

Effect of Energy Drink consumption on health of Medical students: First study reported from Nepal

Indrajit Banerjee¹, Pugazhandhi B², Indraneel Banerjee³, Bedanta Roy⁴, BrijeshSathian⁵

1 Lecturer, Department of Pharmacology, Chief of Manipal Sanjeevani Clinic, Manipal College of Medical Sciences, Pokhara, Nepal.

2. Lecturer, Department: Anatomy, Manipal College of Medical Sciences, Pokhara, Nepal.

2. Post Doctorate Trainee, M.Ch Urology, SMS Medical College, Rajasthan, India

4. Assistant Professor, Department of Physiology, Manipal College of Medical Sciences, Pokhara, Nepal.

5. Assistant Professor, Department of Community Medicine, Manipal College of Medical Sciences, Pokhara, Nepal.



ICRMSW 2013

Corresponding Author

Dr Indrajit Banerjee MD
Lecturer Department of Pharmacology
Manipal college of Medical sciences, Pokhara, Nepal
Email: indrajit18@gmail.com

Abstract

Introduction and Rationale

Energy drinks that contain caffeine, taurine, vitamins, herbal supplements, and sugar or sweeteners and are marketed to improve energy, weight loss, stamina, athletic performance, and concentration. Medical students undergo a lot of stress during their course due to the massive course and curriculum. Recently some of energy drink has been banned in different countries like Denmark, Norway and France but in Nepal none of the studies has been done to report the effect of energy drink on health.

Objective:

The objective of the study will be to find out the effect of energy drink on health of medical students.

Materials and Methods

It is a cross sectional questionnaire based study done at Manipal College of Medical Sciences, Pokhara, Nepal on November 2013.

Results :

Out of 206 students 202 completed the questionnaire completely and their responses were evaluated which gives an overall response rate of 98.05%. Out of 202 students, 88 (43.56%) students were found consuming energy drinks. It was found Nepalese were consuming 35.2% followed by Srilankan 31.8%, Indian 19.3% and Maldivian 13.6%. Number of cans consumed varied from 1-2 cans per day 64.8% to > 20cans/week 5.7%. The clinical manifestations the student suffered from were felling lack of sleep 43.2%, increase frequency of maturation 29.5%, dry mouth 19.3%, palpitation 17%, felling discomfort 17%, euphoria 17%, anxiety 15.9%, burning sensation of the throat 13.6%, dizziness 11.4%, nausea 11.4%, headache 10.2%, sweating 10.2%, constipation 10.2%, allergic reaction 8%, weight loss 8%, prolonged sleep 8%, hallucination 6.8%, abdominal cramp 5.7%, vomiting 4.5%, diarrhoea 4.5%, chest pain



3.4%, shortness of breath 3.4%, seizure 2.3%, good taste 15.9%. Students take the energy drink to feel energetic 61.4%, increases stamina 44.3%, its good taste 15.9%. Male student has a [OR 2.693, 95% (CI 0.053, 138.132)] more tendency of having discomfort as compared to female. It was also found that male student has [OR 6.282, 95% (CI 0.385, 102.42)] and [OR 5.722, 95% (CI 0.798, 41.02)] more tendency of having euphoria and increased stamina as compared to females.

Conclusion

It is concluded that energy drink gives energy and increases the stamina but it produces a lot of ill effects on health. Further studies are required on the same field to find out its effect on health in Nepalese population.

Keywords: Energy drink, First study, Nepal

P Drug Selection- Medical students perceptive: A cross sectional study from a private medical school of Nepal

Indrajit Banerjee¹, Akhilesh Kumar Jauhari ², Bedanta Roy³, Brijesh Sathian ⁴, Indraneel Banerjee ⁵, Archana Saha⁶

1. Lecturer, Department of Pharmacology, Manipal College of Medical Sciences, Pokhara, Nepal.
2. Professor Department of Pharmacology, Manipal College of Medical Sciences, Pokhara, Nepal.
3. Assistant Professor, Department of Physiology, Manipal College of Medical Sciences, Pokhara, Nepal
4. Assistant Professor, Department of Community Medicine, Manipal College of Medical Sciences, Pokhara, Nepal.
5. Post Doctorate Trainee, M.Ch Urology, SMS Medical College, Rajasthan, India
6. Professor and Head of the Department of Pharmacology, Manipal College of Medical Sciences, Pokhara, Nepal.



This title
is indexed
in SciVerse
Scopus

Improving research
results through
analytical power



ICRMSW 2013

Corresponding Author

Dr Indrajit Banerjee MD
Lecturer Department of Pharmacology
Manipal college of Medical sciences, Pokhara, Nepal
Email: indrajit18@gmail.com

Abstract

Introduction and Rationale

Personal (P) drug selection is an important part of the pharmacology teaching and learning session. Most of the textbooks that are commonly followed by the medical

schools of Nepal merely tell about the concepts of P drug selection. Most of the time it is found that student cannot follow the concepts of P drug.

Objective:

The main objective of the study was to find the Medical students perceptive of P- Drug selection from a medical school of Nepal.

Materials and Methods

This cross sectional questionnaires based study was carried out at Manipal College of Medical Sciences, Pokhara, Nepal from July 2008- July 2013. Z test, Chi square test were used for analytical purpose. P-value < 0.05 was considered to be statistically significant. Questionnaire validation tests showed that the Alpha Cronbach was 0.72.

**Results :**

Out of 712 students, 605 students filled the questionnaires properly and completely which indicates overall response rate of 84.97%. The questionnaire was rejected based on the incomplete filling of the form and absence of the students from the class. 453 students reported P drug selection is an important lesson for the MBBS curriculum 74.87%. P drug is for disease and not for a patient (496/605) 81.93%. The time for selection of P drug is to be increased was opted by (514/605) 84.95% of the students. There was a difficult of selecting the costs of the drugs from different brands was faced by (544/605) 89.91% of the students.

Conclusion

The teaching and learning activity of P Drug Selection needs improvement. With proper teaching and learning methodology the activity of P drug selection can reduce the chances of irrational prescribing that is common problem in developing country like Nepal.

Keywords: P Drug, Rational Medicines, Nepal

Nutrition education Programme in a medical school – A Scenario form Nepal

Bedanta Roy¹, Indrajit Banerjee², Brijesh Sathian³

1. Assistant Professor, Department of Physiology, Manipal College of Medical Sciences, Pokhara, Nepal
2. Lecturer, Department of Pharmacology, Manipal College of Medical Sciences, Pokhara, Nepal.
3. Assistant Professor, Department of Community Medicine, Manipal College of Medical Sciences, Pokhara, Nepal.



This title
is indexed
in SciVerse
Scopus

Improving research
results through
analytical power



ICRMSW 2013

Corresponding Author

Bedanta Roy
Assistant Professor
Department of Physiology
Manipal college of Medical sciences, Pokhara, Nepal
Email: bedanta.roy@gmail.com
Telephone: 00977-9806557861

Abstract

Introduction and Rationale

Numerous steps have been adopted to improve the nutrition knowledge and skills of medical students and physicians. Dissimilar researches in different parts of the world shows that most graduating medical students opinion about nutrition preparation, is inadequate.

Objective:

The objective of the study was to determine the amount and type of nutrition instruction at a medical school in Nepal.

Materials and Methods

A 14-item questionnaire survey was done among medical

students to characterize nutrition instruction at their medical school and they were also asked to quantify nutrition contact hours outside designated nutrition syllabus.

Results :

A total of 286 students were submitted correctly filled Questionnaire with a response rate of 84%. 125 students responded with some form of nutrition education; however, only 95 students required a separate nutrition course. On average, students received 30 contact hours of nutrition instruction during medical school. Most students (90%) expressed the need for supplementary nutrition programme.

Conclusion

The integrated medical curriculum and introduction of problem-based learning at many medical colleges, a considerable portion of the total nutrition instruction is occurring outside courses specifically dedicated to nutrition. There should be more improvement of Nutrition teaching learning activity in medical schools.

Keywords: Nutrition, medical education, medical school curriculum, education, nutrition curriculum

Dental caries and Oral facial clefts: A systematic review

Nandini. M* & Jayan. C**

* Phd Scholar, School of Behavioural Sciences, MG University, Kottayam.

** Professor, Dept, of Psychology, University of Calicut, Calicut.



This title
is indexed
in SciVerse
Scopus

Improving research
results through
analytical power



ICRMSW 2013

Corresponding Author

Phd Scholar
School of Behavioural Sciences
MG University, Kottayam.

Keywords: Dental caries, Cleft lip, Cleft palate.

Abstract

Introduction and Rationale

This systematic review was examined the available published literature in order to obtain a more comprehensive assessment of the dental caries among children and adolescent with cleft lip and cleft palate. Studies that examined the oral health of the children and adolescence with repaired /non-repaired, non-syndromal CLP were suitable for inclusion. Following sources were searched like PUBMED, MEDLINE, CINAHL and hand searches of relevant journal. There were 25 abstracts initially identified, of which 11 appeared to meet the criteria. The full text of this papers were examined. Overall majority of the children and adolescent have a high caries prevalence compare with patients with no oral clefts. A multitude of factors contributed to the higher caries rate in the primary dentition of children with CLP such as insufficient parental dietary counseling, insufficient education on tooth brushing and poor accessibility of tooth brush around the cleft area. Caries prevalence is more in cleft Lip & palate and cleft palate than those of with isolated cleft lip. However studies lack the uniformity and consistency required to adequately summarize the specific age of the occurrence of dental caries in CLP child and adolescents.

A study to assess the knowledge and attitude of adolescents regarding dietary precautions for the prevention of obesity in selected school at Thrissur.

Thressia.P.A.(Sr.TresaAnto), Ambika.v.v, Anu.k.s,Jenny James.

Paediatric Department,J Ublee Mission College Of Nursing Thrissur-5.

embase®
BIOMEDICAL ANSWERS

This title
is indexed
in SciVerse
Scopus

Improving research
results through
analytical power



ICRMSW 2013

Corresponding Author

Thressia.P.A.(Sr.TresaAnto),
peedam30@yahoo.com
Telephone:9745686254

Abstract

Introduction and Rationale

Obesity is a complex and growing global problem and is common in western countries & emerging in developing countries. Adolescence is particularly a unique dynamic period in life of human beings. Obesity is associated with a wide range of medical consequences like heart disease, dyslipidemia, risk for diabetes, arthritis, sleepapnea, gallstone formation, certain cancers including cancer of breast, colon, uterus, pancreas, kidney and psychological problems including social isolation, decreased self esteem and social discrimination are common

Objective:

To assess the knowledge and attitude of adolescents regarding dietary precautions for preventing obesity and to find the association between diet and the occurrence of obesity.

Materials and Methods

A non experimental descriptive design using random sampling technique. Knowledge and attitude were assessed using self administered questionnaire to a total of 60

adolescence between 15-18 years from two different schools in Thrissur, from September 2008 to October 2008

Results :

results revealed that 8.3% of samples have adequate knowledge, 53.3% have moderate and 38.3% of them have poor knowledge regarding the dietary precautions for the prevention of obesity was also found that 1.66% of the samples have adequate attitude, 23.3% have moderate and 75% have poor attitude towards dietary precautions for prevention of obesity. The diet preference and the occurrence of obesity revealed that 68.3% likes fried foods and 31.7% likes the non fried, but no association was found between family income and occurrence of obesity

Conclusion

The investigator found that a direct relationship exists between knowledge and the occurrence of obesity. 38.3% have poor knowledge regarding the dietary precautions for the prevention of obesity. It was also found that obesity was more in males than in females. The figure suggests the urgent need for interventions to improve the knowledge and attitude level of adolescents. Education regarding the healthy diet and various diseases related to faulty diet is the need of the hour.

Keywords: knowledge, attitude, prevention, obesity, diet, adolescent