Benefits of Dhivehi Medicine – A study conducted in Feridhoo Island , AlifAlifAtoll

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Abstract

Introduction and Rationale

A study was conducted in a population of 426 people in an Island, Feridhoo in AlifAlif Atoll in which 60 people were taken as sample in the Republic of Maldives.

It is very effective for trauma injury, fracture though the recovery is slow. It is having no side effect as compared with Allopathy Medicine.

Objectives:

To study socio demographic characteristics of the community.

To study the most preferred system of medicine in the community.

To study in which type of condition Dhivehi Medicine is more used.

To study which system of medicine is more affordable to the community.

To study the comparison of side effects of systems of medicine.

Materials and Methods:

Interview schedule is used for collecting the data. The data was collected by the convenient sampling method. The interviewer collected the data by direct interview by filling the questionnaire by himself. Data was collected directly and recorded in the questionnaire. By using Statistical methods data was organized, presented, analyzed and interpreted.

Results:

100% of the people use Dhivehi Medicine for injuries.

The users of Dhivehi Medicine are 100% satisfied after the use.

According to the opinion of the Islanders Dhivehi Medicine is 100% good.

There were no side effects of Dhivehi Medicine.

Conclusion:

Islanders preferred Dhivehi Medicine as there is no side effect for it and as they consider Allopathy medicine have side effects. The Dhivehi medicine is preferred as it is easily accessible and more affordable to the patient though the recovery is slow. Dhivehi Medicine is used more fractures and also for acute and chronic diseases.

Keywords: Trauma, Injury, Fracture,Tribal medicine

Effectiveness of self instructional module (SIM) on knowledge regarding triage system among staff nurses in selected hospitals of Mangalore

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Abstract

Introduction and Rationale

The number of patients presenting to the emergency departments (EDs) is increasing, and this trend is not likely to change. As EDs are struggling to cope with overcrowding there is a critical need for a valid, reliable triage acuity rating system in order to sort these incoming clients more rapidly and accurately. The current state of over-crowding threatens patient safety and has caused an increased focus on triage.

Objectives:

Assess the level of pre-test knowledge regarding triage system among staff nurses.

Evaluate the effectiveness of self instructional module regarding triage system among staff nurses.

Find out the association between pre-test knowledge score and selected demographic variables.

Materials and Methods

An evaluative approach with pre-experimental design, one group pre-test post-test was adopted. The conceptual framework adopted for the study was based on the Modified Wilson's general model of information behavior (1996). Non probability purposive sampling was used to select the sample for the study. The sample size was 60. Data collected from the sample were analyzed by descriptive and inferential statistics.

Results

The mean percentage of post-test (68.59%) knowledge score was higher than the mean percentage of pre-test (35%) knowledge score.

There was significant difference between mean pre test and mean post test knowledge score of staff nurses ($t_{(59)}$ = 17.197, table value $t_{(59)}$ = 1.96, $p < 0.05$, highly significant).

There was no significant association between pre test knowledge score and demographic variables.

Conclusion

The findings of the study showed that the SIM was effective in all the areas in improving the knowledge of staff nurses.

Key words

Self instructional module; triage system; staff nurses

Self-medication practice among preclinical medical students: A cross sectional study from Manipal College of Medical Sciences, Pokhara, Nepal

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Abstract

Introduction and Rationale
Self-medication practice is a common practice among the medical students. Data related to self-medication practice is lacking in Nepal in general and Western Developmental region of Nepal in General.
Objectives: The main objective of the study was to research about the commonest form of self-medication practice among the preclinical medical students in Western Nepal.
Materials and Methods: An observational cross sectional questionnaires based study was conducted at Manipal College of Medical Sciences, Pokhara, Nepal from November 2012- May 2013. Z test, Chi square test and logistic regression were used for analytical purpose. Odds ratio and Adjusted Odd ratio was calculated by binary logistic regression model. P-value < 0.05 was considered to be statistically significant. Questionnaire validation tests showed that the Alpha Cronbach was 0.68.
Results: Out of 282 students 262 students completed the questionnaires properly and completely. Overall response rate of the questionnaires was 92.90%. Self-medication practice was found in 62% of the students among which males were 62% and females were 38%. Medicines that were commonly used for self-medication practice by the medical students were antipyretics like (Paracetamol) 31%, antibiotics (Azithromycin)24%, antihistaminics (Cetrizine) 17%, analgesics (Flexon= Paracetamol+ Ibuprofen) 14%, antiulcer agents (Omeprazole) 10% and antihelminthics (Albendazole) 4%.
Conclusion: It was found that self-medication practice was common among the preclinical medical students mostly found among the males in Western Nepal. Among the medicines Antipyretics like Paracetamol and Azithromycin was the commonest form of self-medication. Medical students should be given distinct awareness regarding the disadvantages and the adverse effects of the medicines on

health without the proper diagnosis of the disease condition.

Keywords: Medical Students, Nepal, Self Medication Practice

Genetic Susceptibility of HCV RNA and its genotypic distribution in Punjab, Pakistan

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Abstract

Introduction and Rationale

Susceptibility of HCV RNA gene is critical according to the host of patients of HCV as it depends on genetic variation to predict the kind of interferon treatment, response to treatment and spontaneous clearance of viral load. The respective contribution of direct HCV transmission between relatives by close contacts or exposure to an unidentified common source of virus to the intra-familial clustering of viral strains remains to be determined by an in-depth community study.

Objective:

To determine the genetic pattern of HCV RNA gene and its Genotypic distribution in Punjab, Pakistan.

Methodology:

This study was undertaken to find out the ecology and Genetics of Susceptibility of HCV RNA in various isonym groups of the Punjab population. The hospital samples of chronic HCV patients, consisting of 349 patients, who taken the treatment of standard therapy of Interferon/Ribavirin. Thus the samples were divisible into three groups of patients, i.e.: Responder, who respond to the therapy, and cured; Relapser, who relapsed after successful therapy while; Non-responder, the group of patients who did not show positive response to therapy.

Results:

We found that HCV genotype 3a is very common (84.0%) among responder group while genotype 1a is more common in relapse (66.2%) and non-responder (54.0%) groups. Thus the genotypes of HCV play important roles relating to disease progress, prognosis and treatment.

Human genetic susceptibility to HCV genotypes appears to be of great importance in getting the infection as reveled by the analyses of different ethnic / isonym groups of the Punjab. Five of the Six main genotypes, namely, 1a (61.40 %), 2a (0.50 %), 2b (20.00 %), 3a (13.70 %) and an Untypeable (4.40%) were found among the 12 different castes/tribes / isonym ethnic groups. The HCV frequency in 12 isonym groups is as follows: Arian (15.26 %), Gujjar (10.02 %), Jutt(18.91 %), Kashmiri (10.02 %), Malik (10.44 %), Mughal (3.21 %), Pathan (17.19 %), Rajput (11.46 %), Sheikh (3.43 %), and Sayyed (4.87 %).

Gene-polymorphism for the variation of genotypes in IL-10 and IL- 28B genes was studied to find the genetic susceptibility among various isonym groups.A total of six SNPs have been found, which are as follows:

In IL-10, SNP at 1082 position, AA (14.5 %), GA (80.30 %) and GG (5.20 %);SNP at 819, AA(3.2%), AC (84.7 %) and CC (12.0 %); and SNP at 592 position, AA (6.0 %), CA (69.9 %) and CC (24.1 %). CA was in high frequency than CC and AA homologous gene polymorphism.

In IL-28B SNP at location a, GG(4.8%), TG (40.6%), TT(54.6%); SNP at location b, CC(34.9%), CT(58.2%), TT(6.8%) and CC(40.2%), CT(43.8%), TT(16.1%) was found.

Frequency of TT homologous high at one position, CT hetrozygous polymorphism was frequent at second and third position.

Conclusion:

The study suggests that IL-10 and IL-28B interleukin genes, which are common in Pakistani population, in two major caste of Punjab. A cohert study should be done in detail for better understanding of human susceptibility to HCV infection and its management.

Effectiveness of a planned teaching programme regarding home management for dysmenorrhoea among adolescent girls in selected PU colleges at Mangalore, Karnataka

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Abstract

Introduction and Rationale
Adolescent girls, almost always, silently suffer the pain of dysmenorrhoea and the discomfort associated with it due to lack of knowledge about management measures. Planned education is an important aspect to prevent the problems due to dysmenorrhoea.

Objective :
To determine the level of knowledge on home management for dysmenorrhoea among adolescent girls in selected PU colleges.
To evaluate the effectiveness of PTP in terms of gain in knowledge scores.
To find out the association of pre-test knowledge scores with selected demographic variables.

Materials and methods:
An evaluative approach with one group pre-test post-test design was used. The simple random sampling technique was used to draw 120 adolescent girls. Data was collected by administering structured knowledge questionnaire. After collecting data, planned teaching programme was administered to the subjects and on 7th day post-test was conducted using the same questionnaire.

Results:
The analysis of the pre test knowledge revealed that highest percentage (50.8%) of the adolescent girls had average knowledge and none of them had very good knowledge. The post test analysis showed there is a significant increase in the knowledge score. In the post test, majority (59.2%) had good knowledge and none of them had poor knowledge. There was no significant association of pre test knowledge score with the demographic variables.

Conclusion:
The findings of the study proved that the planned teaching programme is an effective measure to improve the knowledge of the adolescent girls. Education to the girls will help them to manage dysmenorrhoea using various simple as well as cost effective methods.
Keywords: Effectiveness; adolescent girls; planned teaching programme; home management; dysmenorrhoea.

Pattern of Dental problem related to tooth brushing among the School Children in a Metropolitan city of Bangladesh - preliminary findings of a cluster randomized trial

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Abstract

Introduction and Rationale

It is widely acknowledged that tooth brushing is the major key to prevent most of the oral problems. As the school going children suffer from the Dental pains most of the time, it is important to understand the oral disease pattern of the school going children of a developing country. This is needed for planning & providing effective Dental Health Care services as well as motivation and awareness buildup. It is an urgent need to develop an effective community based dental care services for low-income setting.

Objectives

The objective of the study was to evaluate the impact of school based dental care programme on reduction of brushing related dental problem among school children of Bangladesh.

Material and Methods

A cluster randomized trial has been designed to evaluate the school based dental care program in Dhaka Metropolitan City. Eight schools (including 4 madrashas) were selected based on the selection criteria. Out of the eight schools 4 were randomly selected for intervention and other four remain as control. A baseline data on brushing practice, oral hygiene status and dental problem like gingivitis and presence of calculus were collected. A school based dental care services were developed which included oral hygiene education, teaching on tooth brushing instruction, hand washing instruction and provision of toothbrush and paste. After six moth of intervention another outcome survey will be conducted in all eight schools. This paper presents the baseline data on this intervention study.

Results

71% of the enrolled students were male, mean age of them was 8.56 years with SD 2.54. Of the total children, only 10.3% had practice of brushing before going to bed. However, 85.4% used tooth brush and 84.8% used tooth paste. Only 23.4% students had good oral hygiene.

Conclusions

The tooth brushing practice among Bangladeshi school children is not satisfactory. An effective school based dental health services are a dire need to address the dental problem.
Key words: Tooth brushing, School based dental health service, Bangladesh

Title: Severity based clinical efficacy and safety of oral sildenafil in the management of pulmonary arterial hypertension - A pilot study

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Participating in best paper competition: Yes

Abstract

Title: Severity based clinical efficacy and safety of oral sildenafil in the management of pulmonary arterial hypertension – A pilot study

Introduction and Rationale: Pulmonary Arterial Hypertension (PAH) is a progressive disorder that results in right heart failure and death. A selective phosphodiesterase-5(PDE-5) inhibitor, Sildenafil citrate has shown to be very effective in pulmonary hypertension. As the incidence of PAH is increased compared to the previous years, the study aimed to evaluate the severity-related clinical efficacy and safety of Sildenafil Citrate given at 25mg, 50mg and 75mg among PH patients assessed the dyspnoea grades, functional status and Health Related Quality of Life (HRQoL).

Objective: To assess the shot-term efficacy and safety of Sildenafil Citrate in PAH.

Materials and Methods: A prospective open label study was conducted in 31 PH patients. Patients with a mean age of 49.46 years were allotted into three study groups according to dose given where in group-mild, moderate and severe were treated with Sildenafil Citrate 25mg, 50 mg and 75mg respectively. Right Ventricular Systolic Pressure (RVSP), Modified Borg Dyspnoea Score (MBDS), New York Heart Association (NYHA) Functional Class, 6 Minute Walk Test (6MWT) and Saint George Respiratory Questionnaire (SGRQ) were evaluated throughout the 3 month study period Naranjo scale was used for causality assessment and Modified Hartwig and Siegel scale is used tor ADR severity assessment.

Results: A significant improvement in RVSP(mild-47.99±5.07mm Hg vs 44.51±3.31mm Hg, moderate-76.26±10.30mm Hg vs 67.1±7.36mm Hg, severe-98.12±3.82mm Hg vs 85.13±4.2mm Hg),NYHA class(mild-3±0.44 vs 2±0.632, moderate-3.57±0.51 vs 2.14±0.53, severe-3.67±0.516 vs 2.50±1.04), 6MWT(mild-203.64±53.09m vs 345.27±71.54m, moderate-175.36±50.8m vs 340±67.18m, severe-187.83±61.44m vs 333.17±91.27m), MBDS (mild-4.45±1.21 vs 2.64±1.12, moderate-5.07±1.2 vs 2.83±0.61, severe-5.67±1.03 vs 2.83±0.75) and total score (mild-62.94±10.94 vs 21.33±5.48, moderate-58.55±9.6 vs 22.47±4.97, severe-57.19±6.4 vs 23.6±3.97) were noted respectively.

Conclusion: Sildenafil has been reported to be very well tolerated except for headache in 2, and nasal bleed in 1 patient. The study outcomes recommend sildenafil citrate treatment benefited a greater extend to them even with four weeks of treatment with respect to disease severity.

Keywords: Sildenafil; Pulmonary arterial hypertension, Phosphodiesterase-inhibitors, Right Ventricular Systolic Pressure , Modified Borg Dyspnoea Score , New York Heart Association , Saint George Respiratory Questionnaire.

Severity based clinical efficacy and safety of oral sildenafil in the management of pulmonary arterial hypertension - A pilot study

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Abstract

Introduction and Rationale

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Objective:

To assess the shot-term efficacy and safety of Sildenafil Citrate in PAH.

Materials and Methods:

A prospective open label study was conducted in 31 PH patients. Patients with a mean age of 49.46 years were allotted into three study groups according to dose given where in group-mild, moderate and severe were treated with Sildenafil Citrate 25mg, 50 mg and 75mg respectively.

Right Ventricular Systolic Pressure (RVSP), Modified Borg Dyspnoea Score (MBDS), New York Heart Association (NYHA) Functional Class, 6 Minute Walk Test (6MWT) and Saint George Respiratory Questionnaire (SGRQ) were evaluated throughout the 3 month study period Naranjo scale was used for causality assessment and Modified Hartwig and Siegel scale is used tor ADR severity assessment.

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Conclusion:

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Keywords: Sildenafil; Pulmonary arterial hypertension, Phosphodiesterase-inhibitors, Right Ventricular Systolic Pressure , Modified Borg Dyspnoea Score , New York Heart Association , Saint George Respiratory Questionnaire.

Epidemiological Correlates Of Domestics Voielence In Currently Married Women In Rural Area Of Dehradun

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Abstract

Introduction and Rationale

Violence against women is pervasive yet also the least recognised abuse in the World. But worst of all, many do not recognize it as a crime but legitimize it as being the husband right to "correct" an erring wife. The fact that women are often emotionally involved with and economically dependent on those who victimize them has major implications for both the dynamics of abuse and approaches to deal with it.

It occurs in all countries, irrespective of social, economic, religious or cultural group initially viewed largely as a human rights issue, domestic violence is increasingly seen as an important public health problem. (World report on violence and health, WHO 2002).

Objective:
To assess the socio-demographic factors affecting domestic violence.

Methods:
A Cross Sectional, House to House Survey in 400 females

Results:
76% of all females in the present study belong to 20 – 39 years and 75 % of females belong to Nuclear Family type. Out of the total respondents 53.8 % were illiterate and 36.5 % of males. 90 % of respondent females were housewives. 44.5% of the husbands justified themselves in beating their wives with the reason "Shows disrespect to her In-Laws" followed by "Goes out without telling anybody" (39.3%). 78.5% of the Husband ill-treated their wives with the reason "Not asking permission to visit her family".

Conclusions:

Domestic Violence has been present since the very ancient time but has always remained a hidden entity. In a modern era it is emerging as one of the social evils of our society. Large scale studies are required in this field to show a clear picture of this abnormal behaviour
Key-words: Domestic Violence; Threats; Behaviour