



Fazaia Medical College

Annual Research Conference 2021

Abstract Book

National Conference on

Promoting Health Through Evidence

MESSAGE FROM VICE CHANCELLOR AIR UNIVERSITY

**Air Marshal Javid Ahmed, HI(M) (Retd)
Vice Chancellor Air University, Islamabad.**



On behalf of Fazaia Medical College and Air University, I extend my greetings to all the delegates and participants who will be joining at the 3rd Annual Research Conference 2021. FMC has borne the mantle of excellence, committed to ensure the students their own space to learn, grow and broaden their horizon of knowledge by indulging into research and active learning. In our endeavor to raise the standards of discourse, we continue to remain aware in order to meet with the changing needs of medical education. "Evidence based practice, healthcare research and COVID 19 pandemic today have dramatically reshaped the healthcare system in Pakistan and have created tremendous opportunities for nationalization, especially across city or cross-province sharing of new research to improve healthcare delivery. Various educational institutions and hospitals have partnered together with foreign institutions and each other to provide best form of cutting-edge research in these challenging times. However, many challenges and obstacles are being faced in the strategic planning and implementation of latest knowledge due to minimal spread of research findings among the masses. "The Conference aims to bring different research activities to common platform, 'Promoting Health through Evidence'. This will provide opportunities to exchange ideas in an interactive online session and a healthy competition, to establish research relations and to find partners for future collaboration. The themes and sub-themes for this conference are indicative of relevant research areas to give the prospective authors innovative prepositions about the ambit of discussion. "There are various pillars of the healthcare system at national and international level. We have invited eminent dignitaries from different sectors to get a better understanding of various research strategies involved. "We welcome you all to the Annual Research Conference 2021 and hope that this conference will act as a medium for all of us present here to ponder upon the topic of discussion, challenge us to strive towards it and inspire us at the same time. Thankyou!

MESSAGE FROM PATRON

MAJ.GEN.MUHAMMAD TAHIR KHADIM HI (M)

Principal Fazaia Medical College, Air University Islamabad.



I welcome all my esteemed guests and colleagues to this conference, organized after months of deliberation and efforts by our committee of Fazaia Medical College, on the ‘Promoting Health Through Evidence’. It is an honor to host this conference, which can play a pivotal role in the study of medicine, by encouraging students at the basic level to understand topics by observing them through their own experiences. The consortium of speakers present from all around Pakistan are from the reputable medical colleges and listening to them will be a learning experience for all those present.

It is an undeniable fact that the research done in medicine has propelled humanity to where it is now, and public health is a discipline which is also based on research solely. Data is extracted at the grass root level and is analyzed by the public health officials, which is used to allay the health problems that surround our people today. That is why it is essential to instill the practice of research to the students, even in their undergraduate studies.

This conference will enable a wide array of views, on important problems be brought forward, discussed, as well as, hopefully solved. Medicine is a field where there are always problems that need solving on continuous basis, if we are up to date on our research, then many of our problems could be solved before turning into big tragedies.

I would like to wish luck to all the participants and be rest assured that this would help them immensely in their future careers.

MESSAGE FROM CHAIRPERSON



Prof. Dr. Rukhsana Khan
HOD Community Medicine

As the Chairperson of the Third Annual Conference and the Head of the Department of Community Medicine, Fazaia Medical College, I firmly believe that this Conference will achieve our vision to be recognized as leaders in interdisciplinary research and training of highly qualified professionals with a major impact on community health.

Since the inception of Fazaia Medical College, the department has worked immensely hard to promote a culture of research among its students and enable them to become the leaders of tomorrow by equipping them with skills of critical thinking. In this very pursuit, we began the Annual Research Conference which is this year going to have its 3rd chapter. The purpose of this conference is to provide an excellent forum for leaders in healthcare and budding researchers to enable a transfer of knowledge and skills among the masses. This is the very first step which is mandatory for us to translate towards 'Promoting Health through Evidence' as a nation. The conference also has various sub-themes. The themes have been arranged in such a way that we will be having three simultaneous sessions. You are welcome to join any of these sessions as per your interest. Details of the conference are enclosed in the program book and all abstracts published in the abstract book which will be available on our website as well.

We are truly honored to welcome a renowned faculty and prominent speakers who will encourage innovation, educate & invigorate the attendees.

I am sure that all the delegates, experts, students, researchers and healthcare givers will tremendously benefit from the deliberation of this conference in a warm and friendly environment. In order to make the results of various investigations and research accessed we have involved medical colleges and Universities all over Pakistan. Conferences are held for researchers to introduce and present their work and connect each other so that they can share their information for future collaborations

I am delighted to be articulating my thoughts and words in this welcome message and it is indeed an honor for me to see young students actively taking part in research.

CONFERENCE ORGANIZING COMMITTEES

S.No	Committee	Faculty	Staff
1	Publication Committee	Dr. Juwayria Omer Dr. Iffat Noreen Dr. Maheen Tahir Dr. Zoha Juniad	Mr. Wajahat Iqbal Iqbal Ahmed
2	Review committee	Prof. Dr. Ashfaq Ahmed Javaid Dr. Arshia Bilal Dr. Asifa Afzal Dr. Zubaida Dr. Humaira Rehman	Mr. Tariq Mehmood
3	IT Committee	Dr. Zille Huma Mustehsan Dr. Sobia Waqas Dr. Shazrah Hashim Mr. Anjum Shahzad	Mr. Umar
4	Admin Committee	Dr. Saman Ali Dr. Ali Raza Dr. Nida Khaliq Ms. Anum Malik	Mr. Shoaib Ahmed
5	Moderation Committee	Dr. Mahwish Akhtar	
6.	Result Compilation Committee	Dr. Sheharyar Khan Dr. Hina Zaid Dr. Umama Khalid	Mr. Wajahat Iqbal,
7.	Discipline Committee	Dr. Anwaar Ahmed Dr. Alveena Noor	-

Table of Contents

S.NO	Session	Page No.
1	Message from VC Air University	2
2	Message from Patron FMC	3
3	Messages from chairpersons FMC	4
4	Plenary Sessions Abstracts	15
5	Oral Presentations Abstracts	25
6	Poster Abstracts	72
7	Sponsors	90

Triple Burden of Diseases
(Communicable, Non-Communicable &
Nutrition)

ABSTRACT FOR THE PLENARY SESSIONS

“GENERAL AWARENESS AND PRACTICES IN THE PAKISTANI POPULATION REGARDING IMMUNITY”

Rubaid Azhar Dhillon (IIMC Riphah University), Amna Malik (IIMC Riphah University)

Introduction: Due to the increasing burden on health system, there is a constant need to improve the general immune status of the population since the immunization coverage is low in Pakistan. This study was conducted to reveal the public perception and efforts regarding the improvement of immunity.

Objectives: The aim-and-focus of the study were to (i)-Identify common practices among public to boost immunity (ii)-Identify changes in knowledge and behaviour to boost immunity after COVID-19 outbreak (iii)-Help identify a safe healthy lifestyle.

Methods: A cross-sectional online survey distributed via social media during December-January 2020. Data collected and analyzed through SPSS v25. Likert scale was implemented in questions to get a better range of understanding. A p-value of 0.05 or less was considered significant.

Results: Approximately 37% participants showed improvement in knowledge and behaviour regarding immunity due to COVID-19 and 18% indicated having low immunity due to insufficient knowledge prior to COVID-19. About 32% participants indicated that they only learn about emerging health concerns if they are at risk.

Conclusion: The government needs to conduct health educational campaigns to raise awareness regarding immunity and proper guidelines to create a healthy environment. Also, half of the study participants indicated low immunity due to financial constraints hence the government should provide some support to those who need it.

Keywords: Immunity; COVID-19; Knowledge

Retrospective evaluation of poisoning cases presenting in ER of a tertiary care hospital of Rawalpindi

Maimoona Maheen, Mehak Ruqia, Aqiba

Introduction: Acute poisoning with various substances is common. The earlier the initial resuscitations, gastric decontamination and use of specific antidotes, the better outcome.[1] Intoxication is emergence of signs and symptoms after exposure to harmful chemical, physical or organic materials.[2]Poisoning events occur due to the patients initiated use of medicines, iatrogenic administer of high doses of medicines by physicians, accidental exposure or intentional intake of biological agents for suicide.[3]According to a research conducted in Turkey, 839 cases of poisoning were reported [4]. A research conducted in India reported 2226 patients with poisoning in a year.[5] As of 2008 poisoning has become leading cause of injury related death in USA, surpassing motor vehicle collisions.[6] The objective of this study is to determine the frequency of poisoning cases, poisoning agents and associated demographic characteristics.

Materials and Methods: This descriptive, retrospective study included 304 patients presented to Red Zone, Medical ER of Holy Family Hospital over a period of three months i.e from July 2019 till September 2019. The data was collected from records of Medicine ER of HFH. SPSS23 was used to analyze data and descriptive statistics were calculated.

Results: Within a period of three months 304 poisoning cases presented. Among those, (43.4%) were males and (56%) were females. Cases mostly reported were of the ages 18 and 30. With a mean age of 18. Out of these (35.2%) cases were of unknown poisoning agent. (19.7%) patients were of Organophosphate poisoning, (18.8%) were of wheat pill poisoning, there were (9.5%) patients of Rat pill, (1.6%) were of acid intake, (3.6%) Benzodiazepine cases. (0.7%) presented with Heroin overdose and 9 (3%) of analgesics overdose. (7.9%) presented with other poisons.

Conclusion: Majority of patients were females, teenagers and those in thirties. Unknown poisoning was most common followed by Organophosphate and Wheat pill poisoning.

KEY WORDS:Poisoning, Frequency, Medical Emergency.

REFERENCES:

- [1, 5] S Vijay Kumar, B. Venekateswarlu and G. Vijay Kumar A study on poisoning cases in a tertiary care hospital, J Nat Sci Biol Med. 2010 Jul-Dec;1(1):35-39
- [2] Fatma SARI DOGAN, Vebhi OZAYDIN, and Zeynep OZKOK The analysis of poisoning cases presented to the emergency department within one year period Turk J Emerg Med2014 ;Dec;14(4):160-164
- [3] Vale A, Bradberry S. Poisoning: Introduction.Medicine2016;44:75
- [4] S Sungur, U Bilge, N Acar, I Unluoglu Retrospective evaluation of adult poisoning cases admitted to emergency department of a university hospital in Turkey, Nijerian J CL P 1023-1028, 8, VOL 21 2018
- [6] Warner mchen LH, Makuc DM et al. Drug poisoning deaths in the United States, 1980-2008. NCHS data brief, no.81Hyattsville, MD National Centre for health statistics.2011Assessment of

Frequency and Causes of Self Medication in Medical Students of Federal Medical College, Islamabad

Dr. Gul Mehar Javaid Bukhari, Hareem Binte Saleem

Objective:

The objective of this study is to determine the frequency and causes of self-medication among medical students of Federal Medical College, Islamabad.

Methodology:

This was a descriptive cross-sectional study conducted on 292 medical students at a Federal Medical College in Islamabad from August to October 2020. Pretested validated tool was used to collect primary data from medical students via random sampling. SPSS version 25 was used for data analysis. Chi-square test was used to see the association between different study years and self-medication.

Results: In this study, 36% of the medical students were males and 64% were females. The frequency of self-medication among medical students was 80.9%. 92.1 % of students used allopathic medicine while 5.1% used herbal medicine for self-medication. 86% of students of age between 22-25 years self-medicated in the last 6 months while only 77% of students of age between 18-21 years did the same. 83% of the students who understood the term self-medication practiced it in the last 6 months. Fever(70%), headache(69%), and body ache(48%)were the most common indications for this practice. Paracetamol (89%), antibiotics(49%), other NSAID's(49%) and antihistamine(45.5%) were the majorly used drugs for self-medication. Major factors favoring self-medication were quick relief (52%), time saving(46%), convenience(41%),physician will prescribe the same(38.5%), and emergency use(34%). Family(60%), own decision(40%), old prescriptions(31%) and books(29%) were the sources used for self-medication. 73% of the students were to continue self-medication while only 40% advised self-medication to friends. Self-medication practice increased from 1st to final year (p-value=0.005).

Conclusion:

Self-medication is highly prevalent among medical students. This practice may contribute to adverse health outcomes among medical students.

Keywords: self -medication, medical students, drugs

Knowledge among Medical Students Regarding Basic Life Support (BLS)

Tayyaba Idrees, Sumia Fatima, Dr. Sidra Hamid

Introduction: Cardiac Arrest and Heart Failures are important causes of mortality in developed and developing countries and even a second spent without Cardiopulmonary Resuscitation (CPR) increases the risk of mortality. Young doctors are expected to partake in CPR from the first day and if they are not taught basic life support (BLS) skills during their studies. They have next to no opportunity to learn them in clinical settings

Objectives: To determine the level of knowledge of Basic Life Support among medical students, To compare the knowledge among 1st and 2nd year students of RMU, To compare the knowledge of male and female students, To compare the degree of knowledge of practical and theoretical aspects of BLS among medical students

Methodology: A cross sectional study was conducted in March 2020 in order to analyse theoretical and practical knowledge of Basic Life Support among Medical Students of 1st and 2nd year MBBS . Self-Structured Questionnaires were distributed among 300 students, 150 from 1st year and 150 from 2nd year. Data was analysed using SPSS v 22. Chi Square test was employed.

Results: The results showed that only 13 (4%) students had received formal BLS training. 129 (42%) students had encountered accidents in real life but had not known how to react. Majority responded that Basic Life Support should be made part of medical college curriculum (189 students), 194 participants (64%) had moderate knowledge of both theoretical and practical aspects of BLS. 75-80% students of both 1st and 2nd year had only moderate knowledge, which must be improved for them to be better healthcare providers in future. It was also found that male students had more practical knowledge than females, but both had almost the same proficiency in theoretical knowledge.

Conclusions: The study concluded that the level of knowledge of BLS among the students was not up to the mark, and there is a dire need to include BLS training in the medical colleges' curriculum.

Keywords: Cardiopulmonary Resuscitation (D016887), Heart arrest (D006323) Medical Students (D013337), awareness (D001364), knowledge (D019359)

REFERNCES:

1. Hurt R. Modern cardiopulmonary resuscitation - Not so new after all. *J R Soc Med.* 2005;98(7):327-31.
2. Diseases (cvds) [Internet]. [cited 2021 Jun 6]. Available from: [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))
3. CPR Facts and Stats [Internet]. [cited 2021 Cardiovascular Jun 6]. Available from: https://ahainstructornetwork.americanheart.org/AHA/ECC/cpranddecc/aboutprecc/cprfactsandstats/UCM_475748_CPR-Facts-and-Stats.jsp
4. Cardiopulmonary Resuscitation (CPR): Practice Essentials, Preparation, Technique [Internet]. [cited 2021 Jun 6]. Available from: <https://emedicine.medscape.com/article/1344081-overview#a1>

Frequency and Causes of Self Medication in Medical Students of Federal Medical College, Islamabad

Dr. Gul Mehar Javaid Bukhari, Hareem Binte Saleem

Objective: The objective of this study is to determine the frequency and causes of self-medication among medical students of Federal Medical College, Islamabad.

Methodology: This was a descriptive cross-sectional study conducted on 292 medical students at a Federal Medical College in Islamabad from August to October 2020. Pretested validated tool was used to collect primary data from medical students via random sampling. SPSS version 25 was used for data analysis. Chi-square test was used to see the association between different study years and self-medication.

Results: In this study, 36% of the medical students were males and 64% were females. The frequency of self-medication among medical students was 80.9%. 92.1 % of students used allopathic medicine while 5.1% used herbal medicine for self-medication. 86% of students of age between 22-25 years self-medicated in the last 6 months while only 77% of students of age between 18-21 years did the same. 83% of the students who understood the term self-medication practiced it in the last 6 months. Fever(70%), headache(69%), and body ache(48%)were the most common indications for this practice. Paracetamol (89%), antibiotics(49%), other NSAID's(49%) and antihistamine(45.5%) were the majorly used drugs for self-medication. Major factors favoring self-medication were quick relief (52%), time saving(46%), convenience(41%),physician will prescribe the same(38.5%), and emergency use(34%). Family(60%), own decision(40%), old prescriptions(31%) and books(29%) were the sources used for self-medication. 73% of the students were to continue self-medication while only 40% advised self-medication to friends. Self-medication practice increased from 1st to final year (p-value=0.005).

Conclusion: Self-medication is highly prevalent among medical students. This practice may contribute to adverse health outcomes among medical students.

Keywords: self -medication, medical students, drugs

Assessment of knowledge among Medical Students Regarding Basic Life Support (BLS)

Tayyaba Idrees, Sumia Fatima, Dr. Sidra Hamid

Introduction: Cardiac Arrest and Heart Failures are important causes of mortality in developed and developing countries and even a second spent without Cardiopulmonary Resuscitation (CPR) increases the risk of mortality. Young doctors are expected to partake in CPR from the first day and if they are not taught basic life support (BLS) skills during their studies. They have next to no opportunity to learn them in clinical settings

Objectives:

1. To determine the level of knowledge of Basic Life Support among medical students
2. To compare the knowledge among 1st and 2nd year students of RMU
3. To compare the knowledge of male and female students
4. To compare the degree of knowledge of practical and theoretical aspects of BLS among medical students

Methodology: A cross sectional study was conducted in March 2020 in order to analyse theoretical and practical knowledge of Basic Life Support among Medical Students of 1st and 2nd year MBBS . Self-Structured Questionnaires were distributed among 300 students, 150 from 1st year and 150 from 2nd year. Data was analysed using SPSS v 22. Chi Square test was employed.

Results: The results showed that only 13 (4%) students had received formal BLS training. 129 (42%) students had encountered accidents in real life but had not known how to react. Majority responded that Basic Life Support should be made part of medical college curriculum (189 students), 194 participants (64%) had moderate knowledge of both theoretical and practical aspects of BLS. 75-80% students of both 1st and 2nd year had only moderate knowledge, which must be improved for them to be better healthcare providers in future. It was also found that male students had more practical knowledge than females, but both had almost the same proficiency in theoretical knowledge.

Conclusions:

The study concluded that the level of knowledge of BLS among the students was not up to the mark, and there is a dire need to include BLS training in the medical colleges' curriculum.

Keywords:

Cardiopulmonary Resuscitation (D016887), Heart arrest (D006323) Medical Students (D013337), awareness (D001364), knowledge (D019359)

REFERNCES:

1. Hurt R. Modern cardiopulmonary resuscitation - Not so new after all. *J R Soc Med.* 2005;98(7):327-31.
2. Diseases (cvds) [Internet]. [cited 2021 Jun 6]. Available from: [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))
3. CPR Facts and Stats [Internet]. [cited 2021 Cardiovascular Jun 6]. Available from: https://ahainstructornetwork.americanheart.org/AHAEC/cprandcpr/aboutcpr/cprfactsandstats/UCM_475748_CPR-Facts-and-Stats.jsp
4. Cardiopulmonary Resuscitation (CPR): Practice Essentials, Preparation, Technique [Internet]. [cited 2021 Jun 6]. Available from: <https://emedicine.medscape.com/article/1344081-overview#a1>

Neck pain predisposing factors and its association with study grades among air university students, islamabad

Iqra asghar, qurra-tul-ain yasmeen, tanzila ramzan rana, mehak rafiq, saba fatima

BACKGROUND:

Neck pain is highly prevalent (56.7%) among university students (1) but literature from Pakistan is scarce in this regard. Therefore this study was carried out to find the proportion of neck pain, its associated risk factors and its effect on the study performance of university students.

METHODOLOGY:

An analytical cross-sectional study was carried out on randomly selected students of Air University, Islamabad, aged between 15-35 years. Self-structured questionnaire developed in google response form in English language was emailed to the selected students. The questionnaire comprised of demographic data, questions related to neck pain, its predisposing factors and study grades. Descriptive analysis was carried out using mean, standard deviation and proportions, while Chi-Square test was used to assess the association between neck pain and study grades. Data was analyzed on SPSS version 23.0. Alpha was preset at 5%.

RESULTS:

Out of 129 participants, 65.6% were female, and nearly half of them were medical students. Most of them (80.80%) had neck pain with 13.6% mild, 34.4% moderate, 32.8% severe and 13.6% intense type. No statistically significant association of neck pain found with diet, average study hours/week at home, average screen time and posture during screen usage (p -value >0.05). However, significant association of neck pain was found with average study hours/week in university (p -value=0.03) and emotional stress (p -value=0.02).

CONCLUSION:

Neck pain was highly prevalent in university students (80.80%) and had significant association with emotional stress and average study hours/week in university. Study results cannot be generalized because of inclusion of students from single university. Therefore, multi-institutional, inter-provinces studies are required to confirm the findings. High prevalence of neck pain points toward the necessity of awareness programs for youth regarding its preventive strategies.

KEY WORDS:

Neck Pain, Study Grades, University students, Posture, Screen time

REFERENCES:

Malik A, Pasha M, Khalid S, Ahmad A, Gilani S. Prevalence of neck pain among undergraduate students of Lahore. *Int J Scientific Engineering Res.* 2017;8(10):569-76.

Knowledge, attitude & practice regarding cancer screening in the adult population of the twin cities

Asifa Anzalna, Ahmad Salman Rauf, Mariam Niaz, Zuha Khan, Sheraz Ahmed,
Faiza Qamar

BACKGROUND: Cancer is the 2nd most common cause of death worldwide and it is among the top most common causes of deaths in Pakistan, every 1 in 20 cases have been of Cancer in the past 5 years in Pakistan of which 66.7% of the cases have resulted in deaths (GLOBOCAN). This study was planned because we found no study from the Twin Cities of Pakistan on holistic approach towards Cancer screening.

OBJECTIVES:

- To assess the knowledge, attitude and practice regarding cancer and cancer screening
- To assess the relationship of knowledge with attitude & practice towards cancer screening among adult population of twin cities of Pakistan

METHODOLOGY: An analytical cross-sectional survey carried out from Feb to Oct 2021. Online survey was conducted on 161 adult participants enrolled through Convenient sampling. Questionnaire comprised of individual consent, socio-demographic variables and questions related to knowledge, attitude and practice regarding cancer screening. Data was entered and analyzed using SPSS version 25.0.

RESULTS: Of all the 161 participants, 100% had heard about cancer whereas 64.6% had heard about cancer screening. Only 9.32% participants had adequate knowledge about screening, 55% people had a positive attitude and approximately 22% people had satisfactory practice towards cancer screening. However, statistically no significant association was found among knowledge, attitude and practice ($p>0.05$).

CONCLUSION: More than half of the participants showed positive attitude towards cancer screening but its practice was poor due to lack of knowledge about it. Moreover, the people who had undergone screening, did this on the recommendation of doctors. There is a dire need to create awareness regarding cancer screening, which can enhance its practice to get the maximum benefit of lead time by early detection (through screening program). This will ultimately reduce its burden and improve prognosis by prompt treatment.

KEYWORDS: Cancer Screening, Knowledge, Attitude, practice.

References

WHO (2020). "GLOBOCAN Pakistan." WHO.

Knowledge and Attitude about HIV among Undergraduate Students of Air University

Shaista Sadiq, Natalia Aslam Khan, Afeera Zulfiqar, Fatima Tariq, Ayesha Malik, Zakir Shah, Rizwan Ullah Khan

Background:

HIV is an emerging disease in Pakistan and is considered taboo. This study is being conducted to compare the awareness and attitude towards HIV/AIDS of medical and non-medical undergraduate students in Air University, Islamabad.

Methods:

An analytical cross-sectional study was carried out over 8 months. Sample size of 355 was calculated using The Survey System. Simple random sampling was employed to select 178 medical and non-medical students each. A structured questionnaire was distributed to students available at Air University campus. Data was entered and analysed using SPSS version 21. Results were cross-tabulated. Percentages, frequencies, chi-square and fisher exact test values were calculated. Inclusion criteria is medical and non-medical undergraduate students of Air University after written informed consent. Exclusion criteria includes respondents who are HIV positive or those who have a case among family and friends.

Results:

Medical and non-medical students were cross-tabulated with variables of stigmatization. Significant association was found between non-medical students and variables of stigmatization such as HIV being God's punishment (p-value: 0.0001), isolation (p-value: 0.000), sharing utensils (p-value: 0.102) and buying from an HIV positive individual (p-value: 0.0001). Significant association was also found between non-medical students and lack of knowledge. Variables included viral transmission (86% medical students and 51.5% non-medical), HIV is genetic (medical 82.4% non-medical 34.4%), sharing IV needles with HIV positive individual (medical 92.6% non-medical 73.3%).

Conclusion:

Non-medical students are less knowledgeable regarding disease nature and transmission. Non-medical students also consider the disease a stigma.

Keywords:

HIV, knowledge, attitude, transmission, stigma

Knowledge, Risk Factors and Effect on Life Style of Scabies Patients in the Rural Settings of Gujrat

Minahil Ramzan, Abdul Rehman, Abdullah Jamal, Qandeel Zulfiqar, Aiza Khan

Background: Scabies is recognized as neglected tropical disease by WHO. It is a highly contagious parasitic infestation caused by *Sarcoptes scabiei*, prevalent as endemic in developing countries. It is associated with overcrowding, poor hygiene and poverty. In Pakistan scabies prevalence ranges between 18.2% to 70.2% of dermatological case both in rural and urban areas. Scabies affects the families, particularly the most vulnerable. The burden of disease is compounded by its effect on lifestyle.

Methodology and material: We carried out cross sectional study in BHU Noora Mandiala, Gujrat. Target population consisted of all patients with itching coming at BHU OPD. Systematic sampling technique was used to collect data. Semi structured questionnaire translated in Urdu was used to collect data.

Result: Data was collected from 199 respondents, 106 patients (53.2%) were diagnosed with scabies. Out of these 56(52.3%) were male. About 55.6% scabies patients share their personal belongings as compared to 48.3% non-scabies. Majority (68.8%) scabies patients have more than 5 family members as compared to 35.4% non-scabies. Knowledge about spread and prevention was more (76.4% & 89.2%) in scabies as compared to 18.80% 65.6% respectively in non -scabies participants.

Conclusion: Lack of knowledge, overcrowding, playing in mud, and sharing of personal belongings were the main risk factors. Effects on lifestyle were seen more in scabies patients as compared to non-scabies patients however this difference was not statistically significant.

Keywords: Scabies, Knowledge, Itching, Risk factors, Life style

EFFECTS OF SKIN CARE PRODUCTS : KNOWLEDGE AND EXPERIENCE OF YOUNG ADULTS IN UNIVERSITIES OF TWIN CITIES

Arfa Tayyab, Areeba Imtiaz, Madiha Batool, Fahad Saleem, Hamza Bin Arshad, Hafiz M Hassan Iftikhar

Background:

We are living in the modern era with skin care products as an essential part of our daily lives. Many factors contribute to its increased use and popularity but unfortunately some people experience adverse effects as well. This study aimed to identify the factors responsible for the increased use of skin care product among university students as well as its effects on young skin.

Methodology:

Analytical cross-sectional study was carried out using non-probability convenient sampling technique among 400 under and post graduate university students of twin cities. An online self-developed questionnaire was circulated through google forms on whatsapp groups of students. Descriptive statistics were carried out using (SPSS-23) to measure frequencies and percentages of the variables. Chi square test was used to determine association of product use and effects on skin

Results:

Majority of the participants in the study were females (64%). One of the main reason for using skin products was beautification (40%). Knowledge about product ingredients was motivating factor for its use (63.3%). Consumers prefer skin friendly products (47.8%) over price, popularity and brand. Most common side effect was acne (48.8%). Those who used face masks (54%) and whitening creams (51%), achieved the desired results.

Conclusion:

The study concluded that females used the skin care products. Less than half have knowledge of its ingredients and main reason for use was beautification and beauty vloggers were the main source of information. Skin friendly products were preferred and there was a significant association of product used and its effect on skin.

Key Words: Skin care products Skin health Ingredients reactions

Knowledge, Attitude and Practices towards Osteoporosis among Post-menopausal women in Islamabad

Afifa Jamil, Aiman Aftab, Noor Fatima, Amna Arshad, Maheen Kaleem, Abdullah Khan Niazi, Muhammad Zeeshan

Background:

Osteoporosis is a systemic disease characterized by low bone mass and micro architectural deterioration of bone tissue, resulting in bone fragility and increased risk of bone fractures. In Pakistan, the prevalence of osteoporosis among post-menopausal women is around 6.7% (1).

Objectives:

To determine the knowledge of post-menopausal women regarding risk factors and prevention of osteoporosis, and to assess their attitude and practices towards osteoporosis.

Methodology:

A descriptive cross-sectional survey was conducted through an online self-administrated questionnaire comprising of 35 questions on a sample size of 101 post-menopausal women. Purposive sampling technique with a simple random sampling element was used. The questionnaire was based on Osteoporosis Health Belief Scale. It included four sections, dedicated to demographic information, knowledge, attitude and practices, respectively. The questionnaire was also translated into Urdu for the ease of the study participants. The research spanned from 12th February 2021 – 15th October 2021. Data was analyzed using SPSS version 23.

Results:

Out of 101 participants, majority of the women had done matriculation or were college graduates. Most of the women were between 51-70 years of age. 76% women had adequate knowledge regarding the risk factors and prevention of osteoporosis but only 48% of them were practicing preventive activities. Weight bearing exercises and hormone replacement therapy were the most poorly identified preventive measures. It was observed that older women (51-56 years and above) were more devoted in their practices as compared to younger participants (40-50years).

Conclusion:

The women who participated in this study had satisfactory knowledge, but their preventive practices were lacking.

Keywords:

Osteoporosis, knowledge, attitude, post-menopausal.

ALLERGIC RHINITIS, ITS PREDISPOSING FACTORS AND EFFECTS ON QUALITY OF LIFE AMONG STUDENTS OF AIR UNIVERSITY, ISLAMABAD.

SANA SAEED, AYEMA ASIM, AYESHA ILYAS, MARIAM ASHAR, ZARYAB HAIDER, MOMIN IJAZ

BACKGROUND: Allergic rhinitis has high prevalence among teenagers in Asia (1,2). Though prevalent, little literature is available regarding effect of allergic rhinitis on quality of life. Present study was carried out to understand the epidemiology of allergic rhinitis and its relationship with quality of life, based on which preventive measures can be suggested and promoted to control the burden of allergic rhinitis and its impact

OBJECTIVES: Among the students of Air University, Islamabad, we want to: Measure proportion of students with allergic rhinitis, Assess the risk factors of allergic rhinitis., Determine association of allergic rhinitis on quality of life among youth.

METHODOLOGY: An analytical cross-sectional study was carried out on 108 randomly selected students of Air University Islamabad. An online semi-structured questionnaire including questions from WHOQOL to assess the quality of life of students was administered through email. Data was entered and analyzed using SPSS version 23.0.

RESULTS: Out of 108 participants, 57.14% were female. Around 51.85% were diagnosed with allergic rhinitis. Most of the participants identified fever (43.5%) and sneezing (40.7%) as most common symptoms. Common predisposing factors were dust (44.4%), pollen (23.1%) and seasons (19.4%). No statistically significant association of allergic rhinitis was found with any domain of quality of life including physical health, mental health, social interaction and environmental health (p-value <0.05).

CONCLUSION: Study showed that allergic rhinitis is a highly prevalent disease affecting more than half of the students but it has no effect on quality of life. Further multi-centric studies are required to enhance evidence in this regard.

KEY WORDS: Allergic rhinitis, World health organization quality of life (WHOQOL), Epidemiology, quality of life

REFERENCES:

1. Chong SN, Chew FT. Epidemiology of allergic rhinitis and associated risk factors in Asia. World Allergy Organization Journal. 2018 Jan 1; 11:17.
2. Kalmarzi RN, Khazaei Z, Shahsavari J, Gharibi F, Tavakoli M, Khazaei S, Shariat M. The impact of allergic rhinitis on quality of life: a study in western Iran. Biomedical Research and Therapy. 2017 Sep 28; 4(9):1629-37..

Maternal and Child Health
ABSTRACT FOR THE PLENARY SESSIONS

ASSESSMENT OF DETERMINANTS OF COMPLEMENTARY FEEDING PRACTICES AMONG MOTHERS OF CHILDREN LESS THAN 2 YEARS IN RURAL SETTING OF ISLAMABAD: A CROSS-SECTIONAL STUDY

Raima Asif, Rukhsana Khan, Afsheen Akhtar

Introduction: Complementary feeding (CF) plays a significant role in determining child health up to 2 years of age. This study aimed, to assess the complimentary feeding practices and associated factors among mothers of children below 24 months of age. **Objectives of study** were to determine awareness among mothers in a suburban area of Islamabad, about the timely initiation, nutritional adequacy and risks associated with early initiation of CF. To determine the barriers in introducing CF and to assess the association between socio-demographic variables and knowledge about the age of initiation of CF. **Methods:** A cross-sectional study was conducted on 110 mothers having children less than 2 years of age living in Farash Town Islamabad. A structured questionnaire was used for data collection. **Results:** Ninety-six (87.3%) mothers had knowledge about CF and 88.2% practiced it. 33(30%) of the respondents had knowledge about the correct age of CF and out of these 35(32%) mothers got CF information from the family members. The risks associated with an early introduction were known by only 46 (41.8 %). 40 (36.4%) mothers had introduced CF at 6 months. 61 (55.5%) faced difficulty while introducing CF. 28(45.90%) complained that their child only accepted certain solid foods. 21 (35%) children experienced choking or vomiting. Association was seen between knowledge about appropriate age of initiation of complementary feeding with mother's education (P 0.034), type of family (P 0.002), father's profession (P 0.019), and total no of children the mother had (P 0.020). 85 (87.6%) carried out hand washing before feeding, 43.0% of mothers prepared fresh food and 38(39.1%) mothers used separate utensils. **Conclusion:** There is a need for the promotion of health education of mothers regarding complementary feeding, training of lady health workers for educating the mothers, and issues on child nutrition especially regarding complementary feeding practices.

Keywords: Mothers, Complementary feeding practices, young child feeding

References:

1. World Health Organization. Infant and young child feeding. Model chapters for textbooks for medical students and allied health professionals. France: WHO; 2009 www.thelancet.com/series/breastfeeding
2. Rao S, Swathi PM, Unnikrishnan B, Hegde A. Study of complementary feeding practices among mothers of children aged six months to two years—a study from coastal south India. *Australasian Medical Journal*. 2011 May 1;4(5):252-7.
3. World Health Organization. Indicators for assessing infant and young child feeding practices Part 1 Definitions. Washington: WHO Press. 2007.
4. National trends in malnutrition. National nutritional survey 2011.2012 June;27:49-50

Assessment of unmet need for contraception in health care providers

Naila Azam, Raima Asif, Ruhma Amjad, Fatima Ali Raza

Introduction: Unmet need for contraception along with underlying factors and birth rate of Pakistan is decreasing but still growth rate is high and increasing at the rate of 4.5 per year¹. To determine the prevalence and identify underlying factors of the unmet need for contraception in married women of reproductive age (15-49 years) working in tertiary care.

Methods: This study was conducted in tertiary care hospital Armed forces postgraduate medical institute from Apr 2018 to Jan 2019 after taking ethical approval from institutional ethical review board. With anticipated Prevalence of unmet need for contraception of 25%, 95% level of confidence and margin of error 0.05, sample size calculated for the study by using Epi info was 317 married women of reproductive age. Two class "A" Military hospitals out of total ten were selected by convenient method. From the selected hospitals, sample of 317 were collected by non-probability consecutive method through a preformed questionnaire and entered and analyzed through SPSS version 22. Frequency of women with unmet need for contraception was calculated. Mean and Standard deviations were calculated for numerical data. Frequencies and percentages calculated for qualitative variables. Chi square was applied for association. A p-value > 0.05 were taken as significant.

Results: Total 317 women were included in the study having mean age of 26.48 ± 6.25 years. The prevalence of unmet need of contraception for spacing among health care providers in tertiary care hospital was 7.2%. More than half of the respondents (55.8%) in the study had 1-2 male issues. Husband or in laws opposition was significantly associated with unmet need of contraception ($p \leq 0.001$). Desire for male child was also significantly associated with unmet need for spacing child birth ($p \leq 0.001$). Perception of respondents regarding acceptance of spacing child birth in religion is significantly related with the unmet need for contraception in terms of spacing ($p \leq 0.001$).

Conclusion: The factors associated with unmet of contraception were husband or in-laws opposition, non-acceptance of contraceptive use in religion and desire for male child.

Keywords: Contraception, Healthcare providers, Unmet need.

References:

- Pal A, Mohan U, Idris MZ. Factors affecting unmet need for family planning in married women of reproductive age group in urban slums of Lukhnow. *Ind J Comm Health* 2014; 26(1): 44-49.

Assessing knowledge, attitude and practice of parents with Down's Syndrome children

Wardah Tariq, Dawood Tahir, Dr. Tatheer Zarah, Dr. Shawana Kamran
Shifa College Of Medicine

Introduction: Background: Down's syndrome is one of the many genetic syndromes commonly confronted by pediatricians. Genetic counselling is rarely done in many countries; then, it becomes the job of pediatrician to break the news to the families and explain diagnosis to them. Rationale: The fact that there was no study published about this topic in the last 5 years in Pakistan and the lack of data representing this group of population. Objectives: To assess the knowledge, attitude and practices of parents with Down's syndrome children.

Methods: Descriptive cross sectional study has been conducted in Shifa International Hospital. We used a self-constructed, detailed questionnaire in English and Urdu to be filled by participants who consent for participation. Statistical analysis was done using SPSS version 22.0.

Results: Only 15 of the 35 consented to participate in the study. 13 of which (86.7%) were diagnosed post-natally. All the cases i.e. 100% were diagnosed by a pediatrician. 60.0% did not know the condition could be diagnosed prenatally. 66.6% were aware of its major complications. P value for relationship b/w paternal and maternal age and DS was insignificant. Lack of: awareness, Special educational institutes, communication gap between parents and doctors were identified as some of the factors that hinder the welfare of DS children.

Conclusion: The condition is more common among males as compared to females, most cases are diagnosed post natally, by a pediatrician. All the parents felt a lack of facilities for these kids' needs was a key factor causing hindrance for them to excel and overcome obstacles to contribute positively in the society. There is a significant lack of research related to this subject, especially with respect to data related to our country.

Keywords: Down Syndrome, Pediatrics, Lack of awareness, Pakistan, Learning Disabilities, Cranial abnormalities

References:

- 1) <https://jbiomedsci.biomedcentral.com/track/pdf/10.1186/s12929-015-0138-y.pdf>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC512536>
- 3) <https://pubmed.ncbi.nlm.nih.gov/22418958/>
<https://jmg.bmj.com/content/jmedgenet/18/1/22.full.pdf>
- 4) <https://pubmed.ncbi.nlm.nih.gov/26400113>

Frequency of neonatal sepsis among neonates presenting with seizures

Kainaat sheikh, Romana Bibi, Kalsoom Essa, Aisha Essa, Anila Rafeeq

INTRODUCTION:

The occurrence of neonatal seizures may be the first, and sometimes the only, clinical sign of a central nervous system disorder in neonates. Neonatal seizures may indicate the presence of a potentially treatable etiology. Thus, identification of neonatal seizures is critical in the management of high risk neonates. This study will provide us the latest and updated information about the magnitude of neonatal sepsis in our population. The results of this study will be shared with local pediatricians and suggestions will be given regarding future research recommendations.

OBJECTIVE:

To determine the frequency of neonatal sepsis among neonates presenting with seizures.

Settings: Department of child health, Hayatabad Medical Complex, Peshawar.

Duration: 6 months 13/10/2018 to 13/4/2019.

Study Design: Descriptive (cross sectional) study.

MATERIAL AND METHODS:

In this study a total of 195 patients were observed. All neonates were subjected to detailed clinical examination like general physical, neurological examination and detail systemic examination and complete set of baseline investigations. From all neonates, 5cc of venous blood was obtained under strict aseptic technique and was sent to hospital laboratory for measuring the TLC, Absolute neutrophil count, CRP and platelet count to confirm the presence or absence of neonatal sepsis.

RESULTS:

In this study mean age was 10 days with standard deviation ± 8.36 . Fifty eight percent neonates were male while 42% neonates were female. More over the 42% neonates had neonatal sepsis while 58% neonates didn't had neonatal sepsis.

CONCLUSION:

Our study concludes that the frequency of neonatal sepsis was 42% among neonates presenting with seizures.

KEY WORDS: neonatal sepsis, fever, seizure

REFERENCES

1. Okumura A. The diagnosis and treatment of neonatal seizures. *Chang Gung Med J* 2012;35(5):365-72.
2. Glass HC. Neonatal seizures: advances in mechanisms and management. *Clin Perinatol.* 2014;41(1):177-90.
3. Westas L, Boylan G, Ågren J. Systematic review of neonatal seizure management strategies provides guidance on anti-epileptic treatment. *Acta Paediatrica.* 2015;104(2):123-9.
4. Grunebaum A, Dudenhausen J, Chervenak FA. 907: Low Apgar score ≤ 3 at 5 minutes and neonatal seizures or serious neurologic dysfunction in the United States 2006-2014. *Am J Obstet Gynecol* 2017;216(1):S517-8.
5. Fox CK, Glass HC, Sidney S, Smith SE, Fullerton HJ. Neonatal seizures triple the risk of a remote seizure after perinatal ischemic stroke. *J Neurol* 2016;86(23):2179-86.
6. Nagaram PP, Piduru P, Munagala VK. Neonatal seizures and outcome in a NICU of a tertiary care hospital of Andhra Pradesh-an two year study. *Int J Contemp Peds* 2017;4(3):1004-7.
7. Šalamon AS, Neubauer D, Paro-Panjan D. Risk factors for developing epilepsy after neonatal seizures. *SIGNA VITAE.* 2014;9(1):37-41.
8. Liu L, Johnson HL, Cousens S, Perin J, Scott S, Lawn JE, et al. Global, regional, and national causes of child mortality: an updated systematic analysis for 2010 with time trends since 2000. *The Lancet.* 2012;379(9832):2151-61.

Frequency of neonatal sepsis among neonates presenting with seizures

Kainaat sheikh, Romana Bibi, Kalsoom Essa, Aisha Essa, Anila Rafeeq

Introduction: The occurrence of neonatal seizures may be the first, and sometimes the only, clinical sign of a central nervous system disorder in neonates. Neonatal seizures may indicate the presence of a potentially treatable etiology. Thus, identification of neonatal seizures is critical in the management of high risk neonates. This study will provide us the latest and updated information about the magnitude of neonatal sepsis in our population. The results of this study will be shared with local pediatricians and suggestions will be given regarding future research recommendations.

OBJECTIVE: To determine the frequency of neonatal sepsis among neonates presenting with seizures.

MATERIAL AND METHODS: In this study a total of 195 patients were observed. All neonates were subjected to detailed clinical examination like general physical, neurological examination and detail systemic examination and complete set of baseline investigations. From all neonates, 5cc of venous blood was obtained under strict aseptic technique and was sent to hospital laboratory for measuring the TLC, Absolute neutrophil count, CRP and platelet count to confirm the presence or absence of neonatal sepsis.

RESULTS: In this study mean age was 10 days with standard deviation ± 8.36 . Fifty eight percent neonates were male while 42% neonates were female. More over the 42% neonates had neonatal sepsis while 58% neonates didn't had neonatal sepsis.

CONCLUSION: Our study concludes that the frequency of neonatal sepsis was 42% among neonates presenting with seizures.

KEY WORDS: neonatal sepsis, fever, seizure

REFERENCES

1. Okumura A. The diagnosis and treatment of neonatal seizures. *Chang Gung Med J* 2012;35(5):365-72.
2. Glass HC. Neonatal seizures: advances in mechanisms and management. *Clin Perinatol.* 2014;41(1):177-90.
3. Westas L, Boylan G, Ågren J. Systematic review of neonatal seizure management strategies provides guidance on anti-epileptic treatment. *Acta Paediatrica.* 2015;104(2):123-9.
4. Grunebaum A, Dudenhausen J, Chervenak FA. 907: Low Apgar score ≤ 3 at 5 minutes and neonatal seizures or serious neurologic dysfunction in the United States 2006-2014. *Am J Obstet Gynecol* 2017;216(1):S517-8.
5. Fox CK, Glass HC, Sidney S, Smith SE, Fullerton HJ. Neonatal seizures triple the risk of a remote seizure after perinatal ischemic stroke. *J Neurol* 2016;86(23):2179-86.
6. Nagaram PP, Piduru P, Munagala VK. Neonatal seizures and outcome in a NICU of a tertiary care hospital of Andhra Pradesh-an two year study. *Int J Contemp Peds* 2017;4(3):1004-7.
7. Šalamon AS, Neubauer D, Paro-Panjan D. Risk factors for developing epilepsy after neonatal seizures. *SIGNA VITAE.* 2014;9(1):37-41.
8. Liu L, Johnson HL, Cousens S, Perin J, Scott S, Lawn JE, et al. Global, regional, and national causes of child mortality: an updated systematic analysis for 2010 with time trends since 2000. *The Lancet.* 2012;379(9832):2151-61.

Musculoskeletal Pains Associated with Schoolbag Usage in Children And Adolescents.

Aymen khawar, Aleezae khan, Ayesha kanwal, Sahar najam , Khadija munir, Shahzana zia, Muhammad usman ali

Rationale: Musculoskeletal pain and detrimental postural adaptations in school-going children due to inappropriate schoolbag carriage practices is an extremely prevalent issue in Pakistan.

Objectives: The objective of this study is to determine the association of musculoskeletal pain with schoolbag carriage practices using structured questionnaires to associate different factors related to it.

Materials & Methodology: An analytical cross-sectional study involving parents of 256 school-going children in Islamabad and Rawalpindi was conducted, after IRB approval. Sample size was calculated using Rao-soft software. SPSS 23 was used for data entry and analysis. Descriptive analysis was done by calculating percentages, frequencies, standard deviations, mean, and inferential analysis was done by doing cross tabulation and chi square testing.

Results: A 253 students of mean age 12.50 ± 9.1 were studied, 68.4% reported musculoskeletal pain due to schoolbag carriage. 78.9% female students and 74.4% government school students reported musculoskeletal pain due to increased duration and frequency of schoolbag carriage along with lower BMI and weight of bag. An increasing trend of pain was seen with increasing age, lower BMI, higher school grades, and increased waiting time for transport. A Significant association was found between the development of musculoskeletal pain and gender (0.003), type of school (0.001), time duration (0.000) and frequency of carriage (0.016), bag weight to body weight ratio (0.026), wait time (0.030) and postural changes (0.000).

Conclusion: An association between musculoskeletal pain in school-going children and schoolbag carriage practices as well as sociodemographic variables was observed.

Key Words: Musculoskeletal pains, demographic, BMI

Knowledge, Awareness and Perception Regarding Autism Spectrum Disorders among Parents in Islamabad

Kashmala Khalid, Hadia Aizaz, Hajra Batool, Mashal Khalid, Khizer Javed, Hamza Wajahat, Zunair Razzaq, Zille Huma Mustehsan

Background: Autism spectrum disorder (ASD) is a neurodevelopmental disorder, affecting millions of children and their families worldwide, causing significant social, communication and behavioral challenges. This study was carried out to determine and assess the knowledge and awareness regarding autism spectrum disorders among parents in Islamabad, and to evaluate their perceptions regarding the importance of timely diagnosis and treatment.

Methods: A cross-sectional analytical design was adopted. A sample of 97 parents was recruited from Islamabad. The study was conducted over the span of 3 months from 1st of June to 31st of August. Knowledge and perception of Autism spectrum disorders were evaluated with the help of a self-administered questionnaire based on WHO and NIH guidelines. Statistical tests and analysis were employed to understand the level of knowledge among the parents questioned.

Results: When assessing the knowledge, perception and awareness of parents regarding autism spectrum disorders, it was noted that 79% of the parents displayed 'good knowledge' scores, having answered an adequate number of questions from the section correctly (5-6 out of 7). 71% of the participants showed 'good awareness' having answered 6-7 out of 8 questions correctly from that section, whereas 95% demonstrated 'good perception', answering 3-4 out of the 5 questions in the respective section correctly.

Conclusions: The parents who knew a child having ASD had better knowledge about ASD, and their perceptions differed from the rest of the participants, positively indicating they were aware about the importance of timely diagnosis and treatment.

Key words: ASD, parents, qualification, genetics, neurodevelopmental disorders, Islamabad

Global Pandemic
ABSTRACT FOR THE PLENARY SESSIONS

