



ANNALS OF ABBASI SHAHEED HOSPITAL AND KARACHI MEDICAL & DENTAL COLLEGE



Newsletter

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FROM THE CHIEF EDITOR'S DESK

Topic: Epidemic of Measles

Measles (rubeola) virus is a single-stranded, negative-sense, enveloped (non-segmented) RNA virus of the genus Morbillivirus within the family Paramyxoviridae. Measles, a viral infection of the respiratory system, is very contagious and can spread through contact with infected mucus and saliva. The coughing or sneezing of an infected person can release the virus into the air. The virus can live on surfaces for several hours. As the infected particles enter the air and settle on surfaces, anyone within close proximity can become infected with the measles virus.

The Expanded program of Immunization (EPI) program of Pakistan allows children to receive immunization against measles in 2 recommended doses, at 9 months of age and again at 15 months. It is also recommended that the immunization be given again at 4 to 5 years of age.

Our concern as paediatricians is that despite the free availability of immunization by the government of Pakistan, children are not being immunized. In a recent upsurge of measles in our paediatric ward unit 2 of Abbasi Shaheed Hospital, in one month alone 32 admission of measles with and without complications occurred. They were also admitted in the Paediatric Intensive care unit, one with measles myocarditis and remaining with pneumonia, some requiring ventilator care. About 10 children expired due to measles. Also it is to be noted that other than the admissions in paediatric ward, PICU, there were on each emergency day (three times per week) at least 10 patients were coming with measles in the active phase and or with complications of measles.

Contrary to what we would believe, more than 50% of these patients were from urban areas with easy access to immunization. This has been very distressing for the paediatricians that despite the awareness programs on media and counseling by paediatricians in especially government hospitals, children are not being immunized against easily preventable infectious diseases. Message is that we need to further counsel parents, relatives and families both from rural and urban areas repeatedly. Also on a serious note the availability of vitamin A is not upto date even in government hospitals and despite repeated request the vit A recommended by WHO and UNICEF is not being provided at the grass root levels.

Prof. Dr. Sina Aziz (Chief Editor)

Workshop:

Peer Review for Authors

held at KMDC organized by Annals of
ASH and KMDC on 30th April 2016.



HIGHLIGHTS OF THE JOURNAL VOL. 21(2) June 2016

ORIGINAL ARTICLE

Epidemiological Features of Dog Bite and Awareness of its Victims: Report from Abbasi Shaheed Hospital Karachi

Rabies is the transmission of RhabdoViridae via the salivary glands of potential rabid animals including rodents, dogs and other carnivores. A statistical study was conducted estimate the burden of recently reported cases of dog bite in a tertiary care center of Karachi. The study computed data on the awareness in the society regarding the disease. Males being the more common working force in the society also were more victimized by the ailment. Most of the people were deemed unaware of the consequences of the dog-bite.

EDITORIAL

Acute Pain Management

This month's editorial is the highlight of the journal as it focuses on the need for availability of important pharmaceutical requirements for acute pain management to make the ordeal easier for patient, as well as to facilitate better responses to post-operative care such as physiotherapy. It is interesting to note that even though the over-the-counter availability of certain drugs to manage pain such as morphine and nalbuphine eases pain management, proper guidelines for the same are lacking.

In this regard, The International Association for the study of Pain signed a Declaration of Montreal in September 2015 which states that the appropriate pain management should be considered a human right; the patients being informed of their pain and management procedures or medications being explained to them thoroughly. This editorial reflects on our part of the world to do the same.

CASE REPORT

Scimitar Syndrome - A Rare but Important Condition to Diagnose

Scimitar syndrome is a rare but well-defined disorder, involving anomalies of lung and pulmonary vein. Children may present with tachypnea early in life or with repeated chest infection at any age. It is important to diagnose or at least to rule out the syndrome as management depends upon the severity of different components. Treatment may be medical, surgical or combined in majority of cases. A case is described here which was fully investigated and the family was counseled regarding the disease, its prognosis and long term management.

STUDENT CORNER

Examination stress and its management

Examinations everywhere in the world present most commonly with fatigue and anxiety. However on certain inopportune occasion's student are driven to acts that end up taking their life. The pressure during exams is something every student faces, however certain factors such as additional responsibilities elsewhere along with undue demands of certain professions or professors often brings students at a standstill. Depression then takes over and progresses to acts of folly such as committing suicide. It is therefore imperative for all our educational institutions to appoint counselors in order to help the students cope up with the intense mental stress, and for regulating bodies to assign teaching guidelines and course objectives and outcome, so that it is easier for teachers to inform the student of what lies ahead and prepare them for both the best and the worst in the days to come.

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