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MEDICAL & DENTAL COLLEGE

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THEME Health issues in flood affected areas of sindh and their future solutions

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

CONTENTS

ESTABLISHING THE CONSTRUCT VALIDITY AND INTERNAL CONSISTENCY FOR URDU VERSION OF JEFFERSON SCALE OF EMPATHY-S (JSE-S)

Muhammad SR* (Dean & Prof. of Surgery Muhammad Medical College, Mirpurkhas, Sindh, Pakistan)

OBJECTIVE:

The objective of this study is to establish the construct validity and internal consistency for Urdu translation of Jefferson Scale of Empathy Student version.

Methodology:

Ethical Approval: Prior approval taken from Research and Ethical Review board of Muhammad Medical College vide letter no ERB/113/2019.

Instrument: Urdu version of Jefferson scale of Empathy student version (JSE-S) is used. The Jefferson Scale of Empathy Student Version (JSE-S) has 20 items each is scored on 7-point Likert scale. Among these 10 items refers "positive" and scored as "Strongly Disagree=1……. Strongly Agree=7". While other 10 items refer "negative" and scored reversely as Strongly Disagree=7, Strongly Agree=1.

As the aim of this study has been to assess the construct validity and reliability of the Urdu version of JSE-S, the average scoring of each item (with standard deviation) calculated and compared with those of the other studies.

Data Analysis: Survey forms with answers of 15 questions or less will be considered incomplete and therefore will not considered for data analysis. However when survey forms show response for 16-19 question, the mean score of responses will be calculated and this mean score will be used for missing items. The adequacy and appropriateness of the data for calculating reliability analysis and construct validity, Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy[8] and the Bartlett's Test of Sphericity[9] will be used. When data found suitable; the reliability analysis will be calculated using Cronbach's α and construct validity by using principal component analysis (PCA) also known as Factor Analysis.

RESULTS:

Among 521 students, 405 students returned the form giving response rate of 77.88%. The overall mean empathy in the study was 107.22 (±12.844)/out of 140. Female students had a significantly higher mean total score of 109.17 compared to the male students' mean total score of 105.33.

The empathy score with ±SD is shown in table no 1. The total empathy and mean empathy of Hojat's 3 factors were calculated, they were highest for prospective taking (6.09 ± 0.694), then compassionate care (4.97 ± 0.97), and lowest for Standing in Patient's shoes (3.63 ±1.51) see table no 2.

RELIABILITY:

The internal consistency reliability of the questionnaire had a Cronbach's alpha coefficient of 0.684 and a Cronbach's alpha based on standardized items of 0.704.

Cronbach's Alpha if item deleted:

CONSTRUCT VALIDITY

Construct validity refers to the degree to which a test or measure assesses the underlying theoretical construct it is supposed to measure. To analyze that the Urdu version of JSE-S actually measures the empathy in the same way as the original English version; we performed Principal Components Analysis (PCA) (a dimension reduction technique). For current study Kaiser-Meyer-Olkin (KMO) test yielded an index of 0.764, suggesting a support for factor analysis. Bartlett's test of sphericity is 985.518 and is highly significant ($P = 000$) (indicating a high probability of significant relationships between the variables).

Principal Component Analysis (PCA):

Factor analysis is the most powerful statistical procedure for scrutinizing relations between observed and latent variables. Three factors F1, F2, F3 viz "Perspective Taking", "Compassionate Care" and "Standing in Patient's Shoes" respectively emerged as shown in table no 3.

Table 1: Mean Empathy Score with SD

	Item	Mean (±SD)
1	Physician's understanding of their patients' feelings and the feelings of their patients' families do not influence medical or surgical treatment.	5.3 (2.05)
2	Patients feel better when their physicians understand their feelings.	6.6 (0.86)
3	It is difficult for a physician to view things from a patient's perspective.	3.9 (1.9)
4	Understanding body language is as important as verbal communication in physician-patient relationship.	6.1 (1.36)
5	A physician's sense of humour results in a better clinical outcome.	6.0 (1.37)
6	Because patients are different, it is difficult to see things from patients' perspective.	3.3 (1.77)
7	Attention to patients' emotion is not important in history taking.	5.3 (2.08)
8	Attentiveness to patients' personal experience does not influence clinical outcome.	5.2 (1.88)
9	Physicians should try to stand in their patients' shoes when providing care to them.	5.7 (1.77)
10	Patients value a Physician's understanding of their feelings, which is therapeutic in its own right.	6.2 (1.32)
11	Patients' illness can only be cured by medical or surgical treatment; therefore, Physicians' emotional ties with their patients do not have a significant influence on medical or surgical treatment.	5.2 (1.91)
12	Asking patients what is happening in their personal lives is not helpful in understanding their physical complaints.	5.5 (1.83)
13	Physicians should try to understand what is going on in their patients' minds by paying attention to their non-verbal cues and their body language.	6.0 (1.33)
14	I believe that emotions have no place in the treatment of medical illness.	5.3 (1.91)
15	Empathy is a therapeutic skill without which the Physician's success is limited.	5.9 (1.38)
16	Physicians' understanding of the physical status of their patients, as well as that of their families is one important component of the Physician-patient relationship.	5.8 (1.55)
17	Physicians should try to think their patients in order to give better care.	6.2 (1.17)
18	Physicians should not allow themselves to be influenced by strong personal bonds between their patients and their family members.	2.7 (1.89)
18	I do not enjoy reading non-medical literature or the art.	5.1 (2.06)
20	I believe that empathy is an important therapeutic factor in medical treatment.	6.2 (1.17)

Table 2: **Comparing the Mean scores of the three factors in the current, Bengali and Italian Studies.**

	Current	Bengali	Italian
Overall empathy	107.73	110.41	108.71
Factor 1 Patient's Perspective	6.09	5.92	5.56
Factor 2 Compassionate Care	4.97	5.30	5.56
Factor 3 Standing in patient's	3.63	4.48	3.92

shoes			

Table 3: Factor analysis for Perspective Taking", "Compassionate Care" and "Standing in Patient's Shoes"

Item	F1	F2	F3
9. Physicians should try to stand in their patients' shoes when providing care to them.	.652		
16 Physicians' understanding of the physical status of their patients, as well as that of their families is one important component of the Physician-patient relationship	.589		
20 I believe that empathy is an important therapeutic factor in medical treatment.	.575		
17 Physicians should try to think their patients in order to give better care.	.561		
15 Empathy is a therapeutic skill without which the Physician's success is limited.	.556		
2 Patients feel better when their physicians understand their feelings.	.530		
14R I believe that emotions have no place in the treatment of medical illness.	.467		
10 Patients value a Physician's understanding of their feelings, which is therapeutic in its own right.	.421		
5 A physician's sense of humour results in a better clinical outcome.	.414		
8R Attentiveness to patients' personal experience does not influence clinical outcome.		.640	
12R Asking patients what is happening in their personal lives is not helpful in understanding their physical complaints.		.614	
11R Patients' illness can only be cured by medical or surgical treatment; therefore Physicians' emotional ties with their patients do not have a significant influence on medical or surgical treatment.		.535	
7R Attention to patients' emotion is not important in history taking.		.447	
1R Physician's understanding of their patients' feelings and the feelings of their patients' families do not influence medical or surgical treatment.		.408	
3R It is difficult for a physician to view things from a patient's perspective.		.348	
19R I do not enjoy reading non-medical literature or the art.		.250	
6R Because patients are different, it is difficult to see things from patients' perspective.		.358	
18R Physicians should not allow themselves to be influenced by strong personal bonds between their patients and their family members.		.095	
4 Understanding body language is as important as verbal communication in physician-patient relationship.			.523
13 Physicians should try to understand what is going on in their patients' minds by paying attention to their non-verbal cues and their body language.			.508

CONCLUSION: Mean empathy of students of MMC is comparable to other international studies with girls scoring significantly higher than boys. Among the 3 factors, our students scored higher in Patient's Perspective but lower in Compassionate Care and Standing in patient's shoes.

OUTCOME ANALYSIS OF COLORECTAL CANCER BY LOCATION

Prof: Dr. Aijaz Memon, Professor of Surgery, Muhammad Medical College, Mirpurkhas

ABSTRACT

INTRODUCTION:

Colon cancer exhibits differences in incidence, pathogenesis, molecular pathways, and outcome depending on the location of the tumor. Though clinical management of colon cancer usually has not accounted for the primary tumor site, left-sided and right-sided colon cancers harbor different clinical and biologic characteristics.

AIM:

To investigate the incidence trend of colorectal cancer and to analyze its characteristics by gender, age, site and other aspects.

METHODS:

All patients managed with colorectal cancer from January 2015 through December 2019 were retrospectively identified from the referral database created by the colorectal specialist nurses in the colorectal service.

INCLUSION:

All patients diagnosed with colorectal cancer.

EXCLUSION:

Tumor in the Appendix, Anal canal, small bowel, metastatic tumors of unknown primary.

RESULTS:

976 patients were diagnosed with bowel cancer. Percentages of studied participant were Male 52.60% and Female 47.40% with the mean age of 74.14 years. Sixty six (66) 6.76% patients were excluded from the study. Annual incidence rate of colorectal cancer remains almost steady. The location of colon cancer is also changing; the incidence rate of Right side colon cancer in women was much higher than that in men, and on Left side colon cancer including rectum was much higher in men than that in women, this was especially exhibited in cases of rectal cancer. In the Age group 20-49 years incidence of colorectal cancer was 5.38%, in the 50 –79 years group the incidence remained the highest 65.05% while in Age group 80-99 years incidence was 28.90% and over age group 100 years it was 0.65%. Surgical intervention was performed in 69.89%. Supportive care palliative was given to 24.50% patients. In the Right colon subset of patients there were a total of 37.58% patients. In Left Colon cancer there were 33.29% patients and in rectal cancer 29.12% patients. 32.08 % patients died during the study period. Incidence of colorectal cancer was greater for cancers of the left side of colon than right colon (62.41% vs 37.58%).

CONCLUSION:

Left sided colon cancers have a worse prognosis than Right sided colon cancers. Establishment of comprehensible management for location of colon cancer is needed.

KEYWORDS:

Colorectal Cancer; Pathogenesis; Colon Cancer; Tumor

CORONA IN CHILDREN

Dr. Akram Shaikh, Assistant professor, Pediatric Department, MMCH Mirpurkhas

ABSTRACT

INTRODUCTION:
Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2). The outbreak started in December 2019 from Wuhan, China, and declared a global health emergency by World Health Organization (WHO) on 30th January 2020.

SYMPTOMS IN CHILDREN:
Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have been reported in 10% of cases

INCUBATION PERIOD:
The mean incubation period is 5 days, ranging from 0-24 days with potential of asymptomatic transmission

Case definition
Suspect Case
Meets the clinical and any one of the epidemiological criteria but testing unavailable or results awaited
Confirmed case

ADMISSION CRITERIA:
Any child having difficulty in breathing along with decreased saturation n needs oxygen
Any child cannot be isolated at home
Any child having general danger signs

INVESTIGATIONS:
Laboratory confirmation of COVID-19 infection by RT-PCR, irrespective of clinical signs and symptoms
RT-PCR for COVID-19 on a nasopharyngeal specimen or oropharyngeal specimen. Nasal specimens can also be taken. In ventilated patients, Broncho alveolar lavage or tracheal aspirates are preferred.
➢CBC
➢ESR/CRP
➢Chest X-ray (CT-chest may be considered in ventilated patients depending on clinical condition and availability)

TREATMENT:
There is no specific treatment
Needs only supportive care

PREVENTION:
Use face mask
Stay at home
Avoid to go to crowded places
Frequent hand washing
Cover the nose and mouth at time of sneezing or coughing
Don't rub eyes or nose with unwashed hands.

HEALTH CARE MANAGEMENT IN FLOOD AFFECTED DISTRICTS OF SINDH.

By Dr. Arsalan Uqaili (Neem Tree Foundation)

ABSTRACT

Recently Sindh has been hit by one the most severe floods of recent times, first due to flash floods of rain and followed by flooding of Mighty Indus. As per stats it has been one of the most catastrophic situations of recent times, resulting in more than 2000 reported casualties and estimated loss of 30 billion dollars in terms of crop, livestock and infrastructure. Our organization of Neem tree foundation is a dedicated group of young doctors of LUMHS batch 07-08, working to supply health related relief to the flood affected. We started our efforts on 20th august and till date have covered more than 17 districts and 60 camps in various areas of Sindh. We have supplied medical facilities to more than 25000 flood victims so far.

The question is where our health care system exists and the answer to it is a serious debate. In the present scenario where people are dying of hunger and poverty, health is a luxury that they cannot afford. In our survey we have seen approximately 33.7% cases of derma related issues (fungal infections, contact dermatitis, eczema etc.), 21% cases of gastro related complaints (diarrhea, vomiting, gastritis), 16.2% cases of general illness (fatigue, weakness, fever, flu) and remaining were symptomatic as per need patients of Chest infection, Urinary infection, throats infections etc.

Malaria became prevalent after 2 weeks of camping resulting in an overall prevalence of 9.1% as per our data of camping. To conclude we must keep on supplying health aid and work on preventive measures by educating and creating awareness among the masses. United we stand, Humanity starts with Charity

PREVALENCE OF ADDICTION IN PREGNANT ANAEMIC WOMEN.

Dr. Farkanda Khursheed
Professor, Department of Gyne/Obs, Muhammad Medical College & Hospital, Mirpurkhas

ABSTRACT

OBJECTIVE:-
To determine the prevalence of addiction in pregnant women presented with anemia in third trimester of pregnancy and to find out the association of addiction with adverse pregnancy outcome.

METHODOLOGY:
This observational study was conducted in the department of Obs & Gynae LUMHS from January to June 2018. All the pregnant women admitted in ward or LR for delivery with HB% less than 11gm/dl during the study period were included. Demographic characteristics were noted on a pre-designed Performa. Habit or addiction of substances like pan, betel nut, Supari, Gutka, Tobacco, Nas, Naswar etc. was noted. Association of addiction was found out with severity of anemia and adverse pregnancy outcome.

RESULTS:
A total of 1700 women were included. Out of these 1120 women (65.88%) were found having history of betel nut consumption. The frequency of addiction was highest in the age group of 25-35(69.83%), para 2-5(68.17%) and in women belonged from rural areas (77.49%). History of addiction was found in 260(66.15%) cases of fetal death, 169(71%) cases of low birth weight infants and 121(68.59%) cases of preterm deliveries.

CONCLUSION:
It is concluded that betel nut consumption among pregnant women is very high in our community. It is also determined that these products are positively associated with adverse pregnancy outcome.

Key words:
Pregnancy, betel nut addiction, anemia, fetal outcome.

AN AUDIT OF VARIOUS BLOOD AND HISTOPATHOLOGICAL TESTS DONE AT MUHAMMAD MEDICAL COLLEGE HOSPITAL LAB BETWEEN 1ST OCTOBER 2021 TO 30TH SEPTEMBER 2022 MIRPURKHAS

Supervise by Prof. Dr. Syed Razi Muhammad

Dr. Hyder Ali Pehilwani Rind (Director Associate Colleges MFT, Lecturer Pathology)

Irshad-ul-Haq (Lab in-charge MMCH)

TITLE:An audit of various blood, and Biochemistry, blood banking tests done in Muhammad Medical College Hospital Mirpurkhas.

An audit of blood tests done at MMCH during 1ST October 2021 TO 30th September 2022

Section	Male	Female	Total
Heamotology	3310	1543	4853
Biochemistry	12632	6307	18939
Microbiology	1920	1593	3513
Histo-pathology	251	359	610
Blood Banking	325	486	811
Molecular Biology	333	421	754

	Male			Female		
TEST	No of Test	Mean	Range	No of test	Mean	Range
Hb	3310	11.1	13 - 16G	1543	8	11 - 15G
TLC	3310	5600	4 - 11(10*3)	1543	3900	4-11(10*3)
Platelets	3310	146000	150-450(10*3)	1543	116000	150-450(10*3)
Urea	12632	12	14 - 38	6307	26	14 - 38
Creatinine	12632	0.8	0.5 - 1.2	6307	0.9	0.5 - 1.2
K+	12632	3	3.8 - 5.2	6307	3.6	3.8 - 5.2
Cl	12632	97	98 - 107	6307	110	98 - 107
Na	12632	140	136 - 146	6307	144	136 - 146
Bilirubin T	12632	0.8	< 1.0	6307	1.1	< 1.0
ALT	12632	31	< 42	6307	12	< 32
ALP	12632	65	< 260	6307	210	< 270
AST	12632	19	< 36	6307	14	< 36
Protein	12632	5.1	7.0 - 9.0	6307	4.6	7.0 - 9.0
Albumin	12632	3.2	3.8 - 5.5	6307	2.9	3.8 - 5.5
Globulin	12632	2.3	2.8 - 4.0	6307	1.1	2.8 - 4.0
A/G Ratio	12632	0.9	1.1 - 2.0	6307	0.7	1.1 - 2.0
Ck-MB	12632	10	< 25	6307	10	< 25
T3	12632	0.3	0.5 - 1.8	6307	0.6	0.5 - 1.8
T4	12632	4.5	4.4 - 10.8	6307	5.5	5.1 - 13.5
TSH	12632	1	0.3 - 5.0	6307	1.5	0.3 - 5.0
Ferritin	12632	12	16 - 220	6307	31	16 - 220
AFP	12632	8.5	< 8.0	6307	6	< 8.0
T, Lipid	12632	415	450 - 800	6307	416	450 - 800
Cholesterol	12632	110	< 200	6307	110	< 200
Triglyceride	12632	141	< 260	6307	95	< 150
HDL	12632	31	< 39	6307	31	< 43

Total Blood transfusion

Sex	Numbers	%
Male	325	40%
Female	486	60%
Total	811	100%

Age	Number	Percentage
Age < 1 y	29	3.57%
01 - 14 y	58	7.15%
15 – 44	317	39.08%
45 – 64	197	24.29%
> 64	210	25.89%

where given

Ward	Male	Female
OPD (CASULTY)	2	4
Medical 01	20	16
Medical 02	10	42
Gyne & Obs	0	229
Surgical	186	74
Paeds	18	10
ICU	80	97
Neurology	9	14

Blood groups of Patients

Blood Groups	Male	Female	Total
A Positive	75	121	196
A Negative	18	7	25
B Positive	107	156	263
B Negative	9	11	20
AB Positive	14	19	33
AB Negative	3	4	7
O Positive	93	163	256
O Negative	6	5	11

Group - ve	%	Group + +ve	%
63	7.76%	748	92.23%

Urine D/R

CELLS	00 - 02			03 - 0 5 .			06 - 10 .			> 10		
	M	F	T	M	F	T	M	F	T	M	F	T
RBCs	255	160	415	25	177	202	111	200	311	410	209	619
WBCs	98	203	301	120	306	426	91	226	317	98	256	354

Urine culture

Male		Female		Total		
Positive	Negative	Positive	Negative	Positive	Negative	
117	183	114	121	231	304	

	Male	Female	Total
E. Coli	62	88	150
Proteus	7	3	10
Pseudomonas	6	2	8
Klebsella	13	8	21
Strephyllococcus	17	4	21
Streptococcus	12	9	21
Anaerobes			
Others			

All values above show total numbers of organism isolated followed by its percentage.

Antibiotic Sensitivity

	No of Sensitive %	No of Resistance %
S. Trimethoprim		
Ciprofloxacillin	39	14
Ofloxacillin		4
Fosfomycin	21	12
Clarithomycin		9
Vancomycin	6	5
Gentamicin	3	9
Cefuroxime	7	6
Cefotaxime		14
Ceftraxone		19
Levofloxacin		19
Amikacin	113	8
Augmintin	4	1
Cephradine		
Tetracycline	16	0
Ceftazidime	21	1
Imipeniem	96	26
Cefoperazone	9	8

An audit of hemoglobin levels of patients admitted at MMCH between 1st Oct 2021 To July 30th September 2022 and their size and chromacity of RBCs.

Size & chromacity of RBCs	Male		Female	
	Number	%	Number	%
Normochromic Normocytic	954	28.82	126	8.16
Normochromic Normocytic anemia	489	14.77	228	14.77
Hypochromic	616	18.61%	110	7.12%
Hypochromic	410	12.38%	430	27.86%
Microcytic	316	9.54%	430	27.86%
Anisocytosis	415	12.53%	196	12.70%
Macrocytes	110	3.32%	23	1.49%

FREQUENCY OF SKIN DISEASE IN FLOOD AFFECTED AREAS OF RURAL DESERT COMMUNITIES

Dr. Jewat Sunder*, Dr. Satti Jewat*, Dr. Roma Rewachand**, Dr. Pirarthna Rewachand **
Sindh united (n) developmental educational rural society, Rotary Club Khipro Sunders

ABSTRACT

BACKGROUND:
Current situation due to heavy rain in flood affected areas of our beloved country, facing many challenges infrastructure wise, shelter wise, food and health along with water availability due to big disaster,

METHODOLOGY:
Descriptive Study

RESULTS:
Total four mobile fixed camps, Total OPD 2128
Under five years 823 (38.6%), above five years 1305 (61.3%)
URTI 389(18%), DIAREHA 335(15%), MALARIA 333(15%)
SKIN DISEASE 661(31%), OTHER 665(31%)

For free paper Oral Presentation
Dr. Jewat Sunder
03313561339

PATTERN OF ENCEPHALOCELES: A CASE SERIES

Dr.Suhail Ahmed Aghani.
Department of Neurosurgery
Liaquat University of Medical & Health Sciences Jamshoro.

ABSTRACT

Encephalocelle is the protrusion of the cranial contents beyond the normal confines of the skull through a defect in the calvarium and is far less common than spinal dysraphism. The exact worldwide frequency is not known. A substantial proportion of children especially those born with a large Encephalocelle are physically and intellectually disabled. Our objective of this descriptive case series was to determine the patterns and surgical outcomes in various types of Encephalocelle in our setting.

METHODS:

The study was carried at Department of Neurosurgery, Liaquat University Hospital, Jamshoro Sindh, Pakistan during years 2005 to 2022.

Patients with Encephalocelle (Occipital, Scincipital, parietal) admitted during year 2005 to 2022 were evaluated for their clinical features. Complete base line investigations were performed including Ultrasound, CT scan and MRI of brain. Other congenital anomalies were also noted in record. Written consent was taken. Operative and postoperative records were maintained. Statistical analysis was done by SPSS method.

RESULTS:

60 children with Encephalocelle were selected during the years 2005-2022.
Out of these 35 (76%) were male and 25 (24%) female. Age range was 06 days to 2 years. Most common type of Encephalocelle was occipital 48 (80%).
All patients underwent surgery. Out of 60 only 2 patients were died.
Postoperative follow up showed uneventful results.

CONCLUSION:

Most common type ofencephalocele is occipital in our set up. Contents of the sac of encephaloceles are dysplastic brain tissue and there is no harm to sacrifice it.

BURDEN OF G6PD DEFICIENCY IN NEONATES ADMITTED WITH INDIRECT HYPEBILIRUBINEMIA AT PAEDIATRIC UNIT II L.U.H. HYDERABAD

Dr. Suresh Kumar, Assistant Professor, Pediatric Department, MMC Mirpurkhas

ABSTRACT

Glucose 6-phosphate dehydrogenase (G6PD) deficiency is the most important disease of hexose monophosphate pathway. G6PD is an x-linked recessive disease, where the deficiency of the enzyme causes a spectrum of clinical manifestations ranging from neonatal jaundice to chronic nonspherocytic anemia, to infection and drug-induced hemolysis.

The aim of this article is to see burden of Glucose-6-phosphate dehydrogenase (G6PD) deficiency in neonatal hyperbilirubinemia. This study included a total of 300 neonates with indirect hyperbilirubinemia from 1st March 2022 to 30th June 2022. Birth weight, sex, weight, serum bilirubin at admission, maximum bilirubin, phototherapy duration, duration of hospitalization and the need for exchange transfusion were recorded. Laboratory evaluations included blood group typing of mother and newborn, complete blood count, peripheral blood smear, serum total and direct bilirubin, direct coombs test, reticulocyte count, erythrocyte G6PD level. The analysis of the results indicated that Overall 300 newborns were admitted to our nursery with indirect hyperbilirubinemia during the study period. The mean age of these hyperbilirubinemic neonates was 6.7 days. 54 neonates with indirect hyperbilirubinemia were G6PD-deficient. No statistically significant difference was detected between G6PD-deficient and normal groups in relation to the time of onset of jaundice, reticulocyte count, hematocrit level, phototherapy duration and duration of hospital stay. From this study our conclusion is that the G6PD deficiency is a common enzyme defect causing severe indirect hyperbilirubinemia which may result in kernicterus. Early neonatal screening should be done.

POST FLOOD DISEASE AND EXPERIENCE IN MEDICAL CAMPS.

Prof. Dr. Abdul Qadir Khan (Head of Department Medicine/Gastroenterology MMC/MMDC Mirpurkhas.

ABSTRACT:

INTRODUCTION AND BACKGROUND:
Flood hits Pakistan faces and spread of infectious diseases around 33 million people affected by flood that engulfed one third of Pakistan, millions of people needs immediate assessments as flood damage health specialties. Pakistan faces outbreak of several diseases like dengue, malaria, typhoid fever and AGE.

The flood have killed more than thousands of people and damage more than thousands of health facilities.
The province Sindh and Baluchistan are the worst affected with flood water engulfing entire villages and creeping out what are standing crops.

Outbreak of different diseases like malaria, cholera and dengue being reported from most of the affected areas. (Arif Jabbar khan water and Pakistan).

Regarding medical camp experience, most patient seen in the rural areas, fever, RTI, malaria and skin diseases were commonly seen, and AGE were presented in some camps.

The WHO warned that ongoing diseases outbreak in Pakistan including malaria, diarrhea dengue and polio are being exacerbated Women and babies are at risk.

CONCLUSION:-
Flood hit Pakistan faces more than 33 million peoples are affected by flood, millions of people needs immediate assistance, Pakistan face is widespread of diseases including malaria, dengue diarrhea, Typhoid fever and polio.
Regarding our experience in medical camps The most of the camps were in rural areas of Sindh Digri, Khann, Goth Makhan Samon, Goth Abu Bakar Junejo, dengue, malaria, RTI, AGE and skin diseases were commonly seen in these camps .

Key words: Flood, Dengue, Malaria

OUT COME OF PATIENTS (DENGUE CASES) ADMITTED IN MUHAMMAD MEDICAL COLLEGE HOSPITAL MIRPURKHAS

Dr. Yumna Arif, Dr. Muhammad Asif, Dr. Heman Kumar
Prof: Dr. Abdul Qadir Khan and Prof: Dr. Aslam Ghouri Department of Medicine

ABSTRACT

INTRODUCTION:

Dengue fever is the most rapidly spreading mosquito-borne viral disease in the world transmitted by Aedes aegypti. According to WHO guidelines, after the incubation period, the illness begins abruptly and is followed by three phases - febrile, critical and recovery phase. The acute febrile phase usually lasts 2-7 days, and is accompanied by high-grade fever, skin erythema, body ache, arthralgia and headache. Around the time of defervescence, usually on days 3-7 of illness, an increase in capillary permeability with increasing hematocrit levels may occur. This marks the critical phase, which usually lasts 24-48 hours. Progressive leucopenia followed by a rapid decrease in platelet count usually precedes plasma leakage. If the patient survives the critical phase, the general well-being improves, appetite returns, and the hemodynamic status stabilizes over three days. Dengue fever with prolonged convalescence in the form of persistent myalgia and fatigue, lasting for around two weeks, is common. There have been case reports of Dengue fever with prolonged thrombocytopenia also.

METHODOLOGY:

Study Design: This is a descriptive type of study. Place of Study: Muhammad Medical College Hospital (Medicine Department). Time of Study: from 1 Sep 2022 to 10 Oct 2022. Data Collection: Data Entry and Analyzed by using SPSS Version 24-25.

INCLUSION:

All the cases of Dengue Virus (Diagnosed cases) age 15 years & above are included in the study.

EXCLUSION:

Dengue Virus with active bleeding were excluded from the study.

METHOD:

Patients admitted in medical ward and ICU, Patients were included. Performa was made Age, Sex, Complains and Examinations findings were recorded. **LABs**: CBC, Dengue Antibodies IgM-IgG, NS1 Antigen, PT-APTT, U/S Abdomen, LFTs, Urine DR were done in all cases.

RESULTS:

Total no of cases was 14, Female-1 and Males-13. One female was K/C of HTN. One case was HCV positive and HCC suspected. All the patients recovered with improving platelets.

ABSTRACT
FINAL YEAR MBBS

6 MONTH AUDIT OF UPPER GI ENDOSCOPY CASES AT MMCH MIRPURKHAS

Asma AyubShaikh, Maryam Azhar , Mavra Riaz , Hafiza Misbah Javaid ,Nayab Memon ,
Mahrukh Fatima Durrani of Final year MBBS .
Assigned, and Supervised By: - Prof: Dr. Abdul Qadir Khan (HOD) Medicine
Prof. Dr. Aslam Ghauri, Prof. Dr. IqbalMemon, Associate. Prof: Dr. Nadeem Memon,
Assistant Professor Dr. Shabnum Rani

ABSTRACT

BACKGROUND AND INTRODUCTION:
An upper GI Endoscopy is a procedure to diagnose and treat problems in upper GI tract. An Endoscopy (Looking Inside) is a procedure used in Medicine to look inside the body. The Endoscopy Procedure uses an Endoscope to examine the interior of a hollow organ or cavity of the body .Unlike many other medical imaging techniques Endoscopes are inserted directly into the Organ .There are many types of Endoscopies depending on the site in the body and type of procedure, an endoscopy may be performed by either a doctor or surgeon. A patient may be fully conscious or anaesthetized during the procedure.

AIMS AND OBJECTIVE:
To Determine (Audit) Upper GI Endoscopy cases
PLACE AND DURATION: Study is performed in Gastroenterology Ward of MMCH Mirpurkhas from 1st January to 30 June

METHODOLOGY:
Study Design: retrospective study.
Procedure: The Data was collected from retrospective record of Endoscopy patients from MMCH Mirpurkhas
Performa was made on which patients Age, sex, Mode of Admission, Indications and Endoscopic Findings were recorded

RESULTs:
Total number of patients N=70   Mean age is 50 yrs.
Gender (Male 38   Female 32), Ratio 1.18:1 (Male: Female)
MOA Most common through OPD. The most common Indication of Upper GI endoscopy was Hematemesis 21/70 and most endoscopic findings in these cases we grade 2-3 esophageal varies, and moderate PHG and in all cases band ligation was done.
2nd most common indication was Dysphagia 14/70, 12 growth at esophagus, Achalasia and no finding in one case
Third common indication was Dyspepsia 13/70, and finding was mild Antral gastritis,
Next was Vomiting 8/70 pt with endoscopic findings were mild to moderate antral gastritis, LA class A reflux esophagitis AND mild gastritis IN THESE CASES
Epigastric Pain 5/70 with endoscopic findings mild pan gastritis 5/70 patients were done to rule out esophageal varies) and all patients found grade two to three variances. Anemia + weight loss + diarrhea 4/70 with endoscopic findings duodenum part 11fold decrease/ decrease height biopsies were taken for celiac disease

DISCUSSION:

In our study Hematemesis is the main indication of upper GI endoscopy while in other studies that are performed in Pakistan (J college of physician SURG PAK 2003 June) dyspepsia is the most common indication of all other indications. In our study both male and female patients have almost equal finding while the study conducted in DHQ Rawalpindi male have more abnormal than females.

CONCLUSION:

The most common indication of upper gi endoscopy in our study was upper GI bleeding (Hematemesis + Melena) with findings Grade 2-3 Esophageal varies mild to moderate PHG ,Patients of Dysphagia With most common finding Growth in Esophagus ,in Dyspepsia the most common finding Mild antral Gastritis , patients of vomiting and epigastria pain the endoscopic finding were pan gastritis . The patients for diarrhea & anemia we found duodenal folds decreased & biopsies were performed & send for histopathologies. Incirrhotic patients the surveillance EGD was done to rule out the varies and found all patients have grade 2-3 varies on which band ligation was performed.

KEY WORD: Hematemesis- Dysphagia - Dyspepsia

23

AN AUDIT OF HYSTRECTOMY BASED ON HISTOPATHOLOGY IN MMCH LAST THREE MONTHS

Farukh Ibrahim, Mohsin Raza, Muhammad Ghazi, Habib ur Rehman, Ihsan Ullah, Muhammad Jaleel Ahmad, Student of Final year MBBS
Supervised by: Prof. Dr. Madhubala

ABSTRACT

BACKGROUND:

Histopathology is used in the diagnostic and research settings for the diagnosis of human or animal tissue sampling including biopsy and autopsy specimens to gain a better understanding of biological process. Histopathological analysis correlated well with the pre-operative clinical diagnosis in majority of cases

OBJECTIVE:

To analyses the specimen of different Hysterectomy performed in MMCH.

METHODOLOGY:

This was retrospective case study conducted at MMDC. The data regarding the patient age, parity, indication for hysterectomy, type of hysterectomy collected from hospital record and histo-pathological reports from labs and analyzed.

RESULT:

A total of 42 cases of hysterectomy was studied. Hysterectomy was distributed over a wide age ranging from 20 years to 70 years. Most common age group was 41 to 50 years. Majority was done through the abdominal route (25) 67% .Most common indication was Heavy menstrual bleeding (50%) and lower abdominal pain (15%).Most common histopathological lesion was Adenomyosis 23%).In three cases preoperative clinical diagnosis did not correlated to final histopathological changes.

CONCLUSION:

According to our research most common case presented at MMCH is the Adenomyosis followed by leimyoma

KEY WORD: Hysterectomy, Histopathology, Menstrual Bleeding.

AUDIT OF OBSTETRIC OPERATIONS CONDUCTED IN MOHAMMAD MEDICAL COLLEGE & HOSPITAL FOR LAST THREE MONTHS

Mohammad Hamza Sattar Rana[1], Danish Puri[1], Mohammad Anis[1], Mohammad Abdullah[1] Mohammad Umer[1], Fallah Kumail[1], Mohammad Haris[1]
Qamar Habib[2], Asma Jabeen[3]
Final Year MBBS students of Muhammad Medical College[1]
Professor, Department of Gynecology and Obstetrics, Muhammad Medical College[2]
Professor, Department of Gynecology and Obstetrics, Muhammad Medical College[3]

ABSTRACT

BACKGROUND

Caesarean section is life-saving procedure, but can also lead to serious complications, even more so in low-resources settings. Therefore, unnecessary C-section should be avoided and optimal circumstances for vaginal delivery should be created. In this study, we aim to audit indication for C-sections and improve decision making and obstetric management.

METHODS:

Audit of all cases of CS performed from May to July 2022 in Mohammad Medical College & Hospital in Mirpurkhas, Sindh. This is retrospective study, in which extracted data include gestational age, total number of previous C-sections, elective or emergency, indications, post-operative complications, maternal morbidity, neonatal mortality and morbidity.

RESULTS:

There were 105 C-sections performed in three months. According to gestational age 74.71% were between 37 to 38 weeks, 13.14% were between 34 to 36 weeks and 12.15% between 39 to 41 weeks. The most common (54%) indication was previous C-section. Most C-sections were performed as emergency CS (64.76%) and amongst them previous scar was on lead. Most common indication for elective C-sections was cephalic-pelvic disproportion (5%) followed by mal-presentation (4%).

The rate of maternal morbidity was low (4.46%) and mainly include wound infections, UTI, PPH and Anemia.

The rate of neonatal morbidity remained (5.5%) and neonatal mortality was (3%).

CONCLUSION:

Although this is a single center study, these findings suggest that most of the C-sections were due to emergency. There is low maternal and neonatal morbidity.

Our findings indicate that C-section rate is slightly higher at our hospital. As the results indicate, number of patients coming to the hospital are with previous c section and most of the vaginal deliveries are conducted at lower health care centers of the city and surrounding. Audit is a useful tool and if well implicated, can enhance rational use of resources, improve decision making and harmonies practice among care providers.

ETIOLOGY OF HEPATOCELLULAR CARCINOMA IN ADMITTED PATIENTS OF MMCH MIRPURKHAS

Dr. Mehvish Anwar, Dr. Kashaf Maryam, Dr. Nabiha Manzoor, Dr. Aroob Asif, Dr. Aarzoo Arshad

Students of Final Year, Muhammad Medical and Dental College Mirpurkhas

Prof: Dr. Abdul Qadir Khan HOD Medicine/Gastroenterology, Dr. Hanif Khan

ABSTRACT:

BACKGROUND:
Hepatocellular Carcinoma ranks second among all causes of cancer deaths globally. It is a rise in Pakistan and might represent the most common cancer in adult males. Pakistan contributes significantly to the global burden of hepatitis C which is a known risk factor for HCC and has one of the highest prevalence rates in the world. Hepatitis B is also the risk factor for HCC other factors include Alcoholic fatty liver disease, Cirrhosis etc.

AIMS & OBJECTIVES:
To determine the etiology of HCC cases admitted in MMCH Mirpurkhas.

PLACE & DURATION OF STUDY:
The study was performed in the medicine ward of MMCH Mirpurkhas from 1st January to 30 September 2022.

METHODOLOGY:
Study design: Retrospective study
Data Collection Procedure: The data was collected from the records of HCC patients who were admitted to MMCH Mirpurkhas.
Performa was made and the patient's age, sex, presenting complain, past hepatitis history and family hepatitis history were recorded.
Common lab investigations were performed including CBC, HCV, HBV, HDV, LFTs, and Ultrasound of the abdomen, Alfa fetoprotein, and triphasic CT scan.

RESULT: Total patients = 19 (M=16, F=3)
Majority of patients were presented with common presentation of abdominal distention (36.8%) and abdominal pain (26.6%), the next common presentation was generalized weakness (15.7%) and loss of appetite (15.7%) and other (5.2%).Hemoglobin of 14 patients was decreased. Alpha-feto protein was raised in all patients. CT scan Triphasic of 2 patients had done which shows Multi centric hepatoma. There were 12 patients with Hepatitis C positive, 8 patients with Hepatitis B positive, 1 with Hepatitis D positive and 1 patient was auto-immune positive.

CONCLUSION:
Majority of HCC cases were due to hepatitis C virus and most common presenting complain was abdominal distention and abdominal pain. Alpha-feto protein was raised in all patients.

KEYWORDS: Etiology of hepatocellular carcinoma.

AN AUDIT OF HYSTERECTOMIES AT MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS

Muhammad Haider Azhar[1] Muhammad Abuzar Shah[1] Muhammad Huzaifa[1] Muhammad Maaz[1],
Muhammad Ali[1] Muhammad Safdar[1] Hassan Shehzad[1]
Prof. Dr. Hemlata Maheshwari[2]
Final Year MBBS students of Muhammad Medical College[1], Professor Department of Gynecology
& Obstetrics, Muhammad Medical and Dental College Mirpurkhas[2]

ABSTRACT

BACKGROUND:
Hysterectomy is a major gynecological surgical procedure which involves the removal of the uterus, occasionally structures in the adnexa are removed alongside depending on the necessity of the situation. The rate of hysterectomy varies among 6.1 to 8.6 per 1000 women of all ages.

METHODOLOGY:
This was an audit conducted from June-August 2022.All patients who underwent for hysterectomies of any type for any reason during the study period for gynecological indications were included. Data from these cases was extracted on specially designed Performa which included patient's age, parity, presenting complaints, indications, route, complications, duration of hospital stay and histo-pathological findings. The histo-pathological reports were collected from the department of pathology. Data were entered and analyzed by using SPSS version 25.

RESULTS:
Our study shows that hysterectomy is the mostly performed (73%) gynecological procedure in MMCH. Out of total hysterectomies, 27 were trans abdominal and 25 (73%) abdominal hysterectomy were done along with bilateral salpingo-oophorectomy. majority of patient were found in age group of 40-50year and parity was > 5 in 67%. Most common presenting complaint was heavy menstrual bleeding in 60.9% and second most common was uterovaginal prolapse in 15.2%. Most common histopathology diagnosis made was that leiomyoma in 23.9%, endometrial hyperplasia in 21.7%. Majority (84.5 %) of patients remained uncomplicated after the hysterectomy done. Only   15.5 % patients developed short term post-operative complications. Post-operative paralytic ileus was noted in 6.5%, vault infections in 4.3%, wound infection in 2.2% and urinary retention in 2.2%

CONCLUSION:
 Our study concludes that Hysterectomy is the mostly performed gynecological procedure in MMCH. The implication of the findings of our study include the fact that there is an increase in the proportion of hysterectomies, probably due to its increased acceptance by the women and their partners as a safe modality of treatment for gynecological conditions. A yearly audit should be carried out in every institute to analyze the pattern of indications and lesions found on histo-pathological examination.

KEY WORDS:
Audit, Hysterectomy, Gynecological Operations, Mirpurkhas.

WORD COUNT: 388

OPERATIONS CONDUCTED BY GENERAL SURGEONS AND SPECIALITY SURGEONS IN MMCH

Naeemullah, Muhammad Zohaib, Yousuf Amin,Muhammad Zahid, Muhammad Shaharyar Khan, Sarmad Rasool, Zahid Khan, (Final Year MBBS)
Supervised by: Professor Dr. Syed Razi Muhammad ,Professor Dr. Aijaz Memon

ABSTRACT

INTRODUCTION:

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

OBJECTIVE:

To find out spectrums of different surgical procedures performed at MMCH.

MATERIALS AND METHODS:

Retrospective case study conducted at MMCH Mirpurkhas. Data is collected by patient files from hospital records. This study was approved by ethical and research committee of MMCH Mirpurkhas.

RESULTS:

A total of 200 surgical operations were performed during June-Aug 2022.Among them 78% patients were Male and 22% patients were Female. Average age was 50 years.34% cholecystectomy, 19% TURP, 15%URS, 7%Pyelolithotomy, 5%Appendectomy, 7%Hernioraphy, 7%cystolithotomy, 3%Hemoroidectomy, 3%Fistulectomy were performed.

CONCLUSIONS:

Most common operations performed Cholecystectomy and TURP
 Rare performed operations were Fistulotomy and DHS

AUDIT OF COMPLICATIONS AND DEATH RATE IN DEPARTMENT OF SURGERY IN MMCH FROM JANUARY 2022 TO JUNE 2022

Numan Amjad, Muhammad Wasim Faiz, Rana Zeeshan Aslam, Uzair Ahmed, Saadat Javed Gill, Muhammad Saqlain Soomro (Final Year MBBS)

Supervised By: Prof. Dr. Syed Razi Muhammad, Prof. Dr. Aijaz Ahmed Memon (Faculty and Department of Surgery MMDC)

ABSTRACT

INTRODUCTION:
Surgical Audit is a continuous quality improvement process which is systematically reviews surgical care against explicit criteria to guide the implementation of change. It is a non-punitive, educational process aimed at improving the outcome of patients. Locally relevant criteria should be compared against appropriate local standards to guide resources allocation, surgical practice and decision making.

METHOD:
A self-filled questionnaire based on cross sectional retrospective study was conducted at surgical ward MMDCH Mirpurkhas Sindh Pakistan from January to June 2022. Target population was cases with Post-op Complications and Death occurs in surgical ward of MMDCH. Patient files were used for Data collection.

RESULTS:
Patients with >40 years of Age show Post-operational bleeding 25%, and < 40 years of age 8.9%.Patients with >40 years of age having pain in surgical wound 14.5%, and < 40 of age 8.1%.Males having 24% post-OP bleeding and females 9.7%. Males having pain in surgical wound 15%, and females 7%.According to comorbidities 8.1% having post-opbleeding with no comorbidity. 9.7% having post-opbleeding with Hepatitis, 7.3% having pain in surgical wound with HTN. 8.9% patients having post-opbleeding, 8.1 % having fever, and 7.3% having urine retention in previous surgery.According to surgical procedures 24.2% having post-opbleeding in Cholecystectomy. 16.1% patients having Fever in conservative treatment. And 14.5% having pain in surgical wound in Tibial nail and DHS procedures. There were 2 Deaths occurred in Males > 40 years of age, 1 with hypertension and other with no comorbidity, 1 was on conservative treatment and other with Tibial nail and DHS.

CONCLUSION:
overall in our study, Male patient with more than 40 years of having more post-op bleeding then female patients and patient with less than 40 years of age. Patient with no comorbidity having more post-op bleeding than patient with HTN and hepatitis. Post-op bleeding was more in Cholecystectomy than other surgeries. It is concluded that post-op bleeding is major complication according to data provided.

WORDCOUNT: 368

AN AUDIT OF SPECTRUM OF DISEASES IN OPD AT MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS

Saira Ishfaq[1] Rodaba Sajjad[1] Ukasha Malik[1] Sonaina Hussain[1],
Prof. Dr. Naheed Haroon Kazi[2]
Final Year MBBS students of Muhammad Medical College[1], Professor Department of Pediatrics, Muhammad Medical and Dental College Mirpurkhas[2]

ABSTRACT

BACKGROUND:
The health problems of children are different from those of adults and vary widely. Outpatient department is considered to be an appropriate forum for teaching preventive medicine. There has always been a need of a good diagnostic skill for assessment of different diseases in Pediatric OPDs. Number of cases of different diseases as compared to different ages are mostly different.

METHODOLOGY:
This was an audit conducted from 2021-2022. All patients who came to OPD for any type for any reason during the study period for pediatric diseases were included. Data from these cases was extracted on specially designed Performa which included patients age, gender, residency, presenting complaints. Data were entered and analyzed by using SPSS version 25.

RESULTS:
Our study shows that most (73%) of the cases that represented in OPD were of under 5 years of age. Male to female ratio was almost similar (51:49) and rural to urban ratio was (60:40) respectively. Most common disease was acute diarrhea (15%) , pneumonia (12%), Enteric fever in 7%, meningitis 6%, malaria 8%, worm infestation 3%, acute malnutrition 7.5%, asthma 4%, nephrotic syndrome 6.5%, viral hepatitis 6, bleeding disorder 0.5%, rheumatic heart disease 3%, encephalitis 2%, celiac disease 1.5%, oral ulcers 2%, cerebral palsy 1%, anemia 5%, acute respiratory infections 4%, congenital anomalies 0.5%, UTI 1%, skin infections 2%, epilepsy 1.5%, tuberculosis 1%. Acute diarrhea (83%) &Pneumonia (74.8%) is most common in patients of less than 5 years of age.

CONCLUSION:
Our study concludes that diseases related to GIT (diarrhea, Enteric fever,) & Respiratory system (pneumonia, ARIs, asthma) are more common in pediatrics OPD. Age distribution of sick children's is more towards less than 5 years of age. A yearly audit should be carried out in every institute to analyze the spectrum of disease in pediatric OPD.

KEY WORDS: Audit, OPD, Pediatrics, Mirpurkhas.

WORD COUNT: 349 words

PEDRIATIC PROCEDURES & OPERATIONS CONDUCTED IN MUHAMMAD MEDICAL COLLEGE MIRPURKHAS (MMCH)

Sarosh Fatima, Sana Ali, Nazish Hayyat, Sara Farooq, Tayyaba Nazar, Students of Final Year,
Dr. Akram Sheikh
Department of Pediatric Muhammad Medical College, Mirpurkhas.

ABSTRACT

BACKGROUND:
Surgical care is an essential component of health care of children worldwide. Incidences of Congenital abnormalities, cancers and acquired diseases continue to rise and along with that impact of surgical intervention on public health system. It then becomes essential that the surgical teams make the procedures safe and error proof. The aim of our study was to determine the prevalence of diseases in which surgical procedures occurs in MMCH.

OBJECTIVE:
This study investigated the pediatric surgical procedures at the highest levels of the public health care sectors of Mirpurkhas. The aim was to determine the values and type of procedures performed in MMCH.

METHODOLOGY:
A retrospective study was conducted by using past records from 1st January to 30TH June, 2022 in MMCH. Data was entered and analyzed by using SPSS software 2022.

RESULTS:
Total number of cases were 100. Most of the procedures performed in MMCH for Blood Transfusion (86%) and (14%) for Lumbar Puncture. Majority (54%) of the children were in age group of 1 to 3 Years. 82% patients were Anemic, 14% Patients were with Meningitis & 4% patients were with Celiac Disease.

CONCLUSION:
Study suggested that 86% of the patients got Blood transfusion procedure. A variety of pediatric surgical procedures are performed worldwide. A large proportion of surgical procedures are done by non-specialist physicians. Reinforcing the capacity and promoting the expansion of the Health facility studied, in particular the general hospital and the regional referral Hospital, could help to reduce the immense unmet need for surgical services for children.

WORD COUNT: 287

DISEASE SPECTRUM OF PATIENTS SEEN IN SURGICAL OPDs IN MMCH AND CITY HOSPITAL

Shahrukh Khan, Muhammad Shahzad, Sheraz Iqbal, Tehseen Afzal, Muzamil Rehman, Urooj Nabeel, Zain-Ul-Abiden
(Students of Final Year MBBS)
Supervised by: Prof. Dr. Syed Razi Muhammad, Prof: .Dr. Aijaz Memon

ABSTRACT:

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

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

METHODOLOGY:
A self-filled questionnaire based cross sectional retrospective study was conducted at surgical OPD MMCH Mirpurkhas Sindh Pakistan from January-September 2022.Target population was cases seen in surgical OPD. Hospital record were used for data collection. Frequency and percentage were calculated using excel and SPSS version 22

RESULTS:
Majority of the Patients seen in surgical OPD were of Cholelithiasis 15.1% (M=10, F=11), Renal Calculi 6.4 % (M=5, F=4) and Inguinal hernia 5.4% (M=5, F=2). Age group >50 was mostly of Acute urinary retention and LUTS.

CONCLUSION:
Females were seen more than males, for Cholelithiasis, Fibroadenosis, and Para umbilical hernia while males for Acute urinary retention, LUTS, and Hydrocele. Majority of Patients came to surgical OPD with complain of pain in right upper quadrant of abdomen. Mostly Ultrasounds, LFTs were suggested for Cholelithiasis.

DISEASE SPECTRUM OF CHILDREN ADMITTED IN MMCH MAIN CAMPUS, IN CITY CAMPUS AND CHILDREN HOSPITAL

Syeda Anam Zahra[1], Tatheer Zahra[1], Sara Iram[1], Mubara zain[1]

Supervisor: Dr. M. Hassan Memon[2]
Student of Final Year, Department of Pediatric MMC Mirpurkhas

ABSTRACT:

INTRODUCTION:

The knowledge of clinical spectrum of critically ill children place a significant role in the planning of health policies that would mitigate various factor related to the evolution of diseases prevalent in these areas. This study aimed to determine the spectrum of disease presentation and the outcome and duration of hospital stay of patients presenting the pediatric ward.

BACKGROUND:

A survey for the purpose can help improve and upgrade disease management and health care outcome and eventually decrease hospital expenditure especially in this area of economic crisis. By evaluating admissions and assess the disease burden we can try to improve the facilities and management conditions and reduce duration of hospital stay.
In this study Diarrhea, malnutrition, enteric fever, respiratory problem and other infectious diseases, were the most frequent cause of admission.

OBJECTIVE:

To evaluate the burden of children disease admitted in Pead's ward MMCH main campus, in city hospital and children hospital.

METHODOLOGY:

This descriptive, cross-sectional study was carried out by the pediatric ward of MMCH main campus, city campus and children hospital. The sampling of data was collected under 15 year age children from January to august, 2022.Data entered in MS Excel initially. Descriptive statics used for different Frequency, Percentage, and Charts in Epi info 7.0 version. We analyze for demography, hospital and pediatric intensive care stay, management and outcome.

RESULT:

Neonates patient were 327and children under 15 years 403 .In neonates, Prematurity LBW was the most common disease encountered 25%. The rest included neonatal Sepsis 20%,Seziures 10%,Birth asphyxia 10%,jaundice 10%,hypoglycemia 4%,Feeding mismanagement 4%,FTT not gaining weight 2%,Heamorraghic disease 2%,Congenital malformation 2%,Metabolic disorder 1%.In children, Acute diarrhea 17.3% (most common disease),Severe Malnutrition 15.6%,Acute Pneumonia 11.1%,Chronic Diarrhea 4.9%,Acute Asthma 6.2%,Bronchiolities 2.4%,Seziures 2.4%,Severe Iron Deficiency Anemia 2.2%,Vivax 2.4%,UTI 1.9%,Nephrotic syndrome 1.9%,Short stature 0.49%,Rickets 0.99% and Hypothyroidism 0.99%.

CONCLUSION:

The prospective to develop better health care, treat diseases and save money are remarkable. This can be achieved by improving institutional standard operational procedures and adopting universal protocols and educate mothers about hygiene. Keyword=Disease spectrum, Pediatric Ward, MMCH
Word count =376

AUDIT OF CHILDREN REFERRED FROM MOHAMMAD MEDICAL COLLEGE HOSPITAL.

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Supervise By Dr. Oam Parkash[2]
Senior Registrar Pediatrics Department, Muhammad Medical College & Hospital, Mirpurkhas

ABSTRACT

BACKGROUND:
Clinical audit is a way to find out if healthcare is being provided in line with standards and it allows care professionals and patients to understand where their service is succeeding and where it may be improved. Clinical audits can look at care across the country (national clinical audits), or they can be undertaken locally at trusts, hospitals, or GP practices wherever healthcare is given.

OBJECTIVE:
The aim is to audit the children referrals from Mohammad Medical College Hospital during the course of one year and to allow quality improvement to take place actions it will be most helpful.

METHODS:
A retrospective study carried out at the Pediatric Ward of Mohammad Medical College Hospital.

RESULTS:
During the course of one year 1000 patients were admitted at Mohammad Medical College Hospital out of which 45 patients were referred to others vicinities. Among 45 patients, male were 25 (55.5%) while female were 20 (44.4%).Overall mean age was found to be 4.48 ± 2.9 years. Most of the patients bulk were belong from rural areas (77.7%) while (22.2%) from urban side. The referral pattern remain same throughout the year but majority of patients referred during the month of December (11.1%).Most of the patients referred to other hospitals and the major causes of referrals were Congenital Anomalies (17.7%), Thalassemia Major (8.8%), Decompensated Chronic liver disease (8.8%) and Hydrocephalus (6.6%).

CONCLUSION:
The current findings suggest that the management of these referrals is highly complex but it is not impossible. Moreover, it indicates that these referrals patterns could be only because of unavailability of certain services so, there is an utmost need to improve the quality and introduce new healthcare services to minimize these referrals.

DISEASE SPECTRUM OF PATIENTS ADMITTED IN MMCH AND CITY HOSPITAL WITH SURGICAL PROBLEMS THROUGH OPD AND ER

Muhammad Umair Riaz[1], Raja Shazeel Sajjad[1], Shahroz Arshad1, Shahab Khan[1], Shabbir Ahmed[1], Usama Babar[1]
Prof: Dr. Syed Razi Muhammad[2], Prof. Dr. Aijaz Ahmed Memon[2]
Final Year MBBS students of Muhammad Medical College[1], Professor Department of Surgery, Muhammad Medical and Dental College Mirpurkhas[2]

ABSTRACT

BACKGROUND:
There has been a steady rise in the absolute number of OPD or emergency room admissions over the last three months in MMCH and city branch. There were particular diseases with higher ratios of OPD admissions than ER. The spectrum and patterns of health and health-related emergency conditions for which patients visit hospitals often reflect the magnitude of different health problems in a society.

OBJECTIVE:
The aim of the study was to evaluate the ratio of patients with different diseases admitted through OPD and ER in MMCH and city branch with respect to age, gender, residence and mode of admission.

METHODOLOGY:
This was an audit conducted from July-Sept 2022, among 121 patients. All patients who came to OPD or ER for any type of reason during the study period were included. Data from these cases was extracted on specially designed Performa which included patient's age, gender, residence, diagnosis. Data was entered and analyzed by using SPSS version 26 and MS Office 2013.

RESULTS:
Our study shows that the patients with cholelithiasisand renal stones have higher ratio than other diseases. Majority of the patients having cholelithiasis with respect to age were found to be in age group 21-40 years. Majority of the patients having Cholelithiasis with respect to residence were found mostly in Mithi and other areas. Majority of the patients having Cholelithiasis with respect to gender were found to be Female.

CONCLUSION:
Our study concludes that in the last three months, most of the patients in MMCH and city branch who admitted through OPD had Cholelithiasis. The implication of the findings of our study include the fact that there is higher ratio of Cholelithiasis with respect to age, gender and residence. This could be due to increasing prevalence of risk factors such as obesity, physical inactivity, diabetes and early pregnancy.

PATTERNS OF STROKE IN PATIENTS ADMITTED AT MUHAMMAD MEDICAL COLLEGE AND HOSPITAL (MMCH)

Pireh Mangi[1], Zartasha Khan[1], Bakhtawar Narejo [1], Sehrish Talpur, [1] Iqra Qadir[1]
Students of Muhammad Medical College[1], Department of Medicine[1]
Under supervision of Professor Dr. Abdul Qadir Khan (Hod), Professor Dr. Aslam Ghouri, Professor Dr. Iqbal Memon

BACKGROUND:

A **stroke** is a medical condition in which poor blood flow to the brain causes cell death.[5] There are two main types of stroke: ischemic, due to lack of blood flow, and hemorrhagic, due to bleeding.[5] Both cause parts of the brain to stop functioning properly.[5]

The main risk factor for stroke is high blood pressure.[6] Other risk factors include high blood cholesterol, tobacco smoking, obesity, diabetes mellitus, a previous TIA, end-stage kidney disease, and atrial fibrillation.[2][6][7] An ischemic stroke is typically caused by blockage of a blood vessel, though there are also less common causes.[13][14][15] A hemorrhagic stroke is caused by either bleeding directly into the brain or into the space between the brain's membranes.[13][16] Bleeding may occur due to a ruptured brain aneurysm.[13] Diagnosis is typically based on a physical exam and supported by medical imaging such as a CT scan or MRI scan.[8

OBJECTIVE:

To know the **etiological** patterns of stroke in admitted patients at Muhammad medical college and hospital (MMCH).

METHOD:
The data was collected from 25 admitted stroke patients at MMCH Mirpurkhas from 10 September 2022 to 1st October 2022. A Performa was made in which the patient, age, gender and presenting complaints, family history, history of smoking and alcohol and co morbidities like diabetes & hypertension were recorded. Examination finding were also recorded. Plain CT Scan Brain was advised in every patient.

RESULTS:

Out of 25 diagnosed cases of stroke, 13 (52%) were males and 12 (48%) were females .Mean age of the patient was 67.8. Most common potential risk factors were hypertension 11(44%), diabetes and hypertension both 7 (28%), diabetes 2 (8%). Family history of hypertension 4(16%), diabetes 1 (4%), diabetes and hypertension both 1 (4%). None of our patients was smoker. Regarding the types of stroke, predominance of ischemic stroke 20 (80%) was seen as compared to hemorrhagic stroke which constitute 5 (20%) of the cases based on CT SCAN reports.

CONCLUSION:

In our study Ischemic stroke was more common with overall male predominance in our study. Hypertension and diabetes were most common modifiable risk factors. Majority of our patients were above the age of 80 years.

DISCUSSION:

The study was done on the etiology of the stroke in 2018, in Rawalpindi Medical University. In their study the mean age of the patient affected by the stroke was 53.73years. IN our study the mean age of the patient was 67.8.
The common age group involved in our study was 60 to 80 years

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THE ROLE OF PROPHYLACTIC USE OF ANTIBIOTICS IN REDUCING SURGICAL INFECTION AT MUHAMMAD MEDICAL COLLEGE HOSPITAL, MIRPURKHAS

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Prof & Dean[2] Muhammad Medical & Dental College, Mirpurkhas

ABSTRACT

BACKGROUND:
Surgical site infections (SSIs) are among the most common causes of Hospital Acquired infection and are associated with increased mortality and postoperative length of stay. SSIs are classified as superficial, deep incisional, and organ space infections. Two of the simplest actionable measures that reduce the risk of SSIs are the appropriate selection of perioperative antibiotics and the administration of these antibiotics within 1 hour of the incision.

AIMS & OBJECTIVES:
- To study the antibiotics used, their time, mode and dosage of administration.
- To analyse the relationship between the prophylactic use of antibiotics and incidents of SSIs.

METHODOLOGY:
A self-filled cross-sectional retrospective study was conducted using the files of the patients of the Surgery and Gynae wards of MMCH, undergoing a surgical procedure. A total of 104 files were scrutinized and 51 patients were selected and the data were collected and analysed using Microsoft Excel 2022.

RESULTS:
Total patients = 51 (M=25, F=26) out of which 13.7%, 11.8%, 7.8% ,5.9%, 5.9%, 5.9% underwent El-LSCS, Appendectomy, Cholecystectomy, Hemorrhoidectomy, Nephrectomy, Fistulectomy respectively. Major Antibiotics that have been given are Ceftriaxone, Metronidazole, Cefoperazone Sodium & Sulbactam Sodium, Ciprofloxacin, Moxifloxacin, and Gentamycin. All of these antibiotics were given in IV form which 44 patients received within one hour of the operation, 6 patients one day before with only a single patient received it 3 days before the Operative Procedure. These Antibiotics were prescribed TDS, BD, and OD in the respective percentages of 14.3%, 77.8%, and 7.9%. Surgical site infection was 5.88% of total Patients.

CONCLUSION:
Through the above-mentioned facts and figures, it is quite evident now that The Prophylactic use of Antibiotics Reduces surgical site infections efficiently. While further research should be carried out with a higher number of patients to further evaluate the changes required to decrease the infection rate after surgery.

KEYWORDS: Prophylactic Antibiotics, Surgical Site Infections

Word Count: 300

EMPATHY IN STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

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ABSTRACT

BACKGROUND:
Empathy is the ability to sense other people's emotions, coupled with the ability to imagine what someone else may be be thinking or feeling. Empathy is known to improve satisfaction, adherence to treatment and health outcomes. A comprehensive study has been done using 20 points Jefferson Scale of Empathy-S [JSE-S] by Syed Razi Muhammad.

OBJECTIVE:
To assess the Empathy in Student of Muhammad Medical and Dental College using JSE-S. Methodology: A Cross Sectional Study was conducted using JSE-S. A Sample Size of Ninety Students was taken and ten from each year of MBBS and BDS and five from each year of DPT. Data was entered and analyzed by using SPSS version 22.

RESULT:
We found our total empathy level lower (94.66) than that assessed by Muhammad SR (107.22). However, we had only 90 students as compared to 405 participants in Muhammad SR study. Our finding of empathy being slightly [and statistically non-significant] higher in male (95.7) than female (94) is in contrast to Muhammad SR who found that empathy was higher in female (109.2) than male (105.3) and this difference was statistically significant. Our finding of empathy in various classes were also lower than Muhammad SR. So the empathy in 1st Year was 94.6 [versus 113.2], 2nd year 91.8 [versus 103.9], 3rd Year 95.9 [versus 104.1], 4th year 93.4 [versus 103.8] and final year 99.9 [versus 109.5]. Empathy in those coming from non-hostler [96.8] was slightly higher than those living in hostels [94.1]. But again, this difference was not statistically significant.

CONCLUSIONS:
Our measurement of empathy was persistently lower than that assessed by SR Muhammad .This may be due to a senior researcher with over 70 published papers explaining the questions better to the answering students. Moreover, he developed and used Urdu version of JSE-S which may have contributed to students' better understanding and higher scoring.

KEYWORDS: Empathy, Mirpurkhas

TOTAL WORDS: 347

PREVALENCE OF POST TRAUMA STRESS DISORDER AMONG FLOOD VICTIMS IN RURAL AREAS NEARBYMIRPURKHAS

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Supervised by Prof. Dr. A.Qadir Khan, Prof. Dr. Saleem Rashid, Prof. Dr. Iqbal Memon
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ABSTRACT

INTRODUCTION:

Post-traumatic stress disorder has been described as "the complex somatic, cognitive, affective and behavioral effects of psychological trauma".

In 2022, Pakistan experienced the worst floods in its history. Such events can lead to psychological disturbances among affected persons. Post-traumatic stress disorder is a condition that can develop following exposure to extremely traumatic events such as interpersonal violence, combat, life threatening accidents or natural disasters. Symptoms of PTSD include distressing, intrusive memories, nightmares of trauma, irritability, difficulty sleeping and emotional withdrawal.

OBJECTIVE:

To investigate the prevalence of PTSD among flood victims and to assess the psychological status and the level of mental health with PTSD measures.

STUDY DESIGN:

Observational study

Place and duration of study: Study was conducted in rural areas nearby Mirpurkhas, from 17 September to 5 October.

METHODOLOGY:

This was the interview based cross-sectional study; conducted among flood victims nearby area of Mirpurkhas. The pro-forma was based on criteria of 17 items PTSD scale &translated into Urdu. The respondents were asked about their experience of the disaster, how they perceived tithe data was recorded and analyzed by SPSS version22.

RESULT:

Of 50 survey respondents, out of which 25 were females and 25were males. PTSD was positive in 34(68%) participants; 20 (40%) were females and 14(28%) were males. So, majority of the females were more likely to have positive PTSD as compared to males. 15(30%) were literate but irrespective of the education status all had same degree of PTSD. The earnings lost had direct effect on development of PTSD. Social support of community was helpful in improving their PTSD and mental health.

CONCLUSION:

The present findings indicate that any person who has witnessed a disastrous event like flood is at risk for development of PTSD. So, there is a need to provide specialized post disaster mental health services and social support to groups with significant levels of PTSD after a disaster of such high intensity.

KEYWORDS:

Prevalence, PTSD, Flood victims, Mirpurkhas.

Word Count: 377

AUDIT OF MORTALITY IN CHILDREN ADMITTED AT MMCH MIRPURKHAS.

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Department of Pediatric Muhammad Medical College & Hospital Mirpurkhas
Dr. Suresh Kumar

ABSTRACT

BACKGROUND:

Death audits have been used to describe pediatric mortality in tertiary care settings, where record keeping is often a paper based. This information provides the cornerstone for the foundation of quality improvement initiatives. Mirpurkhas is one of big city of sindh Pakistan with thick populated high catchment area. MMC hospital is only tertiary level care teaching hospital in Mirpurkhas of private sector. This is the first known audit of pediatric death files conducted at this hospital.

OBJECTIVE:

The object of this study is to appropriate measures taken to reduce the mortality rate

METHODS:

A retrospective files review on all pediatric deaths that occurred at MMC Hospital during a 4 years period (January 2019 to august 2022)was done to see the audit of death in pediatric ward. A descriptive analysis was completed, including patient demographics, .and nutritional status, and cause of death.

RESULTS:

Total of 1335patients were admitted in specified time and 32 patients were expired. The percentage of death was 2.4% (0.89% in 2019, 7.4% in 2020, 1.68% in 2021 and 0.5% in 2022). Out of them 93.7% of deaths occurred within the first 24 hours of admission, and 6.25 % occurred after 24 hours of admission. The most common causes of death were birth asphyxia, prematurity, severe pneumonia, meningitis etc.

CONCLUSIONS:

Among all causes of death approximately 97% were preventable measures were taken at appropriate time

KEY WORDS:

audit, death, pediatric ward, tertiary hospital

ABSTRACT
4th YEAR MBBS

PREVALENCE AND RISK FACTORS ASSOCIATED WITH GESTATIONAL DIABETES MELLITUS AMOUNG WOMAN VISITED OPD AT MMCH AND CIVIL HOSPITAL MIRPURKHAS

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INTRODUCTION:

Gestational diabetes mellitus (GDM) is defined as glucose tolerance disorder that arises during pregnancy. Globally, 18.4 million pregnancies are attributed to GDM. During pregnancy, the placental hormones produce insulin resistance in mother and make glucose available for the fetus. Therefore, the pancreas produces about three times more insulin during pregnancy. However, if the pancreas fails to produce optimum amount of insulin to overcome the effects of the hormones being produced by placenta, the blood glucose levels increase and cause gestational diabetes.

OBJECTIVES:

To measure the prevalence of gestational diabetes mellitus and to find out risk factors and complications associated with GDM.

RESEARCH DESIGN AND METHODS:

A cross-sectional study was carried out in MMCH and civil hospital Mirpurkhas, between May and September of 2022. 134 samples were collected. Simple random sampling was used to select study participants. Descriptive and statistical analyses were performed using MS excel and epi info to determine prevalence and risk factors of GDM.

RESULTS:

Among 134 participants, 24 (17.91%) participants were diagnosed with GDM. GDM was more prevalent among overweight participants (58.3%), participants with a family history of type 2 diabetes (75%) and among participants with advanced age (37.5%). Multiple regression analysis showed that low physical activity level, lack of awareness of GDM and history of GDM in previous pregnancies were significantly associated with GDM.

CONCLUSION:

Prevalence of GDM is increasing gradually. Most pregnant women are unaware of such conditions leading to high-risk pregnancy. The antenatal care centers offer an optimum platform for screening, preventing and treating GDM by prioritizing high-risk women.

KEY WORDS: Gestational diabetes mellitus, pregnancy, delivery, glucose.

PATTERN OF SELF CENTEREDNESS AND HAPPINESS AMONG THE MEDICAL AND DENTAL STUDENTS AT MMDC

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Prof. AB Rajar[2] Aqeela Memon[3] Amjid Azam[3] Partab Puri[3]
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ABSTRACT

BACKGROUND:
Self-centeredness: The self-centered is someone who only thinks about himself. Self-centeredness used term as "ego-libido" (self-love) Happiness: "State being happy"
Happiness is an emotional state characterized by feeling of joy, satisfaction, contentment and fulfillment. The purpose of this study was to search out the relationship of self-centeredness and happiness with respect to socio-demographic characteristics of medical and dental students of Muhammad Medical and Dental College, Mirpurkhas.

METHODOLOGY:
A cross-sectional study was conducted from August-September 2022 at Muhammad Medical College Mirpurkhas. All students n=210 were approached, a closed ended questionnaire was administered for collection of information regarding knowledge and attitude of medical students towards. Self-centeredness; Data were entered and analyzed by using SPSS version 22.

RESULTS:
Total n =210 with male Happiness (40%) and self-centeredness (17.05) and female happiness (60%) self-centeredness (17.49) was +22 years. The high levels of happiness was observed among rural (50%), Medical(49%) and at home (48%) while self-centeredness levels were higher among hostlers (8%),urban (8%) and Dental students (26%).

CONCLUSION:
In our Study we evaluated that majority of students of MMDC are more self-centered and happy in their life. The females, senior students and hostlers have higher levels of self-centered. The high levels of happiness were found among rural, at home and junior students.

KEY WORDS:
Self-centeredness, Happiness, Medical Students, MMDC

COUNT: 337 WORDS

PERCEIVED SOCIAL SUPPORT AMONG MEDICAL STUDENTS OFMUHAMMAD MEDICAL AND DENTAL COLLEGE MIRPURKHAS

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Students of 4th Year, Muhammad Medical College[1], Professor Department of Community Health Sciences Muhammad Medical College Mirpurkhas[2]

ABSTRACT

BACKGROUND:

Social support is emotional and instrumental assistance from family, friends or neighbors, and has an important but different impact on individuals, mainly depending on contextual factors, social support has positive and influential role on academic success. Social support has positive and influential role on academic success. Social support plays an important role in building positive attitude towards college assignments and sense of belonging to the institution. The objective of this study was to determine the status of perceived social support and related personal and family characteristics of medical sciences students of MMDC.

METHODOLOGY:

A cross-sectional study was conducted on undergraduate medical students of Muhammad medical college Mirpurkhas from 1st year to final year MBBS using cluster random sampling method. We adopted a structured questionnaire containing 48 self-administered questions including 25 questions of measurements of personal and family characteristics. A using Vaux's social support scale (Cranach's $\alpha=0.75$) was used classify social support. Data was entered and analyzed on SPSS, $P<0.005$ was considered significant level.

RESULTS:

Total n=97 with 54.7 female and 45.3 male with mean age (±23). The mean score of perceived social support was17.06$\pm$3.6. Almost 60.3% of the participants reported low social support. But no significant relationship was found between these variable and other individual and familial characteristics.

CONCLUSION:

Based on student's low social support and importance of social support in reducing stress and academic failure, the decision makers should need to provide efficient supportive interventions for students. Also, female medical students are higher at higher risk and should be given appropriate attention while designing interventional programs.

KEY WORDS:

Social support, medical student, MMDC,

WORD COUNT: 289

KNOWLEDGE AND ATTITUDE TOWARDS MEDICAL ETHICS AMONG STUDENTSOF MMDC

Ajmal Khan, Awais Khan, Asif Khan, Azaz Jan &
Dr. Jameel Ahmed
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ABSTRACT

INTRODUCTION:
Knowledge and practice of medical ethics by healthcare professionals is an extremely important issues in today's highly sophisticated and expensive medical treatment. To put it simply, medical ethics is nothing but the application of moral values and principles to the practice of medicine. Its origin in western history can be traced back to early Christian teaching and Hippocratic Oath. When we consider medical ethics, four principles form the basis of ethical medical practice, namely, Autonomy, Justice, Beneficence, and Non-maleficence.

OBJECTIVE:
To access knowledge and attitude towards medical ethics among undergraduate medical students of MMC.

METHOD:
A cross sectional study was done from july to September2022 on pre-structured questionnaire. The participants were undergraduate medical students of Muhammad Medical College. Data was analyzed using SPSS and MS Excel.

RESULT:

A total of 200 undergraduate medical students participated in this study (response rate 84.3%), which included 46 (23%) year-3, 72 (36%) year-4 and 82 (41%) year-5 students. The mean age was 23 years in which 95 (47.5%) of them were female students and 105 (52.5%) were male. The result shows attitudes of medical students towards core values for guidance, Duties of doctors towards patients and Learning medical ethics in curriculum.

Majority of the students had positive attitudes towards core values for the guidance of doctors, physician's duties towards patients including respect, confidentiality and consent, and towards learning medical ethics in the curriculum. Majority of them were aware of four basic principles of medical ethics, but only few of them knew what the principles were. There was no significant difference of attitude scores regarding core values for guidance of doctors and duties of doctors towards patients between genders, ethnicities, and age.

CONCLUSION:
The undergraduate medical students had a reasonable knowledge and positive attitude towards medical ethics across all socio-demographic background though attitude of doctors towards patients differed according to seniority of students.

RECOMMENDATIONS:
The teaching of medical ethics should be part of the medical curriculum to strengthen these attitudes and to expose the students to the training classes using real case scenarios, workshops and seminars on medical ethics so that once they become doctors, they are not found wanting in dealing with ethical issues.

KEY WORD:
Knowledge, Attitude, Ethics, Medical Students, MMDC.

KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING CERVICAL CANCER SCREENING AMONG WOMEN OF SINDH, 2022: A CROSS SECTIONAL STUDY.

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4th year students of Muhammad Medical College[1]
Department of Community Medicine Muhammad Medical College[2]

BACKGROUND:
Cervical carcinoma is a widespread disease of the female genital tract, for which human papillomavirus (HPV) is an utmost risk factor. Early screening for cervical cancer significantly improves the chances of successful treatment of pre-cancer and cancer among of reproductive age. Therefore this study aimed to assess the uptake of screening and identify the factors among women of reproductive age.

OBJECTIVE:
To determine the Knowledge, Attitude and practice regarding cervical cancer screening among women of Sindh.

METHOD:
A descriptive cross-sectional study design was used to collect data from 171 women. Each women was selected alternatively from Muhammad medical college & hospital and civil hospital Hyderabad. Data was collected by using interpersonal interview through close ended questionnaire to find out knowledge, attitude and practice regarding cervical cancer screening. Data was analyzed by using epi-info and excel and interpreted in terms of descriptive statistics.

RESULT:
Data collected from 171 participants were included in the final analysis. The majority of the study participants were academics ($n = 167$, 94.1%). The mean age of the participants was 25.7 years and 166(97.07%) participants were unmarried. Only 131 (77.06%) participants appeared to have good level knowledge of cervical cancer (in terms of symptoms, risk factors, ways of prevention, and ways of screening) and 39 (22.94%) participants had poor knowledge. A total of 147 (86.47%) participants believed that cervical cancer screening is good for early detection of cancer which showed their positive attitude and 45(26.47%) participants had undergone cervical cancer screening this shows their poor practice.

CONCLUSION:
Considerable proportions of women have adequate knowledge but negative attitude and poor practice regarding cervical cancer screening. Therefore cervical cancer screening health camps and awareness programs should be conducted at community level for women to increase the level of knowledge, attitude and practice regarding cervical cancer screening.

RELATIONSHIP BETWEEN DECISION MAKING AND LIFE REGRETS AMONG THE UNDERGRADUATE STUDENTS OF MMDC.

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BACKGROUND:

Individuals' decisions heavily influence their life circumstances. The consequences of these decisions probably shape individual's well-being. The ability to take decisions is an important skill for all ages, and is particularly significant in old age. It has been postulated that not only the resulting events from decision-making, but also how the older adults feel about their decision outcomes is an indicator of realistic decision outcomes. The purpose of this study was to find out the pattern of decision making and life regret among undergraduate medical and dental students at Muhammad Medial College, Mirpurkhas.

METHODOLOGY:

The was a cross-sectional descriptive study conducted from August to October 2022 among students of Muhammad medical college Mirpurkhas all students n=150 were approached, after ethical approval the pre-tested closed ended questionnaires (21 items tool developed by French et al, 1993) about decision making styles and Life regrets scale is a single-factor tool that developed by Pethtel, et al. 2012was administered for collection of information. The data was entered, analyzed by using SPSS version 26 and MS office 2016.

RESULTS:

Total of n=150 students. Male 40%, rural 56 %, hostler 87%, MBBS 60%. Majority of females don't have regret on their decision while only 12% have on other hand the males 26% said that they have higher regret on their decisions. MBBS students have less regret than BDS. Majority of Rural (62%) have less regret than urban (86%).

CONCLUSION:

The study reveals that most of the students of Muhammad medical & Dental College have less regret on their life style decisions. Females, urban, BDS, hostlers have comparative more regret as compared to others.

KEY WORDS:

Life regrets; Decision making styles, Medical Students MMDC.

IMPACT OF INTERNET AND SMARTPHONE GAMING AMONG UNDERGRADUATE MEDICAL STUDENTS AT MMDC.

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Students of 4th Year, Muhammad Medical College[1], Professor Department of Community Health Sciences Muhammad Medical College Mirpurkhas[2]

ABSTRACT

BACKGROUND:

Nowadays, more and more people are starting to use the Internet. At the same time, online games have become extremely popular among the young generation thus leading to the proliferation of online game addiction on a global platform. According to recent researches, online gaming has become one of the most addictive Internet activities to date.

METHODOLOGY:

A cross-sectional study was conducted from July - September 2022 at Muhammad Medical College Mirpurkhas. All students n=198 were approached, a closed ended questionnaire was administered for collection of information regarding Internet use and Smartphone gaming Data were entered and analyzed by using SPSS version 26 MS office version 2021.

RESULTS:

Total n =198 with 56% male and 44% female, 23% were less than 20 years and 77% were above 20 years of age. Majority of female students from all the batches prefer Internet use more typically for Education purpose and choose Smartphone gaming for developing complex problem-solving skills. Majority of Male students from all the batches also prefer more Internet use for **academic purposes** and play Smartphone games to stimulate one's mind and improve their mental health. Majority of Non-Hostlers use more Internet and play more Mobile Games than Hostlers.

CONCLUSION:

According to the results of this study it can be suggested that all the students were using Internet for Education purpose over Entertainment. And were playing Mobile games for improved mood and reduced *emotional* disturbance.

KEY WORDS:

Internet, Smartphone Gaming, Education, Medical Students, MMDC.

WORD COUNT: 290

MULTIDRUG RESISTANT TUBERCULOSIS IN MIRPURKHAS

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Prof. Syed Asif Muhammad, Dr. Aqeela Memon[3] Asisstant Professor.
4th year students of Muhammad Medical College[1] Professor of Community Medicine, Muhammad Medical and Dental College[2]

ABSTRACT

BACKGROUND:
Curable disease tuberculosis is becoming incurable or difficult to treat due to drug resistance. Tuberculosis resistant to Isoniazid and Rifampicin became a major health problem all over the world. Multidrug resistance tuberculosis due multiple factors such as poor lifestyle, lack of information, no monitoring of treatment.
In the face of high burden of TB in Mirpurkhas, the prevalence of MDR-TB increased due to insufficient on drug usage.
The Aim of this study is to assess the major predictor of MDR-TB in Mirpurkhas.

OBJECTIVES:
To measure the prevalence of MDR-TB breakthrough multi-drug resistance Among Patient of Muhammad Medical and dental Hospital Mirpurkhas.

METHODS:
Cross sectional study was done with 60 patient has MDR positive ,Study setting in Muhammad Medical and Dental Hospital in August and September 2022 .Data was collected by face to face questionnaire. And Data Analysis by Frequency, Percentage and odd ratio, 95% Cl, Case control analysis was done by using epi.info version 7.0

RESULT:
From the total 60 participants about 100% were cases. among them 65% patient have contact history with MDR, 56% with missed Anti-TB drug, and 41% with smoking, 60% patients are previously treated ,18% with drinking status ,35% with previous chronic lung condition , 58% with presence of drug side effects, 85% with pulmonary site infection.

CONCLUSION:
TB infection disclosure status, insufficient instruction on drug usage, contact history with MDR-TB, and missed anti TB drug. Therefore early detection and proper treatment of drug susceptible TB.

IFE SATISFACTION AND ANXIETY LEVELS AMONG MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE

Bhagwandas Kessrani[1], Ihsan Ayaz[1], M.Faisal[1]
Prof. AB Rajar[2] Prof. Asif Shah[2] Dr. Partab puri2 Dr. Aqeela Memon[2] Dr. Amjad Azam[2]
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ABSTRACT

BACKGROUND:

Life satisfaction is considered one of the basic components of psychological well-being. Studies have supported that lower levels of life satisfaction have been related to high levels of anxiety. University or College years seem to be a stressful time for students due to many challenges: academic, personal adjustment to a new life, and socially building new friendships. The Aim of this study was to assess the levels of anxiety and life satisfaction by socio-demographic characteristics among medical students of MMDC.

METHODOLOGY:

A cross-sectional study was conducted from July-September 2022 at Muhammad Medical College Mirpurkhas. All students n=220 were approached, a closed ended questionnaire was administered for collection of information regarding life satisfaction and anxiety level Data were entered and analyzed by using SPSS version 26 MS office version 2021.

RESULTS:

Total n =220 with 39.1% male and 60.9% female, 32.7% were less than 20 years and 67.3% were above 20 years of age Majority of females students have more levels of anxiety and less life satisfaction than males. Majority of hostellers have less levels of anxiety and more life satisfaction than Non hostellers. Majority of Rural students have less anxiety levels and higher life satisfaction than urban students. Anxiety levels among 4th and 5th years slightly more and less life satisfaction than others classes.

CONCLUSION:

According to the results of this study it can be suggested that students who have low anxiety scores have higher life satisfaction as compared to others. The levels of Anxiety were found higher among fourth and final year students and also higher in female than male students.
The positive association was among levels of anxiety and life satisfaction among hosteller than non-hostellers.

KEY WORDS:

Life Satisfaction, Anxiety Levels, Medical Students, MMDC.

WORD COUNT: 245

PREVALENCE AND ASSOCIATED RISK FACTORS OF VIOLENCE AMONG CHILDREN UNDER15 YEARS INVOLVED IN LABOUR ACTIVITIES IN SINDH, 2022: A CROSS SECTIONAL STUDY

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ABSTRACT:

BACKGROUND:

Child maltreatment is a global health concern, which adversely affects millions of children. Evidence indicates that exposure adverse childhood experiences hinder children's development and wellbeing and can often have lifelong effects. Adverse childhood experiences are associated with a range of diseases, mental health symptoms, and social problems in adulthood Children engaged in child labor, are particularly vulnerable to different forms of violence, exploitation, and neglect.

OBJECTIVES:

This study, therefore, focuses on identifying prevalence and associated risk factors of violence among children involve in labors activities

METHODS:

A descriptive cross-sectional study was done with 146 children of Under 15 years working in different occupation setting in two district of Sindh in May-June 2022. A closed ended interviewer-administered questionnaire was used for data collection. The questionnaire contained information on the socio-demographic variables, the kind of work done by the respondents and the number of working hours spent weekly. A descriptive analysis was done by using Epi Info version 7.0

RESULTS:

The prevalence of violence among children was 42.47%; of this, 28.08% was verbal violence, and physical violence and sexual harassment accounted for 8.90% and 5.48%, respectively. Frequent violence occurred primarily in workshop. Physical violence was found to be more prevalent in male 84.62% and female 15.38% in Tando-Allahyar and Hyderabad Sindh while children working as domestic servants experienced more psychological violence (p was less than 0.01). Sexual violence was found to be prevalent in all factory worker, waiters and agriculture worker occupation.

CONCLUSION:

We documented that all forms of violence were rampant among the child laborers and improved efforts and comprehensive legislation is direly needed to alleviate the situation.

KEY WORDS: child labor, working conditions, poverty, occupations, violence.

MEASURING SOCIAL INTELLIGENCE-THE MESI METHODOLOGYOF MEDICAL STUDENTS OF MUHAMMAD MEDICAL AND DENTAL COLLEGEMIRPURKHAS

Fiza Sahar Abbasi[1]; Vaneeza Alam[1],Rifat Baluch[1],
Prof. AB Rajar[2], Dr. Amid Azam[3], Dr. Partab Puri[3], Dr. Aqeela Memon[3]
Students of Muhammad Medical College[1], [2]Professor, [3]Assistant Professor Department of Community Health Sciences Muhammad Medical College Mirpurkhas[2]

ABSTRACT

BACKGROUND:

Social Intelligence-The MESI methodology conceptualization and operationalization of social intelligence, i.e theoretical definition and verification of the procedure and the tool for detection and measurement of social intelligence, are two essential issues without solving which it is impossible to think productively about any category with in any area of knowledge and therefore think meaningfully about the category of social intelligence. To explore the domains of social intelligence and compare them with the Sochi-demographic characteristics of medical & dental students at Muhammad Medical & Dental College at Mirpurkhas.

METHODOLOGY:

A cross-sectional study was conducted from August to October at Muhammad Medical College Mirpurkhas. All students n=197were approached, a closed ended questionnaire was administered for collection of information regarding Measuring- Social Intelligence -The MESI Methodology among the students of Muhammad medical and dental college Mirpurkhas. Data were entered and Analyzed by using SPSS version 22

RESULTS:

Total n =197Mean age was (23.34), Male (60) Female (137), Rural (48) Urban (148). On average the higher levels of manipulation was found among holsters (16.6), male (18.39), urban (16.07).Empathy was observed among resigning in homes (21.7), female (21.6) and urban (21.3). Social Irritability was higher among Non-hostlers (18.3), male (19.91) and urban (18.7).

CONCLUSION:

The study reveals that the higher levels of manipulation were higher among male, urban, hostlers followed by social irritability was higher among non-hostlers, females and urban. On the other hand the empathy level was higher among rural, female and senior batch students.

KEY WORDS:

Social Intelligence, Manipulation, Empathy Social Irritability, MESI- Methodology, Medical Students MMC

WORD COUNT: 289

DIABETES RISK ASSESSMENT AMONG MEDICAL STUDENTS OF MMDC

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ABSTRACT

BACKGROUND:

DM is one of the fastest rising public health issues and causing a number of serious health complications

- The prevalence of diabetes is growing globally due to
    - Aging factor, Physical inactivity, Overweight
    - Urbanization, Sedentary lifestyle and Poor eating habits
- Globally, it has been projected that the number of diabetes people will be rising to 693 million by 2045
- DM in adult population is expected by 69 percent from 2010 to 2030 in the developing countries as compared to 20 percent for developed countries
- The prevalence of diabetes in Pakistan is 14.62%

OBJECTIVE:

To determine the frequency of medical students of MMDC at risk of developing diabetes mellitus type 2 (DMT2) and their risk of developing the disease over the next five years, using the Australian type 2 diabetes risk assessment (AUSDRISK) too

METHODS:

A descriptive cross-sectional study was done involving 139 adults' medical students; both males and females were randomly selected from Muhammad medical and dental college Mirpurkhas, irrespective of weight, family history and dietary habits. Patients with the apparent clinical features of DMT2 were excluded from the study. Data were collected over-period from May 2022 to September 2022 using a closed ended questionnaire based on the AUSDRISK tool.

RESULTS:

12% of Medical students had high risk of Dm and 48% had intermediate risk while 40% had lower risk of developing diabetes

CONCLUSION:

- It is alarming that 48% subjects as evident in our study have moderate-high risk of developing T2DM and the association of risk with male gender, positive family history of diabetes, mild physical activity and higher BMI was found to be statistically significant ($P < 0.05$).

KEYWORDS:

Type 2 diabetes mellitus, risk, ausdrisk tool, medical students

RELATIONSHIP BETWEEN SELF-ESTEEM AND STUDENTS' ACADEMIC ACHIEVEMENT WITH SOCIO-DEMOGRAPHICS AMONG UNDERGRADUATE MEDICAL STUDENTS AT MMDC

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ABSTRACT

BACKGROUND:
Self Esteem is also defined as Self Confidence or Self Worth. It can also mean how a person feels regarding their skills, abilities and skill sets. Studies suggests there are large number of demographic and social factors effecting self Esteem i.e. Academic achievements, Gender, Age, BMI and Blood group. The Aim of this study was to

METHODOLOGY:
The study was conducted form 20TH Aug 2022 to 2[nd]oct 2022 among medical students of Muhammad medical college. Data was collected via face to face interactions. All medical students n=130 were approached and the data was collected by Rosenberg self Esteem scale regarding gender, blood group, year and their academic achievements in MMDC. All data was entered (from relationship by ANOVA ie P values, mean and standard deviation) by using SPSS and MS office 2026.

RESULTS:
The total no.of 130 medical students participated, among them 74 were males 56 were females. Average age of participants was 22 years. Means and standard deviation (SD) of RSE scores of all subgroups, categorized by gender, age, BMI, locality, language, blood group and year of study were presented. Among (70 percent) males and (30 percent) females the level of Self Esteem is directly proportional to academic academic achievements , year of study and age it is independent of gender , blood group, language, BMI, locality . The overall mean RSE score GPA of girls were slightly higher than that of boys but level of Self Esteem is app, same among gender. In our study level of Self Esteem has stronger positive relationship with GPA.

CONCLUSION:
It's concluded that there is strong positive relationship between self Esteem and GPA in students of MMDC. Furthermore, we can demonstrate that Self Esteem and GPA have a strong positive relationship with each other ie high level of self Esteem leads to good GPA. In our study we also concluded that the female students had higher GPA as compared to male students, while there was slight significant positive association was found for GPA and Self Esteem between year of study and age.

KEY WORDS:
Self Esteem, Academic Performance, Medical Students, and MMDC.

WORD COUNT: 301

PREVALENCE OF RISKY BEHAVIORS AND RELATED FACTORS AMONG STUDENTS OF MEDICAL COLLEGE OF SINDH: DESCRIPTIVE CROSS SECTIONAL STUDY

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ABSTRACT

BACKGROUND:

Medical students enter a new period of life when they start tertiary education independently from parents they experience a new environment at the university which can potentially expose them to an unhealthy lifestyle. Risky behaviors can increase the possibility of destructive physical, psychological and social consequences for individual.

Unhealthy diet, thinking about it suicide, smoking, depression due to exam, no management of time for study, wide friend circle, roommate problems, lack of concentration in studies, homesickness in hostlers, low grades despite hard work and impact of parental education.

Objective: To determine Prevalence of Risky Behaviors and related factors among Students of medical collage of Sindh.

METHODS:

A descriptive analytical cross sectional study was done with 215 students under the age of 20-24years old students of different universities and colleges of Sindh including Muhammad medical college Mirpurkhas in August-September 2022.A close ended questionnaire was used for data collection. The questionnaire contained information on prevalence of risky behaviors and related factors among medical student. A descriptive analysis was done by using EpiInfo version 7.0

RESULTS:

As result we found that from over all medical students of different universities and colleges of Sindh (12.56%) are smoker, (82.8%)have exam depression, (86.97%) have wide friend circle, (26.05) are obsessed, (87.9%)impact of parental education, (61.58%) suicidal thinking, (53.02%)have roommate problems. There were a significant difference in male and female respondents. Some risky behavior more dominant in male while being very low in female, among male respondent, smoking rate was significantly high than females these risky behavior correlated with one another.

CONCLUSION:

The aim of this study is to review the various efforts in understanding prevalence of risky behavior and related factors among medical collages of Sindh, and evaluate socioeconomics and emotional factor potentially influencing these risky behavior

PERCEIVED STRESS AND EATING HABITS AMONG MEDICAL & DENTAL STUDENTS OF MUHAMMAD MEDICAL AND DENTAL COLLEGE, MIRPURKHAS

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ABSTRACT

BACKGROUND:

Stress can be defined as a generalized, non-specific response of the body to any factor that overwhelms or threatens to overwhelm the body's compensatory abilities to maintain Homeostasis. Stress is thought to influence human eating behavior. The aim of this study was to assess the pattern of eating habits & association with stress among Medical & Dental students at MMDC.

METHODOLOGY:

A cross-sectional study was conducted from July-October 2022 at Muhammad Medical & Dental College Mirpurkhas. After informed consent the self-administered questionnaire was used including questions on Perceived Stress &Eating Habits. The data was collected, entered and analyzed by SPSS version 26 and MS office 2016.

RESULTS:

A Total n =210 students were enrolled with 41.9% male and 58.0% female, with a mean age of 19-25 years (60.4% and 56.7% respectively) Infrequent daily meals were the most frequent unhealthy habits reported by students among female students were significantly associated with higher levels of stress than males [33.6% vs. 24.4%; OR, 1.63; 95% CI, 1. 16-2.29; P= 0.001], And It was significantly associated with obesity and over-weight.

CONCLUSION:

According to our study some unhealthy eating habits skipping breakfast & infrequent daily meals were common among Medical & Dental students were associated with stress.

KEY WORDS:

Perceived Stress, Eating Habits Medical & Dental Students MMDC

WORD COUNT: 254

KNOWLEDGE AND ATTITUDE OF MEDICAL STUDENTS TOWARDS PLAGIARISMMIRPURKHAS

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ABSTRACT

BACKGROUND:

Plagiarism is considered an unethical act and affects the integrity of the research or an article. It is defined as the use of someone else's idea without proper citation. Moreover, it bypasses any scientific literature. According to the studies, the prevalence of plagiarism in a developed country is relatively high than the developing countries. The aim was to explore the knowledge and attitude of medical students toward plagiarism in Muhammad Medical College, Mirpurkhas.

METHODOLOGY:

A cross-sectional study was conducted from August-September 2022 at Muhammad Medical College Mirpurkhas. All students n=170were approached, a closed ended questionnaire was administered for collection of information regarding knowledge and attitude of medical students towards plagiarism. Data were entered and analyzed by using SPSS version 22.

RESULTS:

Total n =170 with 41.8% male and 58.2% female, mean age was ±22 years. The majority of students (75.2%) agree that designating someone else's work as your own is plagiarism. Most of the students (65.29%) agree that copying other students' assignments and pasting them at Moodle is plagiarism. Half of the students (51.1%) think that beginners in the field of research should be forgiven for plagiarism since they're at the early stage of learning. The majority of students (64.7%) consider plagiarism as stealing. (54.1%) students think that young researchers who are just learning should receive less punishment for plagiarism. (68.23%) students agree that introductory lectures on plagiarism should be given at freshmen orientation programs. An overwhelming majority of students (67%) consider that plagiarism should be discussed at different levels from undergraduate to postgraduate levels. Half of the students (53.5%) consider that the University should introduce plagiarism detection tools and mandate students to submit their papers online

CONCLUSION:

Majority of students are agreed that plagiarism is against the morality. Female students highly agreed that copying of others material is plagiarism. Junior students have less knowledge about plagiarism.

KEY WORDS:

Knowledge, Attitudes, Plagiarism, Medical Students, MMDC

COUNT: 363 WORDS

ASSOCIATION BETWEEN DEPRESSIVE SYMPTOMS AND POOR SLEEP QUALITY AMONG PREGNANT WOMEN

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ABSTRACT

BACKGROUND:
Adequate good quality of sleep is essential for physical fitness during pregnancy as well as being a depressive symptoms-free mind. However, there is little evidence of the relationship between depressive symptoms and poor sleep quality among pregnant women in Sindh. This study aimed to find the association between depressive symptoms and poor sleep quality among pregnant women of Sindh.

METHOD:
A community based cross sectional study was carried out from May 2022 to September 2022 Among 200 Pregnant women visiting OPD of Muhammad medical hospital, Civil Hospital Mirpurkhas and Civil Hospital Hyderabad. Data were collected with a structured questionnaire including socio-demographic conditions, sleep quality and depressive symptoms, comprising the Pittsburgh sleep quality index (PSQI) and the Patient health Questionnaire-9 (PHQ-9)

RESULT:
48% pregnant women reported with worse type of sleep quality, whereas 54% pregnant women had depressive symptoms and age group >25 years participants were more with poor and worse sleep quality with depressive symptoms than <25 years age group. However, women who are housewife has more depressive symptoms with worse sleep quality as compared to working women.

CONCLUSIONS:
A higher percentage of pregnant women had poor sleep quality with depressive symptoms, whereas age group of the participants were significantly associated with poor sleep quality. Ensuring adequate sleep time and better quality could be helpful to prevent depressive symptoms.

KEYWORDS:
Pregnant, Sleep quality, Depressive symptoms.

DETERMINANTS OF SERVICE QUALITY AND IT'S EFFECT ON SATISFACTION OF PATIENTS PRESENTING TO MUHAMMAD MEDICAL COLLEGE HOSPITAL MIRPURKHAS.

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ABSTRACT:

INTRODUCTION:

Patients are the foundation of our medical practice, it is very obvious that they must be satisfied while in or out of the Hospital. For the Hospitals satisfied patients are more important because the patient's greater satisfaction with the care would insure the patient's more adherence of the doctor's orders, more loyalty, reducing number of patient's complaints and higher rate of patient return.

Patient satisfaction is a complex construct involving a large number of factors, including physician's knowledge, clinical and communication skills, convenience of location and surrounding area, and patient's socioeconomic characteristics. For these reasons patient's satisfaction evaluation has become a part of process of health care organizations.

OBJECTIVE:

The purpose of this study was to investigate the impact of service quality on the overall satisfaction of patients in Muhammad Medical College Hospital Mirpurkhas.

METHOD:

The study's population consisted of patients at Muhammad Medical College Hospital Mirpurkhas. A sample size of 100 patients was chosen using simple random selection. Data was analyzed using statistical methods including descriptive studies.

RESULTS:

This study deals with the measurements of degree of patient's satisfaction with Muhammad Medical College Hospital Mirpurkhas based on service quality, patient's satisfaction, and patient's affordability.

CONCLUSIONS:

Concern about the quality of health care services in Mirpurkhas have caused people to lose trust in government institutions. As a result private medical hospitals are becoming more common. We must pay greater attention to improve the service quality. This will improve the health of people in Mirpurkhas city.

RECOMMENDATIONS:

Those involved in the development of service must contribute more in terms of their creativity to offer a variety of unique services that can ensure a higher level of patient satisfaction.

PREVALENCE AND DETERMINANTS OF WORKPLACE VIOLENCE AMONG HEALTHCARE WORKERS IN PUBLIC VERSUS PRIVATE TERTIARY CARE HOSPITALS IN SINDH; A CROSS SECTIONAL STUDY,2022

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ABSTRACT

BACKGROUND:
Workplace violence against healthcare workers is a growing problem and it is defined as an aggression when staff members are abused, intimidated or attacked in circumstances related to their work, including commuting to and from work, involving an explicit or implicit challenge to their safety, well-being or health.

OBJECTIVE:
To determine the prevalence and determinants of workplace violence against healthcare workers in private versus public tertiary care hospitals in Sindh.

METHODS:
Community based cross sectional study was conducted in public and private tertiary care hospitals of Sindh. Interviews after verbal consent were conducted with HCWs. The method of data collection is interpersonal interview and questionnaire administration, Convenient Sampling technique is used. Frequency and percentage were calculated by using Excel and EPI info version 7.

RESULTS:
The Participants were HCWs 42.50% females and 57.50% males. 58.97% were from 46-55age group
From public and private hospitals face violence. 87 (68 in public hospitals and 19 in private hospitals) HCWs faced violence .The perpetrator was male patients attendant, 43.68% and uneducated 76.40%. Frequent place Emergency department of hospitals 54%. 34.48% HCWs reported violence to the management. Most common determinants were unexpected complications 24.13%, delay in treatment 20.68% and unexpected death 18.39%. 71.50 % HCWs did not receive any training for management of violence.

CONCLUSION:
Violence against healthcare personnel is a serious public health issue and the prevalence is quite high. Most Prevailing violence was verbal abuse.

RECOMMENDATIONS:
Development and implementation of zero tolerance policy for violence in health care setting. Management of the hospital provides suitable training programs for high risk groups which might possibly reduce workplace violence

KEYWORDS:
Workplace violence, healthcare workers, prevalence, public and private tertiary hospitals

ASSESSMENT OF PROBLEM FACED BY FEMALE DOCTORS IN REGARDING CAREER DEVELOPMENT

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ABSTRACT

BACKGROUND:

When we search for the word "MEANINGFULNESS" in women career development life the research indicates that women are far behind and misrepresent in race because of their fixed traditional rules in home environment is still dominant globally and women still contribute more to domestic arena than men. Why lady doctor does not appear to be so enthusiastic and motivated to pursue their career? The Aim of this study was to find out the prevalence of problems faced by female doctors in their career development.

METHODOLOGY:

A cross-sectional study was conducted in August-October 2022 at private and public sector hospitals, to give a look on problems faced by female doctor in regarding their career development. 140 female doctors were approached. A near ended questionnaire was administered to collect the information regarding female doctors having deterrence on their way of career development. Data was entered and analyzed by using SPSS version 2019 and MS Office 2016.

RESULTS:

Total n=140 , with 52.1% House Officers and 47.9% PG students, 35% was working in medicine, 75.7% were held degrees by the public sector, mean age 29 years. 47.9% were married. 49% females felt secure in both male and female dominating environment , 45.8% get risk whenever things go out of control in their professional space , 55% female doctors preferred both personal and professional success as coequals , 42% females favored option "say what have to say" for expressing dissatisfaction in professionalism , 51.6% accepted emotions and profession as two different things , 52% never faced sexual harassment at their work place , 49% preferred of making strong relationships at work place for having a successful career , 49% preferred expert power to use to achieve career success , 45% voiced exploited for soft values as the foremost point behind failure of pursuing career for female doctors.

CONCLUSION:

This study reveals that the most reserved point behind the failure of having a successful career for female doctors is, to be slumped over for soft values. There should be a space in between personal and professional life so female doctors can pursue their career in free air.

KEY WORDS:

Female Doctors, Failed in Career Development, Soft Values,Public & Private hospitals of Hyderabad.

WORD COUNT: 347

LEVEL OF GLOSSOPHOBIA AMONG UNDERGRADUATE MEDICAL & DENTAL STUDENTS AT MMDC.

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ABSTRACT

BACKGROUND:
The fear of public speaking or speaking in general is known as the term **glossophobia or speech anxiety.** It is a type of social phobia having great social importance. Fear of public speaking affects the speaker physiologically, for instance, dry mouth, increased blood pressure, blushing, sweating, irregular breathing, and emotionally, as they fear humiliation and looking foolish. People with public speaking fear face great difficulty in pursuing their career goals and personal growth. In the case of students, this may lead to avoid attending certain courses where oral presentations are conducted in front of a group. Students who are very anxious about public speaking in class may also avoid social events they would like to attend or may not talk to classmates they would like to get to know. The purpose of this study was to evaluate the levels of glossophobia among medical and dental students of Muhammad Medical& Dental College at Mirpurkhas.

METHODOLOGY:
A cross-sectional study was conducted from August -October 2022 at Muhammad Medical & Dental College Mirpurkhas. All students n=225 were approached, a closed ended questionnaire was administered for collection of information to investigate the level of glossophobia among students of MMDC socio-demographically. Data were entered and analyzed by using SPSS version 22.

RESULTS:
Total n =225 with 34.7% male and 65.3% female, with an average age of 20 years. Around (88.4%) questionnaires were filled by medical students and (11.6%) were filled by students of dental department.According to personal report of public speaking (26.7%) of student's exhibit low, (69.3%) exhibit moderate and (4%) exhibit high public speaking anxiety. Association with socio-demographic profile and year of study, out of total females' majority of them (68.7%) falls immoderate level of speaking anxiety and out of total males, majority of them (70.51%) falls in low category. majority of students (69%) between age of 19-20 years were having moderate level of social anxiety and (4%) high level of public speaking fear. Personal report of public speaking in association with academic years, majority of students (84.4%) of first year MBBS were having moderate level of glossophobia later reduces level of glossophobia in student of final year.

CONCLUSION:
Our results highlight that fear of public speaking is moderately exhibit among majority of female medical undergraduates of first year, rural and hostellers. Level of glossophobia is least among final year students due to increase level of knowledge and confidence with time, learning experience and professional help. Research reveals that exposure to virtual environment can facilitate student confidence and enables them to face audience.

KEY WORDS:
Glossophobia (fear of public speaking), Medical students, MMDC.

PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG TRANSGENDER IN SINDH, 2020:

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4th year students of Muhammad Medical College[1] Professor of Community Medicine, Muhammad Medical and Dental College[2]

ABSTRACT

BACKGROUND:

Transgender are umbrella terms used to describe individuals who identify their genders as different from the sex that was assigned to them at birth. Transgender community experiences a high rate of mental health issues, depression and suicidal ideation then the general population.

OBJECTIVE:

To determine the prevalence of depression, anxiety and stress among transgender and find out associated factors

METHODS:

A descriptive cross -sectional study was used to collect data from 65 transgender participants. The transgender population was selected from Sindh. A data was collected through inter personal interview through close ended questionnaire to find out depression, anxiety and stress by using DAS score and interpretation and we summarize and grade them. Data collection tool was DASS. Data was analyzed by using epi-info and excel and it was interpreted in terms of descriptive statistics.

RESULT:

Data collected from 65 transgender participants was included in the final analysis. Nearly 80% transgender reported with mild to extremely severe depression, anxiety and stress. A range of 4-36% extremely severe type of depression were reported in all age group. 17%. 34% and 14% of educated group reported extremely severe type of depression, anxiety and stress respectively.

CONCLUSION:

According to study, the overall prevalence of DAS among transgender was high. Predominate in age group above 25 years. It creates a substantial burden for affected individual may produce significant economic and social hardships.

ASSESSMENT OF KNOWLEDGE AND ATTITUDE TOWARDS ORGAN DONATION AMONG THE STUDENTS OF MUHAMMAD MEDICAL AND DENTAL COLLEGE

Masooma Fatima, Kainat Saleem, Erum Manzoor,Jamil Ahmed

ABSTRACT

INTRODUCTION:

The demand for organ transplantation worldwide has a rise in exponentially in the last two decades due to the increasing incidence of non-communicable illness. Organ transplantation is one of the great advances in modern medicine and is the best option for failed organ. Transplantation is defined as the transfer of human cells, tissues, or organ from a donor to recipient with an aim of restoring normal physiology in the body

OBJECTIVE:

The present study aimed to understand the knowledge, Attitude, and Willingness towards organ donation of Medical Health Sciences Students.

METHOD:
STUDY SETTINGS:

165 Medical Students of Muhammad Medical College, Muhammad Dental College, and Muhammad Institute of Physiotherapy were enrolled. A Cross Sectional study was done between the months of July to September 2022. Data collection was done through face-to-face interview on close ended questionnaire. Data entry and analysis was done on SPSS version 22. Ethical considerations are Study conducted after seeking ethical approval from the Department of Medical Education of Muhammad Medical College Mirpurkhas.

RESULT:

A total of 165 participants were enrolled, which include 82 female and 83 were male. Most of the participants were found to have adequate knowledge about the donation of organs and were found keen interested in donation if needed.

CONCLUSIONS:

The above conducted study shows that people having sufficient knowledge about the organ donation and shows positive attitude towards organ donation. Educating health care professionals about the organ donation process appears to be an important factor in maximizing the benefits from the limited organ donor pool.

RECOMMENDATIONS:

Most of the student suggested that awareness about organ donation should be made as a part of curriculum. In our study the common source of information about organ donation was Media and internet. So the reliable and positive resources material can help people to acquire additional knowledge and make informed decision.

STUDENT PERCEPTION OF EDUCATION ENVIRONMENT IN THE PROGRAM OFMUHAMMAD MEDICAL COLLEGE MIRPURKHAS

Mohsin, Naeem, Usama, Peer Murtaza, AB Rajar, Jamil Ahmed, Asif Shah, Aqeela Memon

ABSTRACT

INTRODUCTION:
The learning environment has been defined as everything that happens in educational institute. It encompasses the educational physical social and psychological context in which student are immersed, and is thought to play a significant role in their professional and moral development. The learning environment has strong impact on students learning experiences, and outcome it indicate what, how and why student learn
Also it effect students level of enthusiasm and degree of learning effectiveness

OBJECTIVE:
To evaluate student perception of learning environment and assess any difference in perception related to students performed and their year of students
Methods
A descriptive cross section study was performed 150 students 1st year to final year medical students at MMDC
The main prediction variance were year of study and academic performance sample size as calculated using open simple size data was collected after taking inform with consent

RESULT:
Student perception of learning, 40 percent agree out of 100.And 50 percent agree out of 100 in the perception of academic performance

CONCLUSION:
Overall Students assessed education environment as average there is need for in all five domain of student perception

KEYWORD
Student perception, learning environment, self-Academic performance

EMOTIONAL INTELLIGENCE AMONG MEDICAL AND NON-MEDICAL STUDENTS

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ABSTRACT

BACKGROUND:
Emotional intelligence (EI) is the ability of a person to understand and respond to one's own and others' emotions and use the understanding to guide one's thoughts and actions. It is the ability to perceive accurately, appraise and express emotion; the ability to access and/or generate feelings when they facilitate thought; the ability to understand emotion and emotional knowledge; and the ability to regulate emotions to promote emotional and intellectual growth.

OBJECTIVE:
The aim of the study was to determine the (EI) among Medical and Non-medical students in various colleges of Sindh and to determine whether the age, gender and profession plays an important role in emotional intelligence.

METHODOLOGY:
A quantitative, cross sectional, close-ended questionnaire based survey was conducted from July-October 2022, among 130 medical & Non-Medical students among different colleges in Sindh. Information was collected regarding emotional intelligence, and this data was entered and analyzed using Microsoft Excel 2003 and Epi Info 7.2.5.0

RESULTS:
Total n =130with 45.4% male and 54.6% female, 50% Medical students, 50% non-medical students. Majority of the medical students were more emotionally intelligent than non-medical students. Among the subscales of emotional intelligence, the girls were better in managing emotions than boys.

Medical students are more emotional intelligence, than non-medical students, 22-24 age group were more emotionally and socially better than other age groups students.

CONCLUSION:
The females, medical students, 22-24 age group had significantly higher levels of emotional intelligence as compared to others.

KEY WORDS:
Emotional Intelligence, Medical Students, MMDC.

TOTAL WORD COUNT: 282

IMPACT OF SOCIAL MEDIA ON ACADEMIC PERFORMANCE AMONG UNDER-GRADUATE MEDICAL STUDENTS OF MMDC

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ABSTRACT

BACKGROUND:

Social Media is started when people start to communicate. Social means Human society as interference of people and the groups and word media is the medium of expressions. Most of the forms of social media are not digital. It generates a large number of innovations and social media is one of biggest inventions of technology, which is now most popular and widely used. Students' academic performance is affected by a large number of factors but the impacts of social media on the performance of student is most important than any other factor. The purpose of this study was to investigate the impact and relationship between social media and performance of Medical student at MMDC

METHODOLOGY:

A cross-sectional study was conducted from August-September 2022 at Muhammad Medical and Dental College Mirpurkhas. All Students n=200was approached and consent was taken. A closed ended questionnaire was administered for collection of information regarding Impact of social media on Daily Life and Academic Performance. Data were entered and analyzed by using SPSS version 26and MS office 2016.

RESULTS:

Total n =220 with (56.31%) female and (43.69%) male, at age of above 20 (74.07%) are agreed to change the behavior by social media. Around (61%) of age above 20 in (57.3%) female and (55.7%) male student says that usage of social media has positive impact. While (65%) of female and (51.5%) of males agreed to improve weak student. About (51.23%) above 20 year of age, (50.48%) of female and (51.54%) of males are agreed that social media is a convenient tool for assignments, class tests, online classes etc.

CONCLUSION:

The study gives that illuminating and confirming information. In recent years; use of social media has become very popular all around the world due to great development and technology. The basic purpose behind conducting this study was to see the academic outcome of student who spent most of the time on such interesting sites.

KEY WORDS:

Impact, social media, Academic performance MMDC

WORD COUNT: 378

CYBERCHONDRIA AND ASSOCIATED FACTORS AMONG SECONDARY AND HIGHER SECONDARY TEACHERS OF PRIVATE AND PUBLIC SECTORS AT MIRPURKHAS

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ABSTRACT

BACKGROUND:
The term "cyberchondria" has been used in the literature for the exacerbation of health anxiety as a result of searching for medical information on the Internet. It may lead to increased levels of psychological distress, worry, and unnecessary medical expenses. To find out the prevalence and factor associated with the Cyberchondria among the teachers of secondary & higher secondary schools of private and public sectors at Mirpurkhas.

METHODOLOGY:
A cross-sectional study was conducted from August-September 2022 at Secondary and Higher Secondary Teachers of Private and Public Sectors at Mirpurkhas.
All Teachers n=198were approached and consent was taken. A closed ended questionnaire was administered for collection of information regarding Cyberchondria and demographics characteristics. Data were entered and analyzed by using SPSS version 22 and MS office 2016.

RESULTS:
Total n =198 with51.5% female and 48.5%male, 63% age <30. Majority of females (51.5%) have high Cyberchondria than males, and age < 30 have high level of Cyberchondria, and the urban (74%) population have high level of Cyberchondria than rural population, bachelor and married population both have higher levels of Cyberchondria,and the public sector (54%) have higher levels of Cyberchondria than private sector, while the rest have no significant Cyberchondria.

CONCLUSION:
The study reveals that the rate of Cyberchondria was significantly higher among the females, age<30, urban population, bachelor, single & public sector.

KEY WORDS:
Cyberchondria., Secondary and Higher Secondary Teachers of Private and Public Sectors at Mirpurkhas.

WORD COUNT: 296.

FACTORS ASSOCIATED WITH LOSS TO FOLLOW-UP AMONG TUBERCULOSIS PATIENTS
STUDY BASED ON INSTITUTE OF CHEST DISEASES KOTRI,

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ABSTRACT

BACKGROUND:

Loss to follow-up is major contributing factor towards high disease burden and increase its spread. Aim of this study is to rule out factors which lead to loss patient (LTFU)

OBJECTIVE:

This study, enlists factors associated with loss to follow-up among TB patients.

METHODOLOGY:

A Cross section study was conducted using data and history taking from medical centers, daily OPD's, patient admitted to emergency and majorly from INSTITUTE OF CHEST DISEASES KOTRI, descriptive analysis was done by using EpiInfo version 7.0

RESULTS:

Male patients(73%) usually underweight(94.7%) belonging to lower socioeconomic status(77.3%) often with social abuses (i-e smoking often/rare etc.), having negative attitude towards treatment(98.7%)i-e non adherence, fearing tab drugs side effect or drug having poor response/resistant, facing social-stigmas(68.42%) have increased rate of loss to follow-up \then, underweight (71.43%)female (26.58%) of lower socioeconomic status facing social stigmas(98.7%)

CONCLUSION:

LTFU is an unsatisfactory outcome in TB treatment,

On multivariable analysis being male clinically (sputum positive) diagnosed PTB, underweight of low socio-economical class, more probably smokers were more prone to

KEYWORDS:

Loss to follow-up (LTFU), non-adherence, social stigma around TB.

RELATIONSHIPS BETWEEN EMOTIONAL INTELLIGENCE AND EMPATHY AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

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ABSTRACT

BACKGROUND:

Emotional intelligence (EI) and Empathy are two essential skills for Medicine centered person. The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically is called emotional Intelligence. The ability to understand and share the feelings of another is called empathy. The aim of this study was to evaluate the relationship between EI and Empathy and to assess whether socio-demographic factors and year at the medical school influence the level of EI and Empathy.

METHODOLOGY:

A cross-sectional study was conducted from July-October 2022 at Muhammad Medical College Mirpurkhas. All students n=152were approached, a closed ended questionnaire was administered for collection of information regarding EI, Empathy and demographics characteristics. Data were entered and analyzed by using MS Office 2013 &SPSS version 26.

RESULTS:

Total n =152 with 46.7% male and 53.3% female, 36.2% were less than 20 years and 63.8% were above 20 years of age. Majority of males (34.5%) were less emotionally intelligent and empathetic than females (65.5%). Among the subscales of emotional intelligence the girls were better in relationship-management than boys. Hostellers (72.2%) have more emotional intelligence and empathy than non-hostellers. Fourth year students were more emotionally and empathetically better than other classes.

CONCLUSION:

The females, hostlers, > 20 age groups and 4th Year MBBS had significantly higher levels of emotionally intelligent and empathy as compared to others. While there was non-significant relationship was observed among urban as compared to rural.

KEY WORDS:

Emotional Intelligence, Empathy, Medical Students, MMDC.

WORD COUNT: 296

ANGER ASSESSMENT OF MEDICAL AND DENTAL STUDENTS OF MMDC

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ABSTRACT

BACKGROUND:

Anger is defined as an emotional status varying from simple-levels of angriness to a high level rage anger is one of the most prevalent behavioral problems among the youth and those around them. Anger can be linked to problems such as alcohol and substance abuse emotional and physical abuse crime loss of concentration poor sleeping patterns and feeling of insecurity and self-harm. When anger is suppressed and not let out, it can be an underlying factor for anxiety and depression. Furthermore relationships can be affected and thinking and behavioral patterns may be altered. Through this study we intended to reveal how well medical students manage their anger amidst other external stressful stimuli and how significantly anger affects their lives. The aim of this study was to assess the level of anger among medical & dental students of MMDC.

METHODOLOGY:

A Cross-sectional study was conducted from August-September 2022 at Muhammad Medical College Mirpurkhas. All students n=200 were approached, a closed ended Questionnaire was administrated for collection of information regarding Anger Assessment and demographic characteristics. Data was entered and analyzed by using SPSS version 22 & MS office 2013.

RESULTS:

Total n=200 with (46.5%) male and (53.5%) female, mean age 20-22years.among the medical students (59%) and dental (41%) have levels of anger. The urban (68.8%) levels of anger and Rural (31.2%) level of anger. Majority (77%) students are sustainably more peaceful than average person. The (13%) students on average have mild levels of anger they responds to life's annoyances and the 10% students are more irritable as compare to average person they frequently react in an angry way to life.

CONCLUSION:

Majority of students have normal level of anger followed by mild level. The students with higher age, males, urban, and hostlers had more anger than others

KEY WORDS:

Anger assessment, Medical and Dental students, MMDC

TOTAL WORDS: 345 WORDS

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

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Prof. AB Rajar[2,] Aqeela Memon[3], Amjid Azam[3], Partab Puri[3]
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ABSTRACT

BACKGROUND:
Research training is a critical element of education in the medical field. Attitudes towards, knowledge of and barriers against research are the three key factors that have an impact on the success of research. Medical colleges are expected to train students in research to meet accreditation standards, to support students' Carrier prospects and to generate a pool of researchers. The purpose of this study was to assess the frequency and pattern about attitudes and barriers towards conducting research among undergraduate medical students at MMDC.

METHDOLOGY:
This is a cross-sectional multi-disciplinary descriptive study, where student's perceptions, attitudes and barriers towards research were evaluated. This study was conducted from August to September 2022 on undergraduate's students at MMDC. After Approval from the ethical committee, the informed consent was taken. The data was analyzed in SPSS (v21) and excel 2013.

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

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

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

WORD COUNT; 304.

KNOWLEDGE, ATTITUDE AND PRACTICES OF BRUCELLOSIS DISEASE AMONG FEMALE POPULATION OF MIRPURKHAS AND TANDOJAM

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Prof. Dr. Syed Muhammad Asif[2], Dr Aqeela Memon[2]
4th year students of Muhammad Medical College[1]
Professor Department of Community Medicine, Muhammad Medical and Dental College[2]

ABSTRACT

BACKGROUND:
Brucellosis is a contagious, neglected tropical zoonotic disease, caused by Brucella bacterium. Human attains this disease by consuming raw milk, direct contact with aborted animals, their placental membranes and vaginal secretions without any particular safety measures. Infect livestock including cattle, sheep, goats, etc. Clinically manifestation in humans includes fever, joint pain, weight loss, fatigue, and abortion (in women). Globally, every year 500,000 human cases have been identified but in Pakistan, it is the most under diagnosed and under treated disease.

OBJECTIVE;
To determine Knowledge, attitude and their practices regarding brucellosis among female population of Mirpurkhas and Tandojam.

METHODS:
A cross-sectional study of sample size N=120 with duration from August - October 2022 is maintained particularly in the female respondents of Tandojam and Mirpurkhas village. Inter-personal interview from each respondent was obtained through close ended questionnaire with convenience sampling. Data was analyzed through descriptive frequencies and scoring based on knowledge, attitude and practice. Informed consent is approved from ethical committee of Department of Community Medicine.

RESULTS:
A total of 120 sample size, all 100% females had poor knowledge against brucellosis, 63% of females were good in attitude and 36% were good in practices. According to age group, 50% of females had good attitude, 25% had good practices. Higher education group was observed to have good attitude and practices as compared to others. Among housewives and employee, no difference were observed in knowledge, attitude and practices (KAP) against Brucellosis.

CONCLUSION:
This study showed poor understanding of Brucellosis and high level of risky practices being observed at the household level that contributed the risk of humans contacting Brucellosis. Consumption of dairy products and contact with infected animals particularly, aborted one are the major risk factors for Brucellosis infection among humans in Sindh.

KNOWLEDGE, ATTITUDE AND PRACTICE OF EXCLUSIVE BREASTFEEDING AMONG THE LACTATING MOTHERS VISITING MMCH.

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Prof. AB Rajar[2], Aqeela Mmeon[3],
Students of Muhammad Medical College[1], [2]Professor and [3]Asistant Professor Department of Community Health Sciences Muhammad Medical College Mirpurkhas

ABSTRACT

BACKGROUND:

Exclusive Breastfeeding means infant receives only breast milk in first 6 months of life. it stimulates babies' immune system and protects them from diarrhea and acute respiratory infections. Exclusive breastfeeding is linked to reduction of neonatal morbidity and mortality in developing world. Moreover, breastfeeding reduces the risk of postpartum hemorrhage, breast cancer and ovarian cancer the aim of this study was to find out the knowledge, behavior about the importance of exclusive breast feeding among lactating mothers visiting MMCH.

METHODOLOGY:

A cross-sectional study was conducted from August-October 2022 at Muhammad Medical College Mirpurkhas. All Lactating mothers of children from 6 months-2 years. It was done by predesigned and pretested questionnaire, in 60 mother's questionnaire 21 items used to measure participant's knowledge, attitude and intention to practice. Data were entered and analyzed by using SPSS version 22 and MS office 2016.

RESULTS:

Total n =60 lactating mothers, mean age was $22 - 23$ years .n=56(93.3%) Muslim. n= 58 (96.7%) are married. Most participants were aware of EBF 58 (96.7%). n= 34(58.3%) said source of information is school, family neighbors. n=31(51.7%) of participants immediately breastfed after delivery n=38(63.3%) participants said EBF is needed beyond 6 months. Majority of participants n=49(81%) agreed with EBF significance in preventing diarrhea n=19(33.3%) participants discarded colostrum n=40(66.7%) participants gave their last child honey before breastfeeding after delivery. EBF knowledge and behavior is significant among lactating mothers. Small ratio of participants their first milk

CONCLUSION:

Our study reveals that the majority of the lactating mothers have better knowledge about the implementation of EBF. Their behavior and practice towards the attitudes giving by health institutes is positive. However, there is a major need to educate the mothers about not wasting colostrum specifically.

KEY WORDS:

Lactating Mothers, Exclusive Breastfeeding, MMCH.

PREVALENCE AND DETERMINANTS OF CHILDHOOD VACCINATION UNDER 5 YEAR OF AGE IN SINDH, AUGUST 2022, A CROSS-SECTIONAL STUDY

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ABSTRACT

INTRODUCTION:
The coverage of child vaccination in Pakistan is poor resulting in unnecessary yet preventable deaths. This study investigated the determinants and reasons for not vaccinating children in Pakistan. More than under 5-year age deaths are prevented through immunization. The current goal as per Global vaccination action plan is to reach at least 90% of the population nationally and at least 80% in each district. In Pakistan, it was launched in 1978. An ideal vaccine provides lifelong immunity for disease.

OBJECTIVES:
This study, therefore focuses on identifying prevalence and associated misconception of being no vaccinated

METHODS:
A cross sectional study was carried out by random sampling of 147 children under 5-year age. The coverage of routine immunization was conducted Pediatrics Outpatient Department of Muhammad Medical Hospital Mirpurkhas, Civil hospital Hyderabad. Data was entered in MS excel initially. Descriptive statics used for different Frequency, percentage, charts in Epi info 7.0 version.

RESULT:
The present study shows that out of 147 (n=19) 13% children in Sindh were never immunized. Prevalence of non-immunization was highest in rural areas compared to urban areas. Among 128 children (85) of them were vaccinated at government hospital while 24 at private hospitals and the remaining 19 were vaccinated by vaccination team. Low literacy rate, misconceptions, health issues after vaccination and distance from the health facility have major association with low vaccination coverage.

CONCLUSION:
Prevention and immunization programs should focus more on high-risk regions such as rural areas. Literacy, education, and economic status and misconceptions regarding vaccination were among the other significant factors associated with low vaccination rates, which need a special focus in the public policy to achieve the target of a healthy society.

KEYWORDS:
Childhood vaccination, reason to not vaccinate, misconception, illiteracy

WORD COUNT: 333

BREAST SELF EXAMINATION KNOWLEDGE PRACTICE AND ATTITUDE AMONG FEMALE PATIENTS VISITING OPD OF MUHAMMAD MEDICAL HOSPITAL MIRPURKHAS, 2022; A CROSS SECTIONAL STUDY.

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Supervisor: Prof. Dr Syed Asif, Muhammad. Dr. Aqeela Memon

ABSTRACT

INTRODUCTION:

Breast cancer is serious global disease occurring in a large number of women and it is a leading cause of cancer related deaths among women world-wide. In Pakistan it is frequently diagnosed cancer among female's one in nine female patients. BC in women is 2.5 times higher as compared to Iran & India. Risk factors: advancing age, family history of BC, early menstruation or late menopause, and use of hormonal replacement therapy. Screening Methods: BSE, CBE& mammography. Mammography is the only method that has been proven to be effective, but the method is very costly. This high incidence of breast cancer and the poor socioeconomic conditions of Pakistan make breast self-examination (BSE) the best tool for the prevention and early diagnosis of breast cancer.

OBJECTIVES:

The purpose of the study was to evaluate the Knowledge, Practice and attitude of breast self-examination among female patients of Muhammad medical hospital.

METHODS:

A questionnaire based cross- sectional study was conducted from august to September 2022 in MMDC, Mirpurkhas. The study population was female students using convenient sampling. The quantitative data were entered& analyzed using SPSS, Excel and Epi info. Demographic & baseline variables were analyzed using frequency, percentage, chi- square& P value.

RESULT:

Our study consists of 110 female patients, out of these 30 female had good knowledge about BSE & 80 had poor knowledge about BSE. In our study 13.6% has good practice BSE & 86.7% has poor practice.

CONCLUSION:

Knowledge regarding BSE was poor in all patients. Practice of BSE was poor in all poor in all patients. Attitude about BSE was mostly positive in all patients. Over all near female patients did not perform BSE as a screening method for the early detection of breast cancer.

RECOMMENDATIONS:

Based on research conducted, it is recommended that there is urgent need to create awareness through seminar and in many other ways about importance of BSE among female. Also, further researches needed to identify causes of inadequate knowledge, practice and attitude of BSE among females.

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

BREAKING BAD NEWS: AWARENESS AND PRACTICE AMONG CLINICIANS OF MUHAMMAD MEDICAL & DENTAL COLLEGE MIRPURKHAS

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ABSTRACT

BACKGROUND:

All medical practitioners find it difficult to break bad news. It is described as any knowledge that has a negative and significant impact on the patient's perception of their future selves. Basic rules that build a proper relation between doctor and patient is approaching patient with empathy using accurate language. The study's goal was to investigate Muhammad Medical College Clinicians' Awareness & Practice of the recent terrible news.

METHODOLOGY:

Across-sectional research was carried out at Muhammad Medical College in Mirpurkhas from September to October 2022. A closed-ended questionnaire was given to all doctors (n=62), and information was gathered. SPSS was used to enter and evaluate the data.

RESULTS:

In this survey Total n=62 with 58.1% male and 41.9% female were interviewed, mean age was (36.4) years. (91.7%) males out of 100% have broken bad news to the patient's or patients' family. And (8.6%) females had broken bad news to the patients or patients' family. (47.2%) males have received education or training for breaking bad news. (59.2%) clinician's consultants have bad experiences due to improperly breaking bad news. For set up (plan) interview for the patient to feel comfortable and keep privacy 66.7% males were agreed. 72.8% registrar give knowledge and information to the patients about its condition.

CONCLUSION:

Our study shows that doctors of MMC were very concerned about breaking bad news. Most of the doctors were conscious about patient's privacy for breaking bad news. In this study we found doctors perception to attend training regarding breaking bad news

KEY WORDS:

Breaking bad news, Clinicians of MMC,

WORD COUNT: 279

ASSESSMENT OF KNOWLEDGE AND ATTITUDE TOWARDS PATIENT PRIVACY AT TEACHING HOSPITAL OF MUHAMMAD MEDICAL AND DENTAL COLLEGE

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ABSTRACT

BACKGROUND:
Patients have a right to privacy that should not be violated without informed consent. Patient privacy and confidentiality in health care is essential, the right of privacy protects a patient from unwanted intrusions into his/her life and into information about his health, illness, and treatment. The aim of this study was to assess the knowledge and attitudes about privacy among patients visiting for HealthCare at MMCH from 2021-2022.

METHODOLOGY:
A cross-sectional study was conducted from July-September 2022 at Muhammad Medical College Mirpurkhas. All patients n=150 were approached, a closed ended questionnaire was administered for collection of information regarding patients' privacy/confidentiality. After informed consent the data was collected, entered and analyzed by using SPSS version 22 and MS office 2016.

RESULTS:
Total n =150 with 43.3% male and 56.6% female, mean age was $\pm$ 22 years. The majority of patients have good knowledge regarding the privacy rights. Knowledge about Privacy was observed by Age (20-40)(83%),Females (83%),Rural(82%),Bachelor(83%).While high level of Attitude was seen among Age (20-40)(80%),Rural(36%),Males(77%),Bachelors(85%).regarding attitude 83% patients were comfortable by attending students and nurses during physical examination.80% among patients say that the informed consent should be taken before medical examination.

CONCLUSION:
The majority of the patients visiting to MMCH for healthcare, were satisfied about ethical obligations by healthcare. The patients also have better knowledge and attitudes towards their ethical rights like privacy and confidentiality.

KEY WORDS:
Knowledge, Attitudes, Privacy/Confidentiality, Patients, MMCH.

WORD COUNT: 288

CORRELATION OF HELPING ATTITUDE WITH BLOOD GROUP AMONG THE UNDERGRADUATE STUDENTS OF MMDC.

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ABSTRACT

BACKGROUND:

Helping attitude is a willingness and concern for welfare of other that is purely selfless. Helping attitude reduce negative emotions of daily life now a days helping others seems a difficult act in the young generation associated with many factors like situational, social and dispositional. When there is more positive helping attitude there will be less hopelessness among people. This study was conducted to find out the correlation of helping attitude with the blood groups.

METHODOLOGY:

This was a cross sectional descriptive study conducted from August to October 2022 among students of Muhammad medical college Mirpurkhas all students n=150 were approached, a closed ended questionnaire was administered for collection of information regarding sex year, blood group and there helping nature offer telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS:

From total of n=150 students. N=75 (50%) belong to male gender and n=75 (50%) to female gender. N=30 (20%) participant were taken from each year of education. The most frequent blood group was (O+) n=50 (33.3%). N= 111(74%) participated in welfare work. N=130(86.7%) have gone to hospital in order to show sympathy n=70(46.7%) and for services n=45(30%). N=141(94%) are ever ready to help others and out of them n=92(61.3%) are never tired while helping others. A common reason for welfare work was to get spiritual satisfaction to help other as reported by n=111(74%) students. N=146(97.3%) have a positive intention for welfare work in future, in such a way to arrange free medical camp n=68(45.3%).

CONCLUSION:

According to my study undergraduate medical students who have positive blood group have more tendency of helping others as compared to those who have negative blood groups. The students have O+ shows more helping attitude. Majority of students go to hospital to ask for someone for the services of people and in order to show sympathy to them. Most of the students gets spiritual happiness followed by thankfulness by helping others. Many students want to arrange free medical camp and built hospitals for their future welfare work.

KEY WORDS:

Helping attitudes, Blood groups, Medical Students MMDC.

PREVALENCE AND PREDICTORS OF COVID19 VACCINE HESITANCY AMONG HEALTH CARE WORKERS IN TERTIARY HEALTH CARE INSTITUTIONS OF MIRPURKHAS, 2022: A Cross sectional study

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ABSTRACT

BACKGROUND

Vaccine hesitancy: "delay in acceptance or refusal of vaccination despite the availability of vaccination services". General reluctance and refusal of vaccine uptake appear to have magnified, with the introduction of COVID19 vaccines. The behavior is being observed among health care workers (HCWs) in the face of a pandemic that does not seem to be showing any progress towards elimination. Variability in the perception of vaccination safety and effectiveness has been reported as an important issue for vaccine hesitancy. HCWs are likely role models for vaccine uptake or refusal, they have a higher risk of exposure to COVID19 infections, and can be a source of further spread of infection.

OBJECTIVE

To assess the prevalence and predictors of COVID19 vaccine hesitancy among health care workers in tertiary health care institution in Mirpurkhas.

METHODS

A cross sectional study was done involving 150 doctors, pharmacist and other health care workers of Muhammad medical and dental college Mirpurkhas, between June and September of 2022. Simple random sampling was used to select study participants. A descriptive analysis was done by using MS excel and Epi Info version 7.0 to determine prevalence and predictors of COVID19 vaccine.

RESULT

4% HCWs of Mirpurkhas reported COVID19 vaccine hesitancy. According to gender wise 6% male were hesitant and 4% female were hesitant. Vaccine hesitancy was observed more frequent in doctors. 11% HCWs will stop family/relatives to take the COVID19 vaccine.
83% of hesitant group trust in information available on social media and internet. Among the vaccine hesitant 83% reported that they develop worriedness after reading of information available at internet and social media. Among the vaccine hesitant 33% reported that transport cost or clinic wait time discourage you from getting vaccine. In the vaccine hesitant people 66% feel worried that they may get a reaction if take the vaccine.

CONCLUSION

The issues of vaccine hesitancy among health care workers appear to be fundamental and very challenging to resolve. Vaccine hesitancy found more profound in doctors as compared to others. The non-significant associated factors were reaction after vaccine, absence of trust and cost.

RECOMMENDATIONS

A clear communication by the government, using the experience of HCWs as trusted sources of medical information, is needed to ensure the success of a national vaccination strategy.
Engage in work with higher authorizes to increase access to COVID19 vaccine for disadvantaged groups and support accurate and culturally based messaging about vaccination.

PREVALENCE OF INTENTION TO QUITE TOBBACO AMONG INDIVIDUAL AMONG TOBACCO USERS

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ABSTRACT

INTRODUCTION
Tobacco has been used by people for centuries and it is of three types smoke, smokeless and water pipes. Cigarette ranked top of the scale. Smoking is prohibited in all places of public work or use but implementation of tobacco control laws in "smoke free" public places was found to be poor

BACKGROUND
Tobacco use is responsible for more than seven million deaths world each year (WHO, 2019). Death will be toll to reach eight million annually by 2030. In addition to its harmful impact on health, Tobacco use also affect the economic and social well- being of household and utensils. The literature also confirm a strong link between tobacco use and poverty Whereby tobacco use not only contribute to poverty in the short run, by reducing consumption of other commodities, but also has a long term implication due to lower productivity and high expenditure on tobacco related illness

In Pakistan, one in every five adults use some form of tobacco (Global adult Tobacco survey This translate into nearly 25 million consumer of tobacco with 160,189 deaths, more in males (120,240) than in females (39,949). Pakistan share 22nd position in smoking globally

OBJECTIVES
To determine the prevalence of intention of smoking quit among smoker and associated factors Methodology The survey was commenced from July – September 2022 by Random sampling among individual of Muhammad Medical College involving 150 persons irrespective of the age and gender by encompassing tobacco users while visiting OPD. Data has been collected by inter-personal interviews and by using technical approach. Project study has been done under supervision of department of community medicine and their respective staff.

RESULT
80% of the responded ever tried to quite tobacco less than 35 years of age have more intention to quite tobacco
Gender wise male have more intention to quite tobacco Residence wise rural areas have more and only 26% of the participants belong to illiterate has no intention to quite tobacco Profession wise only 28% of the students have no intention to quite tobacco 81% among the smoker received suggestion to quite tobacco and only 12% of participants has intention to quite tobacco in next 6 months

CONCLUSION
There is intent to quit combustible smoking but the policy and infrastructure necessary for successful quitting are missing Intention of quit was high in males, employed, resident of rural and have graduation or above education

RECOMMENDATION
There is a need to establish smoking cessation clinics in hospitals and create by in through mass awareness this assistance should be backed with public advocacy on the negative effects of combustible smoking Sindh also need to develop durable mechanism to control illicit trade of Cigarette in order to restrict available options of buying cheap illicit or smuggled cigarettes. Tobacco law enforcement on smoking at public and private places should be more strongly pursued

FACTORS RELATED TO DEFICIENCY OF CLINICAL CAPABILITY AMONG SENIOR MEDICAL STUDENTS OF MUHAMMAD MEDICAL COLLEGE

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Supervisor: Prof. Dr. Syed Razi Muhammad

AIM:
To investigate the relationship between socio-demographic factors and clinical competences among senior medical students at Muhammad Medical College and to identify the most important determinant of clinical incompetence among medical students.

PLACE AND DURATION:
Among the Medical Students of Muhammad Medical College, Mirpurkhas, Sindh from September 2022 to October 2022

METHODS:
This was a follow-up study conducted in senior medical students. In this total 75 Students were recruited for the study. Simple random sampling was performed. Overall, 48% were male and 52% female. 66.7% are hostels and 33.3% none hostel. Hostilities Data has been collected and analyzed by SPSS. The analysis was performed using SPSS.

RESULTS:
In total, 75 students were recruited for the study. Overall, 48% were male and 52% female. In the two-dimensional analysis, socio-demographic factors significantly related to clinical competences included: theoretical overload, failure of the previous exam, hesitation, and lethargy and time shortage

KEYWORDS:
Clinical competences, case-control study, determinants, medical students

LEVEL OF SATISFACTION OF MMDC STUDENTS

Dr Tehmina Batool, Dr Maria Narejo, Dr Sumaiya Narejo, Dr Hadiya Hayyat
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Assigned by Proff Dr Syed Razi Muhammad

ABSTRACT

INTRODUCTION:

Academic satisfaction plays a key role as the main pillar of the educational system regarding the students' knowledge about their future activities. Evaluating educational practices in medical sciences has always been absolutely significant, given their special role in training human resources and that receiving feedbacks for enhancing educational activities. Examining the opinions of students, as the main audience of 1educational programs can help develop one of the best and most successful teaching methods. Identifying the causes of students' satisfaction and analyzing all the factors therefore significantly affect the academic achievement of students and can play a key role in enhancing the quality of services.

OBJECTIVE:

To determine the level of satisfaction in students of MMDC Mirpurkhas.

METHODOLOGY:

A simple Cross Sectional study was conducted by using systemic random sampling via questionnaire the data of 200 students [99 Male 101 Female] was obtained and analyzed via SPSS version 25 for results.

RESULT:

A total students 200 [Male 99 and Female 101] from 1st year to final year MBBS. Male [79.8%] are more satisfied while female [28.7%] are unsatisfied, 1st year are highly satisfied from other year students with adequacy accessibility and quality of teaching learning sources [90%], teachers giving sufficient time for queries and clarification [80%] posttest discussion [75%], 1st year and final year equally highly satisfied with infrastructure [82.5%] and number of assignments [65%]. 4th year and final year satisfied more with innovative teaching methods such as PPTs [77.5%].4th year is more satisfied with their marks and grads [90%].final year with environment [72.5%]. 1st year [75%] are highly satisfied as an MMDC students and 4th year [42.5%] is least satisfied.

CONCLUSION:

According to my study, Male [79.8%] are more satisfied while female [28.7%] are unsatisfied. 1st year and final year are more satisfied with MMDC infrastructure, number of assignments and environment provided by college.4th year are more satisfied with their grades? 3rd year is mostly least satisfied of many things.

SOCIAL ANXIETY

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ABSTRACT

INTRODUCTION:

Social anxiety is defined as a persistent fear of negative evaluation while engaged in social interactions, gatherings, formal presentations and events requiring assertive behaviorand public performance.Social anxiety significantly increases the risk for other anxiety disorders, depression & impairs the functioning and overall quality of life as well as increases the inclination/risk of suicidal attempts.

OBJECTIVE:

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

METHODOLOGY:

A simple cross-sectional study was conducted by using random sampling.
With the help of Google forms and printed questionnaires, the data of 104 people (56 males,48 females) was taken with the questionnaires..
The data was entered into SPSS version 22 and analyzed for results.

RESULT:

Overall, females showed more discomfort while partaking in daily life activities while males were generally comfortable in most of the situations, showing that females exhibits a more social phobic tendency.
Males showed a greater discomfort in sharing their personal information on social media having a ratio of 40/56 males.
Females showed a greater ratio of discomfort in having to urinate in public places a ratio of 22/48 females.
Males showed a greater level of comfort in taking part in activities such as participating in public. small groups, eating/drinking in public and most of the activities which required them to be in
While females showed higher levels of comfort in indoor activities especially those which were indoor and did not require much assertion or attention, like taking a test in which only 14 females showed discomfort.

CONCLUSION: ˙

Social media has shown to cause more social anxiety in both genders.
While, the females were more anxious during outdoor activities but most of the men showed comfort in them.

PREVALENCE AND UNDERLYING FACTORS OF MYOPIA AMONG THE STUDENTS OF MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

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ABSTRACT:

INTRODUCTION:

Myopia is **a refractive error in which eye fails to see distant objects properly**. It has become the leading cause of visual impairment globally having both genetic and environmental risk factors. Medical students are particularly at more risk due toned for prolonged periods of study and near visual work required by their intensive study regimen. A study done in East Asia showed a prevalence of myopia exceeding 70%. Age-specific prevalence of myopia from age 20-29 years in Asia is reported as 45-50%. It is estimated that 50% of the global population will be myopic by 2050.

OBJECTIVE:

To assess the prevalence and the underlying factors of myopia in MBBS students of Muhammad Medical College, Mirpurkhas.

METHODOLOGY:

A simple cross-sectional study was conducted by using systematic random sampling via questionnaire. The data of 100 students (50 males & 50 females, 20 from each year) was obtained and analyzed via SPSS version 25 for results.

RESULT:

About 55% of students were observed to be myopic. Higher ratio was seen in 3rd year students as compared to other years. The risk factors observed to increase myopic prevalence were positive family history (66%), longer screen activity (65%), study under dim light (52%), poor sleeping hours (32%), insufficient diet (50%), strenuous study hours (55%).

CONCLUSION:

Prevalence of myopia observed among the MBBS students of MMDC was comparable to some other studies done in medical colleges of Pakistan (Wamiq et al. Nishtar Medical College and Choudhry et'al, Allama Iqbal Medical College). Genetic disposition and early lifestyle habits were also observed to increase the risk for myopia.