

Needle stick practice and injury among health care workers and students of Muhammad Medical College

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BACKGROUND: Needle-stick and Sharp Injuries (NSIs) are accidental skin penetrating wounds caused by sharp instruments in a medical setting. Healthcare Workers (HCWs) face a high risk of an occupational exposure to blood, which can lead to the transmission of pathogens causing an infection such as Hepatitis B, Hepatitis C, and Human Immunodeficiency Virus (HIV). Are of utmost concern because they can cause significant morbidity or death. The common high risk situation of such an occupational exposure is percutaneous injury which is a high risk injury.

METHODOLOGY: A cross-sectional study was conducted among the among health care workers and students of Muhammad Medical College in July-August 2018. Inclusion criteria was a health care worker who was the representative and was responsible for handling hazardous or dangerous biological agents. Face to face interviews were conducted by using close ended questionnaire comprising of 20 questions. This data was maintained and analyzed by using SPSS version 22.

RESULTS: Among total n=50 Health care workers and students of Muhammad Medical College, The needle stick practices and precautions about it are very good. The staff age was 80% in between 21-23 years. 75% was with 1-3 years experience in MMC. In the staff 95% had ever administered injections. 70% assisted in the removal or disposal of needles. 55% do not re-sheath the needle after assist. If need to separate a needle from syringe 44% had gloved hands. 40% had a needle stick injury during their work in last 12 months mostly due to individuals' carelessness. 73% had fully inoculated against Hepatitis B.

CONCLUSIONS: This study provides valuable information on Needle stick practice and injury among health care workers and students of Muhammad Medical College affecting the public health, safety, and welfare of community.

KEY WORDS: Needle Stick Practice, Injury, HIV, Hepatitis B & C Health Worker, MMCH

WORDS COUNT: 333

MORPHOLOGICAL STUDY OF BREAST CANCER IN MUHAMMAD MEDICAL COLLEGE, MIRPURKHAS

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ABSTRACT:

OBJECTIVES: Breast cancer is still a leading cause of mortality among females in developing countries. This study was carried out to describe morphological types of breast cancer which would make a difference in the management of breast cancer in future.

METHODS: This retrospective cross-sectional study was conducted in Department of Pathology, Muhammad Medical College, Mirpurkhas from January 2010 to January 2012. The entire mastectomy specimen which were come in the above mentioned duration were included in the study. Data was collected regarding age, bilaterality, size of tumor, histological types, grading of tumor were recorded and analyzed.

RESULTS: Total 106 patients were studied ranging from 21-75 years with average age of 43.33 years with the standard deviation ± 13.34 . Most common age group years 31-40 years with 39 cases (36.79). Infiltrating duct cell carcinoma was seen commonest pattern with 78 cases (78.41%) followed by lobular carcinoma in 8 cases (7.54%), colloid carcinoma in 5 cases (4.71%), papillary carcinoma in 4 cases(3.77%), schirrous carcinoma in 3 cases(2.83%), malignant phylloides in 3 cases(2.83%) and malignant fibrous histiocytoma in 2 cases(1.88%). There were 16 (15.09%) cases of grade I, 57 (53.77%) cases of grade II and 33 (31.13%) cases of grade III disease.

CONCLUSION: Breast cancer is still a common problem usually presents in a middle age group. These problems can be covered by the implementation of different screening and awareness programmes in our country which is required for early detection of tumor so the curative treatment will be easy.

WORD COUNT: 265

Analytical Study on Biomedical Waste Management in Muhammad Medical College Hospital, Mirpurkhas

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BACKGROUND: Biomedical Waste is generated in hospitals and clinics during diagnosis, treatment, prevention and research. The management of the waste is important as any health risk, or environmental hazard may be associated with waste. The study was performed to check the knowledge of biomedical waste management among health care workers.

METHODOLOGY: A cross sectional study was conducted from 5th July to 5th of August 2018. Data was collected through a questionnaire consisting of 16 questions given to Medicine ward, Surgery ward, Gynae ward, OT and Laboratory. Over all 50 questionnaires were distributed throughout the medical staff. The data was entered and analyzed in SPSS version 22.

RESULTS: From total of n=50 staff members, n=33(66.0%) Male while n=17(34.0%) were Females. Nurses were n=23 (46.0%), Cleaners were n=12(24.0%), Doctors were n=11 (22.0%) and Administrator were n=4 (8%). Among total n=29 (58.0%) were trained for their work. But n=21(42.0%) were not trained about Biomedical Waste Management. In the hospital, n=27 (54.0%) know about the color coded classification which should be used during work in different wards where n=23 (46.0%) don't know about it. Majority of the Staff Members were doing their work according to WHO rules and regulations.

CONCLUSION: From our research we have concluded that some of the hospital staff doesn't even know about biomedical waste management, there should be seminars to educate them. As most of the cleaners were not in their proper uniform, so immediate action should be taken by the Administrators. Proper color coded containers should be used for disposal of waste in every ward as this is the basic protocol of hospitals. Cleanliness was seen in the hospital but there is a room for improvement.

KEY WORDS: Biomedical waste management, Healthcare workers, MMCH.

WORD COUNT: 327

ASSESSMENT OF LEVEL OF ANXIETY AMONG MMC STUDENTS

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BACKGROUND: Anxiety can be defined as the anticipation of future harm or misfortune, accompanied by a feeling of dysphoria or somatic symptoms of tension. Medical students suffer to some levels of study anxiety, such as; have new experiences, environment and situation. These are like difficulty of subjects, new roommates, identity crises, cultural shock, and relationship problems in increase the anxiety. The aim of this study was to assess the level of anxiety among Medical students of Muhammad Medical College.

METHODOLOGY: This is a cross-sectional study that was done among Muhammad Medical College students from 5th August to 25th August, by distribution of questionnaire among the 100 students of MMC. The data was analyzed by SPSS version 22 and the study was conducted after approval of ethical committee of Muhammad Medical College.

RESULTS: Out of 100 students, 57% students have mild level of anxiety, 40% students have moderate level of anxiety and 3% students have severe level of anxiety. Almost all age groups were affected 23% (17-19 years) having mild anxiety, 19% with moderate anxiety (20-22). Females are more affected (57%) while male are (43%) of different level of anxiety.

CONCLUSION: The level of anxiety is high among girls than boys, more have moderate level of anxiety, a few of students have severe anxiety level. Majority have mild anxiety. Hence there is a need of early screening and psychiatric counselling of medical students.

KEYWORDS: Level of anxiety, Medical students, MMC.

Word Count: 274

Assessment of Hospital Waste Management in MMCH City Mirpur Khas.

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BACKGROUND: Hospital waste has a high potential of infection and injury and its management is a major challenge for developing countries. HW contains hazardous or risk waste and non risk waste. Pakistan is highly populous country in the world with highest urbanization and population growth rate in south Asia. Data and analysis regarding hospital waste management practices in Pakistan are scarce in scientific literature. The objective of this study was to assess the hospital waste management technique in MMCH.

METHODOLOGY: Cross sectional study design a survey was conducted in august 2018 in MMCH Mirpur khas. Waste management practices were assessed by using WHO guideline. Knowledge and practices of n=40 waste handlers were measured regarding HW by using closed ended questionnaire. Data was analyses by using SPSS version 22.

RESULT: The hospital was thoroughly analyzed for a week; the generated hospital waste consisted of sharps (48kg/day), pathological waste (29kg/day), and disposable waste (260kg/day). 76% of the Hospital personnel didn't knew about the color coding about HW. And only 20% of the sanitary workers used protective clothing during segregation of the hospital waste.

CONCLUSION: Knowledge and practices of the HW handlers was poor which put them on risk to develop infection like hepatitis B, C, AIDS etc. periodic training session for hospital waste management among the waste handlers. It is also suggested hospital of MMC develop their waste management team and plan according to WHO guideline.

KEY WORDS: Hospital waste, knowledge, practices, infectious waste, health care unit.

WORD COUNT: 279 words.

Blood group association with Positive Behavior: A Cross Sectional Study among Students of Muhammad Medical College, Mirpurkhas

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BACKGROUND: Positive behavior toward others refers to voluntary actions intended to aid the others, with reward regarded or disregarded. Nowadays helping others seems a difficult act in the young generation associated with many factors like situational, social and dispositional. Whenever there is positive attitude in people there will be no concept of hopelessness among needy. Therefore a study is conducted to assess the correlation of positiveness in different blood groups in young medical students.

METHODOLOGY: This was a cross-sectional descriptive study carried from July-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS: From total of n=100 students. n=50(50.0%) belong to male gender, n=50(50.0%) belongs to female, frequent blood group was O positive n=43(43%). Among total n=100 (90.0%) participated in charity work in this mostly have blood group "O". A common reason for charity work was to get spiritual satisfaction to help other as reported by n=40 (40.0%) students. n=63(63.0%) have a positive intention of charity work in future, in such a way like to build hospital n=25(25.0%).

CONCLUSION: According to study students were highly involved in charity work. The blood group "O" show more positive attitudes to helping others. It is recommended that other students who have no intention towards helping others need an active education program to encourage and promote the charity trends.

KEY WORDS: Positive behavior, Medical students, Blood group

WORD COUNT: 245.

Communication gap within gender and opposite gender, barriers and Solutions

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BACKGROUND: Relationships, respect, workplace, authority are common ways men and women are pitted against each other. Communication is the common denomination in all these situations. Communication with the team of same and opposite gender eliminate misunderstandings and can encourage healthy and peaceful environment. This study aims to Investigate the communication barriers between same and opposite genders and provide solutions to eliminate this barrier.

METHODOLOGY: A Cross sectional study was conducted among the students of MMC, Mirpur Khas during the time period of July and August 2018. Close ended questionnaire was used to collect data. A total of 100 students Participated in study from 1st year to Final Year. 20 students from each class participated in which 10 were Boys and 10 were girls. Collected data was entered and analyzed by using SPSS version 25.

RESULTS: 60% boys (n=30) and 44% girls (n=22) feel easy to communicate with the other gender. The major problem that made communication with the opposite gender less effective among boys (60%) was due to the religious issues faced in our society and among girls n=18 (36%) the reason was lack of confidence. Both genders faced communication problems with the age group older than them n=44 (44%). Among same gender the main reason for the lack of communication was that they failed to express what they wanted to say n=43 (43%). And considered listening to the person keenly as a solution to this barrier n=51 (51%).

CONCLUSION: Men and women can learn so much from each other if only the gender communication barriers can be broken. These barriers disappear with time, understanding, and effort. An investment of time is necessary to evaluate personal communicative style.

KEY WORDS: Communication gap, gender, male, female, barriers, solutions

WORD COUNT: 322

Community awareness regarding Poliomyelitis and reason behind vaccine refusal

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

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among peoples of Mirpurkhas city. We approached n=100 peoples from the crowd, a closed ended questionnaire was administered for collection of information regarding vaccine and their behaviour toward polio team, Data were entered and analyzed by using SPSS version 22.

RESULTS: A total of 100 participants responded to the questionnaire. Over all participants demonstrated good knowledge and attitude towards polio vaccination teams. Majority of people agreed that team behaved friendly with them(95%),wish polio team visits(86%),cooperation by team(100%),satisfaction with their work(95%),last child vaccinated(74%),faced adverse effects(9%),team workers demanded for fee(0%).Knowledge gaps were identified about the expiry of polio vaccine(81%),having polio vaccination is an intrigue(14%),didn't know the age of vaccination(40%),having polio vaccination is an intrigue. Expiry of vaccine, unawareness for age of vaccine, Religious beliefs and lack of knowledge about polio immunization were reported as the major barriers towards polio immunization.

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

KEY WORDS: People, Behavior, Polio Vaccination.

WORD COUNT: 324

Dementia Knowledge assessment scale among the students of Muhammad Medical College, Mirpurkhas, Pakistan

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BACKGROUND: Dementia is a life-limiting condition that is increasing in global prevalence in line with population ageing. In this context, it is necessary to accurately measure dementia knowledge across a spectrum of health professional and lay populations with the aim of informing targeted educational interventions and improving literacy, care, and support.

METHODOLOGY: This study was conducted by using cross-sectional study design in August 2018 among undergraduate medical students of First to Final year students Muhammad Medical College, Mirpur khas, Pakistan. A closed ended questionnaire was developed by reviewing literature and distributed among 100 students to collect data. The data was entered and analyzed by using SPSS version 22.

RESULTS: Among the total 100 students n=50 were male and n=50(50%) were females. Among 100 students n=60 students got passing marks out of which 23 fall in category of 36-50 scores and n=37 fall in the 25-35 score category and n=40 students fail to get passing marks out of which only 18 students got less than 15 marks. From 1st year 7 students and 6 students from 2nd year, 11 students from third year, 16 students from 4th year and 20 students from final year got passing marks. Out of n=60 students 32 were girls who got passing marks while 28 were boys.

CONCLUSION: It is concluded that students of Muhammad Medical College have a good knowledge about dementia. Both boys and girls have nearly sound knowledge. But students of 4th year and final year students are extra ordinary in their performance.

KEY WORDS: dementia, symposium, Medical Students

WORD COUNT: 294

Behavioral assessment of parents/society/peers towards Down syndrome

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BACKGROUND: Down syndrome is a congenital disorder arising from a chromosome defect, causing intellectual impairment and physical abnormalities including short stature and a broad facial profile. It arises from a defect involving chromosome 21, usually an extra copy (trisomy-21). To explore the behavior of Down syndrome children toward society and other way around.

METHODOLOGY: Descriptive cross-sectional study was conducted among children with Down syndrome in Hyderabad, Karachi and Lahore from 1st August to 1st September, 2018. A sample of 100 children and their parents/peers divided approximately equally by sex, grade level and school type (inclusive or non-inclusive) participated in the study. Structured questionnaire and socio-metric technique were used to extract the data from respondents. Data were entered and analyzed by using SPSS version 25.

RESULT: Our data revealed that, (n=38) 38% parents got depressed, (n=26) 26% parents were shocked, (n=24) 24% parents were cheerful considering good fortune, (n=10) 10% parents thought of disowning the children after the birth with Down syndrome. Out of (n=100) children, (n=48) 48% children have never been to school, (n=41) 85% out of these were below average in learning ability, (n=7) 14.5% were average and (n=5) 5% children were school going, all were above average, and (n=47) 47% have been to school but couldn't adjust, (n=12) 25.5% were average, (n=11) 23.4% were above average and (n=24) 51.06% were below average. Out of (n=100), (n=37) 37% of the DS children are friendly to new person, (n=30) 30% children are rude and (n=34) 34% feel shy around new person. Out of (n=100) parents, (n=92) 92% parents said that people make fun of them and in reaction, (n=58) 63.04% children fight and (n=34) 36.95% scream because of that parents feel embarrassed of them and do not take them to family gatherings, remaining (n=8) 8% said people don't make fun of them. Out of (n=100) parents, (n=58) 58% said that they are fed up of the child's abnormal behavior, out of them (n=42) 72.41% parents scold their children and, (n=16) 27.6% parents don't scold because they feel pity and consider them as a good fortune, and (n=42) 42% said that they don't get fed up of their abnormal behavior and (n=4) 9.5% parents still scold them because they think these children have bad impact on their siblings.

CONCLUSION: Every child is special and blessing in their own way. We should treat all children equally and give them as much as we can, as parents because whatever they will be, either bad or good, the reason will be us. Parents or society play an important role in development of child's behavior and personality building.

KEY WORDS: Down syndrome, Parents, Society, Behavior

WORD COUNT: 444

Treatment out come and side effects of directly acting oral anti HCV drugs a single center experience.

OBJECTIVE: To see Treatment out come and side effects of directly acting oral anti HCV drugs.

STUDY DESIGNS: Single prospective / observational study

PLACE AND DURATION OF STUDY: Liver & GI center new towns Mirpurkhas from August 2017 to August 2108.

INCLUSION CRITERIA: All chronic Hepatitis C patients.

EXCLUSION CRITERIA: Pregnancy, lactating females and Hepatocellular carcinoma

METHODOLOGY: Outdoor chronic Hepatitis C patient treated with directly acting oral anti HCV drugs were enrolled. Quantitative HCV RNA was tested at week 4, 12 during and week 24 after the treatment, side effects of treatment were asked from the patients during the follow up visits. Data was put on a pre designed Performa

RESULTS: 94 numbers of patients enrolled, out of which 48 were males and 47 were females, male to female ratio was 1:1.

51 (52%) were naïve, 47 (47.9 %) were treatment experienced, out of them 32 (32.6%) were CLD patients, out of them 22 (68.3%) were Child A cirrhosis, 10 (31%) were Child B cases.

One patient was co-infected with HBV; their previous treated genotype was 3a (68%).

Quantitative PCR ranges from 1020 IU to 530000 IU/ml.

In all (94) patients HCV RNA was negative at 4 and 12 weeks of treatment. Viral response at 24 weeks after the treatment was different. Viral clearance in patients With Sofosbuvir and Ribavirin was 83% (50 out of 62). With Sofosbuvir and Daclatasvir response rate was 91% (11 out of 12). One patient put on Sofosbuvir and Ribavirin stop the treatment by herself due to palpitation and epigastric pain.

While in Decompensated patients put on Sofosbuvir and Ribavirin the response rate was 65 % (13 out of 20). And patients put on Sofosbuvir and Ribavirin and Daclatasvir the response rate was 83% (10 out of 12). One cirrhotic patient developed HCC during the treatment may be due to disease course not because of the treatment. Mild anemia was noted in 15 numbers (14.7%) of patients that was treated with folic acid and iron, no major side of the DAAs were noted during the treatment.

CONCLUSION: New directly acting oral anti HCV (DAAs) is well tolerated and efficacious, further studies are needed in more number of patients to assess the efficacy and side effects

WORD COUNT: 390

ICT Trends in Modern Medical Sciences

By: Dr. Isma Farah Siddiqui¹

ABSTRACT:

BACKGROUND: Information and communication technology (ICT) is playing a vital role in suggesting modern curing solution to various diseases round the world. Recently, it's observed that ICT along with its new state-of-the-art technology infrastructures such Sensor technology, Internet of Things (IoT) and Bio technology are addressing the cure of multiple diseases at the same time.

METHODOLOGY: This convergence of data analysis is only possible if all these new techno-paradigms are collaborating in a perfect synchronization.

RESULTS: This talk discusses traditional ICT infrastructures along with all the mentioned new paradigms and how did they change the medical treatment ways. Also, we will observe modern world technology infrastructures, which ease the life of humans and brief medical experts for proper prediction of medication to the concerned patients.

Name	First: Dr. Yasir	Middle: Arfat	Last: Memon
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Title	Hypospadias; a comparative study between Snodgrass and Braca's procedures.
Purpose of presentation / study	<i>A brief statement of the purpose of the study and the current state of research in the field.</i> To evaluate the outcome of Snodgrass and Braca's procedure at LUH, Jamshoro.
Study Period	<i>Starting and closing dates of study period with minimum and maximum follow up times.</i> From 1 st January 2015 to 31 st December 2016.
Methods /Procedure details	<i>The methods of study or experimental approach clearly, but briefly, defined.</i> Observational and comparative study.
Results /outcome	<i>A summary of the results of the study, including sufficient details to support those conclusions.</i> Total number of cases is 50, out of which on 25 cases, Snodgrass was done and on remaining 25 Braca's procedure was done. In Snodgrass fistula formation was seen in 5 out of 25 patients and in Braca's procedure out of 25 only in 3 patients fistula was formed.

Evaluation of learning style among the students of Muhammad Medical College

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BACKGROUND: Many people recognize that each person prefers different learning styles and techniques. Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no right mix. Nor are your styles fixed. You can develop ability in less dominant styles, as well as further develop styles that you already use well.

METHODOLOGY: A cross-sectional study was conducted among students of Muhammad Medical College in July-August 2018. Inclusion criteria was a student who was studying and learning in different style. Face to face interviews were conducted by using close ended questionnaire comprising of 16 questions. This data was maintained and analyzed by using SPSS version 22.

RESULTS: Among total n=100 students of Muhammad Medical College, The learning style is different. The student age was 50%% in between 21-23 years. 80% are from province Punjab in MMC. In them 70% % are from Urban areas. 45% will talk with people who know about the program if they are going to learn a new program. 40% are interesting design and visual features in a website. 55% students thinks that they will tell the direction if someone ask help to go to the airport. 45% thinks they will describe some of the highlights they will experience before planning for a trip. 34% will use a good recipe while going to cook a special treat.

CONCLUSIONS: This study provides valuable information on different learning style among students of Muhammad Medical College affecting the public health, safety, and welfare of community.

KEY WORDS: Learning style, MMC, Students

WORDS COUNT: 320

EXCESSIVE USAGE OF MOBILE PHONE AND THEIR SIDE EFFECTS AMONG STUDENTS OF MUHAMMAD MEDICAL COLLEGE MIRPURKHAS

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BACKGROUND: Mental health problems have been increasing among young peoples in Pakistan and around the world. Because of quick development and wide spread of mobile phone and their vast effect on communication and interaction in work and private life, it is important to study possible negative health of the exposure.

METHODOLOGY: The study was conducted by using cross sectional study design from July/August 2018 among under graduate students of Muhammad medical college Mirpurkhas. After taking consent a close ended questionnaire was distributed by using simple random sampling method. Data was entered and analyzed by using SPSS Version 22.

RESULT: Among (100) students (50) were male and (50) were female, predominant age(46%) was b/w (21-23y),mostly were hosteller (66%).We found that (98%) students use mobile phone, (58%) use more than 4 hours,(55%) use mobile phone for purpose of social media and (60%) use it for late night. Due to excessive use of mobile phone sleep of (38%) students have Affected, (27%) feel mental stress,(47%) have affected ears by listening music,(58%) feel headache and study of (59%) students have been affected.

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

KEY WORDS: Mobile phone Side Effects, MMC Students

WORD COUNT: 269

Frequency of internet addiction among the Medical Students of Muhammad Medical College, Mirpurkhas, Pakistan

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BACKGROUND: Problematic use of the Internet and new technologies, commonly referred to as Internet addiction, is defined as a use of technologies or means of communication offered online which leads to difficulties for the individual Internet addiction brings about a feeling of distress as well as psychological, social or professional problems.

METHODOLOGY: This study was conducted by using cross sectional study design in August 2018 among medical students of first to final year MBBS Muhammad Medical college mirpurkhas. A closed ended questionnaire was developed by reviewing literature and distributed among 150 students to collect data. The data was entered and analyzed by using SPSS version 25.

RESULTS: Of the total n=150 student, 150 student resubmitted the questionnaire. The overall internet addiction was 97% among them it was present in 49% female and 48% male student internet addiction. It was prominent in female. Internet addiction was present in 1st year 23%, second year 22%, 3rd year 21%, 4th year 14%, final year 20% out of 100%. Highest internet addiction are among the first year student and less among the 4th year MBBS student.

CONCLUSION: Mostly students in MMC are highly addicted to Internet use. The profile of internet addiction is very high among 1st year students. Hostlers are more prone to the use of internet. Female gender has high profile in internet addiction.

KEY WORD: Prevalence, internet addiction, gender

WORD COUNT: 300

Hypospadias a comparative study between Snodgrass and Braca's procedures.

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BACKGROUND: To evaluate the outcome of Snodgrass and Braca's procedure at LUH, Jamshoro.

MEHODOLOGY: Observational and comparative study. From 1st January 2015 to 31st December 2016. Observational and comparative study.

RESULTS: Total number of cases is 50, out of which on 25 cases, Snodgrass was done and on remaining 25 Braca's procedure was done. In Snodgrass fistula formation was seen in 5 out of 25 patients and in Braca's procedure out of 25 only in 3 patients' fistula was formed.

CONCLUSION: Braca's procedure out of 25 only in 3 patients' fistula was formed.

WORD COUNT: 112

Interpersonal Communication Skills among the Students of Muhammad Medical College, Mirpurkhas, Pakistan

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BACKGROUND: Interpersonal communication is the process by which people exchange information, feelings, and meaning through verbal and non-verbal messages: it is face-to-face communication. Interpersonal communication is not just about what is actually said - the language used - but how it is said and the non-verbal messages sent through tone of voice, facial expressions, gestures and body language. The aim of this study was to examine the interpersonal communication skills among college students by gender, age and year of study.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding Interpersonal Communication skills pattern, Data were entered and analyzed by using SPSS version 22.

RESULTS: From total of n=100 students Male were 50% and Female also were 50%. 20% students from every class 10% of either gender were selected randomly for research. Among all the students 38% feels difficulty while talk to other people. In 47% students, people seem interested and attentive when they talk to them. 50% students feel difficult to hear or accept the constructive criticism from the other people. 40% students become uneasy when someone pays them a compliment. Overall the interpersonal communication skills are low in 1st and 2nd year classes and good in 3rd, 4th and 5th year classes. In gender, male are good in interpersonal communication skills.

CONCLUSION: This study explore that students of MMC have normal profile of interpersonal communication skills overall but low in lower classes. They are not good listener but have a high profile score of conveying message to other people. They are not good in cop one's emotions.

KEYWORDS: Interpersonal Communication, behavior, MMC students

WORD COUNT: 280

Intervention by Health Poems & Rural (desert) Children and Role of Family Physician

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Institution: Pakistan academy Of Family Physician, Rotary Club Khipro Sunders Sindh United (n) Developmental Educational Rural Society, Pakistan Polio plus Rotary International, College Of Physician & Surgeon Pakistan

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

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

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

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

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

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

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

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

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

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

Paper for Oral Presentation

WORD COUNT: 263

Scabies control: WHAT'S NEW??

Dr. Kholi Aijaz
Muhammad Medical College, Mirpurkhas

BACKGROUND: The Scabies is a contagious infestation transmitted by skin-to-skin contact and sometimes by contact with contaminated material. The scabies mite burrows into the skin, producing a popular rash with severe itching at typical sites of predilection. An important concern for developers of clinical practice guidelines is to determine when guidelines require update, to ensure they remain current and evidence based. Clinical guidelines are considered important instruments to improve quality healthcare. Purpose of this study is to compare development of various guidelines about scabies. The study successfully provides EU guideline for 2017 has vital impression for treatment of scabies.

METHODOLOGY: The study provides comparison between the UK National Guidelines of Scabies (2016) and European guideline (2017) by comparing terms of sign, symptoms, transmission, diagnosis and Management of Scabies in HIV positive patients, atypical Scabies and Scabies Incognito. European guidelines (2017) introduce information about new treatment recommendations, addition of a section on mass population treatment and audit standards of scabies.

RESULT: Compliance with the updated criteria of the programs guideline, EUROPEAN guideline includes mass population treatment and its prevention from scabies.

CONCLUSION: Using an appropriate updated guideline will enable the selective treatment of affected individuals and reducing the requirement for mass treatment and the associated costs. The updated guideline provides an efficient and acceptable method for deciding whether a guideline requires advancements or not.

KEY WORDS:

WORDS COUNT: 268

Abstract:

- Author's Name: **Dr. Khola Aijaz**
- Institution name: MMC
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- Country: Pakistan
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Knowledge and Attitude of MMC Students about Diabetes Mellitus

Ahmad Ghaffar Tariq¹, Aniq Zahra khan¹, Ishrat Fatima¹, Tahira Akhtar¹ Dr Jamil Ahmed soomro²Dr AB. Rajar², Dr Asif Shah².

Students of 4th year MBBS, Muhammad Medical College, Mirpur khas¹
Prof. of community medicine, Muhammad Medical College, Mirpur Khas²

BACKGROUND: Diabetes mellitus is commonly known as diabetes, is a group of metabolic disorder in which there are high blood sugar levels over a prolonged period. Symptoms of high blood sugar include frequent urination, increased thirst and increased thrust an increased hunger. If left untreated diabetes can leads to complication.

METHODOLOGY: A Cross sectional survey was conducted among the students of Muhammad Medical College, Mirpur Khas during the time period of July and August 2018. Close ended questionnaire was used to collect data. A total of 100 students participated in study from 1st year to Final Year. 20 students from each class participated in which 10 were Boys and 10 were girls. Collected data was entered and analyzed by using SPSS version 22.

RESULT: Among the total 100 students n=50(50%) were male and n=50(50%) were females n=97 (97%) respondent heard about diabetes Mellitus and n=88 give the right answer that diabetes is high sugar level in blood. 94% students know that insulin is responsible for diabetes and 82% know that pancreas produces the insulin. 79% students know that slurred speech and blurred vision are symptoms of low sugar level. 81% students agreed that obesity leads to diabetes mellitus. 84% said that prevalence of diabetes is increasing. 74% said that cuts and abrasion on diabetic patient heel slowly. 74% student said that at least one of their relative is effected by diabetes Mellitus.

CONCLUSION: The knowledge of students about diabetes is more in the clinical groups (3rd year to Final year) as compared to the preclinical group (1st year and 2nd year) whereas overall knowledge of the students was adequate.

KEY WORDS: Diabetes Mellitus, Medical students, Public awareness

WORD COUNT: 324

Knowledge and practice of personal hygiene among higher secondary school students of private and public school Mirpurkhas

Mahnor khan, YousraMari, Singhar baloch, Nida saif
4th year students of Muhammad Medical College, Mirpurkhas

BACKGROUND: Personal hygiene may be described as the principles of maintaining cleanliness and grooming of the external body. People have been aware of importance of hygiene for thousands of years. The aim of this study was to assess the knowledge and practice about personal hygiene among students of private and public higher schools at Mirpurkhas.

METHODOLOGY: The cross- sectional study was conducted to assess the knowledge and practices about personal hygiene of higher secondary school private and public school students. A pre-tested 25- item, purpose designed, self- administered questionnaires were used to collect information on knowledge and practices of the respondents on personal hygiene. Data were collated and analyzed in SPSS 22 version.

RESULTS: In this study 240 were participated, 120 from private & 120 from public secondary school mirpurkhas The result also showed that majority of the respondents(80.2%) had good knowledge of personal hygiene could accurately identify the components and some of the harmful consequences of not engaging in sufficient personal hygiene practices. The result also showed that majority of the respondents had good hygienic practices including taking bath (99.6%), brushing teeth (80.2%) and washing hands (65.9%)

CONCLUSION: The students of private sectors are having more aware about personal hygiene as compared to government sectors; hence it is the responsibility of the government and other non-government stake holders to take necessary actions like arrangement of health session and provision of essential material to these poor children.

KEYWORDS: Personal hygiene, knowledge, practices

WORD COUNT: 278

Knowledge of Bio-safety and Bio-security among the students of Muhammad Medical College

Shahid Hussain¹, Sonia Nazar¹, Shafaque Saeed¹, Asif Ali Shah², AB Rajar², Jameel Soomro²,
Muhammad Medical College Mirpurkhas³

BACKGROUND: Bio-safety is a set of actions that aims to prevent and remove (or minimize) the inherent risks of the activities of research, production, education, technological development and provision of services, thereby seeking to preserve human, animals and environment health¹. Particularly in health sphere, bio-security practices are essentials to infections control and reduction of the intrinsic risks associated to health assistance^{2, 3}. The health care professionals are responsible for preventions and control of diseases and health promotion. However, they are not always aware of the importance of adopting bio-security measures and ready to following the required steps in order to eliminate and/or reduce the risks for patients.

METHODOLOGY: A cross-sectional study was conducted among students of Muhammad Medical College in July-August 2018. It was about to assist the knowledge of bio-safety and bio-security among medical students. Face to face interviews were conducted by using close ended questionnaire comprising of 18 questions .This data was maintained and analyzed by using SPSS version 22.

RESULTS: Among total n=100 students of Muhammad Medical College, Knowledge of bio-safety and bio-security is different. The student age was 68% in between 21-23 years. 80% are from province Punjab in MMC. In them 70% % are from Urban areas. 58% students wear gloves during ward time.70% students wear lab coat during service. 70% students maintain their nail and clean and cut. 90% students do not smoke in workplace while other do it sometime. 60% knows the instruction, how to use the equipments. About 60% washes their hands while attendance. 58% re-use their gloves.70% knows hazards of radiations.

CONCLUSIONS: This study provides valuable information Knowledge of bio-safety and bio-security among students of Muhammad Medical College affecting the public health, safety, and welfare of community.

KEY WORDS: Knowledge, Bio-Safety, MMC, Students

WORDS COUNT: 325

PREVALANCE AND RISK FACTORS OF ROAD TRAFIC ACCIDENT AMONG EMPLOYEES OF MMCIAN

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

METHODOLOGY: A Cross sectional survey was conducted among the Drivers of Mirpur Khas during the time period of July and August 2018. Close ended questionnaire was used to collect data. A total of 50 Drivers who were employ of Muhammad medical college participated in study. Collected data was entered and analyzed by using SPSS version 22.

RESULT: According to our research out of 50 participants the higher number of injured drivers in the age group (25-60) years. Drivers with 1-5 years of experience was more involved in road traffic accident. Majority of injured drivers not using seatbelt while driving (31%), followed by using mobile (30%), most of road accident occurred during rainy (23%) have driving license 27%. When ask about injuries of drivers 17% had wet road accident they were injured 17% of limbs. Driver experience high speed 20% cause accident.

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

KEY WORDS: Traffic accident, Drivers, Public awareness

WORD COUNT: 294

Prevalence and its associated risk factors of Tuberculosis among Children in Mirpur khas

Tabeer Fatima¹, Kishwar Iqbal¹, Jalal Khan¹, Malik Mohsin Khan¹, Kashif Ali¹, Dr. Muhammad Asif Shah², Jamil Ahmed², Dr. AB Rajar²

¹ Student of Fourth Year, ²Department of Community Medicine Muhammad Medical College

BACKGROUND: Tuberculosis (TB) is an infection of lungs caused by Mycobacterium tuberculosis. Globally Tuberculosis (TB) in children accounts only for 10% of total TB morbidity. One million children suffer from TB around the world. 3.7 million Deaths in children in South Asia in the year 2000 due to Tuberculosis. 0.9% of the TB incidence was diagnosed in children.

METHODOLOGY: Cross Sectional Study was conducted at 30 July 2018 – 30 August 2018 in different hospitals of Mirpur khas (MMC) over 50 tuberculosis patients (children). Data entry, data checking and analysis was done on SPSS-22 Version.

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

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

KEY WORDS: Children, Tuberculosis, Prevalence, Productive cough, BCG Vaccine,

WORD COUNT: 291

Prevalence of automatic negative thoughts among mmc students among Medical Students of a Private Medical College, Mirpurkhas

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BACKGROUND: Those immediate, first, quick thoughts that go through our mind in response to a situation. They are our initial thinking reactions that go on to affect emotions and behaviors. Problematic automatic thoughts are negative. Sometimes they can go unnoticed and usually they go unquestioned. It is thought that we develop certain repetitive cycles or patterns of thinking, feeling and behaving that can be self-reinforcing. The aim of this study was to assess the level of Automatic negative thoughts among Medical Students of Muhammad Medical College.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding sex, year, blood group and their helping nature after telling the purpose of study. Data were entered and analyzed by using SPSS version 22.

RESULTS: Majority of the study participants, (>80 %) had an adequate knowledge on risk factors for HBV, its mode of transmissions, and preventions. Two hundred of 246 (83.3 %) participants had positive attitude towards following infection control guidelines, and 201 (81.7 %) respondents believe that all HCWs should take HBV vaccine. However, only 5 (2 %) students had completed the three doses schedule of HBV vaccination. Whereas, a significant number of students, 66 (26.8 %), had been exposed to blood/body fluid via needle stick injury at least once since they started their training in the health facility.

CONCLUSION: Our study found that trainees in health profession are at a very high risk of contracting HBV infection during their training owing to the low HBV vaccine uptake rate and high rate of accidental exposure to blood. Thus, we recommend that all students in the health profession should be vaccinated prior to their entry into professional practices.

KEY WORDS: Knowledge, Attitude & Practice, Hepatitis-Medical students, MMC

WORD COUNT: 328

Prevalence of Night eating syndrome among students of Muhammad Medical College, Mirpurkhas

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BACKGROUND: Night eating disorder is problematic eating disorder which is more prevalent among university students. Night eating syndrome is characterized by consumption of at least more than 25% of daily food intake after the evening meal or 2 episodes of nocturnal eating per week. The aim of this study was to find out the prevalence of night eating syndrome among MMC students.

METHODOLOGY: A cross sectional study has been conducted among 150 undergraduate students of Muhammad Medical College Mirpurkhas b/w July- August 2018. After taking the consent night eating questionnaire was distributed. Data was analyzed through SPSS Version 22.

RESULTS: From total (150) subjects, 78 (52%) were female 72 (48%) were male, mostly were hosteller and predominant age was b/w 21_23 years (58%). About 49 (32%) students feeling a little hungry in the morning, 65 (43%) students usually eat b/w 9-12 am. 53 (35%) Students taken their daily food intake of 25% after suppertime. 35 (23%) students wake up in middle of (night, and 30 (20%) students were need to eat to go to sleep. About 44 (29%) students having these difficulties from years, 21 (14%) students were affected lifestyle.

CONCLUSION. Night eating disorder was more prevalent among students and it is mostly associated with disturbing sleeping pattern and mostly students have affected lifestyle.

KEY WORDS: Night Eating syndrome, Medical students, MMC.

WORD COUNT: 248

Prevalence of sleeping disorder syndrome among students of Muhammad Medical College, Mirpurkhas

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Mirpurkhas²

BACKGROUND: Medical students are exposed to a significant level of pressure due to academic demands. Their sleep pattern is characterized by insufficient sleep duration, delayed sleep onset, and occurrence of napping episodes during the day. The aim of this study was to examine the prevalence of risk for sleep disorders among college students by gender, age and year of study.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=150 were approached, a closed ended questionnaire was administered for collection of information regarding sleep pattern, Data were entered and analyzed by using SPSS version 22.

RESULTS: Among the total 150 students n=75(50%) were male and n=75(50%) were females. n=67(44.67%) students have the sleeping disorder out of which n=26 were males and 41 were females. n=14 have always trouble falling asleep. N=101 students never take any medication for sleep. n=39 rarely affected by external environment. n=8 students almost lost their interest in hobbies and 9 students always feel sad or irritable.

CONCLUSION: A high prevalence of sleep disorder was found in this group of students, specifically female students. Many college students are at risk for sleep disorders, and those at risk may also be at risk for academic failure.

KEY WORDS: Sleep Disorder, Medical students, MMC.

WORD COUNT: 268.

PREVELANCE OF CAUSES OF PROCRASTINATION AMONG STUDENTS OF MMC MIRPURKHAS

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(Department of COMMUNITY MEDICINE)²

BACKGROUND: It is a process by which an individual attempts to avoid or delay an assignment or task as long as possible. It involves a voluntary, irrational, delay despite the expectation of a potential negative outcome. There are following behavioral causes of procrastination. Perfectionism, Self inadequacies (Avoiding putting your own skills to test due to failure) , Lack of motivation, Day dreaming or fantasizing Fear and anxiety(Feeling overwhelmed with task), Physical conditions(Fatigue, Hunger etc.) The aim of this study to find out the causes of procrastination among MMC students.

METHODOLOGY: This was cross- sectional study carried from July- august 2018 among the students of Muhammad Medical College. Total number of students was 150 to determine the causes of habit of students of delaying work. Data were entered by using SPSS Version 22.

RESULTS: From 150 participants the mean age was 21-24 years, range (18-27 onward) years. Commonest reason for the procrastination was that they do not know what the point of task is (46%). Other most common cause is that they work better under pressure (34%), and fear of failure stops from doing work (28%). I often lose motivation in middle of task (31%). I start several things but not complete any one (44%). when task get difficult I cannot complete it (25%), I feel anxiety when I know I am a procrastinator (48%). there are certain areas in which students procrastinate are presentation (55%); assignment (42%) and group work (48%) ,examination (21%) etc.

CONCLUSIONS: The most common cause of procrastination among students of MMC was that they do not know what the point of task is, Other most common cause is that they work better under pressure and fear of failure stops from doing work, they lose motivation in middle of task other reason is that they start several things at one time but not complete any one. Hence there is a strick need of counseling to the students for their better academic performance.

KEY WORDS: Procrastination, Prevalence, MMC Students.

WORD COUNT: 345

ROLE OF PROBIOTICS IN THE MANAGEMENT OF BURNS PATIENTS

Department of Surgery Muhammad Medical College

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

OBJECTIVE: To find alternate, effective method to reduce burn wound infection, predictable grafts take and minimize hospital stay. This study investigated 64 patients having deep dermal and full thickness burns during May 2012 to June 2014. Patients of either sex having up to 50% BSA affected having either deep dermal, full thickness burn; expected to need grafting; were enrolled.

METHODOLOGY: The treatment group of this study, after taking informed consent, was given probiotics supplementation during entire period of hospitalization. The difference(s) in variables' of interest between two groups were compared using student t test/ Chi Square test.

RESULTS: Results revealed that in the 22 patients received probiotics supplementation (Treatment Group) and 42 considered Control Group. The mean age of treatment group was $28.2 \pm SD 10.2$ years while for control groups it was $30.2 \pm SD 13.80$ ($p = 0.6004$). On admission mean BSA affected for treatment group was $40.2 \% \pm SD 13.80$, mfor control it was $38.2\% \pm SD 14.2$ ($p = 0.5909$). The leukocytosis was seen in 68.96% of CBC for control and 67.64% CBC in treatment group. On average for each patients of control group, 9.75% body surface area was grafted as compared to treatment group where it was 10.81% for each patient. The graft loss was 29.26% in control group and 20.14% in treatment group. The mortality was 26% and 22% for control and treatment group respectively.

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

KEY WORDS: Probiotics Burn Patients Management

WORD COUNT: 322

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

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

METHODOLOGY: This study was conducted by using cross-sectional study design from August-September 2018 among under graduate medical students of Muhammad medical college, Mirpurkhas, Pakistan. A closed ended questionnaire was developed by review the literature and distributed among 330 students to collect information on self-medication. The data was entered and analyzed by using SPSS version 22.

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

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

KEYWORDS: Prevalence and practice of self-medication.

WORD COUNT: 334

YOUNG-ONSET STROKE IN THE RURAL AREAS OF SINDH

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BACKGROUND: There were times when stroke (CVA) was considered as the disease of the old age. But the time is changing, and the stroke is now occurring in a growing number of individuals below the age 45 years. Since stroke is a disabling illness and the young age is the most productive age it is imperative that the young patients with stroke receive special attention.

OBJECTIVE: To determine the risk factors and clinical features among the young stroke patients residing in the rural areas of Sindh.

STUDY DESIGN: Retrospective

Place and Duration of study: This study was conducted at the Department of Neurology, PUMHSW over a period of one year from 1.1.2006 to 31.12.2006.

MATERIAL AND METHODS: Hospital records of patients under the age of 45 years who were admitted in the Neurology Ward were reviewed. Stroke was defined according to the WHO Criteria. Demographic and clinical characteristics including the risk factors were documented. Laboratory investigations and the CT scan of brain were evaluated in all cases.

RESULTS: A total of 20 cases were identified. Male=12(60%), Female=8(40%). Age ranged from 20-45 years. Majority were the residents of various rural communities and none ever went to school. Hypertension was the most frequent risk factor in 13 (65%) of class (Table 1). Only 2 (10%) were previously taking anti-hypertensive treatment while 18 (90%) were not receiving any treatment prior to stroke. Heart disease was present in 2 (10%). Three (15%) were smokers. One (5%) had diabetes, 3 (15%) had previous stroke and 1(5%) had family history of stroke. Three (15%) had none of the above risk factors. Hemiplegia was the most common presentation where 8 (40%) had right while 7 (35%) had left hemiplegia and in 5 (25%) sidedness could not be ascertained because of deep coma (Table 2). Glasgow Coma Scale (GCS) ranged from 5-12 out of 15. Cerebral infarction was more common 12 (60%) than cerebral haemorrhage 6 (30%) while in 2 (10%) CT findings were unremarkable (Table 3). Of the 20 cases 3 (15%) expired and 17 (85%) survived (Table 4). Fatal cases had GCS of below 8 out of 15.

CONCLUSION: This study indicates that hypertension is the major risk factor for stroke in young adults belonging to the rural areas. Hemiplegia was the most common presenting feature. Cerebral infarction accounts for 60% of the cases and the survival rate was 85%. Unawareness and poor control of hypertension appears to be the main reasons behind the young-onset stroke in our rural areas.

KEYWORDS: Young stroke, Risk factors, Prognosis, Rural.

WORDS COUNT: 448

Addiction of Tea among the students of Muhammad Medical College, Mirpurkhas, Pakistan

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Muhammad Medical College, Mirpurkhas³

BACKGROUND: Tea is most popular drink that most of us are addicted to and consume regularly. It is not because of any particular substance or compound present in the tea that creates addiction but the taste and aroma of the tea are enough for an individual to get addicted to tea drinking.

METHODOLOGY: This was a cross-sectional descriptive study carried from June-August 2018 among students of Muhammad Medical College Mirpurkhas. All students n=100 were approached, a closed ended questionnaire was administered for collection of information regarding addiction of tea, Data were entered and analyzed by using SPSS version 22.

RESULTS: Among 100 students of either gender of 1st to 5th year, the prevalence of addiction of tea was reported in 70% students. 35% students started taking tea since 2000. 60% students take 1-4 cups of tea per day. 25% students take tea in breakfast while 30% students take tea during lunch time in daily routine life. 45% thinks that Tea focus attention in their routine life. 60% students think that Tea cause insomnia as a side effect. Addiction of tea observed more in Male gender and in upper classes.

CONCLUSION: Our study explore that the prevalence of addiction of tea is very high among the MMC students. Students take tea to focus attention and to relieve headache. Students know well that Tea causes insomnia and stomach-ache. In order to put check on excess tea consumption the health awareness program should be launched by health authorities.

KEYWORDS: Addiction of tea, MMC

WORD COUNT: 281

Student Centered Learning (SCL) V/S Teacher Centered Learning (TCL) At MMC.

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Prof. of community medicine, Muhammad Medical College, Mirpur Khas²

BACKGROUND: Spices model of circular development was developed by Ronald Harden, Dundee University. It is a blend of educational strategies used in medical education. The first educational strategy on the spices model is "STUDENT CENTERED LEARNING V/S TEACHER CENTERED LEARNING". Student centered learning is an innovative approach in which the student remains the focus of the educational activities, while the role of the teacher is to facilitate the learning process. In teacher centered learning the whole scenario is reversed as mentioned above. The aim is to investigate the perception/views of MMC students about student centered & teacher centered learning.

METHODOLOGY: A questionnaire was developed and distributed among fourth year medical students of MMC. Randomly selected 80 students were included in the study. Questions pertaining to the presence /absence of attributes of student centered & teacher centered learning were administered. Data was entered on SPSS version 22.

RESULT: Total 80 students participated from fourth year and final year n=80, Males n=40 females n =40. It is analyzed that STUDENTS ARE ACTIVELY INVOLVED 70% agreed. Students who construct knowledge through gathering information are 60%, Students who have desired learning through direct papers, presentations and performances are 60%....65% agree that the instructor has a role in the primary information giver...60% agree that the teacher asks questions for clarification.

CONCLUSION: Student centered learning seems to be a hallmark of the current educational strategy employed in MMC Curriculum.

KEY WORDS: learning, Medical students, Teacher role

WORD COUNT: 270

Survey of Oral Hygiene Behaviors, Knowledge and Attitude among Students of Muhammad Medical College.

Aatka Falak¹, Aiman salam, Anum Jan¹, Nimra Ghauri¹
AB Rajar²,

Student of secondyear¹, Faculty of Department of Community medicine Muhammad Medical College ²

BACKGROUND: Oral health is important for appearance; sense of well-being and also for overall health and oral health can affect quality of life directly. Oral health is an integral part of general health; therefore, its disregarding will give rise the negative health and social consequences. The Aim of this study was to find out the behaviors, knowledge and attitude of students regarding oral health.

METHODOLOGY: This was a cross-sectional study carried out in August 2018 among students of Muhammad Medical College Mirpurkhas. 150 students have filled the questionnaire which was asking about the oral health. Data were entered and analyzed by using SPSS version 22.

RESULT: Total 100 students, male was ... (45%) and female were (55%). (28%) females, male (23%) brush their teeth twice a day. (50%) female (38%) male clean their teeth by toothpaste & toothbrush. (33%) male (29%) female consider brand while choosing the toothbrush. (32%) female (26%) male never get their teeth clean by dentist. (37%) female (22%) male sometime brush their teeth after meal.(27%) female (24%) male use vertical, horizontal & round motion technique while brushing their teeth.(23%) female , (13%) male brush their teeth about one minute.(28 %) female , (26%) male using mouth wash to control their mouth odour. Awareness among medical students about oral hygiene was good.

CONCLUSION: Results of this study prove that oral hygiene habits, oral health knowledge level among students was satisfactory. In general, females had better oral health knowledge, attitude and behavior scores than males.

KEY WORDS: Oral Health, Knowledge, Behavior, Attitude, MMC Students.

WORD COUNT: 294

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WORD COUNT: 294