**Methods:** A cross-sectional descriptive study was conducted among the students and faculty members of Muhammad Medical College. Information was collected by using big five inventory (a close ended questionnaire) was distributed to almost all faculty members and students. 47 faculties and 246 students participated with their consent in the study.

**Results:** 293 questionnaires were distributed out of which 47 were faculty & 247 were students.

Age wise: faculties have higher level of conscientiousness (33.00 %), and low in extraversion(6.40%), while students have higher level of neuroticism (42.00 %) and low in openness (5.00%).

Gender wise : faculties (Male) > neuroticism (61.00%) < conscientiousness < while females > agreeableness (47.84%) < neuroticism (47.00%) & students (Male) > conscientiousness (81.00%) < agreeableness (69.00%) & females < neuroticism (57.00%).

Blood group wise: Faculties have higher level in conscientiousness (46.00%) [0] and low in neuroticism (36.00%) [B]. students have higher level of openness (42.60%) [A] and lower in neuroticism [AB].

Birth month wise: faculties showed higher level in agreeableness (19.00%) [FEB] and lower in extraversion (19.00%) [MAY] while students have higher level of agreeableness (11.00%) [JUNE] and lower in openness (15.00%) [OCT].

**Conclusion:** The results suggested that the pattern of personality traits was mixed in both of groups. Faculties have higher level of conscientiousness, openness. Agreeableness and low in extra version and neuroticism while students have higher levels in neuroticism, extraverted and low in agreeableness with respect to all sociodemographic features.

**Key Words:** Personality traits, faculties, students, MMC.

Word Count: 372.

## NON-VERBAL IMMEDIACY (N.I) AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS, SINDH

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### Abstract

**Background:** Nonverbal Immediacy (N.I) is a term used to describe the behaviors used to signal positive feelings towards another person. N.I is usually communicated through a set of interrelated nonverbal cues involving touch, eye contact, closer distances, smiling, and verbal tone. It often takes place unconsciously. N.I Behaviors are actually more effective at communicating immediacy than verbal behaviors.

**Objective:** Objective of the study is to measure the N.I among the students of MMC.

**Methodology:** A cross sectional study was conducted among 250 students of MMC, 50 Students were taken from each class i.e. n=25 males & n=25 females. A pre-tested close ended questionnaire was distributed among the students. 26 questions were asked and results were recorded i.e. 1=Never 2=Rarely 3=Occasionally 4=Often 5=Very Often. Each response quantified from 26-130. 3 categories were made after compiling the scores i.e. Students who have scored 112-130, 80-112, 26-80, numbers will fall into category of high N.I, Average N.I & low N.I respectively. Analysis was done using SPSS-22.

**Results:** Out of the total students, 46% of students have Low, 38% have Mean & 16% have High Non-verbal Immediacy. And gender wise 50% of male Students have mean Non-verbal

immediacy, 42% have low & 8% have high Non-verbal immediacy, 50% of Females have low, 20% have high & 26% have mean Non-verbal immediacy.

**Conclusion:** Levels of high N.I was found more in female and less in male students, Levels of mean N.I was found more in Male and less in female students & Levels of low N.I was found more in female and less in male students.

**Recommendation:** We strongly recommend counseling to improve the micro skills of Non-verbal communication.

**Key words:** Non-verbal Immediacy, Way of Communication, Communication Skills

**WORDCOUNT:** 324

## PREVALENCE OF ELECTRONIC CIGARETTE AND SHISHA AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

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### Abstract

**Background:** Tobacco smoking is among the leading causes of preventable deaths globally, responsible for around 6.1 million deaths annually and 143.5 million DALYs, with over 600,000 deaths due to exposure to second-hand smoke. Tobacco use increases the risk of cardiovascular disease, chronic respiratory disease, diabetes, cancer, and premature death. The objective of current study was to find out prevalence of electronic cigarette and Shisha among medical students.

**Methodology:** A cross-sectional study conducted in Muhammad medical college Mirpurkhas from June-August 2017. Total 82 students of all professional years were selected by using convenient sampling. Closed ended questionnaire was used to collection information on smoking behavior, knowledge of hazards, frequency, duration and amount of smoking. Data accuracy and reliability was maintained by double entry process and analyzed by using SPSS version 22. The ethical committee of Muhammad Medical College Mirpurkhas approved study protocol.

**Result:** Off the total 82 students the prevalence of E-cigarette was n=16 (19.5%) and Shisha n=17(20.73%). Multiple factors were identified like fashion {e -cigarette n=12(14.6%) and Shisha n=9(10.9%)} to relieve stress {e-cigarette n=7(8.5), Shisha n=3(3.6%)} addiction { e-cigarette n=10(12.2%), Shisha n=2(2.4%)}}, decrease depression { e-cigarette n=16(19%) and Shisha n=5(6%) } increase brain activity{ e-cigarette n=18(22%) and Shisha n=18(21%) }. headache and hiccup{ e-cigarette n=13(15.9%) and Shisha n= 6(7%) }...smoke with nicotine {e-cigarette n=15(18.3) and Shisha n=10(12.1%)}. Of the total n=16(19.5%) used e cigarette and Shisha n=6(7%) while driving

**Conclusion:** The prevalence of e-cigarette and Shisha is high among the medical students and associated with multiple modifiable factors. Public health practitioners and cessation clinic service providers should educate adolescents about the risks of using any nicotine-containing products, including e-cigarettes, and provide adequate tobacco cessation resources and counseling to adolescent tobacco users.

**KEYWORDS:** Electronic cigarette, Shisha, Medical Student

**WORDCOUNT:** 328

## THE LEVEL OF HOPELESSNESS AND PERCEIVED SOCIAL SUPPORT AMONG POLIO VICTIM

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### Abstract

**Introduction:** Poliomyelitis is viral disease caused by poliovirus that attacks the nervous system. Social support, physical and emotional comfort must be given to the victim by family and friends. Hopelessness is a subjective state in which an individual sees limited or no alternatives or personal choices available and is unable to mobilize energy on own behalf.

**Background:** The purpose of the study was to assess the effects of hopelessness in the polio victim and also explore the influence of gender and social economic status in perceived social support and hopelessness.

**Objective:** The objective of this research is to explore the social support and hopelessness among polio victims and the relationship between perceived social support and hopelessness among the polio victim.

**Methodology:** A community based cross-sectional study was conducted among the polio victims of Mirpurkhas division in July to August 2017. Close-ended questionnaire of perceived social support scale and beck hopelessness scale was used. Total sample size consisted of 40 peoples (males 20 and 20females).Data was entered and analyzed by SPSS version 22

**Results:** 61% of patients suffer from hopelessness while only 33% of patients have social support in their life. 23% male patients had hopelessness while 72% male patients had social support. 77% female patients had hopelessness while 28% female patients had social support.

**Conclusion:** Perceived social support is negatively co-related with hopelessness among the polio victims. Level of hopelessness is very low & the level of perceived social support is high in male. It shows that males are more satisfied than females. While the level of perceived social support and hopelessness is different among different ages of group.

**Recommendation:** We should improve our strategy about polio eradication. Interaction with the polio victims and giving them the opportunity to come forward in all fields to overcome their hopelessness is important and can be done by increasing their social support. A similar study should be performed in a more diverse sample.

**Key words:** Polio victim, Hopelessness scale, perceived Social Support scale

**Words:** 343

## RISK FACTORS ASSOCIATED WITH ECTOPIC PREGNANCY: A CASE CONTROL STUDY

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Dr. Muhammad Asif Shah<sup>2</sup>, Students of Fourth Year<sup>1</sup>, Department of Community

### Abstract

**Background:** Ectopic pregnancy (EP) is a condition presenting as a major health problem for women of childbearing age and accounts for 10% of all pregnancy. It is the leading cause of maternal deaths. The identified risk factors are previous ectopic pregnancy, previous pelvic surgery, induction of ovulation, Intrauterine Device usage, history of pelvic inflammatory disease and smoking at the time of conception. The objective of our study is to find out Risk

## Factors of Ectopic Pregnancy among patients reported in Gynecology Wards of Different Hospitals of Sindh and Punjab

**Methodology:** A case control Study design was conducted with sample size of 100 (50 cases, 50 control) from 1 May 2017 – 30 July 2017 in these different hospitals of Sindh and Punjab. A case definition was ‘A woman having history of current or last pregnancy conformed by ultrasonography’ information regarding demographic socioeconomic status and risk factors were collected and the chi-square test was applied to study the difference between the two groups.

Odds ratios with 95% confidence intervals were calculated

**Results:** The case & control groups were significantly similar in age, education, residence, age of marriages and parity. There was a significant association between prior ectopic pregnancy (OR 15.47, CI 95% 1.92-124.3, p=0.00), previous Pelvic inflammatory diseases (PID) history (OR 13.5, CI 95% 5.09-35.83, p=0.01), smoking (OR 15.47, CI 95% 1.92-124.3, p=0.00), History of Endometriosis (OR 4.04, CI95%1.22-13.47, p=0.00), Use of intrauterine contraceptive device (IUCD) OR 5.41, CI 95% 1.66-17.65, p=0.00) and previous cesarean section(OR 2.42,CI 95%1.04-5.63, p=0.02).

**Conclusion:** Identification of these risk factors for ectopic pregnancy shall help in early detection and appropriate management in an individual case and it may help in devising a comprehensive preventive strategy for ectopic pregnancy. Risk factors modification, such as cigarette smoking, use of IUD and first pregnancy interval can be effective and risk-reduction strategies can be devised.

**Key Word:** Ectopic pregnancy, Risk factors, Case control study.

Word count: 348.

## IDENTIFICATION OF BIORISK GAPS AMONG THE LABORATORIES TO ENHANCE BIORISK AWARENESS

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### Abstract

**Introduction:** Biological agents and information developed to better health, welfare, and safety which could be misused for harmful purposes to cause damage to public health, safety, and the environment, which is termed the “dual-use” aspect of research in the life sciences.

**Objective:** The aim of this study is to identify biorisk gaps and enhance biorisk awareness among laboratories.

**Methodology:** A cross-sectional study was conducted among the laboratories of district Mirpurkhas and some districts of Punjab in June-August 2017. The inclusion criteria included being a lab technician and the representative who was responsible for handling hazardous or dangerous biological agents. Face to face interviews were conducted by using close-ended questionnaire comprising of 36 questions. This data was maintained and analyzed by using SPSS version 22.

**Results:** My sample size was 60 having 8 categories. The first category was “awareness” in which 46% responded saying yes and 54% said no. In the “transport security” category 60% response was yes and 40% said no. In “Personnel Reliability” category 67% responded yes and 33% responded no. In “information security” category 75% responded yes and 25% responded no. In “accountability for materials” category 39% response said yes and 61% said no. In the “response” category 68% response said yes and 32% said no. In the “management” category

70% responded yes and 30% responded no. In “physical measures” category 77% response was yes and 23% was no.

**Conclusion:** This study provides valuable information on bio risk gaps and loss of awareness among the laboratory technician affecting the public health, safety and welfare of community.

**Recommendation:** Health education programs should be initiated to enhance awareness of bio security. The lab technicians should be hired on basis of education, training capacity and research capability. There should be regular checkup survey on the laboratories by the Health organization to maintain the proper standards of laboratories.

**Keywords:** Bio security, awareness, laboratories.

**Word count:** 348.

## HEALTH SURVEY, QUALITY OF LIFE AMONG HEALTH CARE WORKERS OF MIRPURKHAS IN 2017

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*Dr Asif Shah<sup>2</sup>, Students of Fourth Year<sup>1</sup>, Department of Community Medicine MMC<sup>2</sup>*

### Abstract

**Background:** According to WHO health is state of physical, mental, social well being & not merely the absence of disease or infirmity. Globally health provision varies around the world. Among healthcare workers there was a 35% growth on health over the five-year period and in Pakistan the primary quality of health among healthcare workers accounts for almost 40% of the total burden of health problems.

**Objectives:** The Objective of this study was to find out the general, physical, social, mental and emotional health problems and quality of life among doctors and nurses of Mirpurkhas (from Muhammad Medical College & Hospital and Civil Hospital Mirpurkhas).

**Methodology:** Descriptive cross-sectional study was conducted on 60 healthcare workers of Mirpurkhas, (in which 55 were doctors & 5 were nurses) (male 65%, female 35%) from 9 May 2017 to 20 August 2017. Data was collected using closed-ended questionnaire by systemic random sampling to collect information about health issues of health care workers. The data was collected, edited, summarized & analyzed on SPSS-22.

**Result:** Out of 60 participants 65% of male and 35% of female. 77.2% of participants responded that their general health was “good”, 18.3% stated that it was “fair” and 5% of them stated that it was poor. 51% felt that they get sick easily while 21% felt they don’t. 27% were severely affected by emotional problems while on the other hand 45% were only slightly affected. 57% of the participants felt energetic themselves most of the time while 43% felt energetic only sometimes. 56% stated they easily become sad and downhearted while 33% did not feel like this.

**Conclusion:** This study provides valuable information on basic health issues and quality of life among healthcare workers. Healthcare workers should have good health free from disease because they provide the basic tools to advance treatment/health care to their patients. Hence they should be well mentally as well as physically in order to treat people precisely.

**Keywords:** Health, quality of life, Physical, Mirpurkhas

**Word count:** 347.

## PREVALENCE AND RISK FACTOR OF TYPHOID FEVER IN MUHAMMAD MEDICAL COLLEGE HOSPITAL MIRPURKHAS

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Muhammad Asif<sup>2</sup>, AB Rajar<sup>2</sup>, Fourth Year Student<sup>1</sup>; Department of Community Health Sciences, MMC<sup>2</sup>*

### Abstract

**Introduction:** Typhoid fever a food and water borne disease caused by salmonella enteric serotype typhus is a serious public health problem in developing countries cause by increase dependency on food purchased from street vendors. Globally (100/100,000 per year cases) was reported and developing countries claims 6 laky per year. In Pakistan 148.7/100,000 person per year was reported for typhoid fever.

**Objective:** The aim of this study was to determine the prevalence and risk factor of typhoid fever in Muhammad Medical College Hospital Mirpurkhas.

**Methodology:** A community based cross sectional study was conducted in Muhammad Medical College Hospital during July- August 2017. An inclusion criterion was male and female patient with a history of typhoid fever. Total 40 were identified by using convince sampling. Face to face interview was conducted by using closed ended questionnaire to collect information about typhoid fever. Data accuracy and reliability was maintained by double entry process and analyzed by SPSS version 22.

**Result:** The main age group was from 20-22 year having highest number of cases 22(55.0%) and age group from 18-20 year shows 11(27.5%) while 22-24year shows 7(17.5%) cases of typhoid fever. Male are more affected showing 26(65.0%) and female shows 14(35.0%).by residency people living in home shows 26(65.0%) and in working area shows 14(35.0%). In marital status level married person shows 9(22.5%) and unmarried shows 31(77.5%). All above cases shows blood culture confirmed typhoid fever.

**Conclusion:** The study provides valuable information that typhoid fever are associated with distinct route of transmission with the risk factor for disease either mainly within the household or increase dependency on food purchase from street vendors.

**Recommendation:** We have to maintain proper hygiene in our home as well as in enjoiment. We have to wash hand properly before and after eating food or after the toilet. We have to be vaccinated against typhoid fever completely. And study should be done in more diverse manner.

**Keywords:** Prevalence, Risk factor of typhoid fever in Mirpurkhas.

Word count: 360.

## PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG PREGNANT WOMEN OF MUHAMMAD MEDICAL COLLEGE HOSPITAL 2017

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### Abstract

**Introduction:** Depression during pregnancy doubles the risk of preterm birth. Anxiety and stress may also cause emotional disturbance and health problems in pregnant women. Globally approximately 8 million pregnant females face depression, anxiety, stress. In Pakistan approximately 79000 pregnant women suffer depression, anxiety, stress due to Income problem, insecure future.

**Objective:** the aim of this study was to determine prevalence of depression, anxiety and stress among pregnant women.

**Methodology:** A cross-sectional study was conducted during July-august 2017 among 40 pregnant women of Muhammad medical college Mirpurkhas. The depression anxiety and stress scale (DASS 42) questionnaire was used to measure depression anxiety and stress symptoms. Associations between depression anxiety and stress were analysed using the SPSS-22.

**Result:** Off the total pregnant women depression level found to be normal in 29 (72.5%), Mild 10(25%), Moderate 1(2.5%), Severe and very severe are nil. The level of anxiety is normal in 5 (12.5%), mild 2(5.0%), moderate 9 (22.5%), severe 16(40.0%), very severe 8(20.0%).

Similarly the level of stress is normal in 13 (32.5%), mild 17 (42.5%), moderate 8 (20.0%), sever 1 (2.5%) and very severe 1 (2.5%). level of depression under the age of 20-30 year 25 (62.5%) are normal and mild 6 (15.0%) and under the age of 31-40 the level of depression is normal in 4 (10.0%), and mild 4(10.0%),while the level of anxiety under the age of 20-30 year normal 3 (7.5%), mild 2(5.0%),moderate 7 (17.5%), severe 13 (32.5%), very severe 6 (15.0%) and under the age of 31-40 year normal 2 (5.0%), mild nil, moderate 2(5.0%). severe 3 (7.5%), very severe 2 (5.0%).

The level of stress under the age of 20-30 year normal 11 (27.5%), mild 12(30.0%), moderate 6(15.0%), severe 1 (2.5%). very severe 1(2.5%), while under the age of 31-40 normal 2 (5.0%). mild 5(12.5%), moderate 2 (5.0%), severe and very severe are nil.

**Conclusion:** We found out that women with histories of recurrent spontaneous abortion or fetal death seem to have symptoms of depression, anxiety and stress. Income and residency problems and a larger number of children seemed to be correlated to mental disorder.

**Recommendation:** We need to improve the quality of care during pregnancy and childbirth. Women must be convinced about antenatal care and that they require a complete check-up during pregnancy. A similar study should be done in a more diverse sample.

**Key words:** DASS-42 pregnant women.

**Word count:** 422.

## TO DETECT THE SENSITIVITY OF VARIOUS ANTIBIOTICS IN URINE CULTURES

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Dr Syed Razi Muhammad, Dr Asif Shah, (Student of 4<sup>th</sup> Year, Department of Surgery & Community Medicine Health Sciences<sup>2</sup>

### Abstract

**Background:** Urinary tract infections (UTI) are common. This study was done to find the rate of UTI, as well as the common bacteria causing UTI and their sensitivity to commonly used antibiotics. The study was done in order to find the most effective antibiotic as well as various sensitivities

**Methodology:** 680 patients' urine cultures were obtained out of which 245 were males and 435 were females. Tests were conducted from pathology lab MMC on patients from 1<sup>st</sup> June 2016 to 20 July 2017. The urine samples of the males and females were analysed, Chemicals were used to detect the type of bacteria. The positive cultures were taken to the next step. The effect of the antibiotic on the bacteria was detected. It was seen whether the antibiotic took effect on the bacteria or not. This was seen by whether or not there was a "halo" which indicated absence of bacteria in the circle because of antibiotics. The number of patients on which the antibiotic was

successful was noted. These patients were compared to see which antibiotic was the most successful

**Results:** Among males 45 urine cultures were positive and among females 110 urine cultures were. Overall 155 urine cultures were positive. E. Coli infected 85 Patients and Klebsiella infected 25 patients. Proteus infected 20 patients, 10 patients were infected by Staphylococcus and 10 patients were infected By Streptococcus.

Fosfomycin Was 58.6% sensitive, Ciprofloxacin was 16.12 % Sensitive, Vancomycin was 12.9 % Sensitive, Ofloxacin was 5.6% Sensitive, Cefuroxime was 3.22% Sensitive, Cefotaxime 3.22 % Sensitive, Ceftriaxone 3.22%, Clarithromycin was 1.29% Sensitive.

**Conclusion:** We found that Fosfomycin was in general the most effective antibiotic for UTIs with more than half of the positive cultures being sensitive to Fosfomycin.

**Recommendation:** Avoid over-prescription of antibiotics to avoid antibiotic resistance in bacteria. Fosfomycin, followed by Ciprofloxacin, are the antibiotics of choice.

**Key Words:** Sensitivity of Various Antibiotic in Urine culture, MMCH Mirpurkhas.

Word Count: 373.

## SAFE DRIVING PRACTICES AMONG THE DRIVERS OF DISTRICT MIRPURKHAS SINDH PAKISTAN 2017

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### Abstract

**Background:** Road traffic safety refers to the methods and measures used to prevent road users from being killed or seriously injured. RTA is an emerging and neglected global epidemic. It is the 9<sup>th</sup> most leading cause of death in world. RTAs cause 1.24 million deaths, while 20-50 million cases result in non-fatal injuries. Mostly young adults with ages ranging from 15 – 44 years are involved with their fatality rate coming out to be 59 % worldwide. It is estimated that approximately 41,000 people die on the roads every year in Pakistan. Last year 493 cases of road traffic accidents has been reported in civil hospital of Mirpurkhas.

**Objective:** To find out the prevalence of safety measures among the drivers of Mirpurkhas.

**Methodology:** A cross-sectional study was conducted among the drivers of District Mirpurkhas in July-August 2017: 110 driver's participated in the study with their consent.

Information was collected by face-to-face interview through closed ended questionnaire to assess the safe driving practices among the drivers.

**Results:** There were total 110 drivers interviewed out of which 97 were males and 13 were females. Their ages ranged from 20-64 years. 87 drivers were licensed and 23 were non-licensed. 69 drivers had not sat a driving test. 31 drivers had accidents in the past in which they incurred injuries and out of them only 15 have shifted to a safer driving technique. 16(14.5%) drivers said that they never used seatbelts while 42(38.2%) did so occasionally. 13(11.8%) drivers said that they never uses indicators during driving while 48(43.6%) always did. 18(16.4%) drivers said that they never use their mobile phone during driving and 34(30.9%) said that they do occasionally. 37(33.6%) drivers said that they never overtake from the wrong side while 8(7.3%) said they overtake frequently from the wrong side. 61(55.5%) drivers said they always use their side mirror while driving.

**Conclusion:** The knowledge regarding the safety rules as well as the practice of safety rules was found to be very inadequate among the study participants. Further research is needed to validate

these findings. Findings of this study will be useful for planning accident prevention programs in the future.

**Recommendation:** The importance of road safety measures needs to be emphasized through information and education campaigns, improving driver training, road design and maintenance, regular vehicle safety checks, separation of pedestrians from vehicle traffic, speed limits, road lighting, mandatory use of seat belt, special training and control of public sector vehicle drivers, bicycle lane separation, review of the road traffic related legislation and law enforcement as well as emergency medical services improvement.

**KEYWORDS:** Safe driving practices, District Mirpurkhas

**WORD COUNT:** 452.

## **KNOWLEDGE, BEHAVIOR AND PRACTICE OF PEOPLE TOWARDS POLIO VACCINATION TEAMS IN MIRPUR KHAS**

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### **Abstract:**

**Objective:** The objective of this study was to determine the Behavior, Knowledge and Practice of people towards polio Vaccination Team in Mirpurkhas.

**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 immunization and education to general public in Mirpur Khas city.

**Methods:** A Cross-Sectional Survey was conducted in MirpurKhas in August 2017. A Questionnaire according to the study Objectives was used as a Data collection tool. A total of 100 individuals randomly selected respondents from town of MirpurKhas 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 100 participants responded to the questionnaire. Over all participants demonstrated good knowledge and attitude towards polio vaccination teams. The majority of people agreed that the team behaved friendly with them(95%), they desired that the polio team visit (86%), they felt there was cooperation with the team (100%), they were satisfied with the team's work (95%) and their last child was vaccinated (74%). Some faced adverse effects (9%), and none said that the team workers demanded for fee (0%). Knowledge gaps were identified about the expiry of polio vaccine (81%), having polio vaccination is intriguing to some (14%), and many didn't know the age of vaccination (40%).

**Conclusions:** Over all, participants exhibit good knowledge and positive attitudes towards polio vaccination. However, there is room for improvement in certain areas like the management of polio and the use of Polio Vaccine in children with mild illness. Expiry of vaccine, lack of awareness about the 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:** 349

## STRESS IN CHILD DUE TO MATERNAL SMOKING DURING GESTATION: A CROSS SECTIONAL SURVEY

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### Abstract

**Introduction:** Smoking during pregnancy has been associated to complications such as childhood asthma, anxiety and stress behavior of child. Globally 29.4% people smoke daily while 3.7% females continue smoking during pregnancy, which could contribute to depression, stress and anxiety in their children. Cigarette smoking in female was 14.2% in Pakistan in 2011.

**Objective:** The aim of this study was to determine the prevalence of stress in children due to maternal smoking during gestation.

**Methodology:** A cross-sectional study was conducted during July-August 2017 among 55 women who smoke during the pregnancy at Muhammad Medical College Hospital Mirpurkhas. The Childhood Behavior checklist Scale (CBCL) questionnaire was used to measure stress in child. Associations between stress and maternal smoking during pregnancy were analyzed using the SPSS -22.

**Result:** Out of the total children investigated stress was found to be present in 18 (32.7%) and not in 37 (67.3%). In children under the age of 18-35month stress was present in 2(11.51%). The child between the age of 36 month to 4years and 11months, stress was present in 6 (50.0%). In the children above the age of 5 years, stress was present in 10 (40.0%). Among the mothers who were smoking "sometimes", stress was present in 4(12.5%) cases in their children. Among the smother who were smoking "often", stress was present in 14(60.9%) cases in their children.

**Conclusion:** We found evidence supporting a potential role for MSDP in increasing internalizing (stress and depressive) behaviors in offspring. We also found evidence supportive of a possible causal relationship, including dose-dependency and support for a predominant role of pregnancy exposure.

**Recommendation:** We have to take steps to reduce or stop smoking during pregnancy. We have to educate women about smoking as a risk factor. A good environment for rural pregnant women must be provided. Women must be convinced about antenatal care.

**Key words:** smoking, pregnancy, stress, age of child

**Word count:** 334.

## EMOTIONAL INTELLIGENCE, PERCEIVED STRESS AND ACADEMIC PERFORMANCE OF MUHAMMAD MEDICAL COLLEGE UNDERGRADUATES

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### Abstract

**Background:** Previous research has shown that higher Emotional Intelligence (EI) is associated with better academic and work performance. The present study intended to explore the relationship between EI, perceived stress and academic performance and associated factors among medical undergraduates.

**Objective:** The objective of the study is to find the relationship between EI, perceived stress and academic performance among the students.

**Methodology:** This descriptive cross-sectional research study was conducted among 300 medical undergraduates of 1st, 2nd, 3rd, 4th and final years of Muhammad Medical College. Students were rated on self administered Perceived Stress Scale (PSS) and Schulte Self-Report Emotional Intelligence Test (SEIT). Examination results were used as the dichotomous outcome variable in a logistic regression analysis.

**Results:** Out of the total students the 17% of students have high, 34% have average & 49% have low EI. Out of total students 53% of students have high, 26% have average & 21% have low perceived stress. We went through the academic records of the students, students who have high E.I and Low perceived stress have better academic performance and vice versa.

**Conclusions:** Higher EI was associated with better academic performance among students. In addition to this a higher EI was observed in those who had a higher level of self-satisfaction. Self-perceived stress was lower in those with a higher EI. Enhancing EI might help to improve academic performance among medical student and also help to reduce the stress levels and cultivate better coping during professional life in the future.

**Recommendation:** Students should be more encouraged to participate in extracurricular activities to build up their personalities, to reduce stress and should be more encouraged, which surely will help to improve their E.I.

**Keywords:** Emotional intelligence, Perceived stress, Academic performance, Medical students  
Word count: 327.

## PREVALANCE AND ASSOCIATED RISKFACTORS OF ROAD TRAFIC ACCIDENT AND GOVERNMENT RESPONSIBILITIES

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### Abstract

**Background:** Road traffic accidents are ranked by the World Health Organization as the 10th leading cause of death globally. An estimated 1.3 million people are killed annually and 50 million are injured.

### Objective:

1. To find about road traffic accidents.
2. To assess the ratio of accident among the local drivers/ bus drivers.
3. The study aimed to determine the prevalence and risk factors.

**Introduction:** Road traffic accidents are unfortunate collisions of one motor vehicle with another resulting in injuries and death or loss of property. Traffic accident are a complex phenomenon arising due to a variety of factors like roadway, environment, drivers, behavior, bed road, drug, alcohol etc.

### Method:

Study Design: Cross-sectional  
Study Duration: May-August 2017  
Study Setting: Local bus drivers  
Study Population: 100 Drivers  
Sampling Technique: Random Sampling

**Collection Tool and Technique:** Close ended questionnaire and face-to-face interview.

**Statistical Analysis:** Data was entered and analysis by SPSS version 22.

**Ethnic:** The Ethical committee of MMC approved Study protocol.

**Material:** The questionnaire comprised the following

- 1 Demographic questions to collect relevant information about the participants
- 2 Investigations about the previous accidents
- 3 Assessment of driver's behavior before driving
- 4 Assessment of driver's behavior during driving

After filling the questionnaires and entering the data to the computer, they were checked manually. The data collected were analyzed using Statistical Package for Social Science (SPSS), version 18.

**Result:** According to our research out of 100 participants the higher number of injured drivers was in the age group (33-40) years (33%). Drivers with 5 years of experience were more involved in road traffic accident. Majority of injured drivers did not use a seatbelt while driving (60%). Those who used mobile phones were 61%. Most of road accidents occurred during foggy weather, (49%) while rainy weather was in 40% of cases, cloudy in 6% and dry in 5%. Those who had driving license 63%. When asked about injuries of drivers 37% had met road accident and were injured with 65% being injuries of the limb, 26% of head, 6% of trunk and 3% of spinal cord. The severity of injury was minor in 51% of cases, moderate in 40% and major in 9%. When we asked drivers about their behavior during driving they answered that they tend to pass other cars (37%) while others (63%) did not. 40% enjoyed the feeling of speed. 27% of them were getting impatient with slower drivers. 29% of them like to drive in night with heavy rain and 71% of them did not. 61% of them use mobile phones while 19% of them drive in a sleepy and tired condition.

**Conclusion:** This Study Provides Valuable Information about road traffic accident and causes and how to prevent from road accident. Most of drivers have license and 3—5 years of driving experience. We find that most common cause of road traffic accident is wet road and bad road and injuries ratio is higher in limbers, and accident really occur in foggy weather with another vehicle.

**Recommendations:** This study gives valuable information through which we can minimize the accident ratio. Drivers have to avoid the use of mobile and chewing habit. They must have driving licenses and wear seat belts. If a driver finds any issue regarding the road he should try to resolve all issues regarding bed road/wet road etc. Drivers should keep a box of medicines/first aid kit in car in case of injury he/she can save his/her own life as well as other's life. Drivers have to avoid driving or minimize the speed of car in foggy weather and night.

According to driving rule number 1 (if you are driving a vehicle assume that only you can see while the other drivers are blind) never forget the fact that collisions can occur in a second.

Never drive more than the speed limit.

If a driver is suffering from any health issue he/she should take medicine on time or before/during driving.

**Word Count:** 688.

## KNOWLEDGE, ATTITUDES AND PRACTICES OF BARBERS TOWARDS HEPATITIS B IN MIRPURKHAS DISTRICT, PAKISTAN 2017

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### Abstract

**Introduction:** Hepatitis B is the most common and critical infectious disease of liver. Around 2 billion cases were reported globally by World health organization 2009. Out of these 350 million suffer from chronic lifelong infectious disease. Globally 0.6 million people die due to hepatitis B annually. The prevalence of hepatitis B ranges from 7 to 20% in Pakistan Population. Pakistan is classified as a region of 'Intermediate risk' towards hepatitis B by World health organization. The aim of our study is to determine knowledge, attitude and practice towards hepatitis B among barbers of Mirpurkhas.

**Methodology:** A cross-sectional descriptive study was taken among barbers of Mirpurkhas in May to August 2017. A structured close-ended questionnaire was used to get information about Knowledge, Attitude and Practice from total of 60 barbers selected by non-probability convenience sampling technique. Data was analyzed by using SPSS 22.

**Result:** The mean age was 32 (range 18-51). Among the barbers 31(51.7%) were male and 29(48.3) were female. Among them 32(53.3%) were educated to the Metric level and 21(35%) received further education. Knowledge of hepatitis B was 55(91.7%) in urban and 5(8.3%) in rural. 37(61.7%) barbers had knowledge about hepatitis B and 23(38.3%) were unawareness. 34(56.7%) were aware of transmission and 26(43.3%) were unaware. The mode of information was 43(71.7%) from friends and 17(28.3%) through TV. In the context of infection 31(51.7%) used Detol and 29(48.3%) did not use any antiseptic. 59(98.3%) used a new blade on every customer and 1(1.7%) did not. 60(100%) cleaned their instruments after use. 29(48.3%) were registered and 31(51.7%) were not.

**Conclusion:** There were some unsafe practices that may lead to infections due to blood-borne viruses. The present article highlights the need to improve specific health messages in media campaigns carried out to general population, diffusing more appropriate educational materials for salons and organizing obligatory refresher courses for the hairdressing sector

**Keywords:** Hepatitis B, Knowledge, District Mirpurkhas

**Word Count:** 349.

## MUSIC AND ITS RELATION TO EMOTIONS: EXTRACTING THE IMPACT OF MUSIC ON THE EMOTIONS AND ITS PSYCHOLOGICAL EFFECTS ON MEDICAL STUDENTS

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### Abstract

**Background:** Music is the art of blending sounds in such a manner that it is pleasing to listen leaving both positive and negative impact. Physiologically, music has a distinct effect on many biological processes. It inhibits the occurrence of fatigue, as well as changes the pulse and respiration rates, external blood pressure levels, and psychological effect. The objective of this study was to find the impact of music on emotions of adults affecting their daily routine, hearing capability and its psychological effects.

**Methodology:** A cross-sectional survey was conducted among students of Muhammad medical college from June to August 2017. Total 100 students were selected using connivance sampling.

Information regarding demography, socio economic status, types of music and their associated feeling and emotions were asked by using closed ended questionnaire. For data enter and analysis the SPSS version 22 was used.

**Results:** Out of 100 students considered in the study male were 51%, predominant age group was 19-21 years. Off total 94% (male 49 (52%), female 45 (47%)) have history of music listening. Seventy three % n=69 students listen music for less than 2 hours. Among students 37% (n=34.78) students didn't develop anxious state. n=73(77.66%) students relate their emotions to songs. 64 (68.08%) students get headache due to music. In between the age 19-21 there were 51 students out of which 31.3 % listen to music for mind satisfaction while 68.6 % listen for entertainment. Among the students 5.32% (n=5) belonged to the age group 25-27. Out of 94 students 72 (76.6 %) students think that listening to loud music can impairs their hearing capability.

**Conclusion:** According to this study 37 % felt a positive impact of music and said they do not develop anxiety, while the rest did develop anxiety. Many students believed that hearing dysfunctions are associated with loud music. Health education is recommended for giving awareness regarding hazards associated with loud music.

**Key Words:** Music, Emotions, Medical Students

Word Count: 371

## ASSESSMENT OF THE SAFETY MEASURES ADOPTED BY HEALTHCARE WORKERS IN MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS, SINDH PAKISTAN 2017

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Student of 4<sup>th</sup> year<sup>1</sup> Department of Community Medicine Health Sciences<sup>2</sup>

### Abstract

**Introduction:** Health Care personnel are at a risk of occupational exposure to blood borne pathogens, Hepatitis B virus, Hepatitis C virus and Human Immunodeficiency Virus as well as exposed to radiations and many accidental injuries. In hospital, health care workers are exposed to a number of diseases. The health care workers also require certain equipment that helps them to prevent these hazards. These are called personal protective measures and are basic essential safety measures that include proper training of workers, provision of vaccine, proper personal protective equipment and the establishment of effective occupational health. The purpose of this study is to know about the usage of personal protective equipment among health workers.

**Objective:** To study the safety measures adopted by healthcare workers in Muhammad Medical College Hospital, Mirpurkhas Sindh.

**Methodology:** A Cross-sectional study done on the healthcare workers in Muhammad Medical College Hospital that lasted 10-15 days. 40 health workers (nurses, lab technicians, health technicians and ward workers) were included in the study. Information and data was obtained by questionnaire method.

Healthcare staff was interviewed using a questionnaire then data was analyzed by application of SPSS-22.

**RESULTS:** The results showed only 48% were using safety measures in different ways whether in the form of gloves, vaccination against various diseases, by observing care during taking of samples, maintaining hand hygiene, disposal of infectious material or using personal protective equipment (PPE). 52% were not using the above mentioned safety measures.

**Conclusion:** The study concludes that healthcare measures are very important for all healthcare workers and there is an immense need of this. They should try to adopt them before contact with patients. By using these measures one can reduce the spread of infections in Pakistan.

**Key words:** Health care workers, personal protective equipment, radiations, hazards, needle prick

Word count: 333.

## ATTITUDE OF HEALTH CARE WORKER OF MMCH TOWARD HEPATITIS C

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Dr. Muhammad Asif Shah<sup>2</sup>, Dr AB Rajar<sup>2</sup>, Student of 4<sup>th</sup> year<sup>1</sup>, Department of Community Health Sciences<sup>2</sup>MMC*

### Abstract

**Object:** To determine the attitude of the healthcare workers of MMCH toward Hepatitis C patients.

**Background:** Global burden of Hepatitis C is expanded to approximately 180 million [18crore] annually and the annual death ratio from Hepatitis C is 5 lac [400 people die per day]. The national burden of Hepatitis C in Pakistan is 13 to 15 million people per year. Mentioned ratio is of the ones who are diagnosed but there are hundreds of patients who remain undiagnosed.

**Methodology:** A cross-sectional study was conducted among all the healthcare workers of MMCH. Our study tool was a closed-ended questionnaire and our study duration was August 2017. Our total target population was n=50 among the healthcare workers of MMCH where our sample technique was finding people who were available. We have analyzed our data with the help of SPSS v 22 and the study was done under the ethical consideration of committee of CM department of MMCH.

**Results:** Out of the total target population females were n=15[30.6%] and males n=34[69.4%]. The healthcare workers were n=10[20.4%] cleaners, n=9[18.4%] doctors, n=10 [20.4%] lab technician, n=10[20.4%] nurses and n=10[20.4%] ward boys. Out of the total target population 21[42.9%] did not even know about Hepatitis C and 28[57.1%] did know about Hepatitis C. n=28[57. 1%] had been pricked by an infected needle whereas n=21[42.9%] had not been pricked by infected needle. After pricked by needle 91.8% had not performed screening for Hepatitis C whereas only 8.2% of people had performed screening for Hepatitis C. According to the study n=30[61.2%] do not take any preventive measures when they attend Hepatitis C patient and only n=19[38.8] take preventive measures.

**Conclusion:** According to my cross-sectional study there are less people who even know about Hepatitis C and only a small amount of people take preventive measures while attending the Hepatitis C patient. That is one of the reasons why Hepatitis C is increasing day by day in our society.

**Recommendation:** We should educate healthcare workers about Hepatitis C including the people who do not know anything about it.

**Word Count:** 370

## SMARTPHONE ADDICTION AMONG SCHOOL GOING CHILDREN

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Dr. Asif Ali Shah<sup>2</sup>, Dr. A.B Rajar<sup>2</sup>, Students of 4<sup>th</sup> year, Dept. of Community Health Sciences<sup>2</sup>,*

### Abstract

**Background:** The recent technological development of smart phone has let to increase ability of smart phone and has replaced multiple function of global digitalization. This includes an easy and fast access to internet and all types of digital entertainment while on other side it has also shown some adverse effects as an increase in hit and run accidents for pedestrians' while using Smartphones. School children getting addicted to video games also leads to poor performance in class.

**Objective:** The aim of this study was to develop self-diagnostic scale that could distinguish smart phone addicts, the reliability and validity of the smart phone addiction scale (SAS) was demonstrated.

**Methodology:** The study design was cross sectional conducted in local schools of MPK (stepping stone school, SZABIST) from July to August 2017 the study consisted of n=53 using SAS. Close-ended scale questionnaire by random sampling inclusive criteria was student of 9<sup>th</sup> and 10<sup>th</sup> class, exclusive criteria were students other than metric. Statistical analysis was done on SPSS v.22.

**Results:** Total students were 53, 31 from 10<sup>th</sup> class, 22 from 9<sup>th</sup> class. There were 40 males and 13 females. The mode age was 15. There were 50 Muslims and 3 Hindus. Daily pocket money given had a mode of 50, high risk students were 30, low risk were 23 and out of that 77% were of 10<sup>th</sup> and 9% were of 9<sup>th</sup> class. To the statement "I will never give up using Smartphone knowing that my life has already been affected" 23 students agreed and 13 students strongly agreed. "Students can't skip conversation between people on Facebook and Twitter" was agreed to by 19 students while 17 strongly agreed.

**Conclusions:** With increasing use of Smartphones students of 10<sup>th</sup> class are more prone to Smartphone addiction as compared to students of 9<sup>th</sup> class. Furthermore their class performance is also being affected due to smart phone

**Key Words:** Smartphone addiction, SAS, schoolgoing children's.

**Key Counts:** 347

## INTROVERTS AND EXTROVERTS AMONG STUDENTS OF MMC

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Dr. Farzana Chang<sup>2</sup>, Students of 3<sup>rd</sup> Year MBBS<sup>1</sup>, Professor of Pathology Muhammad Medical College<sup>2</sup>

### Abstract

**Introduction:** Personality refers to the psychological classification of different types of people. Introverts and Extroverts are variety of personality traits commonly seen among us. Introvert is a person who tends to turn inward mentally and is more focused on internal thoughts. The opposite of an introvert is an extrovert, who finds energy in interactions with others.

**Background:** Swiss psychiatrist Carl Jung presented basic personality types: Introverts and Extroverts. These are two opposite types of personality traits which think, work, act erratically toward different phases of life.

**Objective:** To find the ratio of introverts and extroverts among male and female students of Muhammad Medical College, Mirpurkhas.

**Methodology:** This survey was conducted among the male and female students of Muhammad Medical College. 100 students participated in the study with their consent. Among which 50 were male and 50 were female. Information was collected through the questionnaire and assessed on the basis of gender.

**Results:** 100 questionnaires were distributed among the students of MMC. n=52(52%) students were found out be introverts and n=48(48%) were extroverts. Among the male students, n=28(56%) were extroverts, while n=22(44%) were introverts. Among the female students, n=30(60%) were introverts, while n=20(40%) were extroverts. We further prepared questions to study the thoughts and perspective of an introvert or extrovert male or female towards life. From which we found out, male extroverts care most about wealth and fame n=25 (89%). Male

extroverts are not afraid of accepting their feelings n=19(76%), and almost all of the females including extroverts and introverts n=47(94%) were afraid of accepting their feelings. Female extroverts are not risk takers n=9(45%) while most of the risk takers were male extroverts n=19 (68%).

**Conclusion:** Based on the results, it could be concluded that most of the female students are introverted while majority of male students are extroverted. It is also concluded that extroverts (both genders) were really positive, commanding toward life, ready to take challenges while the introverts (both genders) were negative thinkers but happy with however they are.

**Keywords:** Introverts, Extroverts, Personality types

Word Count: 369

## SELF-MEDICATION PRACTICES AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS, PAKISTAN

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### Abstract

**Introduction:** Self-medication is a behavioral response in which an individual uses drugs/medicines 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.

**Object:** To determine the prevalence of self-medication with Antibiotics among the students.

**Methods:** This study was conducted by using cross-sectional study design in August 2017 among undergraduate medical students of First to Final year students Muhammad Medical College, Mirpurkhas, Pakistan. A closed ended questionnaire was developed by reviewing literature and distributed among 110 students to collect data. The data was entered and analyzed by using SPSS version 22.

**Results:** Of the total 110 students, 100 (91%) students resubmitted the questionnaire. The overall prevalence of self-medication was 91(91%) students. Among them It was present in 47 (88%) Male students & 44(77%) Female students. It was prominent in Male. Prevalence of self-medication was present in 1st year 11(77%), 2nd year 14(81%), 3rd year 16(93%), 4th year 17(96%), Final year 19(98%) out of 91 students Overall, Sore throat 45(48%), Runny nose 25(27%), Diarrhea 14(16%) and Cough 7(8%) were common illness among First year to Final year students, age 18-23, for which Antibiotics were used. The most frequent reason for using Antibiotics was convenience 79(86%) and lack of trust in prescribing doctor 12(14%). 65(75%) students read instructions coming with the package insert while the rest didn't. The 78(84%) students stopped taking Antibiotics after symptoms disappeared, the rest of the 13(16%) did it at the completion of the course.

**Conclusion:** The study revealed that age, gender and students' professional year influenced self-medication practices. Strong policies should be applied strictly controlling the supply of antibiotics without a prescription to prevent the growing trend of self-medication. Every individual in general and medical students specially should be educated and be aware of the hazards of antibiotics self-medication.

**Key Words:** Prevalence, self-medication, gender

Word Counts: 356

## PREVELENCE OF ROAD TRAFFIC INJURIES DURING USE OF MOBILE PHONE

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**Background:** Road Traffic injuries are a major contributor to morbidity and mortality in adolescents. Many accidents are due to Mobile phone usage during driving. However, research on the interactions between mobile phone usage during driving is limited. The present study aimed to determine the prevalence of road traffic injuries during use of mobile phone.

**Methodology:** A cross sectional study was conducted among (n=70) undergraduate students of Muhammad Medical College. The sample comprised 45 boys and 25 girls. Chi-square tests and multivariable logistic regression were used to analyze the rates of unintentional injuries and the relationship between mobile phone usage during driving with unintentional injuries.

**Result:** The prevalence of road traffic injuries, pedestrian collisions, and falls were 46.9%, 54.4%, and 63.3 %, respectively. The rates of unintentional injuries were higher among drivers who use mobile during driving. Interaction analysis indicated that mobile phone use during driving were associated with a greater increase in the likelihood of unintentional injuries for drivers who use mobile phone than for drivers who don't use mobile phone.

**Conclusion:** The findings indicate that unintentional injuries in students are an important public health issue in MMC and further research intervention programs must consider the students' behavioral and careful driving Skills

**Key Words:** Mobile phone, Driving, Unintentional injuries, Interaction.

WORD COUNT: 242

## PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG HEALTH CARE WORKERS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS 2017

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**Introduction:** Mental health disorders affect around 500 million people worldwide and account for 13–14% of the world's total burden from ill health. Among the mental health disorders depression, anxiety, and stress form a large proportion. Healthcare workers by the virtue of their job are at enhanced risk of carrying mental health challenges, which may cause or exacerbate anxiety and depression. Mental health issues of doctors are mostly over-looked not only by public but even by the doctors themselves. The objective of study was to find out the prevalence of Depression, Anxiety, and Stress among health care workers

**Methodology:** A cross-sectional study was conducted at Muhammad Medical College and Hospital Mirpurkhas from June to August 2017. Standardized Depression Anxiety and Stress scale (DASS) 42 inventory was used to measure Depression, Anxiety, and Stress. Demographic characteristics of participants were recorded as independent variables; anxiety and depression

scores being outcome variables. Data analysis was done via SPSS-22, cross tabulation was done via chi-square, p-value < 0.05 considered as significant.

**Results:** Out of the total 74 health care workers (66 Doctors and 8 Nurses) depression was found to be in 24(32.43%) {Doctors 20(27.02%), Nurses 4(5.40%)} Anxiety 22(29.72%) {Doctors 19(25.67%), Nurses 3(4.05%)} and stress 20(27.02%) {Doctors 17(22.97%), Nurses 3(4.05%)} Out of 66 Doctors 45(68.18%) were normal, 8(12.12%) had mild, 7(10.60%) moderate, 2(3.03%) severe and 3(4.54%) very severe depression. 5 (7.57%) doctors reported with mild anxiety, 7(10.60%) moderate, 4(6.06%) severe and 3(4.54%) had very severe anxiety and 47(71.21%) were normal. For stress 49(74.24%) was normal, 7(10.60%) had mild, 7(10.60%) had moderate, 2(3.03%) severe and 1(1.51%) was identified with very severe stress.

**Conclusion:** The higher level of psychiatric morbidity depression 32.4%, anxiety 29% and stress 27% among health care workers warrants needs for strategic plans to alleviate depression, anxiety and the stressors. They must be promptly screened and managed at all medical institutions.

**Key Words:** Anxiety, Depression, Stress, Health Care Workers, Mirpurkhas

**Word Count:** 300

## PREVALENCE OF EXAMINATION OF TUBERCULOSIS IN CHILDREN IN MIRPURKHAS

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**Background:** Tuberculosis (TB) is an infection of lungs caused by *Mycobacterium tuberculosis*. Globally Tuberculosis (TB) in children accounts only for 10% of total TB morbidity. One million children suffer from TB around the world. 3.7 million Deaths in children in South Asia were caused in the year 2000 by Tuberculosis. 0.9% of the TB incidence was diagnosed in children. In Pakistan 4% registered cases of TB are seen in children. 25,000 (2.5%) children are at risk of acquiring TB infection in Pakistan.

**Objective:** The objective of our study is to find out the Prevalence of Examination of Tuberculosis in Children in the Paediatric wards of different hospitals in Mirpurkhas.

**Methodology:** A cross-sectional Study was conducted from 20 May 2017 – 30 July 2017 in different hospitals of Mirpurkhas (MMC) on over 50 tuberculosis patients (children). Data entry, data checking and analysis was done on SPSS-22 Version.

**Results:** 50 TB cases were examined in which 26 (52%) boys & 24 (48%) were girls. Age was an important risk factor for an infected child to develop tuberculosis disease. Estimated risk was 38% b/w 2-6 years of age, 32% between 7-12 years of age and 24% b/w 12-16. Diagnosis of tuberculosis in children is difficult but on examination TB skin test was positive in 50 cases. X-Ray test results were positive in 74% children & in 26% children were negative. 32% children (cases) had close contact with TB patient.

**Conclusion:** TB infection in children who were in contact with individual with infectious TB was directly related. Our data suggests that a positive Tuberculin ST in a child reflects most probably TB infection rather than previous BCG vaccination. Contact tracing can play a major role in the control of TB in Mirpurkhas.

**Key Words:** Children, Tuberculosis, Prevalence, Productive cough, BCG Vaccine,

**Word Count:** 331 words

## PREVALENCE OF DAUGHTER OF NARCISSISTIC MOTHER

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Tabeer Fatima<sup>2</sup> Students of 3<sup>rd</sup> Year, Department of Pathology, MMC*

### Abstract

**Background:** It is very important to investigate the prevalence of being “A daughter of Narcissistic Mother” among medical students. In order to research personality disorder in which there is a long term pattern of abnormal behavior characterized by exaggerated feelings of self importance’s among daughters to their mother.

**Methodology:** A cross sectional study was conducted among almost 100 undergraduate students of MMC. The prevalence of being the daughter of a Narcissistic mother questionnaire was used to measure Narcissism daughter symptoms or research related to NPD was analyzed using SPS vs16.

**Result:** Out of 100 females 20 students from each year (1<sup>st</sup> to 5<sup>th</sup> year) 8% mothers divert discussion, 6% mothers top her feelings, 38% mothers lack empathy, 4% mothers supports 11% of mothers lack emotional closeness, 15% mothers loves her, 28% mothers reacts negative in accidental happenings, 9% mothers community conscious, 29% give mothers care, 13% mothers have grudge problems, 18% of daughters feel helpless in the presence of their mother, 13% mothers knows about their daughters’ issues, 39% daughters feel different from their mothers, 24% mothers are egotistical, 23% mothers care emotionally and 1% of mothers takes things her own way.

**Conclusion:** To summarise the prevalence of –D.O.N.M had a milder effect on the students. Hence it is not a major contributor to students needing psychiatric counseling.

**Key word:** Narcissistic, Mother and Daughter.

Word Count: 259

## PREVALENCE OF OBSESSIVE COMPULSIVE DISORDER (OCD) AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPUR KHAS

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### Abstract

**Background:** Obsessive-Compulsive Disorder (OCD) is a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (*obsessions*) and behaviors (*compulsions*) that he or she feels the urge to repeat over and over.

**Methodology:** A Cross-sectional survey was conducted among the students of Muhammad Medical College, Mirpurkhas during the time period of July and August 2017. A close-ended questionnaire was used to collect data. A total of 100 students participated in study from 1<sup>st</sup> year to Final Year. 20 students from each class participated in which 10 were Boys and 10 were girls. Collected data was entered and analyzed by using SPSS version 22.

**Result:** Among the total n = 100 Students, 90 students responded to the questionnaire out of n=90. n=46(51.1%) belonged to the male gender and n=44(48.89%) belonged to the female gender. Out of n=46 male students n=34 were found normal and in the remaining n=12 students symptoms of mild OCD were found. Out of n=44 female students n=26 were normal and in n=18 symptoms of mild OCD found. Symptoms of mild Obsessive Compulsive Disorder (OCD) are more in female students than in male students. Among the female students 2<sup>nd</sup> and 3<sup>rd</sup> year

students are at higher risk of having Obsessive Compulsive Disorder. No severe OCD case was reported during whole study.

**Conclusion:** According to the study, symptoms of mild OCD were found among the students of Muhammad medical college and symptoms are more in Female Students than in Male students. Public awareness and screening must be done for the early detection of OCD. Students with the problem of OCD symptoms must concern a psychiatric.

**Key words:** Obsessive Compulsive Disorder, Medical students, Public awareness

**Word count:** 317

## **EVALUATION OF MENTAL STRENGTH AMONG THE STUDENTS OF MMC (A NEW SCALE)**

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Prof. Dr. Syed Razi Muhammad<sup>2</sup>, Students of 2<sup>nd</sup> Year<sup>1</sup>, Department of Surgery<sup>2</sup>.*

### **Abstract**

**Introduction:** Mental strength of a person defines his/her capacity to face challenges. It requires balancing rational thinking and emotions to work together to make decisions to guide your behavior. This questionnaire determines if a student has a weak, average or strong mental strength depending upon how they respond and behave in any critical condition, work, thought regulations and self-awareness.

**Methodology:** A cross sectional study including 120 students of Muhammad Medical College (MMC), (12 boys and 12 girls from each class) was done between July and August 2017. A close-ended questionnaire was used to collect data. The questionnaire was made by searching articles and by selecting the basic characteristics on which a person's mental strength could depend. Total questions were 16, based on Liker scale. Each question could be scored from 1-4 numbers, with total possible score for a respondent being 16-64. Those scoring 16-31 were labeled as having a "weak" personality; those scoring 32-49 were labeled as having a "personality of average strength" and those scoring 50 or above were labeled as having a "strong" personality. Data was entered and analysed using SPSS version 22. The study protocol was approved by the Ethical committee of MMC.

**Results:** One student (0.8%) of first year had weak mental strength, 28 (23.3%) students had average mental strength and 91 (75.8%) had strong mental strength. But a large number of students had strong mentality i.e. 45 (75%) female and 46 (76.6%) male. In 1<sup>st</sup> year, 21/24 (87.5%) students had strong mentality, and remaining 3 (12.5%) had average personality. In 2<sup>nd</sup> year, 18/24 (75%) students had strong mentality, and remaining 6 (25%) had average personality. In 3<sup>rd</sup> year, 18/24 (75%) students had strong mentality, and remaining 6 (25%) had average mentality. In 4<sup>th</sup> year, 17/24 (70.8%) students had strong mentality, 6 (25%) had average mentality and remaining 1 (4.1%) had weak mentality. In final year 17/24 (70.8%) students had strong mentality and the remaining 7 (29.1%) had average mentality.

**Conclusion:** The data describes that most of the classes have a high ratio of mental strength. A small group of students needs to work on their personalities to become what is considered to be "mentally strong". For this reason it is suggested that sessions should be held in MMC for personality development.

**Key Words:** Mental strength, evaluation, MMC Students<sup>1</sup>

**Word Count:** 402

## **KNOWLEDGE, ATTITUDE, PRACTICE & BEHAVIOUR OF MMC STUDENTS REGARDING COMMUNICATION SKILLS**

*Syed Saad Ayub<sup>1</sup>, Sobia Sameen<sup>1</sup>, Bushra Arshad<sup>1</sup>, Pawan Kumar<sup>1</sup>, Awais Saeed<sup>1</sup>*

*Dr.Syed Razi Muhammad<sup>2</sup> Students of 2<sup>nd</sup> Year<sup>1</sup>, Department of Surgery<sup>2</sup>.*

### **Abstract**

**Aims:** The aim of this study is to assess the knowledge, attitude, behavior and practice of undergraduate medical students regarding communication skills.

**Design:** Cross-sectional, questionnaire based interview.

**Place and Duration of Study:** 1st August 2017 to 21 August, 2017 in MMCH.

**Methodology:** 120 students who were 18-24 years old across both genders were included. The questionnaire was semi-structured and was pilot tested on a sample of 120 students from Muhammad Medical College. The sample size taken was 120 students from first year to final year.

**Background:** Communication skills play a vital role in personality development, interaction with the community, to understand other people and to convey one's message. It is especially important for doctors who have to deal with patients, where conversation has prime significance in patients care and provision of proper health care. For this reason, communication skills are taught as a compulsory subject in many western countries and some Medical Colleges within Pakistan.

**Results:** First Year and third year students have the highest mean (73%) and final year has a mean of (69%). Females (73.30%) respond more as compared to male (70.70%). Only 5(4.2%) students do not know about communication skills. 60 (50%) students agreed that doctors with good communication skills identify patients' problem more accurately. 43 (35.8%) students responded that they would rarely attend any seminar or workshop related to communication skills. 64 (53.3%) students think that special language courses are required to improve communication skills. 53(44.2%) students agreed that good communication skills helps a professional doctor to excel in his respected field. 54 (45%) students responded that to end a conversation they would just leave sometimes and 7(5.8%) responded that they always leave.

**Conclusion:** According to my study, three quarter of students of MMC have knowledge about communication skills. There was no significant difference between male and female knowledge about communication skills. Similarly, no significance was observed from first year to final year students regarding their knowledge about communication skills.

**Key words:** Communication skills, MMC

**Key words:** 361

## **AN AUDIT OF DISEASE BURDEN IN SURGERY WARD, MUHAMMAD MEDICAL COLLEGE HOSPITAL, 2017**

*M. Mehdi Arslan, Wasim Ajaz, Saleem Khan, M. Aamir ,Rabiya Ilyas, Maria Ayub, Iqra Ansar, Ammara Rajput  
(Students of Final Year)Syed Razi Muhammad, Rehmat-ullah-Somro, Sohail Yousaf*

### **Abstract**

**Aims:** To make an audit of Surgery ward of MMCH of previous 1 year from (August 2016 to July 2017)

**Methods:** Record of admitted patient in surgery ward with diagnosis of disease was observed from the patient files.

**Results:** A total number of 446 patients (Males=285), (Females=161) were admitted in the surgical ward of MMCH. The range of their ages was 1-80 (mean age=39 years), (median age= 40 years), (mode age=60 years). The patients observed with cholelithiasis were 95 patients (22%), Renal stones 57 patients (13.2%), Vesical calculi 51 patients (11.6%), BPH 41 patients (9.5%), Hernia 28 patients (6.4%), Appendicitis 25 patients (6%), Urethral Stricture 23 patients (5.2%), Fissure & Ano 21 patients (4.9%), Hemorrhoid 19 patients (4.3%) , Gangrene 14 patients (3.2%), infected wounds 14 patients(3.2%), CA Breast 11 patients(2.5%), laparotomy 9 patients (2.5%), CA Bladder 9 patients (2.5%), Nephrectomy 8 patients(2.04%), CA Esophagus 2 patients(0.4%) and other patients are of cyst & abscess.

**Conclusion:** Two commonest diagnoses were cholelithiasis & Renal Stone while last year Renal Stone & BPH were the commonest. Urological problems made the bulk of our surgical department cases.

**Word Count:** 244.

## AN AUDIT OF DISEASES MORE FREQUENT IN INTENSIVE CARE UNIT MUHAMMAD MEDICAL COLLEGE HOSPITAL 2017

Ali Aqdas<sup>1</sup>, Mariam Zahid<sup>1</sup>, Laila Salim<sup>1</sup>, Sadia Saeed<sup>1</sup>, Aqeel Khalique<sup>1</sup>, Younis Mazari<sup>1</sup>, Naveed Gadiwan<sup>1</sup>, Aftab Khosa<sup>1</sup> Dr. Saqib Baloch<sup>2</sup>

### Abstract

**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 healthcare 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.

**Methodology:** The study employed a retrospective observational design. Study was done from January to 15 July 2017. Files of the admitted patients were reviewed thoroughly. Data was collected and analyzed using SPSS version 22.

**Results:** From the total subjects n=313, n=159 (51%) were females, n=163 (52.3%) belongs to the rural area, with the predominant age group belonging to > 75 years. The most common disease burden was CLD n = 95 (21.2%), CVA/ Stroke n = 60(21%) & COPD n = 49 (15.9%) & Ischemic heart disease n = 27 (9.28%) respectively. Complications of CLD were present including Ascites in n = 25, Hepatic Encephalopathy n=55, upper GIT beading n=8 Hepatocellular carcinoma n=7, Hepatitis B n=9 Hepatitis C n=60. Among these diseases the overall mortality was n=55(18%) with a high mortality being due to CLD n=16, MTN n=13, DM n=12, CVA/stroke n=14, COPD n=11 & with CRF n=7 respectively.

**Conclusion:** From this study we concluded out most frequent disease in ICU was due to CLD n=95 (31.39%) although there was a 2% decline from last year survey but it was still the most common with n=16 mortality rate while the overall mortality rate was h=55 (18%).

**Word Count:** 288.

## PATTERN OF MENSTRUAL PROBLEM IN MMC STUDENTS

*Aiman Mustafa<sup>1</sup>, Fatima-tuz-zahra<sup>1</sup>, Azka Mehmood<sup>1</sup>, Bushra Noor<sup>1</sup>, Tofique Ahmed<sup>1</sup>*

*Prof. Dr. Asma Jamsheed<sup>2</sup> Student of final year<sup>1</sup>, Professor of Gynaecology<sup>2</sup>*

**Introduction:** The most striking feature in the whole process of puberty is the onset of menstruation. To our knowledge no large population-based studies have been performed on this topic of menstrual health among MMC students.

**Objective:** The aim of this study was to produce up to-date information on menstrual problem of MMC girls, and to estimate the prevalence of menstrual cycle abnormalities in this population.

**Methodology:** This was a cross sectional study on a population based on MMC girls aged from 18-26 years from first year to final year. Information was collected by means of a questionnaire that included questions like age group, year of study, duration of cycle, duration of days, loss of blood, acne, hirsutism and weight gain as well as any other menstrual problem and frequency. Data was collected and analyzed by the SPSS version 22.

**Results:** 83% girls have a regular menstrual period of 28 days. 72% of girls have menstruation for 5 days. 11% of girls have heavy menstrual bleeding among them mostly 63% belongs to 2<sup>nd</sup> year. 19% girls show dysmenorrhea among them, with most(51%) belonging to 3<sup>rd</sup> year. 37% girls show hirsutism while 59% show acne, which mostly occurs in 1<sup>st</sup> year student.

**Conclusion:** According to our study most of the girls have regular menstrual periods, which remains for 5 days. The ratio of dysmenorrhea and HMB mostly is due to cycle disturbance. Most of the girls suffer acne problems.

**Key words:** Menstrual period, Dysmenorrhea, Acne

**Word count:** 270.

## CASE REPORT OF THYROTOXICOSIS PRESENTED IN MMCH 2017

*Wasim Ajaz<sup>1</sup>, M. Aamir<sup>1</sup>, Danyial Aziz<sup>1</sup>, Mehdi Arslan<sup>1</sup>, Saleem khan<sup>1</sup>*

*Professor Abdul Qadir Khan<sup>2</sup>, Students of final year<sup>1</sup>, Department of Medicine<sup>2</sup>*

### Abstract

**Introduction:** Hyperthyroidism (Thyrotoxicosis) is described as a constellation or group of clinical features arising from elevated circulating level of thyroid hormone.

**Case Presentation:** A 40 years old female resident of Mirpurkhas came to OPD of MMCH, with complaints of Palpitation for 2 months, Heat intolerance for 2 months, increased appetite for 45 days, increased frequency of defecation for 1 month and weight loss for 1 month. On physical examination the patient was conscious and well oriented. The patient had exophthalmos. The patient was warm, sweating from her palms with weakness all over her body (thin body built). On CVS examination there were palpitations with an irregular heart rate and rhythm, ectopic beats and sinus tachycardia. On CNS examination there were tremors on her outstretched hand, and proximal muscle weakness. The cranial nerve examination was normal with a hyperactive tendon reflex. On abdominal the liver & spleen were not palpable with no splenomegaly. The rest of the chest examination was normal. The investigation was T3, T4 and TSH level, ECG, LFT, Urea and Creatinine level. Treatment was Carbimazole, Propylthiouracil.

**Words count:** 197.

## CASE REPORT ON DIABETIC FOOT

*Waqar ul Hassan<sup>1</sup>, Hafiz Muhammad Shoaib<sup>1</sup>, Saleem Shazada<sup>1</sup>, Muhammad Ashrafi<sup>1</sup>, Iftikhar Habib<sup>1</sup> Prof. Dr. Syed Razi Muhammad Students of Final Year, Department of Surgery*

### Abstract

**Introduction:** Diabetic foot is a necrosis of tissue in feet. Foot ulceration occurs as result of often trivial trauma in the presence of neuropathy and peripheral vascular disease. Most ulcers are neuropathic and neuroischemic in type. They usually develop at the site of plaque of callous skin, beneath which tissue necrosis occurs, eventually breaking through to the surface

**Case Report:** My patient's age is 70y. She was admitted in the Surgery Ward of Muhammad Medical College on the 23rd of August 2017. Her presenting complaint was that she was a patient of Diabetes Mellitus with pain in her left toe and right toe (for 1 Year), swelling and discharge from wound for 7 days.

**History of presenting illness:** My patient was alright for 1 year, however she developed pain in both of her limbs back then. There had been discharge from her left toe for 7 days. She was treated by local doctors on and off but was not improving.

**Past history:** Vaccination +ve, TB -ve, Diabetes +ve, Hepatitis -ve Hypertensions +ve, Previous surgery +ve Transfusion +ve Family History: D.M +ve HTN +ve

**General physical examination:** Pale conjunctiva suggest of anaemia. +ve lymph nodes not significant

**Systematic examination:** CVS system showed s1 and s2. Respiratory system was audible and chest was clear. There was abdominal tenderness and in NS GCS scale 15/15.

**Conclusion:** The prevalence of diabetic foot is high among patient attending public clinic. There is an urgent need to establish foot care services within the diabetic clinic to identify feet at risk, institute early management and provide conscious foot care education to patients and healthcare providers.

**Keywords:** Diabetes, diabetes foot, foot care

**Words Count:** 296.

## CASE REPORT OF PATIENT WITH COLONIC CARCINOMA

*Sana Rasheed<sup>1</sup>, Anjum Ghulam<sup>1</sup>, Tehmina gulzar Cheema<sup>1</sup>, Uroosa<sup>1</sup>, Attiqa Shahid<sup>1</sup>*

*Prof Dr. Syed Razi Muhammad, Dr. Jamshaid Basheer*

*Student of Final Year<sup>1</sup>, Faculty of Department of Surgery, Muhammad Medical College<sup>2</sup>*

### Abstract

**Introduction:** Colonic carcinoma is the malignant tumor arising from the inner wall of large intestine. Its symptoms are diarrhea, change in stool consistency, abdominal cramps, weight loss and iron deficiency anemia. Risk factors of colonic carcinoma are colon polyps, genetic abnormalities and family history of colon cancer, smoking, low fiber diet and obesity.

**Case Report:** 40 years old female from Mirpurkhas came to emergency at MMCH on 3<sup>rd</sup> August 2017 with the complaints of abdominal cramps and loose motions for 2 days. Patient is an operated case of Ca colon that was diagnosed on colonoscopy and justified by biopsy in 2016 due to previous complains of bleeding P.R. In her family there is no history of colonic cancer. On general physical examination patient was pallor due to anemia (4gm/dl) and dehydrated (++). Laboratory investigations blood C.P, urine D/R, U/S of abdomen and pelvis, x ray of abdomen and pelvis and LFT was done. Again colostomy was refreshed on 15<sup>th</sup> August 2017 at

previous site that sanked in and didn't work; greenish discharge came from the wound. Again reprotoxy was done on 18<sup>th</sup> August 2017, brought out proximal jejunal loop as jejunostomy and distal loop of ileum as ileostomy on right side.

**Conclusion:** Counseling of the patient and family may be beneficial in decreasing the mortality rate due to denying the acceptance of treatment. Emphasize to patients that even if they sacrifice an organ, substitute measures are available to restore them as useful members of society. Also, failure to comply with these certain treatment can have serious consequences.

**Key words:** Colonic carcinoma, APR, jejunostomy, ileostomy

**Word count:** 302.

## A CASE PRESENTATION ON LAPAROSCOPIC CHOLECYSTECTOMY

Prof. Dr. Rehmatullah Soomro<sup>1</sup>, Prof. Dr. Sohail Yousif<sup>1</sup>, Tasir Jamal<sup>2</sup>, Tofique Shar<sup>2</sup>, Abuzar Ali Shah<sup>2</sup>, Bushra Noor<sup>2</sup> Azka Mehmood<sup>2</sup> Professor of surgery<sup>1</sup> Student of final year<sup>2</sup>

### Abstract

**Case presentation:** A 50-year-old female presented in the surgical ward with the chief complain of intermittent pain in the right hypochondrium from last 1 month. The pain was severe in intensity, sharp in nature and radiated towards the back. She noted feeling discomfort with eating greasy foods. She also felt anorexia, nausea, vomiting, and fever from last 3 to 4 days. The patient was well orientated, vitally stable, abdomen was tender, Murphy's sign positive, Leukocytosis on CBC. Ultrasonography suggests acute cholecystitis with thick wall gall bladder. Laparoscopic Cholecystectomy was done by Prof. Dr. Sohail Yousef on 9-5-2016 in Muhammad medical college hospital.

**Background:** Laparoscopic cholecystectomy is the removal of the gallbladder (Cholecystectomy) by laparoscopy, which is a minimal invasive surgical procedure for the removal of the gallbladder. During the procedure the abdomen is inflated with carbon dioxide to provide room for the procedure. The laparoscope is a small thin tube, which is put into the abdomen through a tiny cut made just below the navel. Three small additional holes are made to allow the entry of the instruments. The gallbladder and Calot Triangle is located and the cystic duct and artery are tied off. The gallbladder is removed and the incisions are closed.

**Indication:** Gallstones in the gallbladder (Symptomatic cholelithiasis), Gallstones in the bile duct (choledocholithiasis), Gallbladder polyps, Acute Cholecystitis, Biliary dyskinesia, Pancreatitis due to complications related to common bile duct stones.

**Benefits:** Less postoperative pain, a shorter hospital stay, better cosmetic results than the open surgical procedure. LC is safe in children, patients with cirrhosis, diabetes mellitus, pregnant patient

**Key words:** Laparoscopic cholecystectomy, pregnant women, CO<sub>2</sub> inflation

**Word count:** 305.

## A CASE REPORT OF XANTHOGANULOMATOUS PYELONEPHRITIS IN SURGERY WARD OF MMCH MIRPURKHAS

*Tahira Mari, Atia Khokhar, Saira Arif, Momal Jhinji, Sadia Syed, Majdiha Mehmood  
Dr Syed Razi Muhammad, Dr Jamshed Bashir*

### **Abstract**

**Introduction:** Xanthogranulomatous pyelonephritis (XGP) is a rare form of chronic pyelonephritis and represents a chronic granulomatous disease resulting in a non-functioning kidney. It is seen in all ages. There is also an increased incidence in the patients with diabetes. Clinical presentation is typically vague, consisting of constitutional symptoms such as malaise, weight loss and low-grade fever. Haematuria and flank pain are sometimes encountered. Despite often-absent urinary tract symptoms, pyuria and positive urinary culture are present in the majority of cases. Chronic granulomatous process believed to be the result of subacute/chronic infection inciting a chronic but incomplete immune reaction. The kidney is eventually replaced by a mass of reactive tissue, surrounding the usually present(90%) inciting staghorn calculus with associated hydronephrosis of greater or lesser degree. Foamy (lipid laden) macrophages predominate. Inflammatory process eventually extends into perinephric tissues and even adjacent organs. It is treated by nephrectomy, which is curative. No conservative and medical therapies exist. Presence of inflammatory reaction in adjacent tissues often requires a large operative field and an anterolateral transperitoneal approach.

**Case Presentation:** 6-year-old male patient was admitted on 23 Jan 2017 complaining of a lump at the left lumbar region and pain during passing urine since last month. History of blood transfusion +ve. Pulse 96 b/m, resp 24b/m, anemic, clubbing+ve, edema on whole body.

**On Inspection:** There was swelling at the left lumbar region, no scar, no pigmentation and umbilicus is centrally placed with everted margins. On Palpation: Tenderness +ve. LAB  
**DIAGNOSIS :** Hb 8.4 g/dl, TLC 27,800, urea 22mg/dl, creatinine 0.6mg/dl, Na 135 mmol/L, RBS 115mg/dl. Ultrasound shows the 20% kidney functioning. Pus was drained and nephrectomy was done. Histopathology shows the caseation, giant cells and Tuberculous chronic pyelonephritis with end stage kidney. Anti tuberculosis drugs are given to the patient for 9 month.

**Keywords:** Xanthogranulomatous nephritis, non-functioning kidney, nephrectomy.

**Word Count:** 331.

## A CASE REPORT OF HEPATIC ENCEPHALOPATHY IN ICU AT MMCH

*Tahira Mari, Shusta Akbar, Momal Jhinji, M.Ali Asghar Gill  
Dr Abdul Qadir Khan*

### **Abstract**

**Introduction:** Hepatic encephalopathy is a state of disordered CNS function resulting from failure of liver to detoxify toxic agents of gut origin because of hepatocellular dysfunction and portosystemic shunting. The blood bypasses the liver via the collaterals and the toxic metabolites (e.g ammonia, free fatty acids and mercaptan) pass directly to the brain to produce the encephalopathy. There is also increased sensitivity of CNS neurons to inhibitory neurotransmitter (GABA) and an increase in circulating levels of endogenous benzodiazepines. It is a neuropsychiatric syndrome caused by liver disease which progresses from confusion to coma. Confusion needs to be differentiated from delirium tremens and Wernike's coma.

encephalopathy as well as coma from subdural haematoma, which can occur in alcoholics after a fall. Ammonia has long been considered an important factor. The features are very mild and easily overlooked but mental impairment increases as the condition become more severe.

Precipitating causes include trauma, drugs, infection, protein load (including GI bleeding and constipation). Examination shows Flapping tremors (asterixis), Inability to perform simple mental arithmetic, Inability to draw objects such as star (constructional apraxia), Hyperreflexia, Bilateral extensor plantar responses. EEG shows diffuse slowing of normal alpha waves with eventual development of delta waves.

**Case Presentation:** 70 Years old female resident of Mirpurkhas admitted on 07<sup>th</sup> august 2017 in ICU at 10 pm in MMCH with complaints of unconsciousness since 1-2 hours, vomiting and loose motions for 2 days. She had hepatitis C for 5 months and abdominal pain for 5 years. In the past history blood was transfused 5-6 times due to low Hb count. She has hepatitis C which has not been treated properly. She suffered from tuberculosis but was treated successfully 1 month back. There is a family history of T.B. She looked weak, unconscious, irritable and restlessness. I/V cannula in the right hand and Folley's catheter was seen. She did not respond to vocal stimuli. BLOOD CP showed the Hb 9G%, Total leucocytes 15000 /cumm, Platelets 80,000 /cumm. URINE DR showed Albumin 1+. U.C.E shows Sodium 131mmol/L, Potassium 4.4 mmol/L, Chloride 92 mmol/L, Bicarbonates 27.9 mmol/L, Urea 92 mg/dl, Creatinine 1.5mg/dl. S. Albumin 1.8 G/dl. P.T 22sec, INR 1.57. The ultrasound report showed the shrunken liver. Antibiotic, I/V fluids, lactulose and relexamine were given.

**Keyword:** chronic liver disease, hepatitis, liver cirrohsis, hepatic encephalopathy.

**Word Count:** 391.

## A CASE PRESENTATION ON THE BENIGN BREAST LUMP

*Tahira Mari, Rabia Sidique, Nuzhat Safdar, Shehzadi Sundas,  
Hudaibia Khan, Nimrah Khokhar, Atia Khokhar, Dr Syed Razi Muhammad, Dr Altaf Jatoi*

### Abstract

**Introduction:** BENIGN BREAST DISEASE. This is the most common cause of breast problems; up to 30% of women will suffer from a benign breast disorder requiring treatment at some time in their lives. The most common symptoms are pain, lumpiness or a lump. The aim of treatment is to exclude cancer and, once this has been done, to treat any remaining symptoms.

[Aberrations of Normal Development and Involution (ANDI)] has been developed and described by the Cardiff Breast Clinic (Many alternative terms have been applied to this condition, including fibrocystic disease, fibroadenosis, chronic mastitis and mastopathy). The disease consists essentially of four features that may vary in extent and degree in any one breast. Cyst formation: Cysts are almost inevitable and very variable in size. Fibrosis: Fat and elastic tissues disappear and are replaced with dense white fibrous trabeculae. The interstitial tissue is infiltrated with chronic inflammatory cells. Hyperplasia of epithelium in the lining of the ducts and acini may occur, with or without atypia. Papillomatosis: The epithelial hyperplasia may be so extensive that it results in papillomatous overgrowth within the ducts.

Clinical features: The symptoms of ANDI are many as the term is used to encompass a wide range of benign conditions, but often include an area of lumpiness (seldom discrete) and/or breast pain (mastalgia). A benign discrete lump in the breast is commonly a cyst or fibroadenoma. True lipomas occur rarely. Lumpiness may be bilateral, commonly in the upper

outer quadrant or, less commonly, confined to one quadrant of one breast. The changes may be cyclical, with an increase in both lumpiness and often tenderness before a menstrual period. Non-cyclical mastalgia is more common in peri-menopausal than post-menopausal women. It may be associated with ANDI or with periductal mastitis. It should be distinguished from referred pain, for example a musculoskeletal disorder. 'Breast' pain in post-menopausal women not taking hormone replacement therapy (HRT) is usually derived from the chest wall. About 5% of breast cancers exhibit pain at presentation.

**Presentation:** 35 years old unmarried female, resident of Old Mirpurkhas was admitted on 19 July 2017 at 4pm with complain of LEFT BREAST LUMP SINCE 2 YEARS , DISCHARGE OF PUS ON/OFF SINCE 1 YEAR . No previous history of any lump or breast abnormality but was had Hepatitis and treated previously .Her cholecystectomy was done previously.

**On Examination:** **INSPECTION:** There were multiple scars on the left side of the breast suggestive of previously taken multiple biopsy. There was illdefined multiple fibrosis seen throughout the left breast, nipple and aereola complex centrally placed. **PALPATION:** There was non-tender swelling involving left outer and inner quadrant and fixed with skin there is no palpable axillary lymph nodes. Total mastectomy was planned to treat the patient, on perioperative findings diffuse lump about 5 by 6 cm involving nipple and areola complex, containing fibrous elements and pus in it. Histopathology and biopsy report showed the Acute and chronic non-specific inflammation with microabcess formation. It was confirmed that she had Tuberculosis and prophylactically Anti Tuberculosis treatment was given to the patient.

**Keywords:** Benign breast lump, chronic inflammation, total mastectomy.

**Word Count:** 546.

## CASE REPORT: ECLAMPSIA

*Shahzadi Sundas<sup>1</sup>, Parvez Ali Shah<sup>1</sup>, Shumaila Saleem<sup>1</sup>, Majdiha Mahmood,  
Anum Rajput<sup>1</sup>, Habib ur Rehman<sup>1</sup>*

*Final Year Student MMC, Department of OBS and Gynecology  
Professor Dr.Qamarunnisa<sup>2</sup> and Assistant Prof Dr Asma Jabeen<sup>2</sup>*

### Abstract

**Introduction:** Eclampsia is a life threatening condition and serious complication of pre-eclampsia. It is characterized by high blood pressure leading to seizures (convulsions) and loss of consciousness in pregnant women who do not have a history of epilepsy. Other complications are stroke; coma and death of the mother and fetus can also occur.

**Case Report:** 25 year old female referred case from Umerkot presented in Emergency with Gestational age of 9 month with a history of high blood pressure and fits. Her admission blood pressure was 180/120 with proteinuria. She was diagnosis as a case of Eclampsia and managed accordingly.

**Conclusion:** Eclampsia is present in primigravida, with previous eclamptic history and first degree relative. With proper treatment and care the baby and mother can be saved.

**Key Words:** Blood pressure, Eclampsia, C-Section.

**WORD COUNT:** 170

## CASE REPORT OF GASTRIC PERFORATION

Summaiya tehreem<sup>1</sup> Majdiha Mahmood<sup>1</sup> Sehar iqbal<sup>1</sup> Waqas jamil<sup>1</sup> Irum sajjad<sup>1</sup> Faraz Ahmed<sup>1</sup>  
Ali Raza, Syed Razi Muhammed<sup>2</sup> Sohail yousif<sup>2</sup>  
Students Final Year<sup>2</sup> Professors of Department of Surgery<sup>2</sup>

### Abstract

**Introduction:** Gastric perforation is one of the most common complications of chronic peptic ulcer disease. Peptic ulcers are focal defects in the gastric mucosa that extend into the submucosa or deeper. Associated with acid over secretions. Gastric perforation is a surgical emergency that requires immediate surgery. It can be due to H.pylori, spicy food, alcohol and excessive use of smoking.

**Case:** A 35 year old male patient of Mirwah was admitted to the surgical ward via emergency complaining of pain in the epigastric region for 3 days, nausea and vomiting, high grade fever for 3 days and distention of abdomen from the 1st day. On examination there was tenderness in the whole abdomen and guarding with no bowel sounds. We had done the following investigations for the confirmatory diagnosis(abdomen and chest x-ray, CBC,urea and creatinine as well as electrolytes). After investigation we diagnosed perforation. We prepared the patient for explorative laparotomy. After pre-operative management the patient's fluid was aspirated and peritoneum was washed with 5 liter of normal saline. Then over sewing with Omental patch was done. Drain was kept in right upper quadrant. The wound was closed. After post-operative treatment no acute complaints were reported and the patient was discharged home with medications.

**Conclusion:** In cases of Gastric perforation with peritonitis the abdomen feels very tender and there is guarding. The pain often worsens during abdominal palpation. On the basis of investigations (chest and abdomen x-ray, CBC)we can diagnose that the patient has gastric perforation. For that laparotomy is done, in which bilious fluid is present in peritoneal cavity.

**Keywords:** Gastricperforation, peritonitis,gas under diaphragm inCXR, laparotomy.

**Words:** 298.

## CASE REPORT CA STOMACH

Wafa shah<sup>1</sup>, Shazia babbar<sup>1</sup>(Final year), Prof Dr. Abdul Qadir khan<sup>2</sup> (Dept of Medicine)  
Department of Medicine Muhammad Medical College Mirpurkhas, Sindh

### Abstract

**Introduction:** Adenocarcinoma of the stomach is the second most common carcinoma worldwide. It is rare before the age of 40 but its incidence steadily climbs thereafter and peaks in the seventh decade of life. Early gastric ulcer is usually asymptomatic but may be discovered during endoscopy for dyspepsia. It mostly occurs sporadically whereas 8-10% have inherited familial component and develop in families with germline mutations in p53 and BRCA2.

**Case report:** A 70 year old male presented with weight loss, anemia, melena and epigastric pain. The patient was alright a few years ago then developed disturbed bowel habits 8 months ago. He had epigastric pain which was not related to meals but radiated to the backside. He complained of melena from the previous 8 months, which was associated with the weight loss. His sleep and appetite were also disturbed due to this problem. There was no significant past surgical history and no family history of such symptoms. On investigation hemoglobin 7.2G%,

WBcs 13000. On ultrasound of abdomen his liver showed 2 hypoechoic masses larger in left lobe of liver measuring 3.7(3.3 cm) size. He was advised for CT scan of abdomen.

CT scan of abdomen described findings are most likely consistent with gastric neoplasm with hepatic, nodal and possible pancreatic metastatic deposits. Endoscopy findings are large, irregular growths in the body of stomach. Recommendation is biopsy with the final diagnosis pending on biopsy reports.

**Words Count:** 258

## CASE REPORT PLACENTA PREVIA

*Shazia Babbar<sup>1</sup>, Wafa Shah<sup>1</sup>, Saba Fatima<sup>1</sup>, Daniyal Asghar<sup>1</sup>, Junaid Khan<sup>1</sup>*

*Student of Final Year, Prof Dr. Qamarunisa<sup>2</sup>, Assistant Prof Dr. Asma Jabeen<sup>2</sup>*

*Department of Gynecology & OBS Muhammad Medical College Mirpurkhas*

### Abstract

**Introduction:** Placenta Previa is a placenta that has implanted into the lower segment of the uterus. It is classified as either Major, in which the placenta is covering the internal cervical os, or minor, when the placenta is sited within the lower segment of the uterus but does not cover the cervical os. It is more common in older women (often multiparous) and women with previous uterine surgery. Multiple risk factors for the development of placenta previa exist, including multiparity, advanced age, previous cesarean delivery, prior uterine surgery, use of cocaine, and smoking. The bleeding can be mild and recurrent but sometimes can be massive and life threatening.

**Case Report:** A 27 years old primigravida, 37 weeks pregnant, booked patient was admitted to MMCH city branch. She was a diagnosed case of posterior major degree placenta previa. She was admitted for caesarean section. On general examination she was mildly anemic. Her pre operative Hb was 9.5, so 2 units of blood were transfused pre-operatively. Planned caesarean section was performed. Operative findings confirmed the diagnosis; there was severe bleeding at the time of operation both from upper segment and lower segment, which was controlled by sewing and intrauterine packing. Total of 10 units of blood and 4 units of FFPs were transfused. She discharged on 13 august 2017.

**Conclusion:** Severe bleeding in placenta previa is associated with high maternal morbidity and mortality. The determinants of severe bleeding in placenta previa can be used in the antenatal period to identify mothers at risk.

**Keywords:** Placenta previa, severe bleeding, cesarean section, multi parous

**Word Count:** 267

## CASE REPORT OF UTERINE PERFORATION DUE TO UNSAFE ABORTION

*Sehar Iqbal<sup>1</sup> Summaiya Tehreem<sup>1</sup> Irum Sajjad<sup>1</sup> Raza Haider<sup>1</sup>*

*Faraz Ahmed<sup>1</sup> Waqas Jameel<sup>1</sup>, Zain ul Abidin<sup>1</sup> Dr. Asma Jamshed<sup>2</sup>, Dr. Jamshed Bashir<sup>2</sup>, Dr. Qamar Habib<sup>2</sup>*

*Department Of Gynecology & Obstetrician*

### Abstract

**Introduction:** An unsafe abortion is defined as a procedure for terminating an unintended pregnancy carried out either by a person lacking the necessary skills or in an environment that does not conform to minimal medical standards or both. Majority of these unsafe abortions are carried out in developing countries, usually by unskilled persons who do not have proper knowledge of the anatomy of reproductive organs and in unhygienic environments thus leading to various complications.

**Case:** A 40-year-old woman Para 4, housewife from Mirpurkhas came to ER of MMCH on 30 July 2017 with a presenting complaint of lower abdominal pain for 2 days and difficulty breathing for 2 days. According to the patient she has had an unwanted pregnancy and wanted to terminate it. She went to some local clinic where she had an induced termination of pregnancy(abortion). Since then the patient complained of lower abdominal pain. The patient came to Medical unit of MMCH due to dyspnea and then an emergency call to the Gynecologist. After complete evaluation and reviews with surgeons and her Gynecologist it was found she had a perforated Uterus and Sub-acute intestinal obstruction. Exploratory Laparotomy was planned out. Findings were small perforation through uterine fundus, which was bleeding mildly. She also had a gangrenous part of the uterus. Emergency medications and CPR was done but in spite of all the efforts ECG showed straight line and patient was declared dead.

**Conclusion:** Unsafe abortion is an important public health problem, which accounts for a significant cause of maternal mortality and morbidity in resource poor countries.

**Keywords:** Unsafe abortion, uterine perforation, Intestinal obstruction

**Word Count:** 290.

## A CASE REPORT OF PILONIDAL SINUS (PNS) IN SURGERY WARD OF MMCH

*Ali Aqdas<sup>1</sup>, Mariam Zahid<sup>1</sup>, Sadia Saeed<sup>1</sup>, Naveed Gadiwaan<sup>1</sup>, Younis Mazari<sup>1</sup>,*

*M. Shahzad<sup>1</sup>, Daniyal Khan<sup>1</sup>, Shanawaz Khosa<sup>1</sup> Dr. Sohail Yousaf<sup>2</sup>.*

*Student of Final Year<sup>1</sup> Surgery Ward MMC<sup>2</sup>*

### Abstract

**Introduction:** A Pilonidal Sinus (PNS) occurs in the cleavage between the buttocks (Natal cleft) and can cause discomfort, embarrassment and absence from work. It is more common in men (as they have more hair) than women and the most commonly used surgical techniques to treat this include excision with reconstructive flap. However, the risk of recurrence or of developing an infection of the wound after the operation is high.

**Case Report:** A 30-year-old patient from MPK came to Surgery O.P.D at MMCH on 23 April complaining of recurrent discharge from a boil over an operated site along with pain & discomfort. He gave a history of Z-plasty performed for Pilonidal sinus performed in 2013. The disease occurred after 3 years in 2016 and CT Scan confirmed this. The patient was not

willing to have surgery again. Before planning treatment other causes, like tuberculosis, pelvic inflammation causing abscess, HIV, diabetes, millinery, foreign body or trauma wave were ruled out. After confirmation of pilonidal sinus by CT Scan the two external opening were excised under local anesthesia & embedded hair foliates were removed.

The Kshara Sutra wasted covering the entire underlying track for simultaneous cutting & heating. Appropriate dressing was given under aseptic conditions. The patient was discharged the day after the procedure.

**Conclusion:** This minimally invasive procedure Kshara Sutra has good potential in the management of pilonidal sinus. It minimizes rates of complication & recurrence and enables the patient to resume work & normal social activities as early as possible. It is an acceptable treatment to the patient in terms of cost of treatment, extent of discomfort, impact upon body image.

**Word Count:** 320.

## CASE REPORT: JEJUNAL PERFORATION

*Saddam Hussain<sup>1</sup>, Hira Zahid<sup>1</sup>, Samiya Abdul Majeed<sup>1</sup>, Aiman Mustafa<sup>1</sup>, Kanwal Bishar<sup>1</sup>,*

*Prof Dr Syed Razi Muhammad<sup>2</sup>, Dr Jamshed Bashir<sup>2</sup>*

*Final Year Students<sup>1</sup>, Department of Surgery<sup>2</sup>*

### Abstract

**Introduction:** Blunt Abdominal Trauma (BAT) can injure any abdominal organ. The vast majority of Intestinal perforations following BAT are caused by motor vehicle accidents, but can also result from physical assaults or falls from heights. Punctate or slit like perforations often occurring on the antimesenteric border are probably the consequence of a sudden increase in intraluminal pressure in a fluid or air filled loop.

**Case Report:** 12 year old male was referred to MMCH on 31st May 2017 complaining of abdominal pain for one day with 2-3 episodes of vomiting. He was treated by a local doctor but not cured and was referred. On examination the patient's BP was 90/80mmHg. There was abdominal tenderness and X-Ray supine and erect showed free air trapped in sub diaphragmatic space. The patient was planned for emergency explorative laparotomy. On exploration, the cavity was filled with small bowel content and there was a large perforation 1 foot away from the distal jejunum. Primarily the large perforation was closed with the help of 2 sutures. The cavity was then washed and a drain was inserted. Incision was closed layer by layer and finally the aseptic dressing was done.

**Conclusion:** The abdomen is the third most commonly injured part of the body following trauma. Early recognition of small bowel injury is important in the prevention of morbidity.

**Key Words:** Jejunal perforation, Blunt Abdominal Trauma

**Word Count:** 263.

## CASE REPORT ULCERATIVE COLITIS

*Muhammad Abdullah Khan<sup>1</sup>, Muhammad Mehtab Baig<sup>1</sup>, Mudassir Husnain, Ahsan Bari,  
Naveed UrRehman, Fatima Tuz Zahra, Azka Mehmood<sup>1</sup>  
Professor Dr Abdul Qadir Khan (Department of Medicine MMCH)  
Department of Medicine Muhammad Medical College Mirpur Khas*

### Abstract

**Introduction:** Chronic inflammatory condition causing continuous mucosal inflammation of the colon, without granuloma on biopsy, affecting the rectum and variable regions of the colon incontinuity, which is characterized by a relapsing and remitting course (recurrent attacks). The Risk factors Majorly contributing are HLA gene mutation, Age (Early 30s), Race/ethnicity (White), Family history (20%), Environmental factors (industrialization, Urban setting),

**Abstract:** A 26 Year Old male, Ex-smoker and a farmer by occupation, from Mirpur Khas (Married) was admitted to MMCH on 27-Mar-2017. He had bloody loose stools (20 Days), Vomiting (5 days), weight loss (1-2) kg, oral ulcers and abdominal cramps. There is no history of drug allergy. Bowel habits are disturbed and appetite and sleep are markedly decreased. He belonged to a low socioeconomic status. He had no complaints of systemic issues. He was oriented in time, place and person and looked weak but was comfortably lying in bed. He was looking anemic and dehydrated. Lymph nodes were not palpable. No jaundice. On abdominal examination, the abdomen was distended and tender. His spleen, liver and kidneys were not palpable. He had complained of nocturnal breathlessness and palpitation.

Stool Dr proved Mucous Positive, Soft watery acidic, Puss Cells Present. Fecal Calprotectin was more than 1000. Colonic Biopsy showed Moderate to severe chronic acute Colitis with fecal Crypt distortion, Crypt abscess.

**Word Count:** 243.

## A CASE PRESENTATION OF CRYPTORCHIDISM

*Masroor Tariq<sup>1</sup>, Aqeel Khalique<sup>1</sup>, Danial Aziz<sup>1</sup>, M. Aamir<sup>1</sup>, Ramsha Hafeez<sup>1</sup>, Shushta Akbar<sup>1</sup>, Mehriq Fatima<sup>1</sup>,  
Prof. Dr. Razi Muhammad<sup>2</sup>, Prof. Dr. Sohail Yousef<sup>2</sup>  
Students of final year<sup>1</sup>, Professor of surgery<sup>2</sup>*

### Abstract

**Case presentation:** A 10-month-old boy was referred to the urology clinic with left testis palpable in the scrotal sac, but the right scrotal sac was empty. Left hemiscrotum showed no redness or swelling and the left epididymis was also verified by palpation and no pathological signs seen. The inguinal area had no palpable mass referring to inguinal hernia. However, an absence of the vas deferens on the right hemiscrotum was found. Then a scrotal ultrasonography was undertaken and it confirmed undecided right testes located at the level of right internal inguinal ring. After informed consent was obtained from the patient's parents, the patient underwent a laparoscopic surgery for right orchiopexy. However, due to relatively short length of right spermatic cord structure, laparoscopic orchectomy was performed instead of orchiopexy. The patient's postoperative histological analysis of right testis confirmed a normal testicle with absent epididymis.

**Introduction:** Cryptorchidism is a condition in which testes fail to descend into scrotum. If testes are not brought down in scrotum by the age of 2 years then due to high intra-abdominal temperature destructive changes occur in sperm producing cells causing infertility. Incidence at birth is 4% and 80% of these reach to scrotum during the first three months of life. In

cryptorchidism risk of malignancy increase 40 fold. Right side effected more frequently and in 20% of cases condition may be bilateral.

**Clinical feature:** Absence of testes in scrotum. May be swelling on point where testes present

**Investigation:** Ultrasonography, Laparoscopy, MRI, Hormonal evaluation with HCG stimulation test, Karyotyping

**Treatment:** Hormonal treatment injection (HCG, GnRH), Orchiopexy performed at the age of one year and in bilateral case only one side should be operated at one time. Open or

Laparoscopic orchiopexy, Orchiectomy

**Key words:** Cryptorchidism, Orchiopexy, Infertility

**Word count:** 328

## CASE REPORTPOSTPARTUM HEMORRHAGE

*Maria Ayub<sup>1</sup>, Rabiya Ilyas<sup>1</sup>, Waseem Ijaz<sup>1</sup>, Saleem khan<sup>1</sup>, Noor, -ul-Saba, Aamir Khosa<sup>1</sup>,*

*Dr. Qamar Habib<sup>2</sup>,Dr. Asma jamshaid<sup>2</sup>*

**Introduction:** PPH is defined as the loss of more than 500ml or 1,000ml of blood within the first 24 hours following childbirth. Signs and symptoms may initially include: an increased heart rate, feeling faint upon standing and an increased breath rate. As more blood is lost the women may feel cold, their blood pressure may drop, and they may become restless or unconscious. This condition can occur up to six weeks following delivery. The most common cause is uterine atony following childbirth, cervical tear, coagulation defect , retained placenta and operative delivery.

**Case Presentation:** A 35-year-old pregnant woman (Gravida 6, para 5+0) resident of Mirpurkhas at 36 weeks of gestation presented to obstetric labor at Muhammad Medical College& hospital Mirpurkhas on 21-March-2017. Patient was anemic and dehydrated. Patient had normal progress of labor and ultimately delivered a live baby boy. An active management of 3<sup>rd</sup> stage of labor was done. Placenta delivered within five minutes and started heavy postpartum hemorrhage immediately after delivery. After initial medical treatment and intrauterine packing the patient did not respond to medical treatment. Then the obstetric team decided to perform the emergency subtotal hysterectomy. She was then shifted to I.C.U where she received multiple blood transfusions with FFP. The post-operative period remained uneventful. Patient discharged home after 9<sup>th</sup> day of operation in satisfactory condition.

**CONCLUSION:** Obstetric Haemorrhage is one of the most common causes of maternal morbidity and mortality. The most common cause of PPH is uterine atony, which cannot be predicted in the majority, and most common deaths occur within 2hrs of child birth without any intervention.

**Key words:** Postpartum hemorrhage, Uterine atony, FFPs, Subtotal Hysterectomy.

**Words Count:** 297.

## CASE REPORT: CELIAC DISEASE

Iftikhar Habib<sup>1</sup>, Muhammad Ashraf<sup>1</sup>, Waqar Shabbir<sup>1</sup>, Muhammad Irfan<sup>1</sup>, Waqar Ul Hassan<sup>1</sup>.

Prof. Dr. Abdul Qadir Khan<sup>2</sup>

Students of Final Year<sup>1</sup>, Department of Medicine<sup>2</sup>

### Abstract

**Introduction:** Celiac disease is T cell mediated autoimmune disease of small bowel in which gluten intolerance causes villus atrophy and malabsorption

**Genetics:** HLA DQ2 in 95%

**Prevalence:** 1 in 300-1500 from any age. There is a 10% prevalence in 1<sup>st</sup> degree relatives and a 30% relative risk for siblings

**Case Report:** A 55-year-old female patient from Khipro came to causality ward at MMCH on 29 July 2017 with a complaint of on and off diarrhea for 10 years, pallor, fatigue and weight loss for 6 months with epigastric pain for 5 days. She was previously a diabetic patient for 5 years and had also been operated for renal stones. Her appetite and sleep were also decreased. She had no significant family history. On general physical examination, patient had adequate pallor, a smooth glossy tongue and aphthous ulcer. Bilateral pedal edema was present. On abdominal examination her liver was palpable. We conducted routine laboratory tests, which showed 8.2 mm/Hg HB, leukocytes count 7800/, serum amylase and stool DR were normal, anti-gliadin antibodies were 150 titre. On endoscopy esophagus and stomach as well as the 1<sup>st</sup> part of the duodenum were normal while the 2<sup>nd</sup> part of duodenum was decreased and serrated. We then took a biopsy of the 2<sup>nd</sup> part of duodenum, which showed duodenitis with marked loss of villi and increased number of epithelial cells. We strictly advised her to adopt a gluten free diet.

**Key words:** Celiac diseases, Gluten, Abdominal examination

**Word count:** 239.

## CASE REPORT ECTOPIC PREGNANCY

Haniya Baloch<sup>1</sup>, Fatima Saggū<sup>1</sup>, Gohar Nayab<sup>1</sup>, Attiqa Shahid<sup>1</sup>, Ayesha Lodhi, Tehmina Cheema<sup>1</sup>, Yumna Fatima<sup>1</sup>.

Dr. Asma Jamshaid<sup>2</sup>, Dr. Qamar Habib<sup>2</sup>, Dr. Hem Latta<sup>2</sup> Students of Final year<sup>1</sup>, Professors of Gynae. & Obs department<sup>2</sup>

### Abstract

**Introduction:** Ectopic pregnancy is a complication of pregnancy in which implantation of fertilized ovum at a site other than uterine cavity.

The signs and symptoms classically include abdominal pain and vaginal bleeding. Risk factors for ectopic pregnancy include: pelvic inflammatory disease, often due to Chlamydia infection, tobacco smoking, prior tubal surgery, a history of infertility, and the use of assisted reproductive technology. Those who have previously had an ectopic pregnancy are at much higher risk of having another one. Most ectopic pregnancies (90%) occur in the Fallopian tube, which are known as tubal pregnancies. Implantation can also occur on the cervix, ovaries, or within the abdomen.

**Case Presentation:** A 35-years-old lady, married for 20 years, G5P4<sup>+0</sup> resident of Mirpurkhas, presented in emergency with a gestational age of 2 months, lower abdominal pain for 5 days on 14 April 2017 at Muhammad Medical College Hospital Mirpurkhas. The patient has a history of bilateral tubal ligation 12 years back. On examination she has acute fever and very low B.P.

Patient was anemic & dehydrated. On abdominal examination the abdomen was tense and tender. It was tenderer on the right side. On pelvic examination there was bimanual tenderness.

Clinically ruptured ectopic pregnancy was diagnosed. With consent of her family laparotomy with right salpingectomy & left tubal ligation was done.

Peritoneal cavity was full of blood & blood clots (about 3 liter). Right side of tube was ruptured near cornal end of uterus. Abdominal cavity was washed with normal saline. Intraperitoneal drain was inserted in the abdomen and closed back in layers. 3 units of blood were transfused during & after surgery & she was shifted to the High Dependency Unit. The Post-operative periods remained uneventful. Patient was discharged home after 5<sup>th</sup> post operation day.

**Key words:** Ectopic pregnancy, salpingectomy, laparotomy.

Word Count: 308.

## A CASE REPORT OF CHOLANGIOPRINCIPAL CARCINOMA AT MMCH CITY BARNCH MIRPURKHAS

*Tahira Mari<sup>1</sup>, Saleem Javed<sup>1</sup>, Syed Sadia<sup>1</sup>, Nimrah Khokhar<sup>1</sup>, Sidra, Anum<sup>1</sup>, Habib-ur-Rehman<sup>1</sup>, Parvez Ali<sup>1</sup>, Shoaib<sup>1</sup>, Waqar, Dr Syed Razi Muhammad<sup>2</sup>  
Students of Final Year<sup>1</sup> Department of Surgery<sup>2</sup>*

### Abstract

**Introduction:** Cholangiocarcinoma is a malignant tumor of the bile duct. It is adenocarcinoma and although it is rare, it is a lethal malignancy. Associated factors are longstanding sclerosing cholangitis, choledocal cyst, intrahepatic or extrahepatic stone and worm's infestation (ascaris, clonorchis). Clinical features are weight loss and anorexia, cachexia, jaundice, palpable gall bladder (Courvoisier's sign) in case of cholangiocarcinoma of the distal end of CBD, metastasis may be found in liver, peritoneum or into the lungs.

It is diagnosed by the raised bilirubin, alkaline phosphatase and gamma-glutamyl transferase. CA 19-9 is usually raised. CT (triphasic) scan defines size, site and vascular involvement by the tumor. It can also demonstrate abdominal lymphadenopathy and peritoneal metastasis. CT chest should also be performed to rule out pulmonary metastasis. MRCP or ERCP can be performed and stent can be passed across the obstructing lesion. Biopsy can be taken for cytological diagnosis and endoscopic ultrasonography.

Cholangiocarcinoma is classified into three types: intrahepatic 20%, extrahepatic upper duct 40% and extra hepatic lower duct 40%. Its treatment depends on the site and extent of the disease. Surgical excision is the only curative treatment for cholangiocarcinoma but unfortunately only 10-15% of patients are suitable for surgical resection.

**Case Presentation:** 90-year-old male came in OPD on 10 August 2017 in the department of Surgery MMCH complaining of pain in his right hypochondrium associated with anorexia, abdominal discomfort and constipation. He had a past history of cholecystectomy, diabetes mellitus and jaundice. CT scan diagnosed the case as cholangiocarcinoma. Stent was placed by ERCP.

**Conclusion:** Patient is unfit for surgery due to age factor and diabetes mellitus patient. He is on symptomatic treatment for his pain, abdominal discomfort and his constipation.

**Keyword:** Diabetes mellitus, age 90, stent, jaundice

Words count: 322.

## A CASE REPORT OF HYDATID CYST OF LIVER

M. Zafar<sup>1</sup>, Danial Aziz<sup>1</sup>, Loqman Sohrani<sup>1</sup>, M. Khalid<sup>1</sup>, M. Ashraf<sup>1</sup>, Hashmat Sohrani<sup>1</sup> Prof. Dr. Sohail Yousef<sup>2</sup>  
(Student of final year<sup>1</sup>)(Professor of Surgery<sup>2</sup>)

### Abstract

**Case presentation:** A five-year-old female presented with intermittent upper abdominal pain for two years. She is resident of village and there was history of on/off fever. There was no previous hospitalization or surgical interventions. There was a history of keeping sheep at home. On clinical examination the patient was febrile, vitally stable and systematic review was normal. Abdominal examination show 4X4 cm mass firm in consistency in right upper quadrant area moving with respiration and slight tenderness in RUQ. There were no visible pulsation or peristaltic movements on it. There was Eosinophilia in CBC. US abdomen revealed Hydatid cyst involving the right lobe of the Liver. CT scan showed a wheel cart mass, which is a feature of hydatid cysts. On ELISA Antibodies to hydatid antigen was detected. According to clinical history, examination and image finding provisional diagnosis was Hydatid cyst of liver.

**Introduction:** The hydatid disease is caused by larval stage of the *Echinococcus granulose* tapeworm. The definitive hosts are dogs; intermediate hosts are sheep & human while it is in its infective stage as an egg. The site of hydatid is mostly the liver 70% while lungs and other tissue can also be affected. Humans take in the eggs. In the gut the egg hatches into larva and penetrates through the gut mucosa into the portal vein. From the portal vein these larvae can migrate to the liver and give rise to a cyst.

**Clinical feature:** Compression large cysts cause compression of adjacent bile duct, portal vein, hepatic vein, vena cava, and result into obstructive jaundice, portal hypertension or Budd-Chiari syndrome. Infection causes abscess formation. Rupture into surrounding viscera cause severe allergic reaction / anaphylactic shock.

**Diagnosis:** Ultrasound is the first-line imaging method. CT scan provides more information about location, size and morphology. Antibodies to hydatid antigen can be detected by ELISA in 64-99% of cases. Eosinophilia occurs in 25-45% of patient.

**Treatment:** Medical treatment is Albendazole 10mg/kg B.D for 6 months. Percutaneous treatment is only effective for unicellular cyst.PAIR is technique used for percutaneous treatment. Conservative surgery in this surgery cyst cavity is opened contents are evacuated. Radical surgery can be Pericystectomy or Liver resection.

**Conclusion:** With many people in contact with sheep hydatid disease must be ruled out in cases similar to this one. The diagnosis is done by CT scan. Surgery is the best option of treatment.

**Key words:** *E.granulosus*, rupture of cyst, Pericystectomy, liver resection

**Words:** 395.

# UNUSUAL CASE OF TRUMATIC HYPHHEMIA

Batool Zehra<sup>1</sup>, Shahzaman<sup>1</sup>,  
Dr. Rajesh Rathi<sup>2</sup>, Students of 4<sup>th</sup> Year<sup>1</sup>, Department of Eye<sup>2</sup>  
Simple case study is perform in august 2017

## Abstract

**Aim:** To treat OR diagnose HYPHHEMIA

**Case Presentation:** A 12-year-old girl presented with a 4 day history of blunt trauma to the right eye. The patient complained of decreased vision and severe eye/forehead pain despite being on medical management. There was decreased vision.

**Introduction:** Blood in the anterior chamber of eye is called Hyphemia. Comprehensive force can result in injuries to the blood vessels, which then results in the accumulation of blood cells in the anterior chamber of the eye. The signs and symptoms of the hyphemia are blurry vision, pain, headache, photophobia as well as blood and clots, both in the anterior chamber, usually visible without a slit lamp.

**History:** Time of injury and time of visual loss, history of medication (Vaccinations: Complete, Medications: Topical B-Blocker and Diamox, Allergies: None) History of sickle cell disease

## Ocular examination.

- ✗ VA: CF at Face OD; 6/6 OS
- ✗ Pupils: Fixed OD; No APD OS
- ✗ EOMI
- ✗ IOP: 36 OD; 12 OS
- ✗ SLE:
  - ✚ A/C: microhyphema OD iris details barely visible; OS WNL
  - ✚ Lens: poor view OD; clear OS
  - ✚ Iris: poor view OD; OS WNL
- ✗ Fundus Examination:
  - ✚ Bare red reflex OD
  - ✚ Macula, Vessel, Nerve WNL OS
- ✗ B-scan
  - ✚ Right Eye Retina Flat with no Vitreous Hem.

**Management:** Based on the presentation of this patient sickle cell disease was suspected. The patient was admitted for observation, strict bed rest and HOB elevation also NPO for AC washout. The patient was also placed on Atropine and Prednisolone acetate drops. CBC, Sickle Cell Prep and Electrophoresis were ordered (SCP took 1 week for results). IOP was measured the following day and found to be: 35 OD and 13 OS with no change in the symptoms.

AC washout was performed under general anesthesia. A limbal incision was created at 12:00 and washout of the RBCS was performed with simcoe making sure the AC was well formed during the entire procedure and the lens was protected. The wound was closed with one 10 nylon suture. Subconjunctival antibiotics and steroids were administered

## Postoperatively

- ✗ POD 1 The patient was **pain free** and open both eyes comfortably
  - ✚ VA was 6/60 OD
  - ✚ IOP was 11 OD
  - ✚ SLE:
    - ✗ AC formed
    - ✗ No hyphema

- ✗ Trace cell flare
- ✗ Wound siedel -ve
- ✗ Pigment on lens
- ✗ Pupil mildly eccentric
- ✗ Fundus view:
  - ★ Retina flat
  - ★ ON no disc edema (normal venous pulsation)
  - ★ Berlins edema; Small pocket of subhyaloid hem.
- ✗ Topical glaucoma drops and diamox were stopped
- ✗ The patient was followed for 3 days in the hospital and then discharged.
- ✗ No rebleeding occurred and the IOP was under 15 mmHg throughout.

**Diagnosis:** The patient had Sickle Cell Trait. Subsequently the patient had Sickle cell trait hyphema.

**Conclusion:** Sickle cell disease and trait are associated with ocular morbidity. Previous studies do show the existence of SCD in Pakistan. Hyphema in patients with sickle cell disease can have serious visual consequences. We must keep a high index of suspicion in our hyphema patients and manage them accordingly. More elaborate studies need to be performed to determine the exact prevalence of the disease.

**Word Count:** 573.

## CASE REPORT: FIBROID

*Azka Mehmood<sup>1</sup>, Fatima-tuz-Zahra<sup>1</sup>, Muhammad Abdullah khan<sup>1</sup>, Muhammad Mudassir hussain<sup>1</sup>, M. Mehtab Baig<sup>1</sup>, Ahsan bari<sup>1</sup>, Samiya Abdul Majeed<sup>1</sup>, Dr. Qamar Habib Memon<sup>2</sup>, Dr. Asma Jabeen<sup>2</sup>.  
Student of final year<sup>1</sup>, Professor of Gynae and obstetric department<sup>2</sup>*

### Abstract

**Introduction:** Fibroids are the most frequently seen tumors of the female reproductive system. Fibroids, also known as uterine leiomyomas or fibromas, are firm, compact tumors that are made of smooth muscle cells and fibrous connective tissue that develop in the uterus. In 40 to 50 percent of fibroid cases, the tumors are benign and asymptomatic.

**Case report:** 45 years old married patient who was a resident of Bhittaro came to OPD with a presenting complaint of heavy menstrual bleeding, lower abdominal pain and a mass for 4 years. On examination there was lower abdominal mass size 9x10cm on the left side, which was firm in consistency. She was anaemic. Multiple blood transfusions were done and her surgery was planned. Total abdominal hysterectomy and bilateral salpingo-oophorectomy was done..

**Conclusion:** Fibroid is more common benign pathology of Reproductive age. Many cases of fibroid remain asymptomatic and are only found as incidental ultrasound findings. 40-50% Symptomatic Fibroid need further treatment.

**Key words:** Heavy menstrual bleeding, fibroid uterus.

**Word Count:** 188.

## POST-PARTUM SEPTICAEMIA

*Anjum ghulam<sup>1</sup>, Tehmina Gulzar Cheema<sup>1</sup>, Sana Rasheed<sup>1</sup>,  
Uroosa Randhawa<sup>1</sup>, Aatiqa Shahid<sup>1</sup>. DR. Asma Jamshaid, DR. Hemlata and DR. Qamar Habib.*

### Abstract

**Introduction:** Sepsis is an illness that can develop in some pregnant women as well as in women who have recently delivered a baby. If sepsis develops within six weeks of delivery it is called post-partum sepsis or puerperal sepsis. Signs and symptoms are fever, pain in lower abdomen and pelvis caused by swollen uterus, pale skin, chills, headache and loss of appetite. Risk factors of post-partum septicemia include miscarriages, cesarean sections, prolonged or obstructed labor, ruptured membranes, mastitis and retained product of conception.

**Case Report:** 22 year old female patient belonging to Khipro presented in emergency at 5:00 AM on 11<sup>th</sup> July, 2017, 8 days after her delivery. She complained of high-grade fever for 3 days, fits for one day and at the time of presentation she was in the state of unconsciousness. Her vitals were pulse (120 b/m), BP (130/90mmhg), RR (20), Temp(106degree f) and her Oxygen saturation was 95%. Abdomen was tense and slightly tender. On per vaginal examination her cervical os was open, the uterus was enlarged and soft. There were retained products of conception felt in the vagina and moderate amount of clots that were removed digitally but still felt in uterus. Further work-up was done. Ultrasound pelvis showed (large bulky uterus with RPOCs). POST-PARTUM SEPSIS due to retained products of conception was diagnosed. Evacuation was done and 2 UNIT of blood was transfused. Patient was discharged after 7days and her condition was stable.

**Key words:** Post-partum septicemia, evacuation, blood transfusion.

**Words Count:** 274.

## CASE REPORT OF UV PROLAPSE (MANCHESTER REPAIR)

*Ammara Rajput<sup>1</sup>, Iqra Ansar<sup>1</sup>, Mehdi Arslan<sup>1</sup>, Pashmina Munir<sup>1</sup> (Student of final year)  
Prof Dr: Qamarunisa<sup>2</sup>, Assistant Prof Dr Asma Jamshed<sup>2</sup>*

### Abstract

**Introduction:** UV prolapse means downward descend of vagina and uterus. There may be prolapse of both or vagina only. Most women have prolapse but only 20% have symptoms. Manchester repair operation or simply “fothergill operation” is a technique used for UV prolapsed. This operation is designed to correct uterine descent where the preservation of uterus is desirable.

**Case Report:** 35-year-old female was admitted in gynaecology (unit 1) of MMCH on 20<sup>th</sup> march 2017. She complained of something coming out of her vagina for 4-5 years. On general physical examination her pulse was 82 beats/minute, blood pressure 120/80, her eyes and hands had pallor and P/A was soft & non-tender. On pelvic examination 2' cystocele with cervical descent, urinary incontinence not demonstrated and on bimanual pelvic examination her uterus was in the middle position, normal size, non-tender and mobile.

Her investigations showed Hb 12g/dl and blood cells normal. Ultrasound of pelvis showed her uterus was normal in size and both ovaries were normal having multiple small follicles within it and no fluid in cul-de-sac). Hence Manchester repair + anterior colporrhaphy & Posterior colpoperenorrhaphy were planned. Amputation of cervix was done after diagnosis D & C along with shortening of cardinal ligament. Her post-operative period remained unremarkable. Patient as discharged on the 5 day in a satisfactory condition.

**Key words:** UV Prolapse, Manchester Repair, Anterior Colporrhaphy & Posterior colpoperenorrhaphy, MMCH

**Word Count:** 244.

## **RESPONSE AND COMPLICATIONS OF DIFFERENT REGIMES (SOFOSBUVIR, DACLATASVIR AND RIBAVIRIN) IN PATIENTS TREATED FOR HEPATITIS C ON OUTPATIENT BASIS**

*Dr: Abdul Qadir Khan Professor of Medicine MMCH, Dr: Lubna Kamani Associate Prof: LNH Khi.*

### **Abstract**

**Objective:** All oral direct acting antivirals (DAAs) effectively treat chronic hepatitis C virus (HCV) infection, but response and complication of different regimens vary. We compared outcomes in treated patients with different regimen along with their complications.

**Methods:** A retrospective study was conducted in the outpatient department of 3 tertiary care hospitals of Mirpurkhas, Karachi, Pakistan from 1<sup>st</sup> Feb 2016 to 15<sup>th</sup> May 2016. Patients in the age range of 18 to 65 years of both genders and HCV RNA PCR positive were included. Patients with pregnancy, hepatocellular carcinoma and concomitant Hep B infection were excluded. All patients were already treated, by clinician choice, with different combinations of Sofosbuvir, Daclatasvir, and Ribavirin. The virological response 24 weeks post-antiviral treatment and adverse outcomes within 6 months were noted.

**Results:** 456 patients who received treatment were enrolled. Viral clearance was achieved in 455 patients (99.78%). Sustained viral response at 24 weeks in different regimes (Sofosbuvir, Daclatasvir and Ribavarin) was 81.7% (76 out of 93 patients), in the Sofosbuvir + Ribavarin group it was 55% (175 out of 318) and in the Sofosbuvir + Daclatasvir group it was 80% (36 out of 45). While decompensation rate in the Sofosbuvir + Daclatasvir + Ribavarin group was 18.3% (17 out of 93), in the Sofosbuvir + Ribavarin group it was 3.1% (10 out of 318) and in the Sofosbuvir + Daclatasvir group it was 24.4% (11 out of 45).

**Conclusions:** All oral DAAs effectively cured HCV in patients. Viral clearance achieved using different regimes was statistically the same. However, triple drug and Sofosbuvir with Daclatasvir has better SVR rates and more chances of decompensation than Sofosbuvir and Ribavarin combination. The long-term impact of HCV treatment in patients remains to be determined.

**Keywords:** Hepatitis C, oral antiviral, response, complication, direct acting.

**Word Count:** 313.

## **FEEDING PRACTICES IN CHILDREN 0-2 YEARS OLD PRESENTED AT MMC PEDIATRICS OPD**

*Tehmina Gulzar Cheema<sup>1</sup>, Uroosa Randhawa<sup>1</sup>, Aattiqa Shahid<sup>1</sup>, Anjum Ghulam<sup>1</sup>, Sana Rasheed<sup>1</sup>  
Dr. Hassan Memon<sup>2</sup>, Dr. Imran Ahmed<sup>2</sup>*

### **Abstract**

**Objective:** To assess the feeding practices in patients presented at pediatrics OPD MMCH.

**Background:** A child's first 2 years of life are most crucial for normal physical and mental development. Both cognitive and emotional potentials start to develop early and so the foundations of intellectual, social and emotional competencies are also established during this period. The Islamic Republic of Pakistan is among the countries in the world with highest rates of child malnutrition (stunting 44%, wasting 15% and underweight 31%).

**Design:** Cross-sectional study.

**Place and duration of study:** 29th July 2017 to 15th August 2017 in MMCH.

**Subject and Methods:** 56 patients were evaluated from 0-24 months of age who presented at MMCH Pediatrics OPD. Breastfeeding and complementary feeding practices were determined by questionnaire; adopted from IMNCI guidelines. Study protocol was approved by the Ethical committee of Muhammad Medical College. Data entered and analyzed by SPSS version 22.

**Results:** 56 patients were evaluated from 0-24 months of age who presented at MMCH Pediatrics OPD 6 children of 0-6 months, 18 children of 6-12 months and 32 children of 12-24 months out of 56. 17 children were on exclusive breastfed in initial 6 months of life whereas 13 started complementary feeding by the age of 6-12 months and 19 started by the age of 12-24 months. 24 children out of 56 were taking supplements. 44 children has parents with income 5000-10000. 19 children had their first feed after 1 day whereas 27 had it at birth. Only 16 were vaccinated out of 56 and diversity of food was used in 27 children.

**Conclusion:** It is recommended that Pakistan establishes nutrition surveillance of infants and young children as an integral part of health information system. Breast feeding practices, feeding practices and nutritional status of infants and young children should be monitored regularly to enable problems to be identified early and strategized to prevent malnutrition. According to the study the common reasons behind poor feeding practices were uneducated mother, poverty, lack of interest in family planning, lack of vaccination, and increase number of children more than five in family and addiction in mother.

**Key Words:** Feeding practices, Pediatric OPD MMCH.

**Word Count:** 382

## PREVELENCE OF ROAD TRAFFIC INJURIES DURING USE OF MOBILE PHONE

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**Background:** Road Traffic injuries are a major contributor to morbidity and mortality in adolescents. Due to Mobile phone use during driving. However, research on the interactions between mobile phone uses during driving is limited. The present study aimed to determine the prevalence of road traffic injuries during use of mobile phone.

**Methodology:** A cross sectional study was conducted among all (n=70) undergraduate students of Muhammad Medical College. The sample comprised 45 boys and 25 girls Chi-square tests and multivariable logistic regression were used to analyze the rates of unintentional injuries, the relationship between mobile phone use during driving with unintentional injuries.

**Result:** The prevalence of road traffic injuries, pedestrian collisions, and falls were 46.9%, 54.4%, and 63.3 %, respectively. The rates of unintentional injuries were higher among drivers who use mobile during driving. Interaction analysis indicated that mobile phone use during driving were associated with a greater increase in the likelihood of unintentional injuries for drivers who using mobile phone then for drivers who don't use mobile phone.

**Conclusion:** The findings indicates that unintentional injuries in students are an important public health issue in MMC further research intervention programs must consider the Students behavioral and careful driving Skills

**Key words:** Mobile phone, Driving, Unintentional injuries, Interaction.

**Word Count:** 242

## EFFECTS OF HEPATITIS C ON HEMATOLOGICAL PARAMETERS IN LOCAL AREAS OF MIRPURKHAS

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**Introduction:** Liver disease has emerged as a major cause of morbidity and mortality in patients with human immunodeficiency virus (HIV) and hepatitis C virus (HCV) coinfection, now that antiretroviral therapy has become more effective and has prolonged life expectancy in HIV-infected patients<sup>1</sup>. One of the most frequently identified extra-hepatic abnormalities often seen at the time of diagnosis of AVH is the haematological abnormality

**Aims and Objective:** To determine possible effects of Hepatitis C in local Population of Mirpurkhas

**Methods:** 140 diagnosed patients of Hepatitis C were selected from OPD/Ward MMCH and Civil Hospital Mirpurkhas, Patients of Hypertension, Heart Failure, Renal diseases and respiratory disease were excluded Their ALT, GGT, Alk Phosphatase was determined by kit method. Their RBC count, TLC, Platelet Count was counted and ESR was determined

**Results:** It was a prospective study and out of 140 hepatitis C patients 86 were male and 54 were female. The mean age was  $54.77 \pm 14.046$  years. The mean height was  $159.42 \pm 11.188$  cm and the mean weight was  $53.69 \pm 10.604$  Kgs. The mean BMI was calculated as  $21.235 \pm 5.0607$   $\text{kg}/\text{m}^2$ (Table.1). The mean Hemoglobin was estimated as  $10.639 \pm 2.6924$  gm% the mean RBC count was found  $3.832 \pm .8460$  millions/cmm. The mean total leukocyte count was  $9111.63 \pm 4612.845$  per cmm and the mean Platelet count was  $160447.67 \pm 93788.194$  /dl .the mean ESR was  $51.70 \pm 26.320$  (Table.2) The mean Alkaline phosphatase was  $273.76 \pm 96.818$  IU, the mean GGT was  $83.40 \pm 102.650$  IU and the mean ALT was  $74.98 \pm 58.614$  IU.(Table.3.) The Correlation of hepatitis C was estimated by Pearson's correlation using SPSS 15 and found that hepatitis has a significant correlation with Hemoglobin, RBC count, TLC and Platelet count( $r=.167, .165, .181, .238$  and  $p=.092^{**}, .031^*, .018^*$  and  $.002^{**}$  respectively) and it has an inverse correlation with ESR ( $r=-.213, p=.005^{**}$ )

**Conclusion:** Our data shows that hepatitis C has positive correlation with Hb, RBC Count, TLC and Platelet count while the hepatitis has a significant inverse correlation with ESR. More work is required to establish a criteria regarding correlation between Hepatitis C and Hematological parameters

**Word Count:** 383



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