
Undergraduate Medical Research

Appraisal of Medical Services of Rescue 1122 At Emergency Department Of Allied Hospital Faisalabad

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Objective: To evaluate the medical services of Rescue 1122 towards emergency. To find out levels of satisfaction of the people on the services provided by Rescue 1122. **Study Design:** A Cross sectional study was conducted at Emergency Department of Allied Hospital Faisalabad. **Results:** Out of total 70 victims, 80% were males and 20% were females. Out of 70 emergency situations, 57% were accidents, 27% were incidents and 16% were medical problems. In 91% of the cases rescue 1122 team took 5 to 15 minutes to reach the site of emergency and in 9% of cases they took 15 to 25 minutes. 49% of victims were conscious, 30% were semi conscious and 21% were unconscious at the site of emergency. 77% were stable and 23% were unstable when they reached the hospital by rescue 1122. 51% victims/relatives found behavior of rescue 1122 health care provider very good, 37% good, 11% satisfactory and 1% found bad. 99% of

with the services of rescue 1122 and 1% were unsatisfied. In 61% of the cases Rescue 1122 team took 5 to 15 minutes to reach the hospital, 26% took 15 to 25 minutes and 13% took 25 to 35 minutes. 99% of health care providers said that services of Rescue 1122 have improved since it has been started. **Conclusions:** Services provided by Rescue 1122 during emergency are very useful, beneficial, adequate and according to international standards. People are satisfied with the health care services provided by Rescue 1122. They are well trained to provide first-aid and referral medical services during emergencies. Funds should be provided and workers should be encouraged from time to time for their responsible behavior and good work.

Supervisor: Dr. Muhammad Anwar Sulehri

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• **Students of Punjab Medical College Faisalabad**

Prevalence of Asthma and Its Determinants In Students Of Punjab Medical College, Faisalabad

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Objective: To assess the prevalence of asthma in medical students. To identify the precipitating factors of asthma. To determine gender specificity and familial disposition of asthma. **Study Design & Method:** Study design was cross sectional study. It was carried out in Punjab Medical College, Faisalabad. **Results:** 20 (2.8%) students (1.2% males, 1.6% females) were asthmatic out of sample population of 700. Our study also showed that seasonal changes, environmental factor were significantly associated in the study population. Out of 20 asthmatic students in 60% asthma was precipitated by seasonal changes. 50% were allergic to pollen, 25% to perfume and 25% to animal danger. 15% asthmatic students had exercise as precipitating factor. In 60% subjects smoke was precipitating factor and in 25% household dust was a precipitating factor 50% of asthmatic had a

a positive family history for asthma. **Conclusion:** Smoke, household dust, exercise, seasonal changes are marked precipitating factors of asthma. There is strong co-relation between development of asthma and positive family history. Asthma is a chronic disease. But by simple measures we can prevent the disease to develop. We stress upon the need to minimize the use of carpets in homes and to initiate general public awareness against smoking. Smoke, dust and pollens are the main triggers so should avoid much exposure to them. "Save yourself before you become asthmatic".

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To Study the Prevalence of Diabetes in High and Low Socio-Economic Class of Age Group Above 30 Years

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Objective: The objective of the study is to find out prevalence of diabetes mellitus among high and low socio-economic status above 30 years of age along with assessment of knowledge of the public about causation, control and prevention of diabetes. **Study Design:** Study design was cross sectional study. It was carried out in PMC Colony, Faisalabad. **Result:** Among high class, out of 40, 21 were females and 19 were males. 10 persons were found to be diabetic, 4 males and 6 females. In low class out of 40, 26 were females and 14 were males. 4 were found to be diabetic, 2 males and 2 females

Conclusion: After the study, it is concluded that diabetes mellitus is a major public health problem especially in high socio-economic status. The rising prevalence of diabetes is closely associated with industrialization and socio-economic development. The major determinants are population growth, age structure and urbanization.

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Assessment of Awareness About Obesity and Hypertension in Ischemic Heart Disease Patients Admitted to Coronary Care Unit-Allied Hospital and District Headquarters, Faisalabad

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Objective: Objective of this study is to assess the awareness of obesity and hypertension with ischemic heart disease. **Study Design & Method:** Study design was cross sectional study. It was carried out in CCU Allied and DHQ, Hospitals Faisalabad, from April 200 to May 2009. 30 patients were assessed by questionnaires. **Results:** The study shows that 70% of the obese and hypertensive patients were of age group 56-65 and male. 54% of patients suffering from obesity and hypertension had BMI of 30-31, 30% had 31-32, 13% had 33-34 and 3% had > 34. Mostly were from low class. 60% of the patients were not aware that obesity leads to ischemic heart disease. 57% patients were not taking any measure to reduce obesity. Family history of obesity was present in 53% patients. 50% patients were aware that hypertension can lead to ischemic heart disease. 93% of

hypertensive disease in 63% patients was <5 years, 34% was 5-10 years and 3% was 10-15 years. Mostly patients were not monitoring their blood pressure regularly. Family history of hypertension was present in 57% patients. Duration of ischemic heart disease in 71% patients was <5 years, 23% was 5-2- years, 3% patients was 10-15 years and 3% patients was >15 years. Family history of ischemic heart disease was present in 57% patients. **Conclusion:** The study shows that only 40% of patients admitted to CCU were aware that obesity can lead to ischemic heart disease and only 50% of patients were aware that hypertension can lead to ischemic heart Disease. The patients with border line raised BMI (30-31) are more prone to ischemic heart disease.

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Life Style of Old Citizens In Different Districts of The Punjab

Sadia Chattha*, Fatima Khalid*, Faiza Faqir Ali*, Ammara Zia*, Saira Khalid*

Objective: To detect rising problems of senior citizen and there cause. To see the existing facilities and status of senior citizens. **Study Design:** Study design was cross sectional study. It was carried out in hospitals, day care centers, homes and colonies of 8 districts of Punjab viz Faisalabad, Lahore, Rawalpindi, Jhang, Sargodha, Khushab, Sheikhpura. **Results:** Among 210 cases, 139 (67%) new old, 49 (23%) old, 22 (10%) very old, out of which 12 (58%) males, 89 (42%) females. 126 (60%) married, 4 (2%) unmarried, 75 (36%) widows, (2%) divorces. 192 (91%) living with family, 16 (8%) in old homes and 2 (1%) with others. Among 210 cases, 155 (74%) are diseases and 55 (36%) non-diseased. The most prevailing disease are 80 (26%) HTN, 52 (17%) DM and heart diseases, 51 (17%) joint problems. Out of 155 (74%) diseased 45 (29%) are not getting proper treatment due to 25 (56%) financial problems, 18 (40%) negligence, 2 (4%) poor health facilities. Major differences felt by them between youth and old age is 118 (56%) low energy level, 63 (30%) poor health, 29 (14%) dependency. Among these people 91 (57%) suffering from memory loss. Major social problems, these people suffering from are behavior of children 73 (34%) treated badly, 34 (16%) are forced for household work and 47 (22%) have not there needs being fulfilled by children. 78 (23%) spend their time with family. 67 (19%) with friends, 65 (19%) in work. 89 (25%) in prayers and

44 (13%) doing rest, 2 (1%) in social activity. 105 (50%) think there is need of old homes. 92 (44%) take care of themselves. 94 (45%) dealt by family and 24 (11%) by others, their views about modern life style are 49 (23%) good, 78 (37%) bad, 83 (40%) average. 130 (62%) has low expectations from new generation. They wish to do social activity 76 (32%), rest 73 (31%), religious activity 45 (23%), job 34 (14%) and hurdles in fulfilling wishes are 91 (48%) financial, 81(43%) health, problem, 14 (09%) social reason. Opinion of 150 (71%) is given importance in family matters. 168 (80%) have freedom of expression. Separate counters for senior citizens in hospitals are just 27 (13%), in banks 16 (08%), post offices 20 (10%). Out of 210, 173 (82%) have freedom to spend money and mostly 92 (55%) on household needs. **Conclusions:** Senior citizens in our society are facing a number of medical, physical, psychological and socioeconomic problems. Mainly these problems are seen in those people who are economically inactive, have uneducated children and depend on others for their physical and economical needs. Much can be done to relieve hardships of old age. Stress should be laid on health education and counseling of the society about the importance and respect of elderly.

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Study of Risk Factors of Hepatitis C in Blood Donors Coming to Blood Bank of Allied Hospital, Faisalabad

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Objective: To see the risk factors of Hepatitis C in blood Donors. **Study Design:** Study design was cross sectional study. It was carried out in Allied Hospital, Faisalabad. **Results:** 5% of blood donors had hepatitis C of which 33% had history of Blood Transfusion and 67% of HCV + ve donors get shaved at barber's shop. 67% of these donors were between 22-26 years of age, 33 % were between 32-36 years. **Conclusion:** Efforts are necessary to decrease the prevalence of hepatitis C. We concluded from our study that Hepatitis C + ve blood donors were mostly young people between 22-36 years and always ask from blood donors:

- Whether they shave themselves or by barbers.
- About the past history of blood transfusion.

Because shaving at barber's shop was seen to be a high risk factor of hepatitis C.

Therefore this study suggests that health education of barbers is necessary for reducing hepatitis C from our society. And we plan to carry this study further.

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Exploration of Reasons Leading The Youngsters To Smoke

Maarfa Rani*, M. Usman*, Ahmad Usman*, Mehwish Khan*, Abdali Hassaan Sattar* Muhammad Zain*

Objective: To find out reasons why youngsters smoke. To assess the knowledge about harmful effects of smoking among the students of different institutions. **Study Design & Method:** Multicentre cross sectional study was done by distributing the survey forms to students and this study was conducted at Punjab Medical College, Faisalabad, Government College University, Faisalabad and University of Agricultural, Faisalabad. **Results:** A total of 104 students participated in the study. No female student was found to indulge in smoking out of those who were asked and their number was 104. 66% were regular smokers. 40% students feel relaxation after smoking. 60% students started smoking because of their friends. 68% students know fully about the harmful effect of smoking on body. **Conclusion:** We have concluded from our study that majority of the male students start smoking because of their friends and they get relaxation from it.

All the medical students are well aware from its side effects but they do it either for enjoyment or relaxation or due to peer pressure. Students from other colleges are not well aware of its side effects and some of them take it as a good thing either for GIT or muscular power. In our study none of the female student was found to be smoker and so we are very fortunate that our institutions are free from female smokers. Knowledge about harmful effects of smoking is very low in GCU & UAF as compared to PMC; need of anti-smoking campaigns are there. Strict Government policies are already there but the implementation should be made more effective. All the teachers here in PMC are trained for detecting nicotine stains; teachers in other institutions should also be given proper training.

Supervisor: Prof. Dr. Ahmed Bilal

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Study of Achieving the Millennium Development Goal no 4 (Reduce Child Mortality) and Goal 5 (Improve Maternal Health) in Two Districts of North and South Punjab

Saba Tariq*, Hira Tariq*, Alina Ahmad*, Munnaza Nisar*, Rasti Saleemi*

Objective: To study the awareness of immunization, breast feeding and utilization of family planning method by the women of rural districts of Punjab. **Study Design:** Study design was cross sectional study. It was carried out in Vehari and Chakwal districts of Punjab, Pakistan. **Result:** Among the hundred sampled women fifty eight (58%) were educated, and the commonly involved age group in the sample was 21-30years accounting for 59% of the women. Among these 61% of the women have visited a family planning centre, while the contraceptive prevalence rate (CPR) is 39%. Thirty eight (54%) out of the 70 multiparous women have given birth with an interval of approximately 2 years. Only 6 (8.75%) have an optimum (safe) interval of 3 years. Among the total 90 child bearing women 74 (82.22%) have vaccinated their children, 46 (62.16%) of these are completely vaccinated according to the information obtained from the EPI vaccination cards. Among the 16 (17.77%) who haven't vaccinated their children 10(62.5%) complained of lack of awareness regarding the importance of vaccination. Five (31.25%) complained of inaccessibility to the BHU. Among the 95 ever pregnant females 61 (64.2%) were vaccinated with Tetanus Toxoid during pregnancy. Eighty two

(82%) women are aware of the benefits of breast feeding. Eighty eight (97.7%) out of total 90 child bearing women have breast fed their children with the percentage decreasing to 80.68% after 6-11months of age and only thirty eight (43.18%) continuing breast feeding till 1.5-2 years(optimum age) of age. Thirty nine (43.33%) women weaned their children between 0-6 months of age. **Conclusion:** Various family planning methods are being commonly adopted by the rural families but still there is a great lack of information regarding the proper birth spacing and although EPI is scaling up in the rural areas to meet the MDGs there's a need for mass education regarding EPI and it's compliance so that the target set under MDGs is achieved. Though women of the rural areas are aware of the advantages of breast feeding there is a lot of variation in the duration that the children are breast fed and weaned, so there is a need for the provision of standardized nutritional information to the mothers by the health workers.

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Dermatoglyphic Study of Students of Punjab Medical College, Faisalabad

Irfan Yasin*

Objective: This dermatoglyphic study was focused to evaluate bilateral dermatoglyphic dimorphism, gender dermatoglyphic dimorphism, pattern occurrence and difference from mean pattern occurrence. **Study Design Method:** It was conducted at PMC Faisalabad, 152 students of 2nd year MBBS (session 2009-2010) took part subjects. Data was obtained with use of ink pad. Patterns were recorded, classified, statistically analyzed and discussed. **Result & Conclusion:** Arithmetic mean,

percentage and mode of data were calculated. Analysis showed that loop pattern has the highest frequency (51.1%) followed by whorl pattern (36.8%). Arch pattern is the rarest pattern (7.8%). There is more predominance of arch and loop pattern than average values in this study.

Supervisor: Prof. Dr. Imtiaz Ahmed

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Practice of Informed Consent and Informational Care in Allied Hospital, Faisalabad

Abdullah Bin Zahid*, Ali Farahe*, Haseeb Akram*, Arslan Ather*, Mehr M. Usman*, M. Umar Farooq*

Objective: To access the practice of doctors regarding the provision of informational care and counseling the patients. To assess the patients' satisfaction about their treatment. To assess the tendency of patient and their attendants to sue or to do media trial of doctors. **Study Design & Method:** Cross sectional study at Allied Hospital, Faisalabad. **Result & Conclusion:** After data analysis, it is seen that the tendency of patients to hold doctors and paramedical staff responsible for the complications of treatment procedure or death during the course of treatment

decreases with properly taken informed consent (p value = .008). This tendency also decreases with increasing patient satisfaction with informational care session (p value = .023). the actual practice of informational care, as per the bookish rules and practice guidelines are concerned, has no relation with patient tendency to hold doctors responsible for the occurrence of unwanted events (p value = .451).

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Response of Hepatitis B Vaccine In Relation to Age & Gender

Nahdia Ashraf*

Objective: This study was designed to compare the incidence of non responders, poor responders and good responders among teenager and individual of 30-45 years age groups after 05 year of vaccination for HBV. **Setting:** Biochemistry department, PMC, Faisalabad and Nawaz Medicare Hospital, Faisalabad. **Period:** May, 2010 to Oct: 2010. **RESULT:** Each group I & II were divided into two sub groups IM, IF, IIM & IIF on the basis of gender. The data was analyzed by SPSS software using χ^2 and Fisher exact test. The subjects having titer <10 mIU/ml, 10-100 mIU/ml and >100 mIU/ml were taken as Non responders, poor responders and

good responders. There was no correlation of anti HBs antibodies titer on the basis of gender in same age group while incidence of non responders and poor responders was significantly high among vaccine's of 30-45 year of age than the teenagers.

CONCLUSIONS: Immune response to HBV vaccine is much better among teenagers than the subjects of 30-45 years of age. There is no correlation of response in relation to gender.

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