



Newsletter Editors: Students of KMDC Aamna Khan and M. Bilal Junaidi

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EDITOR'S NOTE

Malnutrition in children is a major health problem in Pakistan. Mostly, children less than five years are affected. This problem has increased over the years, not remarkably so, but still enough to require serious attention on part of governments, especially from developing countries, World Health Organization (WHO), physicians, paediatricians and health care workers.

In addition to severe malnutrition at one end of the spectrum, we now have children with obesity around 6% in the country overall and increased percentage in children from higher socio-economic background. At the same time about 14% of our children have stunting.

In this issue, an interesting review article has been written regarding the nutritional status of children in Pakistan. Pakistan has high prevalence of wasting, stunting and micronutrient deficiencies including iron, vitamin A and D. While moderately malnourished children can be managed at home, severely malnourished children have complications and need hospitalisation.

Management of hypoglycaemia is done through either I/V bolus of dextrose or glucose by mouth or nasogastric tube. Hypothermia and infections should be managed accordingly and dehydration should be treated with ReSoMal. Children need to be assessed for micronutrient deficiencies with all minerals and vitamins given in adequate amount including iron, zinc, vitamin A and folic acid.

Prof. Dr. Sina Aziz (Chief Editor)

CME: "An approach to the diagnosis of IBD in Paediatrics" by Dr.Sana Syed held at Abbasi Shaheed Hospital organized by Department of Paediatrics on 22nd March, 2017.



HIGHLIGHTS OF THE JOURNAL VOL. 22(2) JUNE, 2017

EDITORIAL

Medical Error

Medical error is defined as a preventable adverse effect of medical care whether or not evident or harmful to the patient. It is the third leading cause of death after heart diseases and cancer. The occurrence is equal in tertiary and primary care. Difficulty in doctor patient communication was reported as an important cause of the error. Most doctors realise it, but they fail to admit it; a denial that leads to negative emotion, subsequent personal distress, sense of guilt and disappointment. Without proper communication, the health system would not work. Targeted training programs are needed to improve the doctors' communication skills for healthier patients and safer society.

ORIGINAL ARTICLES

Awareness Regarding Breast Cancer a Global Health Problem- Amongst Adult Women in Karachi

Breast cancer (BC) is a morbid disease widespread in both developing and developed nations and is the second prominent reason for cancer-related morbidity globally. It is the commonest cancer detected in women. Women's knowledge and views about BC and its treatment contribute considerably to medical help-seeking attitude. Early recognition and timely treatment have been cited as ideal prognosis. The methods used for detecting breast cancer include self-examination, clinical examination in addition to a mammogram to protect its progression into its later stages Multimodality (surgery, chemotherapy, radiation) approach is the best-suggested prognosis for cancer breast.

Frequency and Risk Profiles Associated With Antenatal Anxiety and Depression in Middle Socioeconomic Women

Anxiety and depression during pregnancy are recognised as important public health issues globally. Impaired mental health of a woman during pregnancy is among the strongest risk factors for adverse obstetric outcome. The pregnancy may be at risk of preterm delivery and may end up in low birth weight. In the child, it may be associated with retarded growth in the first year of life, impaired behaviour, emotional imbalance, and socio-emotional maladjustment. The prenatal anxiety and depression are also important predictors of postnatal psychiatric problems such as depression and suicidal tendencies in the mother.

CASE SERIES

Bullous Impetigo Case Series: An Updated Review

Impetigo also known as pyoderma is a common paediatric skin infection presenting in summer season. The illness is acquired from close skin contact with the victim and is highly contagious. Reported in this issue are two cases presenting with bullous impetigo. A five year old boy and fifteen months old girl, both presenting with similar rashes involving limbs, trunk and neck with slight differences in the clinical symptoms. Lack of isolation due to unawareness causes the spread. Proper paediatric guidance should be provided to reduce self-medication and risk of spread.

STUDENTS' CORNER / ORIGINAL ARTICLE

Transportation Difficulties Faced by Female Students of Karachi Medical and Dental College (KMDC) and University of Karachi (UoK)

A cross-sectional survey was done on the female students of government institutes to find out the difficulties faced by them depending upon the mode of transport they avail and what impact it has on their education. Students responded to a predefined series of questions on mode, convenience and difficulties related to transportation and the impact they have on education. Majority of participants complained that their studies are affected by stressful travelling, long distance and other transport issues but those travelling by institute provided transport face fewer problems. Efforts should be made to overcome these problems affecting female education sector.

Quiz: To enhance the knowledge that our journal imparts, we have introduced a pictorial quiz consisting of a photograph of a clinical condition along with a scenario followed by a quiz, the key to which is provided. We anticipate that this addition will enlighten our readers knowledge.