



HITEC
INSTITUTE OF MEDICAL SCIENCES
2024

RESEARCH YEARBOOK



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CHIEF EDITORS

Dr. Amna Riaz

Dr. Maleeha Zafar



Editorial Board

With great pride and a sense of accomplishment, the editorial board, presents third edition of yearbook, a testament to our unwavering commitment to fostering and celebrating academic and research excellence within our institution.

Over the years, the *research yearbook* has evolved into an inspiring chronicle of the remarkable work undertaken by our faculty and students. It captures the spirit of inquiry, innovation, and dedication that defines our academic community. This year's edition is no exception. Within these pages, you will find a diverse array of research projects, publications, and initiatives that not only reflect the depth of expertise within our institution but also highlight our collective contributions to advancing knowledge and solving real-world challenges.

As we look ahead, let us carry forward this momentum, striving for greater heights in research and collaboration. The *research yearbook* is not just a record of our past achievements; it is a beacon guiding us towards a future of even greater accomplishments. Let it remind us of the transformative power of education and research, and our shared responsibility to contribute meaningfully to the world.

We invite you to explore the *research yearbook 2024* and celebrate the incredible work showcased within.

Chief Editor
Research Yearbook 2024



Associate Editors

Dr. Sana Umer
Dr. Zuleikha Malik
Dr. Fatima Rizwan
Dr. Sidra Jabeen
Dr. Amna Khan
Dr. Rubace
Dr. Tehreem
Dr. Azka Haroon
Ms. Kainat Fatima
Mr Mohsin Ali
Mr Muzamal Jamil



Message From Principal

MEDICAL COLLEGE-HITEC IMS

I am honored to acknowledge and commend the remarkable efforts that have brought the HITEC-Institute of Medical Sciences annual research book to fruition. This publication is a reflection of our academic community & dedication, intellectual rigor, and creativity, showcasing their passion for advancing medical and dental sciences. Research is more than an academic endeavor—it is the engine of innovation and a vital tool in addressing the complex challenges of modern healthcare. The diverse range of studies and collaborative efforts presented in this book exemplify our institute & steadfast commitment to fostering a culture of inquiry, critical thinking, and problem-solving.

I extend my sincere congratulations to all the contributors for their hard work and to the editorial team for their meticulous efforts in making this project a reality. This research book is not merely a record of our achievements; it also serves as an inspiration for future researchers and stands as a testament to our collective mission of pursuing excellence. Let us continue to strive for progress, guided by knowledge and a shared vision for a healthier and brighter future.



Message From Principal

MEDICAL COLLEGE-HITEC IMS

Research is the collection, organization and analysis of evidence to improve the existing knowledge. Medical research is directly related to improve our knowledge of human health and wellbeing. This research year book collects and presents to its reader a summary of the research endeavors at Dental Collage and Medical College HITEC IMS. Our faculty, our student and especially our research cell are very active in basic, clinical and translational research, as is visible from this year book.

The editorial board of this year book deserves appreciation and commendation for successfully publishing this book for the third consecutive year.

Go Through the pages of this book and you will fully appreciate the research activities at HITEC-IMS as well as the hard work of the editorial board. Enjoy.



Research at HITEC IMS Medical and Dental College

Research at HITEC-IMS Medical and Dental College

At HITEC-IMS Medical and Dental College, research is more than just an academic endeavour; it is a driving force that shapes our institution's commitment to innovation and excellence. Our faculty consistently engages in diverse and impactful research projects, contributing to the advancement of medical and dental sciences. Their dedication to scholarly inquiry not only enhances their own expertise but also serves as an inspiration for our students, fostering a vibrant culture of learning and discovery.

This year's edition of the *Research Yearbook* holds a special significance as it highlights, for the first time, the research contributions of our students. Their inclusion underscores the growing emphasis on nurturing curiosity, critical thinking, and academic rigor among the next generation of healthcare professionals. These budding researchers, guided by their

mentors, have embarked on a journey of exploration that is both challenging and rewarding.

The Students' Research Society (SRS) has been instrumental in cultivating this culture of inquiry. Through their active involvement in collaborative research projects, the SRS has created opportunities for students to engage in meaningful and interdisciplinary studies.

These initiatives not only strengthen their

academic foundation but also prepare them to address complex real-world problems with innovative solutions.

As we celebrate the achievements documented in this year's *Research Yearbook*, we also reaffirm our commitment to fostering an environment where research thrives. Together, faculty and students are shaping the future of healthcare by pushing the boundaries of knowledge and making significant contributions to science and society.





Message From Research Cell Incharge Medical College HITEC-IMS

At HITEC-IMS, We take immense pride in fostering a culture of research and innovation among our students and faculty. This annual research book reflects our collective efforts and accomplishments in advancing medical knowledge and practice.

Promoting student research remains a cornerstone of our mission, as it nurtures critical thinking, scientific inquiry, and a deeper understanding of medical science. Alongside, our faculty continues to excel in producing high-quality research, setting exemplary standards for the academic community.



Together, as mentors and learners, we aim to contribute meaningfully to the scientific landscape, addressing contemporary challenges in healthcare and beyond. Let this book serve as a testament to our dedication and inspire us to achieve greater heights.

Prof. Dr. Wajihah Mah Jabeen

Incharge Research & Development unit, HITEC-IMS



Message From Research Cell Incharge Dental College HITEC-IMS

As the Head of the Research Cell at HITEC-IMS Dental College, I am proud to reflect on the remarkable growth and achievements in our research endeavors over the past year. Our faculty and students have been actively engaged in innovative research across a wide range of topics, from foundational studies to clinical applications, contributing meaningfully to the ever-evolving field of dentistry.

To support and cultivate this culture of inquiry, we have conducted a series of research workshops aimed at enhancing the skills and knowledge of both our faculty and students. In recognition of their efforts, we have introduced rewards for faculty members excelling in research and are providing grants to support student research projects. These initiatives have enabled our students to participate in various conferences, where they have showcased their work and won prestigious poster competitions, bringing honor to the institution.



All of these accomplishments have been made possible through the dedicated support of our Principal and administrative team, whose vision and commitment to research excellence have empowered us to push the boundaries of knowledge and innovation.

Together, we continue to elevate the research standards at HITEC-IMS Dental College, and I look forward to even greater achievements in the years to come.

Dr Maria Rabbani
Chair Research Cell



WORKSHOPS



January

February

March

April

May

June

CONFERENCES



JOURNAL CLUB MEETINGS





COMMUNITY RESEARCH PROJECT



July

August

September

October

November

December

REWARDS

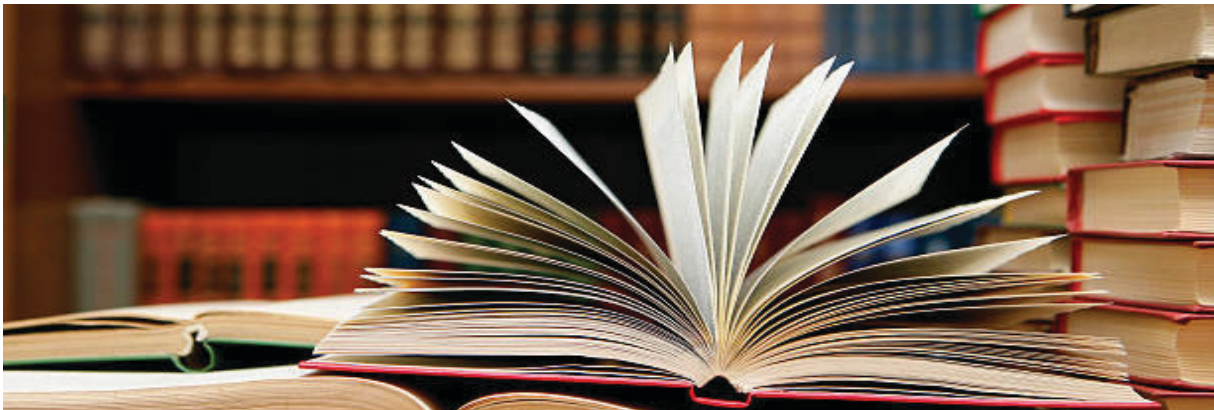


STUDENT ACTIVITIES





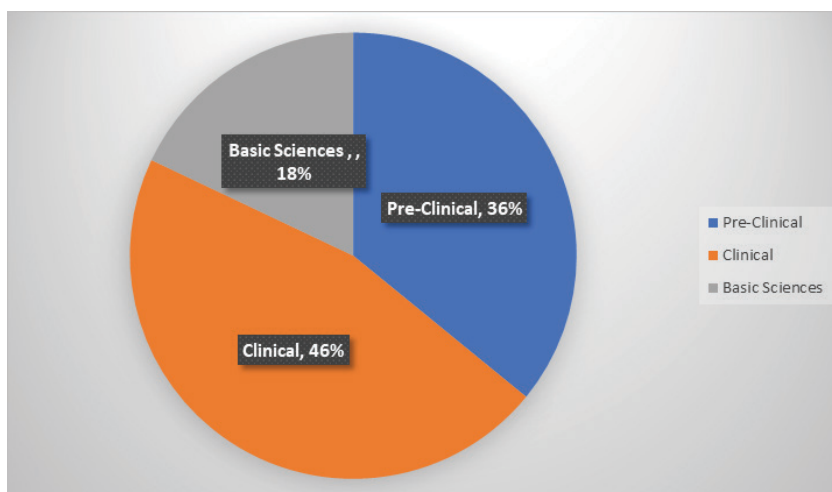
SECTION 1 RESEARCH PUBLICATIONS



„Discovery consists of seeing what everybody has seen and thinking what nobody has thought.” – Albert Szent-Györgyi



PUBLICATIONS AT MEDICAL COLLEGE HITEC-IMS



| Department of Anatomy | | | |
|-------------------------|---|--|--|
| Name & Designation | Number of citations & h-index on google scholar (YEAR 2024) | Title of article | Journal & impact factor |
| Prof. Dr. Asma Hafeez | Citations :6 h-index:6 | Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study | Journal of Pakistan Society of Internal Medicine |
| Prof. Dr. Iram Tassaduq | Citations :4 h-index:2 | Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study | Journal of Pakistan Society of Internal Medicine |

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|---------------------------------|---------------------------|--|--|
| Dr. Iram Zakria | Citations :5 h-index:1 | Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects | Journal of Pakistan Society of Internal Medicine |
| Dr. Maleeha Zafar | Citations :1 h-index:1 | Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects | Journal of Pakistan Society of Internal Medicine |
| Dr. Saad Farukh | | Breast cancer; clinical spectrum & genetic abnormalities in women of reproductive age: retrospective study | Journal of Aziz Fatima Medical &Dental College |
| Dr.Anum khalid Dr.Asma Naeem | | Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study | Journal of Pakistan Society of Internal Medicine |
| Dr.M.Hamza, | | Academic Motivation Among First-Year Medical Students at HITEC IMS Following an Integrated Curriculum, A Prospective Study | Journal of Pakistan Society of Internal Medicine |

| Department of Physiology | | | |
|--|------------------------------|---|--|
| Prof Dr. Zubia Razzaq | Citations: 10 h- index: 5 | Correlation of neutrophil to Lymphocyte ratio with high resolution CT in Covid-19 patients | Foundation University Medical Journal |
| Prof Dr. Aneeqa Shahid | Citations: 6 h- index: 1 | | |
| Department of Biochemistry | | | |
| Dr Raheela Yasmin | Citations: 4 h- index: 2 | Tongue Lesions in Pakistani population, Subjective Awareness and Association with Blood Groups | Pakistan Armed Forces Medical Journal |
| | | Efficient diagnosis of streptococcus pneumonia in cerebrospinal fluid through metagenomics: a breakthrough in culture-independent detection | Journal of Population Therapeutics & Clinical Pharmacology |
| Dr Sana Umar | | Cytological and biochemical impact of arsenic exposure on the endocrine system and oestrous cycle of female rats | Pakistan Journal of Physiology |
| Department of Pharmacology and Therapeutics | | | |
| Dr. Prof Munir Ahmad Khan | | Comparative Study Of Prophylactic Vs Conventional Phenylephrine Administration In Preventing Spinal Anesthesia-Induced Hypotension In Elective Caesarean Section Patients; a Quasi Experimental Trial | Journal of HBS |
| Dr. Urooj Zaidi | | Comparative Study Of Prophylactic Vs Conventional Phenylephrine Administration In Preventing Spinal Anesthesia-Induced Hypotension In Elective Caesarean Section Patients; a Quasi Experimental Trial | Journal of HBS |

| | | | |
|---|----------------------------|---|---|
| Pharmacist Bushra Taskeen | | Comparative Study Of Prophylactic Vs Conventional Phenylephrine Administration In Preventing Spinal Anesthesia-Induced Hypotension In Elective Caesarean Section Patients; a Quasi Experimental Trial | Journal of HBS |
| Department of Forensic medicine | | | |
| Col (R) Dr Asif Shahab | | Road traffic accidents and their associated factors: a retrospective study at Heavy Industries Taxila Hospital, Taxila cantt | Foundation University Medical Journal |
| Dr Rubace Fatima Mirza | | Road traffic accidents and their associated factors: a retrospective study at Heavy Industries Taxila Hospital, Taxila cantt | Foundation University Medical Journal |
| Department of Community Medicine | | | |
| Prof. Dr. Aashi Mughal | Citations:4 h- index :3 | Exploring The Influence Of Vitamin D In The Management Of Acne Vulgaris: A Pilot Study. | Journal of Rawalpindi Medical College |
| | | Thyroid Dysfunction Secondary to Endocrine Disruptive Chemicals – A Systematic Review | Pak Armed Forces Med Journal |
| | | Prevalence Of Suboptimal Health Status Amongst General Population of Residential Area, Heavy Industries Taxila | Journal of Rawalpindi Medical College |
| | | Barriers to healthy eating habits among health care providers of HITEC-IMS and HIT hospital Taxila. | Journal of Population Therapeutics and Clinical Pharmacology /1.8 |

| | | | |
|-------------------|----------------------------|---|---|
| Dr Anwar Bibi | Citations:4 h- index :4 | Thyroid Dysfunction Secondary to Endocrine Disruptive Chemicals – A Systematic Review | Pak Armed Forces Med Journal |
| | | Prevalence Of Suboptimal Health Status Amongst General Population of Residential Area. Heavy Industries Taxila | Journal of Rawalpindi Medical College |
| | | Barriers to healthy eating habits among health care providers of hitec-ims and hit hospital taxila. | Journal of Population Therapeutics and Clinical Pharmacology/1.8 |
| | | Burnout and Its Association with Emotional Intelligence Among Medical Students at HITEC-IMS Taxila | Journal of Population Therapeutics and Clinical Pharmacology/1.8 |
| Dr Sidra Farooq | Citations:2 h- index :1 | Burnout and Its Association with Emotional Intelligence Among Medical Students at HITEC-IMS Taxila | Journal of Population Therapeutics and Clinical Pharmacology /1.8 |
| | | Exploring the synergistic antibacterial potential of grape seed and cranberry fruit extract combination against methicillin-resistant staphylococcus aureus | Journal of Population Therapeutics and Clinical Pharmacology /1.8 |
| | | Comparing the efficacy of Chlorhexidine mouthwash and natural honey in reducing plaque and improving gingival health. A randomized controlled trial. | Pakistan Journal Of. Health Sciences |
| | | Public Health Surveillance of Paediatric Polio in Pakistan: A Cohort Study. | Cureus |
| Dr. Mohsin Raza | | Barriers to healthy eating habits among health care providers of HITEC-IMS and HIT hospital Taxila | Journal of Population Therapeutics and Clinical Pharmacology /1.8 |
| Dr Raima Siddiqui | | Barriers to healthy eating habits among health care providers of HITEC-IMS and HIT hospital Taxila | Journal of Population Therapeutics and Clinical Pharmacology/1.8 |

| Department of Pathology | | | |
|--------------------------------|----------------------------|---|--|
| Prof. Dr. Wajiha Mahjabeen | Citation:86 h-index:9 | The NS-3 Mixture of δ -Tocotrienol, Vitamin D3 and Resveratrol Modulates Gene Expression of Several Novel MicroRNAs Identified by Transcriptomic Analyses in People with Type 2 Diabetes | Journal of Clinical Surgery and Research |
| | | Level of Awareness of Risk Factors for Breast Cancer among Final-Year Medical Students. A Cross-Sectional Study. | Journal of HBS |
| | | Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycemic Control | Annals of PIMS. |
| Prof. Dr. Alia Zubair | Citations:4 h-index: 6 | Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycaemic Control | Annals of PIMS. |
| Dr. Shahida Mushtaq | Citations: 8 h-index: 3 | Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycaemic Control | Annals of PIMS. |
| Dr. Mehreen Mushtaq | | The Frightening disease burden of blood culture proven XDR typhoidal isolates in paediatric population in federal territory; time to implement a holistic approach country wide | Infectious disease journal of Pakistan |

| Department of Medical Education | | | |
|--|-----------------------------|--|--|
| Dr. Salma Ambreen Shahab | | Academic Motivation Among First-Year Medical Students at HITEC-IMS following an Integrated Curriculum, A Prospective Study | Journal of Pakistan Society of Internal Medicine |
| | | Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects | Journal of Pakistan Society of Internal Medicine |
| Department of Gynaecology | | | |
| Prof. Dr. Fahmida Shaeen | | Pulmonary embolism in high-risk pregnancy: a case study | HITEC Medical and Dental Journal |
| Dr. Ayesha Akram | Citations:1 h-index:3 | Comparison of the prevalence of self-medication in secondary and tertiary care hospitals of Pakistan and factors contributing towards this malpractice | Proceedings |
| Dr Mahwash Jamil, | Citations :181 h-index:4 | Pulmonary embolism in high-risk pregnancy: a case study | HITEC Medical and Dental Journal |
| Dr Adeela Ameen | Citation:5 h-index:1 | Advancements in Early Detection and Diagnosis of Endometrial Carcinoma: Promising Biomarkers and Imaging Techniques | Diagnosis/ W/5.13 |
| Dr. Nida Khan | | Advancements in Early Detection and Diagnosis of Endometrial Carcinoma: Promising Biomarkers and Imaging Techniques Pulmonary embolism in high-risk pregnancy: a case study | Diagnosis/ W/5.13 |

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| Dr Shaista Jabeen | | Pulmonary embolism in high-risk pregnancy: a case study. | HITEC Medical and Dental Journal |
| Maj Sahar Farooq | | Labetalol versus methyl dopa for treatment of pregnancy induced hypertension | Pakistan Armed Forces Medical Journal |
| | | Assessment of uterine scar thickness by ultrasonography in women with previous caesarean scar | Journal of The Society of Obstetricians and Gynaecologists of Pakistan |
| Department of Paediatrics | | | |
| Brig® Nazir Ahmed Malik | Citations :1 h-index:3 | Prevalence of Peripheral Neuropathy in Paediatric Patients with Type 1 Diabetes Mellitus | Medical Forum |
| | | Hyperglycaemia as a prognostic factor for increased mortality in patients admitted in Paediatric ICU | The Professional Medical Journal, |
| | | Frequency of major congenital malformations in neonates born in three tertiary care hospitals of Pakistan | The Professional Medical Journal, |
| | | Comparison of oxygen saturation values between term and pre-term neonates | Professional Med J |

| | | | |
|--------------------|---------------------------|---|---|
| Dr Somayya Siddiq | Citations :4 h-index:2 | Frequency of major congenital malformations in neonates born in three tertiary care hospitals of Pakistan | The Professional Medical Journal, |
| | | Frequency Of Left Ventricular Thrombi in Dilated Cardiomyopathy Patients Presenting in Tertiary Care Hospital of Punjab | Journal of Rawalpindi Medical College |
| | | Prevalence of Peripheral Neuropathy in Pediatric Patients with Type 1 Diabetes Mellitus | Med. Forum, |
| | | Hyperglycemia as a prognostic factor for increased mortality in patients admitted in Pediatric ICU | The Professional Medical Journal, |
| | | Situs Inversus Totalis with Unilateral Undescended Testis: A Case Report | Journal of Postgraduate Medical Institute |
| | | Comparison of oxygen saturation values between term and pre-term neonates | Professional Med J 2024 |
| Dr Bushra Babar | | Hyperglycemia as a prognostic factor for increased mortality in patients admitted in Pediatric ICU | The Professional Medical Journal, |
| | | Comparison of oxygen saturation values between term and pre-term neonates | Professional Med J 2024 |
| Dr. Sumaiyya Javed | | Prevalence of Peripheral Neuropathy in Pediatric Patients with Type 1 Diabetes Mellitus | Med. Forum, |
| | | Comparison of oxygen saturation values between term and pre-term neonates | Professional Med J |

| Department of Radiology | | | |
|---|--|--|---|
| Dr Rabia Waseem | Citations:3 h-index:3 | Correlation of Neutrophil to Lymphocyte Ratio and Platelet to Lymphocyte Ratio with High Resolution Computed Tomography in Covid-19 patients: Correlation of NLR & PLR with HRCT in Covid-19 Patients. | Foundation University Medical Journal. |
| Department of Ophthalmology | | | |
| Prof. Dr. Shahzad Waseem Dr. Dilshad Alam Khan | Citations:3 h-index:1 | Prevalence of astigmatism in myopic patients. A study done at HITEC IMS | Foundation University Medical Journal |
| Dr. Tehseen Faiz | | Retinopathy And Their Mechanism | Journal Of Eye Diseases And Disorders / 0.566 |
| Dr. M Sabbih ul Hassan | | Low Dose Subcutaneous Adrenaline Pretreatment for Anti-snake Venom Adverse Reactions Prevention | Medical Forum Monthly |
| Department of Medicine | | | |
| Prof. Dr. Faiza Batool Prof.Dr. Kausar Malik | Citation: 11 h-index :2 Citation :11 h-index :2 | Awareness About Diabetes and Its Complications Among Patients with Diabetes Mellitus | Journal of Rawalpindi medical college |
| | | The Effect of Demographic Fastors and Comorbidities on Ejection Fraction Outcome in Acute Myocardial Infarction Patients | Journal of Rawalpindi medical college |



RESEARCH FOR IMPACT



Journal: Diagnosis
Category : W

Advancements in Early Detection and Diagnosis of Endometrial Carcinoma: Promising Biomarkers and Imaging Techniques

Author: Dr Adeela Ameen (MBBS, FCPS), Dr Nida Khan (MBBS, FCPS)



Background

Endometrial carcinoma is a prevalent gynecological malignancy. This cancer can be asymptomatic in its early stages. While the incidence of this cancer has been on the rise, early detection remains challenging owing to lack of specific symptoms and reliable screening tools. As the result, numerous cases are identified at later stages, when the disease has already progressed, leading to poorer prognosis and more aggressive treatment approaches. This abstract explores recent advancements in the field of early detection and diagnosis of endometrial carcinoma, focusing on the emergence of promising biomarkers and innovative imaging techniques.

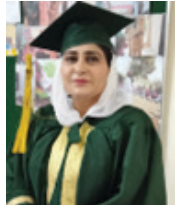
Impact of the study

The aim of our current review is to offer an overview of the latest developments in early detection and diagnosis of endometrial carcinoma, with a specific focus on promising biomarkers and cutting-edge imaging techniques. The ultimate goal is to enhance our understanding of this disease and improve patient prognosis through early intervention. The review highlights the emergence of promising biomarkers, such as microRNAs CA-125, HE4 (Human Epididymis Protein 4), p53 and MSI (Microsatellite Instability). Biomarkers are substances or molecular indicators that may be noticed in blood, urine, tissue, or other bodily fluids. These biomarkers can offer important data about occurrence and progression of the disease, helping healthcare professionals make accurate diagnoses and treatment decisions. After selecting potential biomarkers, validation studies are required to confirm their diagnostic utility. These studies involve the collection and analysis of patient samples to determine the biomarkers' accuracy in differentiating between endometrial carcinoma and benign conditions. Various analytical techniques such as PCR, immunohistochemistry, and next-generation sequencing, may be employed for validation. The use of advanced imaging techniques, like transvaginal ultrasound, magnetic resonance imaging (MRI), and positron emission tomography-computed tomography (PET-CT), can enhance precision of endometrial carcinoma diagnosis. This phase involves the evaluation of the effectiveness of these imaging methods in early detection and staging of the disease. Biomarkers and imaging techniques provide valuable tools for clinicians in identifying the disease at an earlier stage, leading to timely intervention and tailored treatment strategies. However, further research and clinical validation are needed to fully integrate these innovations into routine clinical practice.



*Journal of Population Therapeutics and Clinical Pharmacology, 31(9), 2114-2120.
Impact factor 2022: 1.94, H-Index 48, x category*

BARRIERS TO HEALTHY EATING HABITS AMONG HEALTH CARE PROVIDERS OF HITEC-IMS AND HIT HOSPITAL TAXILA



Dr Anwar Bibi, Associate Professor Community Medicine, HITEC-IMS Taxila

The demanding nature of the medical profession often leaves healthcare providers with limited time for self-care, including healthy eating, which is vital for maintaining physical and mental stamina, managing stress, and optimizing cognitive function. Healthcare providers are role models for their patients, and their health behaviors significantly influence public health outcomes. However, despite being well aware of the importance of healthy eating, many healthcare providers fail to adopt healthy eating habits due to workplace challenges. This study, conducted among healthcare providers at HITEC-IMS and HIT Hospital, aimed to assess their eating behaviors and identify barriers to healthy eating. The results revealed that only 25% of participants adhered to healthy eating practices. Key factors influencing eating behavior included food choices, family practices, the working environment, and peer influence. Interestingly, social media influence was not identified as a significant factor in shaping food choices. Major barriers identified were reliance on cafeteria or outside food, lack of healthy options, work stress, limited access to nutritious meals, and insufficient break times. Addressing these barriers is essential to fostering a culture of health within healthcare settings. Periodic evaluation of healthcare providers & eating behaviors, accompanied by constructive feedback, can motivate them to adopt healthier habits. Tailored interventions, such as improving access to nutritious food, promoting peer accountability, and organizing workplace health promotion events, can help overcome these challenges. Recognizing and rewarding healthcare providers who exemplify healthy behaviors can further inspire their peers to make positive changes. These steps not only enhance the well-being of healthcare providers but also improve the quality of care they deliver, as they can actively model and promote healthy behaviors to their patients. Encouraging self-assessment and lifestyle modifications among healthcare providers will pave the way for a healthier, more productive workforce and positively impact patient outcomes.

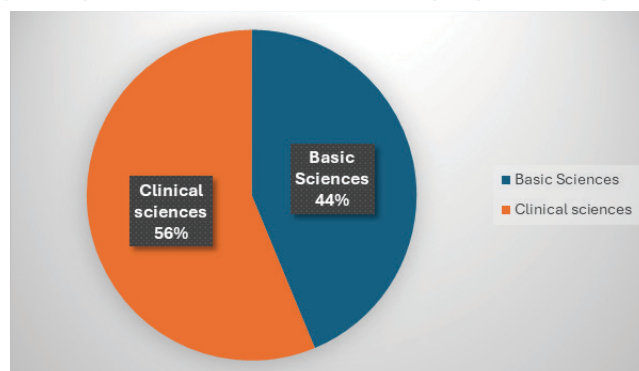


*Journal of Population Therapeutics & Clinical Pharmacology Vol.31 No. 09 (2024): JPTCP (609-617)
Impact factor 2022:1.94, H-Index 48, x category*

BURN OUT AND ITS ASSOCIATION WITH EMOTIONAL INTELLIGENCE AMONG MEDICAL STUDENTS AT HITEC-IMS TAXILA

Burnout is a psychological condition arising from prolonged stress, often seen in professions requiring constant interpersonal interaction, such as medical staff. Among medical students, burnout is highly prevalent. This leads to negative consequences such as medical errors, reduced professionalism, mental health issues, and impaired academic performance. Emotional intelligence (EI), the ability to understand and manage one's emotions, acts as a protective factor against burnout. EI enhances resilience, communication skills, empathy, and overall professional competence, making it vital for medical students. EI is a protective mechanism against the negative outcomes associated with burnout among medical students. This study, conducted at HITEC-IMS Taxila, explored the relationship between EI and burnout among medical students, using the Brief Emotional Intelligence Scale 10 and Copenhagen Burnout Inventory (CBI). The study highlighted the significance of emotional intelligence (EI) among medical students. Findings revealed that majority of students had good EI levels. Moderate to high burnout was prevalent, especially among females and pre-clinical year students. A significant negative correlation ($p < 0.001$) was found between EI and burnout. The study depicts that students with high EI are at low risk of burnout. These findings underscore the importance of incorporating EI training and mental health support into medical education to help mitigate burnout and improve the overall well-being of students. Enhancing awareness of emotional intelligence (EI) and integrating EI training into the curriculum are crucial steps in fostering emotional resilience among medical students. Regularly assessing students' mental health and establishing counseling services and peer support groups can provide timely support and address challenges effectively. Additionally, faculty and clinicians can serve as role models by demonstrating emotional intelligence and sharing effective coping strategies during clinical training. The role of a better working environment and supporting culture can be studied to prevent burnout. Implementing these measures will help institutions better support the emotional well-being of medical students, reduce burnout, and build resilience in future healthcare professionals.

PUBLICATIONS AT DENTAL COLLEGE HITEC-IMS



| Basic Sciences | | | |
|--|--|--|---|
| Department of Anatomy | | | |
| Name & Designation | Number of Citations & H-Index Year 2024 | Title of Article | Journal & Impact Factor |
| Dr Ayesha Yasser | -- | Ameliorative Effect of Vitamin D on Articular Cartilage Thickness in Arthritic Rat Model | Life & Science 2024 Vol. 5, No. 1 |
| Dr Ayesha Yasser | -- | Anti-Arthritic Effects of Moringa Oleifera and Vitamin D on Articular Cartilage; A Comparative Study | Ann Pak Inst Med Sci July-Sept 2024 Vol. 20 No. 3 |
| Dr Ayesha Yasser | -- | Comparison between flipped classroom and traditional classroom strategies in teaching Human Anatomy | Journal of Islamic international medical college March 2024, vol.19, No.1 |
| Dr Ayesha Yasser | -- | Curcumin's Neuroprotective Effects on the Neurons of the Rat Cerebrum's Motor Cortex against Tartrazine's Neurotoxic Effects | J Pak Soc Intern Med Vol. 05 Issue, 03 July - September 2024 |
| Department of Biochemistry | | | |
| Dr Ambreen Gul Dr Rabbia Shabbir Dr Naila Zakria | -- | Tongue lesions in Pakistani population, subjective awareness and association with blood groups | PAFMJ |
| Department of Oral Biology | | | |
| Dr Saman Malik | Citations: 15 H-index: 3 | Assessing the Obstacles Encountered by Dental College Faculty in Punjab During Online Instructive Sessions | Found Univ J Dent |
| Dr Saman Malik | // | Prevalence of Oral Candidiasis in Patients with Diabetes Mellitus: A Cross-Sectional Study | African journal of Biological sciences |
| Dr Saman Malik | // | Prevalence of Oral Mucosal Variations in Healthy Elderly Individuals of Taxila City, Pakistan | Cureus |
| Dr Saman Malik | // | Local formula with mucoadhesive property: a randomized clinical trial of a | The journal of population therapeutics |

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| Dr Saman Malik Dr Omair Khitab | // | Association of Clinical and Histological Features of Denture Stomatitis with Intraoral Colonization of <i>Candida albicans</i> , Salivary Flow, and Xerostomia | African journal of Biological sciences |
| Department of General Pathology | | | |
| Dr Sadia Israr | Citations: 13 H- index: - | Evaluation of Procalcitonin and Presepsin in prediction for early onset neonatal sepsis. | The Prpfessional |
| Dr Sadia Israr | // | Use of Continuous Glucose Monitoring Sensors for Type 1 Diabetes Management and its Effect on Glycemic Control. | Annals of <i>PIMS</i> |
| Dr Fareeha Aleem | // | Estimation of Salivary Candida Count Among Pregnant and Non-Pregnant Women | JIMC |
| Dr Fareeha Aleem | // | Evaluation of Periodontal Status and Serum C-Reactive Protein Levels in Adult Cigarette Smokers | Pakistan Journal of Public Health |
| Department of Dental Materials | | | |
| Dr. Zuleikha Malik | -- | Book chapter “ Tensile strength of dental materials” | ‘Handbook on evaluation of mechanical properties of dental materials’ |
| Department of Community Dentistry | | | |
| Dr.Maria Rabbani | -- | Prevalence of oral mucosal variations in healthy elderly individuals of Taxilla city | Cureus |
| Dr.Maria Rabbani | -- | Estimated burden and distribution of orofacial pain among adults in Pakistan. A cross sectional study | Gomal journal of medical sciences |
| Dr.Maria Rabbani | -- | Awareness of chest pain management among dental surgeons | Pakistan Journal of chest medicine |
| Dr. Naufal Nadeem | -- | Tongue Lesions in Pakistani population, Subjective Awareness and Association with Blood Groups | Pakistan Armed Forces Medical Journal |

| | | | |
|-------------------------------------|-----------------------------|--|--|
| Dr. Amna Faisal | -- | PUBG Game Addiction, Social Connectedness and Aggression in Young Adults | Pakistan Journal of Humanities and Social Sciences |
| Clinical Sciences | | | |
| Department of Oral Pathology | | | |
| Dr. Azka Haroon | Citations: 4 H- index: 1 | Local Formula With Mucoadhesive Property: A Randomized Clinical Trial Of A Therapeutic Agent For The Treatment Of Oral Aphthous Ulcers | Journal of Population Therapeutics and Clinical Pharmacology |
| Dr. Azka Haroon | // | Periodontal and Caries Status in Relation to Oral Health Knowledge, Attitudes, and Behavior of Medical and Dental Students in Taxila, Pakistan | Cureus |
| Dr. Azka Haroon | // | Prevalence of Oral Mucosal Variations in Healthy Elderly Individuals of Taxila City, Pakistan | Cureus |
| Dr. Azka Haroon | // | Association of Aphthous Ulceration with Psychological Stress During Exams Among Dental Students of HITEC-IMS | African Journal of Biological Sciences |
| Dr. Azka Haroon | // | Prevalence of Periodontal Diseases in Different Trimesters of Pregnancy Attending Ante-Natal Clinic | Medical Forum Monthly |
| Dr. Rida Batool | -- | Temporomandibular disorders treatment, Symptoms | Journal of Clinical Case Reports, Medical Images and Health Sciences |
| Dr. Ayesha Jabeen | -- | Association of Aphthous Ulceration with Psychological Stress During Exams Among Dental Students of HITEC-IMS | African Journal of Biological Sciences |
| Department of Periodontology | | | |
| Dr. Wajeaha | -- | Prevalence of oral candidiasis in patients with diabetes mellitus; A cross sectional study | African journal of biological sciences |

| Department of Operative Dentistry | | | |
|---|-------------------------------|---|--|
| Dr Beenish Qureshi | Citations: 112 H- index: 5 | Evaluation of Centring Ability of three Nickel Titanium Rotary Files for Root Canal Preparation: An Invitro Cone Beam Computed Tomography Assessment. | JPTCP |
| Department of Peadiatric Dentistry | | | |
| Dr Amna Riaz | Citations: 97 H- index: 5 | Evaluation of Centring Ability of three Nickel Titanium Rotary Files for Root Canal Preparation: An Invitro Cone Beam Computed Tomography Assessment. | JPTCP |
| Dr Amna Riaz | // | The Evaluation of Apical Debris Extrusion of Three Ni-Ti Rotary File Systems: An In Vitro Study. | African Journal of Biological Sciences |
| Dr Amna Riaz | // | Association of awake bruxism with tooth wear and Occupational stress among workers in heavy industries factory, Taxila, pakistan | Pakistan Journal of Medicine and Dentistry |
| Dr Haleema Shah | | The Evaluation of Apical Debris Extrusion of Three Ni-Ti Rotary File Systems: An In Vitro Study. | African Journal of Biological Sciences |
| Dr Hufsa Siddique | -- | Evaluation of Centring Ability of three Nickel Titanium Rotary Files for Root Canal Preparation: An Invitro Cone Beam Computed Tomography Assessment. | X category |
| Department of Oral & Maxillofacial Surgery | | | |
| Dr Maimoona Siddiq | -- | Pattern of Temporomandibular Joint Disorders and Associated Intra-Oral Findings Among Patients Reporting To Oral and Maxillofacial Surgery OPD, with History of Psychiatric Illness in a Tertiary Care Hospital of Taxila Cantt | PAKISTAN JOURNAL OF HEALTH SCIENCES |
| Dr Sadia Moin | -- | Pattern of Temporomandibular Joint Disorders and Associated Intra-Oral Findings Among Patients Reporting To Oral and Maxillofacial Surgery OPD, with History of Psychiatric Illness in a Tertiary Care Hospital of Taxila Cantt | PAKISTAN JOURNAL OF HEALTH SCIENCES |
| Dr Sadia Moin | -- | EFFECTIVENESS OF MANUAL THERAPY, PHYSICAL THERAPY IN CONJUNCTION WITH PATIENT EDUCATION FOR TEMPOROMANDIBULAR | JOURNAL OF AYUB MEDICAL COLLEGE ABBOTTABAD |

| Department of Orthodontics | | | |
|---|-----------------------------|---|--|
| Dr. Muhammad Hasnain | -- | Microlearning Environment of Orthodontic Postgraduate Training Programmes in Pakistan: A Multicentre Cross-Sectional Study | Journal of the College of Physicians and Surgeons Pakistan |
| Dr. Muhammad Hasnain | -- | Correlation between lateral cephalometric and facial photographic measurements for orthodontic diagnosis in patients with mandibular deficiency | KHYBER MEDICAL UNIVERSITY JOURNAL |
| Dr. Shahzonia Tariq | -- | Correlation between lateral cephalometric and facial photographic | Dr. Muhammad Hasnain |
| Department of Prosthodontics | | | |
| Dr. Syeda Sameen Zehra Dr. Abdul Muqet Dr. Uzair Riaz Dr. Naveed | -- | Evaluating The Correlation Between Prosthodontics Intervention And Chest Infections: A Comprehensive Research Analysis | Cureus |
| Department of Oral Medicine | | | |
| Dr Faiqa Hassan | Citations: 8 H- index: 1 | Assessing the Obstacles Encountered by Dental College Faculty in Punjab During Online Instructive Sessions | Found Univ J Dent |
| Dr Faiqa Hassan | // | Prevalence of Oral Candidiasis in Patients with Diabetes Mellitus: A Cross-Sectional Study | African journal of Biological sciences |
| Dr Faiqa Hassan | // | Prevalence of Oral Mucosal Variations in Healthy Elderly Individuals of Taxila City, Pakistan | Cureus |
| Dr Faiqa Hassan | // | Local formula with mucoadhesive property: a randomized clinical trial of a therapeutic agent for the treatment of oral aphthous ulcers | The journal of population therapeutics and clinical pharmacology |
| Dr Faiqa Hassan | // | Tongue Lesions in Pakistani population, Subjective Awareness and Association with Blood Groups. | Pak Armed Forces Med J 2024; 74(4):1191 |
| Department of Dental Education | | | |
| Dr. Fatima Rizwan | -- | Assessing the Obstacles Encountered by Dental College Faculty in Punjab During Online Instructive Sessions | FUJD |



Journal: Journal of the College of Physicians and Surgeons Pakistan

5 Year Impact Factor 2024: 0.9

Title: Microlearning Environment of Orthodontic Postgraduate Training Programmes in Pakistan: A Multicentre Cross-Sectional Study

Author: Dr. Muhammad Hasnain

(BDS, FCPS, CHPE)

Background

Dental teaching hospitals provide hands-on learning opportunities to postgraduate residents by offering a nurturing, realistic, and constructive learning environment. A microlearning environment is a smaller-scale entity that collectively makes up and influences the overall learning environment. These include, but are not limited to, the people, physical space, resources, opportunities as well as the emotional and social elements of the learning environment. Since residents are directly influenced by the context in which they learn, it is vital to evaluate the clinical learning environment through the lens of residents so that more favourable learning opportunities can be created for their personal and professional growth. This paper explores the perception of residents regarding the microlearning environment of orthodontic postgraduate training programmes across Pakistan. The two important micro-learning environments that are studied in this paper are the staff attitude and behaviour towards the residents and the quality of teaching and supervision that is provided to the residents during their clinical placements



Impact of the Study

Evaluating residents' perceptions is crucial to identify the reasons behind the gap between what residents should ideally be taught, what they are actually taught and what they ultimately learn. The lessons learnt from this multicentre study might help the programme developers, supervisors, and administrative bodies to reflect upon and improve the respective micro-learning environment offered to their residents. This study might provide an insight into the real-time experiences of the residents, creating opportunities for the educational improvement of postgraduate training programmes. Secondly, seeking feedback from the residents about their learning environment might serve as a source of encouragement for the residents by recognising that their opinions and inputs are valued. Moreover, participation in this research study might urge residents to play an active and constructive role in improving the quality of their learning environment.



Journal: *African Journal of Biological Sciences*

Impact Factor: 1.08

Association of Aphthous Ulceration with Psychological Stress During Exams Among Dental Students of HITEC-IMS

Author: Asst.Prof. Dr. Azka Haroon (BDS, CHPE, MPHIL. Oral Pathology)

Background:

Recurrent aphthous stomatitis (RAS) is one of the most common mucosal disorders of the mouth. The exact etiology of aphthous ulceration is uncertain, but precipitated factors include stress, trauma, food sensitivity and/or hormonal imbalance. The aim of this study was to find prevalence of aphthous ulceration and its association with psychological stress during exams among dental students of HITEC-IMS, Taxila.



Impact of the Study:

This study is one of its kind showing significant association between psychological stress during exams, and the occurrence of recurrent aphthous stomatitis (RAS) among dental students. Final year students, who reported higher psychological stress levels, exhibited a greater prevalence of RAS, indicating the impact of academic pressures either in the form greater course content or the pressure of timely completion of overall clinical quotas. Addressing stress management in dental education could benefit students' overall health and reduce the incidence of RAS, promoting better well-being and academic performance among future dentists.



SECTION 2 WORKSHOP



SPSS Data Entry and Analysis – A Practical Approach for Beginners

A workshop on “SPSS Data Entry and Analysis: A Practical Approach for Beginners” was conducted to enhance statistical skills among faculty from Basic and clinical sciences, HITEC-IMS. Led by Dr. Wajiha Mah Jabeen, in charge Research cell, the session provided a hands-on introduction to SPSS, with practical exercises reinforcing learning.

Key Learning Objectives

Understand the SPSS interface.

Learn data entry, variable definition, and basic transformations.

Conduct descriptive statistics (e.g., means, medians, frequencies).

Apply basic inferential tests (e.g., normality, t-tests, chi-square).

Workshop Highlights

The workshop included four sessions, blending instruction and practice:

1. SPSS Interface and Data Entry: Introduction to variables followed by a data entry exercise.
2. Data Transformation: Practical demonstration and exercises on transforming data.
3. Advanced Techniques: Auto-recoding, new variable creation, and importing Excel data, with guided exercises.
4. Descriptive and Inferential Analysis: Participants learned and practiced statistical analysis using SPSS tools.

Conclusion

The workshop successfully achieved its objectives, providing participants with foundational skills in SPSS. The interactive sessions and practical exercises were well-received, enabling participants to apply statistical methods effectively in their research.

Dr. Wajiha Mah Jabeen’s expertise and the facilitation by the Department of Medical Education ensured a seamless and productive learning experience. This initiative marked a significant step towards fostering statistical competence among faculty members.☒





WORKSHOPS AT MEDICAL COLLEGE:

| Name of Faculty & designation | Title of workshop | Date/Venue | Attended/Conducted/Facilitated |
|-------------------------------|---|--|--------------------------------|
| Prof Dr. Asma Hafeez | Structured VIVA, A Tool for Integrated Assessment Precision | 25-4-2024 HITEC-IMS | Facilitated |
| | MCQ Construction | 30-08-2024 HITEC-IMS | Facilitated |
| Prof Dr. Haroon Javaid | Mentoring workshop | 1-02-2024/Hitec | Conducted |
| Prof Dr. Iram Tassaduq | Prescription Writing and P-Drug | 30-01-2024 HITEC-IMS | Attended |
| | Mentoring | 01-02-2024 HITEC-IMS | Attended |
| | Beyond the Silos; Building Holistic Physician through Integrated Learning | 05-03-2024 NRFC | Attended |
| | Beyond the Silos; Building Holistic Physician through Integrated Assessment | 16-04-2024 NRFC | Attended |
| | Structured VIVA | 25-04-2024 HITEC-IMS | Attended |
| | MCQs Construction | 30-08-2024 HITEC-IMS | Facilitated |
| Prof. Dr. Alia Zubair | Prescription Writing and P-Drug | 30th Jan 2024 / HITEC-IMS | Attended |
| | Structured VIVA, A tool for Integrated Assessment Precision | 25th April 2024/ HITEC-IMS | Attended |
| | MCQs construction | 30 th August 2024/HITEC-IMS | Attended |

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| Prof. Dr. Wajiha Mahjabeen | Prescription writing and P-Drug Structured VIVA, A tool for Integrated Assessment Precision | 25th April 2024/ HITEC-IMS | Attended |
| Dr. Sabahat Rehman | Designing The Future; Innovative Approach to Medical Curriculum Mentoring | 4th July 2024/ NUMS 1st Feb 2024/HITEC-IMS | Attended |
| Dr. Muhammad Hammad | Mentoring | 1 February, 2024 at HITE-IMS | Attended |
| | Prescription Writing & P-Drug | 30 January, 2024 at HITEC-IMS | Attended |
| | Structured VIVA , A Tool for Integrated Assessment Precision | 25 April, 2024 at HITEC-IMS | Attended |
| Dr. Rabia Waseem | Prescription Writing and P-Drug | 30-01-2024 | Attended |
| Col (R) Dr. Mohammad Asif Shahab | Designing the future ; Innovative Approach to Medical Curriculum | 4 th July, 2024 ZOOM Session | Attended |
| | Prescription Writing & P-Drug | 30 January, 2024 at HITEC-IMS | Attended |
| | Structured VIVA , A Tool for Integrated Assessment Precision | 25 April, 2024 at HITEC-IMS | Attended |



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| Dr. Anum Khalid | Introduction to computer and internet | 5-7 Sep-2024 CPSP Islamabad | Attended |
| | Primary surgical skills | 23-25 Sep-2024 CPSP Islamabad | Attended |
| Dr. Farhan Ahmed | Designing The Future; Innovative Approach to Medical Curriculum | 04 July, 2024 / HITEC-IMS | Attended |
| Dr Sana Umar | Prescription Writing and P-Drug | 30-01-2024 HITEC IMS | Attended |
| | Mentoring | 01-02-2024 HITEC IMS | Attended |
| | Assessment Innovation Blueprinting | 20-09-2024 HITEC IMS | Attended |
| Dr Nimra Faiz | MCQ Construction | 30-8-2024 HITEC IMS Taxila Cantt | Attended |
| Dr Syeda Aimen Hussain | ECG Workshop | 21-10-2023 AFIC | Attended |

RESEARCH WORKSHOPS AT DENTAL COLLEGE:

Two workshops were conducted to enhance research and academic skills. The **"Literature Search and Systematic Review"** workshop equipped participants with essential skills to conduct literature searches and systematic reviews.

Key topics included effective use of databases like PubMed and Scopus, setting inclusion and exclusion criteria, data synthesis, and critical appraisal. Interactive sessions with hands-on practice and group discussions received positive feedback, with a majority finding the content relevant to their professional needs.

The **"Mastering Academic Writing"** workshop focused on improving writing skills for publications and research proposals. It covered manuscript preparation, avoiding plagiarism, responding to peer reviews, and grant writing.

A special emphasis was placed on using reference management tools like Mendeley and Zotero to streamline citations. Participants engaged in writing exercises and peer-review sessions, which significantly boosted their confidence, as reflected in the feedback. Both workshops fostered collaborative learning and were praised for their practical relevance.



WORKSHOPS AT DENTAL COLLEGE:

| Name of Faculty & designation | Title of workshop | Date/Venue | Attended/Conducted/Facilitated |
|---|--|--|--------------------------------|
| Dr Ayesha Yasser Dr.Ayesha Zafar Dr.Maria Rabbani Dr. Wajeeha Dr Rabia Dr Naila Dr. Amna Riaz | Developing assessment blue print | 15 May 2024 | Attended |
| Dr Amna Yasin Dr Rabia Dr Naila | prescription writing and P-drugs | 30 January 2024 HITEC-IMS | Attended |
| Dr Rabia | Designing the future ,Innovative approach to medical curriculum | 30-05 2024/online | Dr.Ayesha Rauf NUMS |
| Dr. Omair Khitab | Workshop on MCQs | 16 th may 2024 Dental college HITEC-IMS | Attended |
| Dr. Shahzana Dr. Aeman Dr. Warda | P-Drug & Prescription Writing | 30-01-2024/HITEC-IMS | Facilitated/ Attended |
| Dr. Aeman | Designing the future, innovative approach to medical curriculum | 30-05-2024/NUMS (online) | Attended |
| Dr. Aeman | Reimaging research through the power of AI | 31-10-2024/ IIMC | Attended |
| Dr Nausheen Ashraf Dr. Zuleikha malik Dr Saira Bibi | Developing the assessment blueprint | 15 th may 2024, Conference room | Attended |
| | How to write a Systematic review | 24 th may 2024 Tutorial room basic sciences | Dr. shahreen Zahid |
| Dr. Zuleikha malik | ‘Artificial intelligence to devise curriculum’. Zoom workshop | 30 th may 2024 | NUMS. |
| Dr Saira Bibi | MCQs buildup | 16 th may 2024 Conference room | Dr Maimoona Dr Faizan |

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| | Sharps managements and handling of waste | 24 th may 2024 Lecture Hall :05 | Dr Yumna Abrar |
| Dr. Amna Faisal, Dr. Naufal Nadeem Dr. Rida Batool | Developing the skills of High Quality MCQs Construction | 16-04-2024 Conference room | Attended |
| Dr. Azka Haroon Dr. Ayesha Jabeen | Best Practice of MCQs Development | 14.11.23/Dental College HITEC-IMS, Taxila | Attended |
| Dr. Azka Haroon Dr. Ayesha Jabeen Dr. Rida Batool | Why & How of Objectively Structured Clinical Examination | 15.12.23/Dental College HITEC-IMS, Taxila | Attended |
| Dr. Azka Haroon | Effective Implementation of WPBA | 31.01.24/Dental College HITEC-IMS, Taxila | Attended |
| Dr Wajeaha Dr Sohaib Dr Shahan Dr. Rida Dr. Izhar | Workshop on Fire extinguishers | 11/10/24 Dental college Hitec IMS | Attended |
| Dr. Rida Dr Shahan Dr. Izhar | Cross Infection Control Day | 13/09/24 Dental college Hitec IMS | Attended |
| Dr. Shahan | Young Doctors Leadership Summit | 25/01/24 Dental college Hitec IMS | Attended |
| Dr. Shahan | ISO Certification Training | 17/11/23 Dental college Hitec IMS | Attended & Facilitated |
| Dr. Amna Riaz | Young Doctors Leadership Summit | 25/01/24 Dental college Hitec IMS | Guest Speaker |
| Dr. Beenish Qureshi Dr. Amna Riaz | Mastering Onlay hands-on workshop | 6 th December 2023 | Facilitated |
| Dr Beenish Qureshi Dr Amna Riaz | Application of CBCT | 6 th May 24 | Attended |
| Dr Beenish Qureshi Dr Amna Riaz | Developing the assessment blueprint | 14 th May 2024 | Attended |

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| Dr Beenish Qureshi Dr Amna Riaz | Radiant smile” workshop on teeth whitening” | 26 th July 24 | Facilitated |
| Prof Dr Irfan Shah Dr Maimoona Siddiq Dr Fatima Khattak Dr Sadia Moin | Medical emergency workshop for dental surgery Assistants | 28-3-2024 | Facilitator |
| Prof Dr Irfan Shah Dr Maimoona Siddiq Dr Fatima Khattak Dr Sadia Moin | 3D Diagnosis & Planning For Dental Implants | 25-1-2024 | Facilitator |
| Prof Dr Irfan Shah Dr Maimoona Siddiq Dr Fatima Khattak Dr Sadia Moin Dr. Amna Riaz Dr. Beenish Qureshi | 1 st KCD international Dental conference - pre conference workshop Title: Application of Cbct in IMPLANTOLOGY and Endodontics | 6-5-2024 | Facilitator |
| Dr. Muhammad Hasnain Dr. Shahzonia Tariq | Digital surgical orthodontic planning & techniques | 14 th May 2024/ School of dentistry, Islamabad | Attended |
| Dr. Muhammad Hasnain Dr. Shahzonia Tariq Dr. Syeda Sameen Zehra | Effective implementation of workplace-based assessments | 31 st Jan 2024/ Dental College HITEC-IMS | Attended |
| Dr. Muhammad Hasnain | The why & how of OSCE | 15 th Dec 2023/ Dental College HITEC-IMS | Attended |
| Dr. Shahzonia Tariq | Advanced techniques in CBCT & Intraoral scan analysis | 12 th May 2024/ School of dentistry, Islamabad | Attended |

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| Dr. Aamir Rafiq | Effective implementation of workplace based assessment | 31.01.2024/ conference room | DR. Faizan Munir Khan |
| | Assessment of competence | 18 April 2024 /CPSP | Dr. Sadaf Mumtaz |
| | Educational planning and evaluation | 04 April 2024/CPSP | Dr. Sadaf Mumtaz |
| | Supervisory skills | 29 August 2024/CPSP | Dr. Sadaf Mumtaz |
| Dr. Abdul Muqet | Shades of Brightness | 10 September 2024 | Online |

"Research is to see what everybody else has seen, and to think what nobody else has thought."

- Albert Szent-Györgyi



SECTION 3

SEMINARS AND CONFERENCES

SEMINARS AND CONFERENCES



1st KCD CON 8th-9th MAY 2024

Dr. Waheedullah Khan, a distinguished orthodontist, presented the research article "Association of Craniofacial Morphology with Airway Dimension and Volume" at KCD Con, a renowned dentistry conference in Peshawar. The "Collaborative Patient Care" event was a platform for dental professionals to explore innovations in integrated healthcare.

The research analyzed upper and lower airway volumes in Class II Division 1 and Division 2 skeletal patterns using Cone Beam Computed Tomography (CBCT). The findings demonstrated that Division 2 profiles had significantly larger airway volumes, contributing valuable insights into the relationship between craniofacial morphology and airway health.

Dr. Waheed's presentation was well-received, highlighting his expertise in bridging clinical orthodontics with collaborative patient care. His contribution enriched the academic discourse and reinforced his reputation as a leader in advancing evidence-based approaches to improving airway function through interdisciplinary efforts.



15th Annual Conference of Pakistan Society of Chemical Pathologists

“Diagnostic Endocrinology: Recasting Clinical Care”

21-22 November, 2024 at Khyber Medical College, Peshawar

The 15th Annual Conference comprise of pathologists not only from across Pakistan but also three foreign dignitaries Dr Diane Webster from New Zealand, Dr Mirza Zadeh from the UK, and Dr Tze Ping Lo from Singapore who enlightened the audience about new advances in the field.

Our faculty member Asst.Prof.Dr.Azka Haroon from department of Oral Pathology, Dental College HITEC-IMS,Taxila played her role as a moderator; conducting various segments of the conference which included lecture sessions and poster competition. The rich participation from candidates and audience from across Pakistan made this conference a huge success with great memories.

2nd Scientific Session (Metabolic Medicine, Lab Management & Techniques) (1100 – 1330) hrs.

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| Chair: Prof. Asim Mumtaz | |
| Co-Chair: Prof. Brig (Retd) Tariq Bin Sharif, Consultant Chemical Pathologist | |
| Moderator: Dr. Azka | |
| Venue: Pathology Dept. KMC, Peshawar | |
| 1100-1115 | Quality Control in Micro RNA Assays in Clinical Chemistry Prof. Brig (Retd) Dilshad Ahmad Khan TI (M), Director Academic, National University of Medical Sciences (NUMS), Rawalpindi |
| 1115-1130 | Latest chemical biomarkers for early diagnosis of Alzheimer disease Prof. Asma Shoukat, Department of Pathology, Quaid Azam Medical College, Bahawalpur |
| 1130-1145 | Ethical Considerations in Laboratory Medicine Prof. Muhammad Dilawar Khan, Chughtai Lab, Lahore |
| 1145-1200 | MicroRNAs: A Novel Diagnostic Modality Prof. Brig (Retd) Muhammad Aamir, Shifa International Hospital, Islamabad |
| 1200-1215 | Latest Updates on Diagnosis of Cushing Syndrome Prof. Ahmed Rafiq, Khyber Medical College, Peshawar |
| 1215-1230 | Comparison of estimated protein excretion rate with protein creatinine ratio in relation to 24 hours urinary protein in healthy individuals Associate Prof. Munir Hussain, Khyber Girls Medical College, Peshawar |





MEDICAL COLLEGE HITEC-IMS

| Name of Faculty & designation | Title of Seminar/ Conference | Date/Venue | Attended/Conducted/Facilitated |
|-------------------------------|--|--|--------------------------------|
| Prof Dr. Iram Tassaduq | Blood Donation | 21-02-2024/HITEC-IMS | Facilitated |
| | No Tobacco Day | 31-05-2024/HITEC-IMS | Facilitated |
| Prof Dr. Ashi Mughal | Annual Research Conference | 25-10-2024, Fazaia Medical College | Attended |
| | World Health Day | 29-04-2024, NSHS Islamabad | Attended |
| Prof.Dr. Wajiha Mah Jabeen | Breast Cancer Awareness | 24-10-24, Aero Hospital | Attended |
| Dr. Anwar Bibi | World Health Day | 29-04-2024, NSHS Islamabad | Attended |
| | Autism awareness seminar | Nust School of Health Sciences | Attended |
| Dr. Ayesha Akram | Webinar Newer concept on GSM (Genitourinary Syndrome of menopause) | 29-06-2024, SAFOMS | Attended |
| | Awareness on PCOS | 08-10-2024, PC hotel Rawalpindi | Attended |
| Dr. Salma Ambreen Shahab | Blood Donation | 21-02-2024 | Facilitated |
| | No Tobacco Day | 31-05-2024 | Attended |
| Dr. Farhan Ahmed | CHPE seminar | 26-02-2024 to 01-03-2024 | Attended |
| | NRE-II Exam 2024 | 20-07-2024 to 21-07-2024 | Facilitated |
| Assistant Prof Dr. Sana Umar | Prescription writing & P-drug | 30-01-2024, HITEC IMS | Attended |
| | Mentoring | 01-02-2024, HITEC IMS | Attended |
| | Assessment Innovation Blueprinting | 20-09-2024, HITEC IMS digital library | Attended |
| Dr Rubace Fatima Mirza | 13th International Public Health Conference | 12-12-2023 to 13-12-2023 Health Services Academy | Attended |
| | 5th International Medical Research Conference | 28-04-2024 Health Services Academy | Attended |

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| Dr. M Sabbih ul Hassan | Management of Nausea & Vomiting | 01-02-2024, Monal Downtown | Attended |
| | Management of Hypertension | 19-02-2024, POF guest house Wah cantt | Attended |
| | Calpol learning kingdom | 21-02-2024, Green Lagoon restaurant | Attended |
| | BPH & LUTs Management | 27-02-2024, , POF guest house Wah cantt | Attended |
| | Gen M Learning Kingdom | 05-03-2024, POF guest house Wah cantt | Attended |
| | Role of Melatonin in REM sleep | 29-05-2024, , POF guest house Wah cantt | Attended |
| | Hypertension demands different solutions for different patients | 17-10-2024, POF guest house Wah cantt | Attended |
| Dr. Mubashir Usman | Management of Asthma | 14/9/2024 POF Guest House, Wah Cantt | Attended |
| Dr. M Sabbih ul Hassan Dr. Tehseen Faiz | Augmentin Junior Learning | 30-07-2024, Green Lagoon restaurant | Attended |
| | The differential diagnosis & management of SSTIs | 27-08-2024, Monal Downtown | Attended |

DENTAL COLLEGE HITEC-IMS

| Name of Faculty & designation | Title of Seminar/ Conference | Date/Venue | Attended/Conducted/Facilitated |
|--|--|--|--------------------------------|
| Principal Prof. Dr. Irfan Shah | Young Doctors Leadership Summit | 25 Jan 2024 | Key Note Speaker |
| | Collaborative Care in Dentistry | 08-09 May 2024 | Key Note Speaker |
| | 4 th Islamabad Cadaveric Course | 9-11 Oct 2024 | Master Trainer |
| | Excellence in Pain Management | 21 Nov 2024 | Attended |
| Dr. Amna Riaz | Young Doctors Leadership Summit | 25 Jan 2024 | Speaker |
| Dr. Ambreen Gul Dr. Rabbia, Dr. Naila | Emotional Intelligence | 25-1-2024 | Attended |
| Dr. Ambreen Gul | International Conference on Integrative Life Sciences (ICiLS-24) (NUST) | (25-27 September, 2024) | Attended |
| Dr.Nausheen Ashraf Dr Zuleikha Malik Dr Saira Bibi Dr.Maria Rabbani | Young doctors leadership summit | 25 th jan 2024 | Alumni |
| Dr.Maria Rabbani | Role of accreditation in enhancing the quality of Medical Journals. | Sept 19,2024 Islamabad Medical and Dental College | Attended |
| Dr. Azka Haroon | 23rd Shaukat Khanum Cancer Symposium / Attended | October 25 - 27, 2024 - Pearl Continental Hotel, Lahore, Pakistan | Attended |
| | PAP 45TH INTERNATIONAL CONFERENCE OF PAKISTAN ASSOCIATION OF | 5 th -6 th , October,2024- Serena Hotel, Faisalabad | Attended |



SECTION 4 JOURNAL CLUB MEETING



*"The larger the island of knowledge,
the longer the shoreline of wonder."
– Ralph W. Sockman*

MEDICAL COLLEGE HITEC-IMS

| Presenters | Title of the article |
|-------------------------|--|
| Anatomy | |
| Dr. Muhammed Hamza | Salivary Glands after Prolonged Aluminum Exposure: Proteomic Approach Underlying Biochemical and Morphological Impairments in Rats. Int. J. Mol. Sci. 2022, 23, 225 |
| Dr. Maleeha Zafar | Teaching anatomy using an active and engaging learning strategy. Singh et al. BMC Medical Education (2019) |
| Dr. Iqra Murtaza | A Self Care Management Awareness study among diabetic patients. |
| Dr. Mubashir | Therapeutic effects of resveratrol and Omega-3 in mice atherosclerosis: focus on histopathological changes. |
| Dr. Anum Khalid | Flipped classroom–A student perspective of an innovative teaching method during the times of pandemic |
| Dr. Asma Naeem | Histopathological Changes in Liver and Heart Tissue Associated with Experimental Ultraviolet Radiation A and B Exposure on Wistar Albino Rats |
| Dr. M. Hamza | Comprehensive Study about Mobile Phone Radiation Effects on Body Weight and Body Composition. |
| Dr. Iqra Murtaza | Effect of an Energy Drink On Muscle and Liver Damage Enzymes, And Cardiovascular Indices in Soccer Players. |
| Dr. Iram Rahman | Examining the effects of student-centered flipped classroom in physiology education |
| Dr. Iram Zakria | Vitamin D2 protects acute and repeated noise stress induced behavioral, biochemical, and histopathological alterations: Possible antioxidant effect |
| Dr. Saad Farrukh | Anatomical features of plantar fasciitis in various age cohorts: Based on magnetic resonance imaging. |
| Physiology | |
| Dr. Sumera Mumtaz | Effects of Time-Restricted Eating on Weight loss and other Metabolic parameters in Women and Men with Overweight and Obesity: The Treat Randomized Control trial |
| Dr. Sidra Jabeen | Effectiveness of an Integrated Mobile Application for lifestyle modifications in Overweight Women with Polycystic Ovarian syndrome: A Randomized Control Trial |
| Dr. Saima Noureen | Exercise promotes the expression of brain derived neurotropic factor (BDNF) through the action of the ketone body beta hydroxybutyrate |
| Dr. Ayesha Yasin | Ameliorative effect of zinc supplementation on cognitive function and hippocampal leptin signaling pathway in obese male and female rats |
| Biochemistry | |
| Prof. Dr. Ambreen Javed | “Selenium and vitamin B ₂ cosupplementation alleviates high-fat-diet-induced nonalcoholic fatty liver disease in rats by regulating hepatic lipid metabolism” |
| Prof. Dr. Shahid Rauf | Integrated Medical Curriculum: Advantages and Disadvantages |
| Dr Sana Umar | Association of SNP(RS4880) in SOD-2 Gene with Diabetic Nephropathy |
| Dr Ummara | “LIVER ENZYMES AND BIOCHEMICAL FUNCTION TESTS IN T2DM: IMPACT OF DURATION, GLYCEMIC CONTROL AND SOME OTHER CO-VARIABLES IN PRESS” |
| Dr Arfa | Effects of fasting on the physiological and Psychological responses in Middle-Aged men |

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| Dr Raheela Yasmin | “Coronavirus disease 19(covid-19) affects the occurrence of acute heart attacks: case report” |
| Dr Hamza Rasool | “Coronavirus disease 19(covid-19) affects the occurrence of acute heart attacks: case report” |
| Dr Eiman | “Acute cholecystitis in patients of Stroke” |
| Prof. Dr Ambreen Javed | Microplastics and phtalate esters release from teabags into tea drink: Occurrence, human exposure, and health risks |
| Prof. Dr. Shahid Rauf | Acute Superior Mesenteric Vein Thrombosis With Small Intestinal Ischemia ” |
| Dr Bisma Rehman | “Prevalence of Vitamin D and Calcium Deficiency and Insufficiency in Women of Childbearing Age and Associated Risk Factors: A systematic Review and Meta-Analysis” |
| Pharmacology | |
| Dr. Habibah Ishaq | Apo lipoprotein (a) and cardiovascular disease in Type 2 (non-insulin-dependent) diabetic patients with and without diabetic nephropathy. |
| Dr. Habibah Ishaq | Comparative Analysis of Sitagliptan vs Empagliflozin as an add on Therapy to Metformin in Pakistani Type 2 Diabetic Patients. |
| Dr. Aliya Ali | Comparison of three different prophylactic treatments for postoperative nausea and vomiting after total joint arthroplasty under general anesthesia: a randomized clinical trial. |
| Pharmacist Bushra Taskeen | Prevalence and Factors Associated with Drug-Drug Interactions in Prescriptions Presented at Private Pharmacies in Mbarara City, South Uganda |
| Dr. Habibah Ishaq | Current knowledge, attitude, and patterns of oral contraceptives utilization among women in Jordan. |
| Dr. Iqra Jabeen | Awareness of the benefits of folic acid and prevalence of the use of folic acid supplements to prevent neural tube defects among Thai women. |
| Dr. Sabahat Saeed | Evaluation of Proton Pump Inhibitors Prescribing Among Hospitalized Patients: A Cross-Sectional Study |
| Pharmacist Bushra Taskeen | A Novel Clinical Pharmacy Management System in Improving the Rational Drug Use in Department of General Surgery |
| Dr. Ayla Babar | Oral vs. Intramuscular Ondansetron for reducing vomiting in children with Acute Gastroenteritis. |
| Forensic medicine | |
| Dr. Sohaa Nasir | Drugs of abuse, Opiates, 30-01-2024 |
| Dr. Sohaa Nasir | A comprehensive review of wound ballistics: Mechanism, Effects and Advancements |
| Dr Sahar Hameed | Forensic dentistry as an analysis tool for sex estimation: a review of current techniques |
| Dr Nimra Faiz | Cerebrospinal fluid in forensic toxicology: current status and future perspectives |
| Dr Nimra Faiz | Application of post mortem biochemistry analysis in forensic medicine |
| Dr. Rubace Fatima Mirza | Artificial Intelligence in Forensic Medicine and Toxicology: The future of Forensic Medicine |
| Pathology | |
| Dr. Haim Sajid | Impacts of artificial light at night on sleep |

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| Dr. Radia Amir | Pancytopenia due to Sheehan's Syndrome |
| Dr. Arsalan Fareed | Hypertension Prevalence, Awareness, Treatment and Control in Health Screening Camps of Rural Central Punjab, Pakistan |
| Prof. Dr. Alia Zubair | Comparison of the clinical effect of intermittently scanned and real-time continuous glucose monitoring in children and adolescent with type 1 diabetes |
| Prof. Dr. Wajiha Mahjabeen | Association of triglycerides glucose index and triglycerides HDL ratio with glucose levels, microvasculature and macrovascular complications in Diabetes Mellitus Type-2 |
| Dr. Shahida Mushtaq | Serum Uric Acid to HDL Cholesterol Ratio is Associated with Diabetes Control in New Onset Type 2 Diabetic population |
| Dr. Mehreen Mushtaq | Comparison of Fine-Needle Aspiration Cytopathology with Histopathological Examination of Thyroid Gland in patients undergoing Elective Thyroid Surgery |
| Dr Maham Javaid | Correlation between screen time and autisticsymptoms in children |
| Dr Sara Ismail | Excessive smart phone use is associated with depression, anxiety, stress and sleep quality. |
| Dr Sabahat Rehman | Comparison of bacterial contamination in bristles of charcoal toothbrushes versus non charcoal toothbrushes |
| ENT | |
| Dr. Zainab Hajra | Management of risks to surgical patients |
| Dr. Farhan Ahmed / Dr Aslam | Adult learning theories: Implication of learning and teaching on medical education: AMEE guide No. 83 |
| Dr. Farhan Ahmed | Validity: On the meaningful interpretation of assessment data |
| Dr. Farhan Ahmed | Calls for reform of medical education by the Carnegie foundation for the advancement of teaching: 1910 and 2010 |
| Dr. Farhan Ahmed / Dr Aslam | Surgical management of CSOM in a tertiary medical center. Zahid Sohail et al.. |
| Dr. Iqra / Dr Aslam | Management of invasive fungal sinusitis. Morteza Javaid et al.. |
| Dr. Farhan Ahmed | Allergic fungal sinusitis a perplexity clinical entity. Iqbal Hussain et al |
| Dr. Farhan Ahmed | Short term complications of emergency and elective tracheotomy. A comparative study. |
| Dr. Farhan Ahmed | Correction of post traumatic saddle nose deformity : A case report Muhammad Nazir Khan et al. |
| EYE | |
| Dr. Shahzad Waseem | Combining Optical Coherence Tomography and Fundus Photography to Improve Glaucoma Screening |
| Dr. Shahzad Waseem | Performance of femtosecond laser-assisted cataract surgery in Chinese patients with cataract: A prospective, multicenter, registry study |
| Dr. Haroon Javaid | Progression Measurement Of Visual Field Loss in Medically Controlled Primary Open-Angle Glaucoma (POAG) |
| Dr. Haroon Javaid | Surgical Correction of Ectropion: Comparison Between Full Thickness Skin Grafts and Local Flaps |
| Dr. Dilshad Alam Khan | Recent Advances In Drug Delivery Systems For Glaucoma Treatment |

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| Dr. Haroon Javaid | Tropicamide Versus Cyclopentolate for Cycloplegic Refraction in Pediatric Patients with Brown Irides: A Randomized Clinical Trial |
| Dr. Shahzad Waseem | How does hypertension affect your eyes? |
| Dr. Haroon Javaid | Progression measurement of visual field loss in medically controlled primary open-angle glaucoma (POAG) |
| Dr. Shahzad Waseem | Heritability and Genetic Factors of Astigmatism and Corneal curvature: a systemic Review and Meta-analysis |
| Dr. Haroon Javaid | Assessment Of Effects Of Pan-Retinal Photocoagulation On Retinal Nerve Fiber Layer By Optical Coherence Tomography |
| Medicine | |
| Dr Ali Haider | Empagliflozin in Patients with Chronic Kidney Disease |
| Dr Ali Haider | Use of GPT-4 to Diagnose Complex Clinical Cases |
| Dr Kashmala Tariq | A 70-Year-Old Woman with Cough and Shortness of Breath |
| Dr Kashmala Tariq | A 70-Year-Old Woman with Cough and Shortness of Breath Case records of the Massachusetts General hospital |
| Dr Ali Haider | Expert recommendations for the management of iron deficiency in patients with heart failure in Asia |
| Dr Ali Haider | Selective Agonists of Thyroid Hormone Receptor Beta for the Treatment of NASH |
| Dr Kashmala Tariq | Reducing Hospitalizations and Multidrug-Resistant Organisms via Regional Decolonization in Hospitals and Nursing Homes |
| Dr Sahar Hameed | Magnesium Disorders, Review Article |
| Dr Muhammad Ali | Nutrition in Medicine; Diets.Review Article |
| Dr Ali Haider | Antibody-Based Therapy for Transplantation-Eligible Patients with Multiple Myeloma |
| Gynecology and obstetrics | |
| Dr Nida Khan | Reducing the risk of venous thromboembolism during pregnancy and the puerperium, Green Top guideline No.37a |
| Dr Rukhsana Afzal | Obstetric and neonatal outcomes in mild idiopathic polyhydramnios |
| Dr Ayesha Akram | Efficacy of letrozole versus clomiphene citrate on ovulation induction in patients with polycystic ovarian syndrome |
| Dr Shaista Zainab | Nice guideline on cesarean section |
| Dr Adeela Amin | Green Top Guideline on management of ectopic pregnancy |
| Dr Tanzeela Aftab | Uterus-preserving surgical management of placenta accreta spectrum disorder: a large retrospective study |
| Dr Nida Khan | MBRRACE-UK mother and babies: Reducing risk through adults and confidential enquiries across the UK 2023 |
| Major Sehar | Heavy menstrual bleeding in adolescence, TOG March 2024 |
| Dr Mahwash Jamil | FIGO postnatal passport for high-risk pregnancy |
| Dr Ayesha Akram | Rates of subjective and objective cure, satisfaction and pain 10-20 years after tension-free vaginal tape (TVT) surgery: A retrospective cohort study |
| Dr Rukhsana Afzal | An overview of office hysteroscopy |
| Dr Tahira Jabeen | Unplanned cesarean delivery is associated with risk of postpartum depressive symptoms in the immediate postpartum period |
| Dr Adeela Amin | NICE Guideline on GDM |
| Pediatrics | |

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| Dr. Sumaiya Javed | Association of iron deficiency anemia with breath holding spells |
| Dr. Sumaiya Javed | Perceived barriers for delay in age-appropriate vaccination among children attending a tertiary care hospital of Rawalpindi |
| Dr. Somayya Siddiq | Association of various factors with thrombocytopenia in neonates, secondary to maternal pregnancy-induced hypertension |
| Dr. Fazeela Shah | Thalidomide for patients with B-Thalassemia: A multicenter experience |
| Dr. Sumaiya Javed | Bubble nasal continuous positive airway pressure (BNCPAP): An effective low-cost intervention for resource-constrained settings. |
| Dr. Muzammil Ahamd | Menace of drug-resistant salmonella typhi in children |
| Dr. Ayesha Khan | Polio: Recognition of a reemerging infection |
| Dr. Muzammil Ahamd | Recurrent jaundice and hyperbilirubinemia in a 2-week-old infant |
| Dr. Sumaiya Javed | Comparison of the frequency of necrotizing enterocolitis in preterm infants with formula feed versus breast feed. |
| Dr. Fazeela Shah | Clinical features and echocardiographic findings in children with ebstein's anomaly: A descriptive case-series of 48 cases. |
| Radiology | |
| Dr Rabia Waseem | Imaging Review of the Temporal Bone: Part I. Anatomy and Inflammatory and Neoplastic Processes Amy F. Juliano , Daniel T. Ginat, Gul Moonis J |
| Dr Hamna | White matter disease with radiologic pathologic correlation |
| Dr Ahmed | Cystic lesions of the adrenal gland Sanket Solanki, Sonia Badwal, Samiran Nundy, and Naimish N |
| Dr Rabia Waseem | Intracranial cyst: an imagery diagnostic challenge Alexander et al. Scientific world journal 2013 |
| Dr Ahmed | Imaging features of invasive and non invasive fungal sinusitis |
| Dr Rabia Waseem | Impact of white matter changes on clinical manifestations of Alzheimer's disease. |
| Dr Bilal | MR Imaging Differentiation of Soft-Tissue Hemangiomas from Malignant Soft-Tissue Masses Authors: Eu-Leong H. J. Teo, Peter J. Strouse, and Ramiro J. Hernandez |
| Dr Azwar | CT Evaluation of Squamous Cell Carcinoma of the Nasopharynx VP RAICA,1 AM BRATU,2 C ZAHARIA,2 and IA SĂLCIANU2 |
| Dr Rabia Waseem | Cognitive impairment after traumatic brain injury: The role of MRI and possible pathological basis |
| Dr Azwar | Evaluating MRI for assessing neoadjuvant chemotherapy response in pregnant patients with cervical cancer: An evidence-based opinion |
| Dr Fatima | Learning to summarize radiology finding |
| Physiotherapy | |
| Dr. Maria | The Efficiency of Manual Therapy and Sacroiliac and Lumbar Exercises in Patients with Sacroiliac Joint Dysfunction Syndrome |
| Dr. Maria | Popular treatment modalities in the management of Sacroiliac joint dysfunction |
| Dr. Maria | Evaluation of the Effect of Kinesio-Taping Banding Therapy on Upper Extremity Function, Quality of Life, and Emotional Status in Patients with Chronic Rotator Cuff Syndrome In Addition to Conventional Physiotherapy Methods |
| Dr. Maria | Comparison of the mobilization and proprioceptive neuromuscular facilitation methods in the treatment of shoulder impingement syndrome |
| Dr. Maria | Efficacy of ultrasound versus short wave diathermy in the treatment of chronic low back pain in patients with lumbar disk herniation: a prospective randomized control trial |
| Dr. Maria | Effect of simultaneous short term neuromuscular electrical stimulation and static stretching on calf muscle. |
| Dr. Maria | Effect of tissue flossing technique on tennis players. |

DENTAL COLLEGE HITEC-IMS

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|-----|---------------------|--|--------------------------------|-------------------|
| 1. | Orthodontics | Surgery first in orthognathic surgery:A systematic review of the literature | 4 th January 2024 | Dr. Saira fatima |
| 2. | Operative Dentistry | Evaluation of complete pulpotomy with Biodentine on mature permanent molars with signs and symptoms of symptomatic irreversible pulpitis:12 months follow up | 1 st February 2024 | Dr.Kinza Iftikhar |
| 3. | Oral biology | Root canal morphology and bifurcating/merging sites of permanent mandibular incisors in 9-t0-12-year-old children: An in vivo 3D visualization analysis in China | 7 th march 2024 | Dr Khadija Tariq |
| 4. | Prosthodontics | Clinical and radiographic evaluation of implant supported cantilever fixed partial dentures replacing maxillary anterior teeth: a randomized clinical trail | 2 nd May 2024 | Dr M.Abdul Muqet |
| 5. | OMFS | Effectiveness of different treatment for odontogenic Keratocyst: a network metaanalysis | 6 th June 2024 | Dr. Sadia Moin |
| 6. | General Surgery | A retrospective study of parotid gland tumors at a single institution | 8 th August 2024 | Dr. Afshan Jamil |
| 7. | General Medicine | Role of Helico Bector pylori infection and non-steroidal Anti-inflammatory Drug use in bleeding peptic ulcers | 5 th September 2024 | Dr. Rehman Arshad |
| 8. | Oral pathology | Architectural dysplasia in surgical margins and the risk of local relapse in oral cancer | 3 rd October 2024 | Dr Ayesha Jabeen |
| 9. | Pharmacology | Hyaluronic acid reduces inflammation and crevicular fluid IL-1B concentration in peri-implantitis: a randomized controlled clinical trial. | 7 th November 2024 | Dr Aymen Babar |
| 10. | Community Dentistry | Self-Assembling Peptide and nano-silver fluoride in remineralizing early enamel carious lesions: randomized controlled trail | 5 th December 2024 | Dr Naufal Nadeem |
| 11. | | | | |
| 12. | | | | |

OPERATIVE DENTISTRY

| Presented By | Article Name | Journal |
|--------------|--|------------------------------|
| Dr Fatima | Restorative dentistry clinical decision making for hypodontia | Dental Update |
| Dr.Farhana | Top tips for managing enamel infractions, cracks and fractures part2 management | British dental journal |
| Dr.Kinza | Regenerative Endodontics | Chp# 12 Pathways of pulp |
| Dr.Zahoor | Comparison of ibuprofen & dexamethasone on inferior alveolar nerve block | Journal of Endodontics |
| Dr Fatima | Case Assessment & treatment planning | Chp#05 Pathways of Pulp |
| Dr.Farhana | Resolution of Apical periodontitis-induced mental nerve paresthesia through non-surgical Endodontic retreatment: A case Report | Journal of Endodontics |
| Dr Kinza | Be active and smart in conservative dentistry and endodontics | National library of medicine |
| Dr.Farhana | Tooth wear in children its prevalence presentation and prevention | Dental update. |
| Dr.Fatima | Managing the Paediatric patient with amelogenesis imperfecta | British Dental Journal |
| Dr.Farhana | Preliminary consideration for operative Dentistry | Chp# 15 Art & Science |
| Dr.Kinza | Pulp regenerative cell therapy for mature molar | Dental Update |
| Dr.Zahoor | Crown Lengthening Technique & modification to treat excessive tooth wear | British Dental Journal |
| Dr Fatima | Management of burning mouth syndrome | British Dental Journal |
| Dr.Kinza | The Versatility Flowable composite | Dental Update |
| Dr.Zahoor | Resin bonded splint & bridges part1 | British Dental Journal |
| Dr.Farhana | Restoration of discolored incisors with ceramic veneers: A workflow Case | Dental update. |
| Dr Fatima | Management of specific medical emergencies in dental practice. | Dental update. |
| Dr.Kinza | Resin bonded splint & bridges part2 | British Dental Journal |
| Dr Zahoor | Technique tips | Dental Update |

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| Dr.Kinza | Objective an guideline for traditional excess cavity preparation part 1 | Dental Update |
| Dr.Fatima | Minimally invasive selected caries removal: A Clinical Guide | British Dental Journal |
| Dr.Farhana | A Novel pre-formed Distal Shoe eruption guidance appliance in chair side management of early loss of primary second molar: A case Report | Dental Update |
| Dr.Kinza | Colored & shade matching in operative Dentistry | Chp# 7 Art in Science |
| Dr.Farhana | Oral Ulceration (Part1) | British dental journal |
| Dr.Zahoor | Getting it right at every stage: Top tips for Traumatic dental injury review: part 1 | British dental journal |
| Dr.Kinza | Interdisciplinary management of combined periodontal endodontic lesion with palatogingival groove of maxillary lateral incisor : A case report | British dental journal |
| Dr.Farhana | Oral Ulceration (Part2) | British dental journal |
| Dr.Fatima | Top tips for immediate tooth replacement | British dental journal |
| Dr.zahoor | Getting it right at every stage: Top tips for Traumatic dental injury review: part 2 | British dental journal |
| Dr.Fatima | Anomalies of tooth formation & eruption | Chp#14 Welbury |
| Dr.Kinza | Adhesion to enamel & dentine | Chp#12 Summit |
| Dr.Zahoor | Management of mobile teeth | Dental Update |
| Dr.Farhana | Class v Restorations | Chapter 15 Summit |
| Dr.Fatima | Introduction of amelogenesis in perfecta | British dental journal |
| Dr.Zahoor | Obturation of clean & shape root canal system | Chp#9 Pathways of Pulp |

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| Dr.Kinza | An Over view of resin infiltration technique | Dental Update |
| Dr.Zahoor | Light curing of Restorative material | Chp# 6 Art & Science |
| Dr.Farhana | Empyema of Odontogenic origin: A Case Report | Dental Update |
| Dr.Fatima | Comparison of efficacy and safety of pulp testing results using a new pulp testing device versus some commonly used methods: a crossover study | Journal of Endodontics |
| Dr.Farhana | Restoration of Endodontically Treated teeth | Chp# 21 Summit |
| Dr.Kinza | Minimum intervention oral care: Preventive management of high-risk patient using phased courses of treatment | British dental journal |
| Dr.Zahoor | Xero stomia part I etiology & oral manifestation | Journal of Endodontics |
| Dr.Farhana | How do teeth Erupt? | British dental journal |
| Dr.Fatima | Efficacy of different irrigation of needles & ultrasonic activation on calcium hydroxide removal: micro CT study using 3D printed endodontic model | Journal of Endodontics |
| Dr. Zahoor | An Updated medical history form for people living with diabetes mellitus | British dental journal |
| Dr.Farhana | Dens Invaginatus Type II in an Immature lateral incisor with apical periodontitis treated with Regenerative & strategic anti-microbial procedure: A Case Report | Journal of Endodontics |
| Dr.Farhana | Outcome of Non-surgical Root Canal Treatment of teeth with large apical periodontitis lesion: A retrospective study | Journal of Endodontics |
| Dr.Kinza | Effects of irrigation needles design on root canal disinfection & cleaning | Journal of Endodontics |
| Dr.Fatima | Mirogabalin as a therapeutic option for neuropathic pain emerging post endodontic treatment: A two case report | Journal of Endodontics |
| Dr.Farhana | Main Amelioration of gagging Indocrination By communication a magic technique | British dental journal |



ORTHODONTICS

| TOPIC FOR JCM PRESENTATION ORTHODONTICS DEPARTMENT FOR YEAR OF 2024 | PRESENTER |
|--|-----------|
| Alterations in the surface roughness and porosity parameters of directly printed and Invisalign aligners after 1 week of intraoral usage: An in vivo prospective investigation | Dr. Saira |
| Analysis of mandibular asymmetry in adolescent and adult patients with unilateral posterior crossbite on cone-beam computed tomography | Dr. Sidq |
| Appropriate timing of treatment contributes to better root development of impacted anterior teeth in children | Dr. Saira |
| A review of oral pathology in orthodontics. Part 1: Soft-tissue pathology | Dr. Saira |
| Clinical evaluation of Artificial Intelligence Driven Remote Monitoring technology for assessment of patient oral hygiene during orthodontic treatment | Dr. Sidq |
| Comparative analysis of the biomechanical behavior of the maxillary central incisors restored with glass fiber post and cast metal post and core submitted to orthodontic forces: A study with finite elements | Dr.Sidq |
| Comparison between 2D cephalometric and 3D digital model superimpositions in patients with lateral incisor agenesis treated by canine substitution | Dr. Saira |
| Three-dimensional evaluation of dentopalatal changes after rapid maxillary expansion in growing children | Dr.Sidq |
| Using a structured light scanner to evaluate 3-dimensional soft-tissue changes after extracting 4 premolars in young adult female patients | DrSaira |
| Corrosion-induced changes in surface properties and roughness of orthodontic | Dr.Sidq |
| Surgical vs nonsurgical treatments in patients with anterior open-bite have similar effects in occlusal function: A 2-year follow-up study | Dr.Saira |
| A comparison of skeletal and dental changes in patients with a Class II relationship treated with clear aligner mandibular advancement and Herbst appliance followed by comprehensive orthodontic treatment | Dr. Sidq |
| A review of oral pathology in orthodontics. Part 2: Pathology of the jaw bones | Dr. Saira |
| Artificial neural networks and deep learning | Dr. Sidq |
| Discussion on the correction of a gummy smile in a second orthodontic treatment | Dr.Sidq |
| Effect of power arm length combined with additional anterior torque on the axial orientation of the maxillary incisors during en-masse retraction: A finite element analysis | Dr. Saira |
| Gender disparity of invited speakers at the American Association of Orthodontists Annual Session: A cross-sectional analysis 2015-2023 | Dr.Sidq |
| Longitudinal changes of the natural craniofacial and dentoalveolar complex in the fourth decade of life | DrSaira |
| Metagenomic analysis of oral and intestinal microbiome of patients during the initial stage of orthodontic treatment | Dr.Sidq |

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| The complex of tannic acid and cetylpyridinium chloride: An antibacterial and stain-removal cleaner for aligners | Dr.Saira |
| Three-dimensional microanalysis of tooth movement during the first 6 months of orthodontic double retention | Dr. Sidq |
| Unilateral injection of botulinum toxin type A into the masseter muscle induces mandibular asymmetry in adolescent rats by suppressing the angular process growth | Dr. Saira |
| Changes in behavioral and cognitive abilities after rapid maxillary expansion in children affected by persistent snoring after long-term adenotonsillectomy: A noncontrolled study | Dr. Sidq |
| Dentoperiodontal and skeletal changes induced by miniscrew-assisted rapid maxillary expansion (C-expander) treatment in adults: A retrospective clinical trial | Dr.Sidq |
| Dynamic biomechanical changes of clear aligners during extraction space closure: Finite element analysis | Dr. Saira |
| Enhancing skeletal stability and Class III correction through active orthodontist engagement in virtual surgical planning: A voxel-based 3-dimensional analysis | Dr.Sidq |
| Evaluation of the shear bond strength of various adhesives on the surface of enamel irradiated with various doses of radiotherapy | DrSaira |
| Lingual bracket transfer accuracy of double vacuum-formed indirect bonding tray using 3D-printed model: an in vivo study | Dr.Sidq |
| Long-term evaluation of soft-tissue changes after miniscrew-assisted and conventional rapid palatal expansion using voxel-based superimposition of cone-beam computed tomography scans | Dr.Saira |
| Three-dimensional finite element analysis of the uprighting movement of mandibular mesially inclined second molars | Dr. Sidq |
| Can an employer be sued for harm caused by his independent contractor? | Dr. Saira |
| Dehiscence and fenestration of skeletal Class III malocclusions with different vertical growth patterns in the anterior region: A cone-beam computed tomography study | Dr. Sidq |
| Influence of facial width on the perception of lip protrusion and its differences between profile and 3-dimensional video clip | Dr.Sidq |
| Influence of orthodontic bracket prescription on smile attractiveness in patients with different sagittal skeletal patterns: A 3-dimensional cross-sectional study | Dr. Saira |
| Piezo1 contributes to alveolar bone remodeling by activating b-catenin under compressive stress | Dr.Sidq |
| Examination of the reliability and readability of Chatbot Generative Pretrained Transformer's (ChatGPT) responses to questions about orthodontics and the evolution of these responses in an updated version | DrSaira |
| Bibliometric and visualized analysis of randomized controlled trials in orthodontics between 1991 and 2022 | Dr.Sidq |
| Exploring long-term changes and influencing factors of the upper airway in patients with a skeletal Class II relationship after mandibular advancement with maxillary setback surgery: A comprehensive 2-year follow-up investigation | Dr.Saira |

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| Factors affecting local alveolar bone thickness in unilateral maxillary canine–lateral incisor transposition | Dr. Sidq |
| Long-term profile attractiveness of patients with Class I and II malocclusion treated with and without extractions: A 35-year follow-up | Dr. Saira |
| Obstructive sleep apnea and early orthodontic intervention: How early is early? | Dr. Sidq |
| Sleepiness in children with severe malocclusion compared with in children with neutral occlusion | Dr.Sidq |
| Survival of retained permanent canines after autotransplantation: A retrospective cohort study | Dr. Saira |
| Changes in masseter muscle morphology after surgical-orthodontic treatment in patients with skeletal Class III malocclusion with mandibular asymmetry: The automatic masseter muscle segmentation model | Dr.Sidq |
| Does crown, root, and bone visualization in a clear aligner virtual setup impact treatment decisions? | DrSaira |
| Interproximal reduction in the refinement phase of Invisalign treatment: A quantitative analysis | Dr.Sidq |
| Occlusal contact changes in patients treated with clear aligners: A retrospective evaluation using digital dental models | Dr.Saira |
| Shear bond strength of orthodontic brackets bonded with primer-incorporated orthodontic adhesives and unpolymerized 3-dimensional printing materials on 3-dimensional-printed crowns | Dr. Sidq |
| Smile attractiveness in patients treated with or without 4 premolar extractions: A 36-year follow-up | Dr. Saira |
| T-loop position and anchorage control | Dr. Sidq |
| The change of state-trait anxiety among patients undergoing orthognathic surgery: A longitudinal study | Dr.Sidq |
| The effects of dietary loading on the transdifferentiation of condylar chondrocytes | Dr. Saira |
| The performance of artificial intelligence models in generating responses to general orthodontic questions: ChatGPT vs Google Bard | Dr.Sidq |
| Adult orthodontics, motivations for treatment, choice, and impact of appliances: A qualitative study | DrSaira |
| Comparing the accuracy of 3 different liquid crystal display printers for dental model printing | Dr.Sidq |
| Effect of varying auxiliaries on maxillary incisor torque control with clear aligners: A finite element analysis | Dr.Saira |
| Exploring publications in 3 major orthodontic journals: A comparative bibliometric analysis of two 10-year periods (2002-2011 and 2012-2021) | Dr. Sidq |
| Midpalatal miniscrew insertion: The accuracy of digital planning and surgical placement | Dr.Arooba |
| The uses of 3-dimensional printing technology in orthodontic offices in North America | Dr. Sidq |
| A novel pictorial smile chart: Reliability and validity | Dr.Saira |
| Assessment of artificial intelligence– based remote monitoring of clear aligner therapy: A prospective stud | Dr.Arooba |

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| Biomechanical effects of clear aligners with different thicknesses and gingival margin morphology for appliance design optimization | Dr.Sidq |
| Cervical headgear therapy and sleep-related attributes | Dr.Saira |
| Clear aligner therapy in the mixed dentition: Indications and practitioner perspectives | Dr.Saira |
| Cone-beam computed tomography study of mandibular morphology and tooth compensation in asymmetrical patients | Dr. Sidq |
| Effect of oral exposure on chemical, physical, mechanical, and morphologic properties of clear orthodontic aligners | Dr.Arooba |
| Effects of vertical control on anatomic and aerodynamic characteristics of the oropharyngeal airway during premolar extraction treatment of Class II hyperdivergent nonsevere crowding malocclusion | Dr. Sidq |
| Evaluation of root position during orthodontic treatment via multiple intraoral scans with automated registration technology | Dr.Saira |
| Evaluation of stresses and displacement in the craniofacial region as a reaction to bone-anchored maxillary protraction in conjugation with posterior bite plane and rapid maxillary expansion in patients with Class III malocclusion: A finite element analysis study | Dr.Arooba |
| Maxillary cortical bone remodeling characteristics in extraction patients: A cone-beam computed tomography study | Dr.Sidq |
| Microbiological evaluation in invisible aligner chemical cleaning methods against <i>Candida albicans</i> and <i>Streptococcus mutans</i> | Dr.Saira |
| Short-term effects of mechanical loading on the transdifferentiation of condylar chondrocytes | Dr.Saira |
| The effects of aligner anchorage preparation on mandibular first molars during premolar-extraction space closure with clear aligners: A finite element study | Dr. Sidq |
| The mechanical effect of geometric design of attachments in invisible orthodontics | Dr.Arooba |
| Efficacy of clear aligners vs rapid palatal expanders on palatal volume and surface area in mixed dentition patients: A randomized controlled trial | Dr. Sidq |
| The treatment effects of maxillary asymmetric mechanics with the use of the mesial-distalslider: A retrospective study | Dr.Saira |
| Local factors relating to mandibular canine impaction: A retrospective study | Dr.Arooba |
| Biomechanical effect of dual-dimensional archwire on controlled movement of anterior teeth compared with rectangular archwire: A finite element study | Dr.Sidq |
| Association among craniofacial morphology, ethnicity, and risk of pediatric sleep-related breathing disorders: A multicenter study | Dr.Saira |
| Clinical efficacy of the Invisalign mandibular advancement appliance: A retrospective investigation | Dr.Saira |
| Treatment of Class II malocclusion with 2-maxillary premolar extractions: Monthly vs biweekly appointments, which is more efficient? | Dr. Sidq |
| The effect of surface roughening on the success of orthodontic mini-implants: A systematic review and meta-analysis | Dr.Arooba |
| Treatment change comparisons between skeletal Class I and II white adolescents with 3 different vertical divergencies—Part 2: Holdaway difference | Dr. Sidq |
| The orthodontic extraction of second premolars: The influence on airway volume | Dr.Saira |
| Three-dimensional assessment of virtual clear aligner attachment removal: A prospective clinical study | Dr.Arooba |
| Assessment of artificial intelligence-based remote monitoring of clear aligner therapy: A prospective study | Dr.Sidq |



SECTION 5





SUBSECTIONS 5-A

FACULTY INTEREST GROUP MEDICAL COLLEGE RESEARCH PROJECT

List Of Research Article(Faculty) approved by IRB Team in the Year-2024

| S.No. | Title | Department | Principal Researcher |
|-------|--|---------------------------------|----------------------|
| 1. | Association of Triglyceride Glucose index and Albuminuria in relation to blood pressure in patients with uncontrolled Type 2 diabetes mellitus | Pathology Department | Dr. Wajiha Mahjabeen |
| 2. | CGM Awareness and Barriers in Technology Uptake among HCP in an intermediate Health Care System | Pathology Department | Dr. Aliya Zubair |
| 3. | Learning Gross Anatomy by using a constructivist approach in undergraduate medical students | Anatomy Department | Dr. Maleeha |
| 4. | Public Awareness of Forensic science in ISLAMABAD & Rawalpindi district: A cross sectional study | Forensic Medicine Department | Dr. Rubbace Fatima |
| 5. | A randomized controlled trial comparing the effectiveness of a combination therapy of letrozole and clomiphene citrate versus letrozole alone for inducing ovulation in women diagnosed with clomiphene citrate resistant polycystic ovarian syndrome. | Gynaecology Department | Dr. Rukhsana |
| 6. | Comparison of shoulder vs scapular mobilization effects in patients with Rotator Cuff Syndrome (a Randomized Clinical Trial) | Physiotherapy Department | Miss Maria Ejaz |
| 7. | Perceptions and practices regarding breast feeding among postnatal women at Hit Hospital Taxila | Paediatrics Department | Dr. Summaiya Javed |
| 8. | Role of communication skills and empathy workshop for doctors, resulting in better healthcare delivery from the patient's perspective | Psychiatry Department | Dr. Mehwish Sultan |
| 9. | Faculty Job Satisfaction in a private medical college, Taxila, Pakistan: A cross sectional study | Department Of Medical Education | Dr. Salma Ambreen |



SUBSECTIONS 5-A

FACULTY INTEREST GROUP DENTAL COLLEGE RESEARCH PROJECT

FACULTY INTEREST GROUP PROGRESS REPORT SUMMARY

| S/N | Department | Title | Author's names |
|-----|------------------|---|---|
| 1. | Dental Materials | 1) Hydrogel based periodontal membranes – systematic review 2) Incidence of denture hygiene practices and their effect on color stability in patients 3) Effect of refresher workshop on prescription writing skills of young dental practitioners. | Dr. Nausheen Ashraf Dr. Zuleikha Malik, Dr Nausheen Ashraf Dr. Saira Bibi |
| 2. | Prosthodontics | 1) Awareness attitude need and demand for missing teeth replacement among partially dentate patients. 2) Correlation between TMD oral parafunction and psychoemotional stresses based on RCP/TMD diagnosis. among dental students. 3) Comparisons of maxillary interior teeth mathematical proportions among different dental arch forms. | Dr Sameen, Dr Aamir, Dr Sameen, Dr Aamir, Dr Sameen, Dr Aamir, Dr Shahzonia . |
| 3. | Pharmacology | 1) Gingival recession post periodontal treatment in diabetic patient with or without topical antibiotics. 2) Comparing efficacy of topical antibiotics in diabetic periodontitis patient in relation to HBA1C, Randomize control trial . | Dr Shahzana Rana, Dr Aeman Choudhary Dr Shahzana Rana, Dr Aeman Choudhary |
| 4. | Oral pathology | 1) Early diagnosis of oral cancer- a narrative review 2) Association of aphthous ulceration with psychological stress during exam among dental students at Hitec-IMS | Dr Azka Haroon Dr Azka Haroon, Dr Ayesha Jabeen, Dr Aiza Haroon. Dr Saman Malik, Dr Faiqa Hassan, Dr Maria Rabbani |

| | | | |
|----|-------------------|--|---|
| 5. | Anatomy | <p>1) Anti-inflammatory effect of Moringa oleifera and vitamin D on articular cartilage degradation in arthritic rat model: A comparative study.</p> <p>2) Synergistic effects of Coenzyme Q10 and L-Carnitine on Oligodendrocyte necrosis, in a rat model of Multiple sclerosis.</p> | <p>Dr Ayesha Shahid, Dr Shabana Ali, Dr Tayyaba Hashmi, Dr Kaukab Anjum</p> <p>Dr Tayyaba Qureshi , Dr Shabana Ali , Dr Ayesha Shahid, Dr Huma Beenish, Dr Tooba Khursheed , Dr Tayyaba Fahad</p> |
| 6. | General Pathology | <p>1) Estimation of salivary candida count among pregnant and non-pregnant women.</p> <p>2) Evaluation of periodontal status and serum C-reactive protein level in adult cigarette smokers.</p> <p>3) Evaluations of procalcitonin and presepsin in prediction for early onset neonatal sepsis.</p> <p>4) Use of continuous glucose monitoring sensors in type I diabetes management and its effects on glycemic control.</p> <p>5) Analyzing the pathology and immune response to new and re-emerging infectious agents.</p> <p>6) Histopathological approach to diagnosis and classifications of invasive fungal infection.</p> <p>7) Evaluation of the impact of digital pathology and AI on diagnostic accuracy and work flow efficacy and pathology laboratories.</p> | <p>Dr Fariha Aleem</p> <p>Dr Fariha Aleem</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> <p>Dr Sadia Israr</p> |
| 7. | Oral Biology | <p>1)Hepatitis B vaccinations.</p> <p>2)Peer assisted hearing.</p> <p>3)Oral submucosal variations.</p> <p>4)Root variations that can complicate extraction.</p> <p>5) Cheilosopic patterns as bio metric markers.</p> <p>6)Competitive role of cheilosopic patterns and rugosa pattern in personal identification and gender discrimination.</p> | <p>Dr Saman. Dr Mamoona Dr Saman Dr Saman ,Dr Faiqa, Dr Azka Dr Saman, Dr Faiqa, Dr Azka</p> <p>Dr Kiran</p> <p>Dr Kiran</p> |



| | | | |
|----|------------------------------------|---|---|
| 8. | Community and Preventive Dentistry | <p>1) Periodontal and carries status in relations to oral health knowledge attitude and behavior of medical and</p> <p>2) Dental students of taxilla Pakistan The impact of teacher role modelling on professionalism development in medical students' perceptions and teachers' responses</p> <p>3) Empathy scores and curriculum integrations at two different levels a cross sectional study in final year medical students</p> <p>4) Tongue lesions in Pakistani populations, subjective awareness and associations with blood group.</p> | <p>Dr Maria Rabbani</p> <p>Dr Amna Faisal</p> <p>Dr Amna Faisal</p> <p>Dr Naufal Nadeem</p> |
|----|------------------------------------|---|---|



SUBSECTIONS 5-B

Achievements of the Student Research Society (SRS) Since its Establishment

1. A research culture was successfully established among students through a door-to-door awareness campaign led by the pioneer SRS team, including the President and all secretaries of its various wings.
2. The research process was initiated from scratch, leading to the successful completion and approval of 13 synopses in the first Institutional Review Board (IRB) meeting for students.
3. In March 2022, the Vice-Chancellor of NUMS visited HITEC-IMS and inaugurated HIMS in HIT Hospital. During his tour of HITEC-IMS and the Research Cell, the Founder President of SRS presented his research project titled *“Honey Dressing: A Preventive Procedure for Post-Surgical Site Infection.”* Impressed by the initiative, the Vice-Chancellor awarded a grant of 200,000 rupees to SRS on 7th March 2022.
4. In February 2022, SRS successfully conducted a three-day international research training workshop titled *“Gateway to Research.”*
5. The **First Annual Poster Competition 2023** was organized by SRS, encouraging student participation and innovation in research presentation.
6. SRS organized a **One-Day Workshop on Research Methodology** conducted by Dr. Wajiha Mahjabeen.
7. On 29th August 2023, SRS members participated in the National Poster Competition organized by Shifa Tameer-e-Millat University, where *Marij Farruk* secured second position.
8. HITEC-IMS excelled in the Research-Based Poster Competition held at **Foundation University** with posters that were well-researched and highly informative.
9. On 5th September 2023, in the Research-Based Poster Competition held at **Khyber College of Dentistry**, *Huda Habib* secured third position.
10. Students from both BDS and MBBS actively participated in a workshop on *“Systematic and Literature Review”* conducted by Dr. Shehreen Zahid Khan on campus on 24th May 2024.
11. A two-day **Online Workshop on Synopsis Writing** was conducted by SRS on 25th and 28th May 2024. The sessions featured esteemed speakers including Dr. Wajiha, Dr. Shehreen Zahid Khan, and Ali Haider (Founder President).
12. Under the flag of SRS, students participated in the **Wah Symposium Poster Competition** on 8th June 2024, where *Waseem Akram* won second position.
13. SRS successfully organized the **First-Ever Research Synopsis Competition** at HITEC-IMS on 7th August 2024, promoting research excellence among students. *Muhammad Moeed Azwar Bhatti* secured first position, *Azka Khalid* secured second position, and *Narjis Zahra* secured third position.



Messages of the members of Student research society

Narjis Zahra, Final Year MBBS President

"As president of the Student Research Society, I've gained invaluable insights into leadership, teamwork, and the importance of fostering curiosity in research. Organizing events taught me how to manage time effectively and work collaboratively with diverse teams. I've also learned the significance of communication in engaging students and faculty, helping to build a stronger academic community."

Huda Habib Final Year BDS

Vice President

I wanted to express my heartfelt gratitude and appreciation for the invaluable experience and knowledge gained through my involvement with this society. This society has provided me with a platform to explore my research interests, develop my skills, and connect with like-minded individuals.

Muhammad Moeed Azwar Bhatti Final Year MBBS

Vice President

As the Vice President of the Students Research Society at HITEC IMS, I have learned the value of teamwork, leadership, and the importance of fostering a collaborative environment for academic growth. This experience has enhanced my organizational skills and deepened my understanding of research and mentorship. It has been a rewarding journey of personal and professional development.

Bilal Arshad Final Year MBBS

General Secretary

I am delighted to be General Secretary of the Student Research Society at HITEC-IMS, where innovative ideas and scholarly enthusiasm thrive. I discovered my passion for research and leadership through SRS and Organizing research events and projects honed my team work and problem-solving abilities. This experience has been instrumental in shaping my professional goals. Society helps us learn and grow through research.



My Journey Through HITEC-IMS: From a Novice to a Researcher

By: Dr. Syed Muhammad Ali Haider, Lecturer, DME, HITEC-IMS



I am Dr. Syed Muhammad Ali Haider, a proud graduate of the HITEC Institute of Medical Sciences (HITEC-IMS), affiliated with the National University of Medical Sciences. I belong to the 2nd pioneer batch of HITEC-IMS, and my journey is one of transformation, growth, and gratitude.

I began my medical education in 2017, after securing admission to HITEC-IMS following a successful stint in college on a full-bright scholarship. As a first-generation doctor in my family, I had no idea what lay ahead. Medical college felt like uncharted territory, filled with questions about the life I would lead, the career opportunities available, and the paths that would unfold after earning my MBBS degree.

You could say I was like a newborn, uncertain of the world and entirely dependent on those around me to guide me. In this analogy, HITEC-IMS became my nurturing parent, shaping me not only into a doctor but also into a better human being. The institute taught me more than medicine it taught me life. From selecting a career path to becoming a leader, managing stress, and navigating emergencies, HITEC-IMS played an integral role in my personal and professional development.

My research journey began in the fourth year of MBBS when Maj. Gen. Prof. Dr. Hamid Shafiq (HI)M, the Principal of HITEC-IMS, introduced a vision for research and evidence-based medicine at the institute. At that time, I was passionate about research but had no experience. That changed when Prof. Dr. Shahzad Waseem, the former HOD of Ophthalmology, gave me my first opportunity. His trust in my potential marked the start of an incredible journey. I owe a great deal to the faculty members who mentored me and nurtured my growth as a researcher. Dr. Bushra Anwar, Dr. Wajeha Mahjabeen, Dr. Nadia Nisar, and Dr. Ashi Ahmad played pivotal roles in teaching me the intricacies of research methodology. Under their guidance, I evolved from a novice into a capable researcher and leader.

One of my proudest accomplishments was founding and presiding over the Student Research Society, a milestone made possible under the umbrella of the research cell established by our principal. Together, we developed a model to foster a research culture at HITEC-IMS, which achieved remarkable success in just two months. This success propelled my research journey into an exhilarating roller coaster ride.

Today, as I stand with ten publications, one completed and registered clinical trial (NLM, USA), three poster presentations, seven citations, and an H-index of 2, I feel immense pride in what has been achieved in such a short span. I attribute these accomplishments to the unwavering support of my parents, my exceptional teachers, and the leadership at HITEC-IMS.

I am also a neurosurgery aspirant, and research remains my passion. Every achievement in my life thus far is a testament to the foundation laid by HITEC-IMS. This institution, with its visionary leadership, dedicated faculty, and nurturing environment, has made me who I am today.

HITEC-IMS is not just my alma mater; it is my launching pad, my guide, and my source of inspiration. I owe everything to this esteemed institution, which I will continue to Honor and cherish throughout my life.☑



SUBSECTIONS 5-C

STUDENT INTEREST GROUP MEDICAL COLLEGE RESEARCH PROJECT

List Of Research Article(Students) approved by IRB Team in the Year-2024

| Title of Research Project | Researchers |
|---|--|
| Medical Students 'Attitude Towards Doctor-Patient Relationship at Hitec-IMS Taxila' | Bilal Arshad 4 th Year mbbs student Supervisor: Dr Kiran Iqbal Community Medicine Department |
| Antimicrobial Susceptibility Pattern of Bacterial Isolates in intensive care unit of Hit Hospital Taxila: A Retrospective Study | Bilal Arshad 4 th Year mbbs student Supervisor: Dr Kiran Iqbal Community Medicine Department |
| Awareness, Knowledge, Attitude and Skills of Telemedicine Among Health Care Professionals of Taxila and Wah Cantt | Students of batch A2 Supervisor: Dr Anwar bibi Community Medicine Department |
| Association of Diabetic Health Literacy with Glycemic Control in Type-2 Diabetic Patients visiting H.I.T Hospital Taxila | Students of batch B2 Supervisor: Dr Mohsin Community Medicine Department |
| Pattern of empathy and its association with clinical exposure among medical students of HITEC-IMS, Taxila | Batch C-2 Supervisor: Dr Sidra Farooq Community Medicine Department |
| Burn Out and Its Association with Emotional Intelligence Among Medical Students at Hitec-Ims Taxila | Students of batch A2 Supervisor: Dr Anwar bibi Community Medicine Department |
| Is Stress incontinence underreported in Pakistan and what are the causes | Moeed Azwar Bhatti 4 th Year Mbbs Student |
| Parental Awareness, Attitudes, and Perceived Challenges for Timely Infant Immunization at HIT and THQ Hospital Taxila | Students of batch A2 Supervisor: Dr Anwar bibi Community Medicine Department |
| Mental health and Mental Health Literacy among medical students of HITEC-IMS | Batch C-1 Supervisor: Dr Sidra Farooq Community Medicine Department |



SUBSECTIONS 5-C

STUDENT INTEREST GROUP DENTAL COLLEGE

STUDENT RESEARCH INTEREST GROUP (SRIG)

Student Research Interest Group (SRIG) being chaired by Asst. Prof. Dr. Azka Haroon is a research-focused platform that is working with dental students of all four academic years, engaging them to produce analytical insights around education. SRIG also offers an all-in-one college and career preparedness platform.

To facilitate our students, we have a great team comprising dedicated teachers for each academic year playing an important role as research mentors as well as student representatives (two from each academic year) acting as a bridge between student body and faculty conveying messages, news and new opportunities regarding research.

Currently all four BDS academic years are actively participating in research related activities and they are scrupulously being supervised by our distinguished faculty. Around nineteen student research projects are in pipeline with a history of a few being published in renowned journals.

The aim of SRIG is to provide dental students a step wise guide to basis of research thus indulging them in lifelong learning and continuous professional development also keeping students up-to-date with latest research related activities and helping them prepare for representation of Dental College HITEC-IMS at national and international level.



STUDENT INTEREST GROUP DENTAL COLLEGE HITEC-IMS

Total number of Research projects = 19

Total number of Research projects approved = 07

Total number of Research projects in pipeline = 12

| S.No. | Title | Students | Supervisor | Status |
|-----------------------|--|---|--|----------|
| FINAL YEAR BDS | | | | |
| 1. | Salmon calcitonin as a pharmacological anchorage | Huda Habib | Dr. Waheed ullah Dr Shazana Rana Dr. Shazonia Dr. Hasnain Dr. Sana Tariq(ortho) | Synopsis |
| 2. | Attitude of dental and medical students towards Hep-B vaccination | Yusra rehman Dua abbas Huda habib Aqsa Nadeem Sana sabir | Dr. Maria Rabbani | Synopsis |
| 3. | Effect of anti-hypertensive drugs on prevalence of burning mouth syndrome | Rabia Khalid | Dr. Shazana Rana Dr. Sana Tariq (ortho) | Synopsis |
| 4. | Effect of levothyroxine on periodontium | Tayyaba Mahnoor | Dr. Shazana Rana Dr. Sana Tariq (ortho) | Synopsis |
| 5. | Effect of zinc supplements on orthodontic tooth movement | Warda Nadeem | Dr. Shazana Rana Dr. Sana tariq | Synopsis |
| 6. | Long term effects of methamphetamine use of on oral health among people of Pakistan | Bisal Tahir | Dr shazana Rana Dr. Sana (ortho) | Synopsis |
| 7 | Effect of isotretinoin on gingiva | Amna Laraib | | Synopsis |
| 8 | Assessing the relationship between dental anxiety and oral health literacy among dental patients | Anas Nadir Adeena Ayesha Fatima Sughra Nimra mumtaz Taha Shafique Pakeeza Hassnain | Dr. Shahreen Zahid khan | Synopsis |

| | | | | |
|------------------------|---|--|--|---|
| 9 | Infective Endocarditis and Recent Dental Procedures: A Case-Control Study | Huda Habib Azka Khalid | Dr. Azka Haroon | Synopsis |
| 10 | Oral health knowledge, self-assessed oral health behavior & oral hygiene practice among the adult population | Huda Habib,Umer Farooq, Hamza, Sana, Areeba | Dr. Azka Haroon | Synopsis |
| 11 | Prevalence of caries in patient presenting to HIT | Shaza Omar Noor Riwa Cheema | Dr. Wajeeha | Data Collection Completed |
| 12 | Effectiveness of latest non-invasive treatment modalities in temporomandibular disorder-A systematic review | Huda Habib Umer farooq | Dr. Shahreen Zahid Khan | Final draft has been prepared for publication |
| 13 | Electromyography in dentistry | Rabia khalid | Dr. Shahreen Zahid Khan | Final draft has been prepared for publication |
| THIRD YEAR BDS | | | | |
| 14 | Relationship of blood group with dental caries | Maryam zia Malaika Habib Umm-e-Hani Urwa Nasir Sara hassan | Dr. Ayesha Jabeen Dr. Amna Yasin | Data Collection |
| 15 | Efficacy of olive oil pulling compared to standard oral hygiene in gingivitis: A Randomized Control Trial | Noor-ul-Eman, Riwa Amjad, Noor, Maryam Zia | Dr. Shahaan Dr. Zuleikha | Title Selection |
| SECOND YEAR BDS | | | | |
| 16 | Assessing the relationship between Oral Health Literacy and Dental Anxiety among Dental Patients- A Cross Sectional Study | Adeena Ayesha, Mian Muhammad Ans, Pakeeza Hassnain, Nimra Mumtaz, Fatima Sughra, Taha Shafique | Dr. Shahreen Zahid Khan | Synopsis |
| 17 | Prevalence of bruxism among university students across different professions: A Study on Stress & Anxiety correlation | Ayesha Hammad, Tayyab Nadeem, Fatima Hafeez, Tasmia Ghazanfar, Marriam Zafar | Dr. Zuleikha | Title Selection |

| FIRST YEAR BDS | | | | |
|-----------------------|---|--|---------------------|-----------------|
| 18 | A Comparative Study on Oral Health Awareness and Practices among Dental & Non Dental Students | Amna Noor, Iqra Khan Khattak, Maryam Zahid, Hamnah Zahra Ali, Bibi Shahana | Dr. Fatima Rizwan | Title Selection |
| 19 | Relevance of Periodontitis with Stroke | Aiza Jahanzeb, Wajeeha Akhtar, Rabia Hashmi, Hussain Abbas, Khawar Abbas | Dr. M. Omair Khitab | Title Selection |

SECTION 6 STAR RESEARCHER



*"Scientific research consists in seeing what everyone else has seen,
but thinking what no one else has thought."*

– Albert Szent-Györgyi



STAR RESEARCHER HITEC-IMS MEDICAL COLLEGE
Based on total number of citations in the Year 2024

| | |
|--|--|
| Star Researcher Prof.Dr Mahwash Jamil | Citation/H-index Citations :181, h-index:4 |
| Prof. Dr. Wajiha Mahjabeen | Citation:86, h-index:9 |
| Prof. Dr. Faiza Batool | Citation: 11, h-index :2 |
| Prof.Dr. Kausar Malik | Citation: 11, h-index :2 |
| Prof Dr. Zubia Razzaq | Citations: 10, h- index: 5 |

EMINENT RESEARCHERS of HITEC-IMS MEDICAL COLLEGE

Based on total number of publications in the Year 2024

| EMINENT RESEARCHERS | No. of Publications |
|----------------------------|----------------------------|
| Dr Somayya Siddiq | 06 |
| Dr Sidra Farooq | 05 |
| Dr Ashi Mughal | 04 |
| Dr Anwar Bibi | 04 |
| | 03 |

DISTINGUISHED DEPARTMENT in Research

Based on total number of publications in the Year 2024

| Department | No. of Publications |
|-----------------------------|----------------------------|
| Community Medicine | 08 |
| Paediatrics Medicine | 06 |



STAR RESEARCHER HITEC-IMS DENTAL COLLEGE
Based on total number of citations in the Year 2024

| Star Researcher | Citation/H-index |
|----------------------------------|--------------------------|
| Prof. Dr. Beenish Qureshi | Citation:112, h-index:5 |
| Dr Amna Riaz | Citations :96, h-index:5 |
| Dr. Saman Malik | Citation: 15, h-index :3 |
| Dr. Faiqa Hassan | Citation: 8, h-index :1 |

EMINENT RESEARCHERS of HITEC-IMS

Based on total number of publications in the Year 2024

| EMINENT RESEARCHERS | No. of Publications |
|-------------------------|---------------------|
| Dr. Azka Haroon | 05 |
| Dr Saman Malik | 05 |
| Dr. Faiqa Hassan | 05 |
| Dr Ayesha Yasser | 04 |
| Dr Amna Riaz | 03 |

DISTINGUISHED DEPARTMENT in Research

Based on total number of publications in the Year 2024

| Department | No. of Publications |
|-----------------------------|---------------------|
| Oral Pathology | 07 |
| Oral Biology | 06 |
| Peadiatric Dentistry | 05 |
| Community Dentistry | 05 |



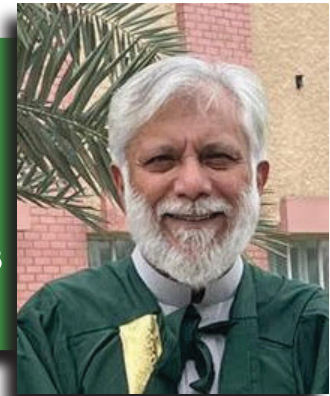
SECTION 7

INTERVIEW WITH RESEARCH SCHOLAR



Prof Dr Farhat Abbas HOD Pathology

Total Publication-38
Total Citations-915
h-Index - 14



1. Could you briefly introduce yourself and your research background?

I graduated from Army Medical College in 1983. Later I joined Pathology (Hematology & Blood Transfusion), and completed my FCPS in 1991. Later I had been posted to Armed Forces Institute of Transfusion Rawalpindi, Armed Forces Institute of Pathology Rawalpindi, CMH Lahore and PNS Shifa Hospital Karachi as Consultant Hematologist. During these 25 years, I had gained experience in Transfusion Medicine, and Diagnostic Hematology. The focus of my Research projects had been mainly various aspects of Transfusion Medicine. As the Specialty was evolving in Pakistan, there were several gaps in the knowledge based on which the final SOPs had to be formulated in Armed Forces. With my work, and contributions by my several other colleagues, we were able to set a direction for various Transfusion Medicine protocols, especially those which pertained to safety of blood transfusion. When I was posted in AFIP, I had the opportunity to complete several research projects related to Clinical Hematology.

2. What is the primary focus of your research?

The primary focus of my Research has been Blood Transfusion.

3. What challenges have you faced in conducting research, and what strategies have you used to overcome them?

I have faced several challenges during the completion of my projects. The most important was that if I was carrying a project, the ownership by other colleagues was minimal. Everyone assumed that I will complete the project, and the names of other authors would automatically be included in the publication. This added a lot of burden, and I had to spend extra hours in the afternoon and evening to collect samples and run myself in the laboratory. Second issue was funding. I was lucky to be posted in Institutes of excellence. As a result, the supply companies were willing to donate reference kits for running as a trial. The Institutes also helped to purchase kits and reagents which were not available otherwise.

4. What are your future research goals and aspirations? Are there any emerging trends or key areas of interest in your field?

My current interest is to do some work in Thrombophilia in young patients. This is because there is an epidemic of ischemic heart disease and cerebrovascular disease in young individuals. No significant research has been done in Pakistan to understand the causes of such rise in morbidity and mortality due to vascular disease in our set up. Secondly, I believe that our younger generation should be well conversant with applications of Artificial Intelligence in the field of Medicine. There is a need to do short courses amongst students and Faculty members, who should be able to use this rapidly emerging field, and integrate it with ongoing research in the country.

My advice would be that all young doctors should think of small research projects, and plan them considering the resources which are available with them. When they have the opportunity to work in centres of excellence, they should plan prospective interventional studies with potential to change current practices. The basic idea is to do research for the welfare of community / patients and not for the sake of increasing the count of papers to get promotions.



Dr Amna Riaz
FCPS Operative Dentistry
Head Of Department Pediatric Dentistry

Total Publications-10
Total Citations-98
h-Index - 05



1. Could you briefly introduce yourself and your research background?

"I am Dr Amna Riaz, a passionate researcher and practitioner in the field of restorative, endodontics and paediatric dentistry. My research journey spans multiple areas, reflecting my commitment to advancing evidence-based clinical practices and improving patient outcomes. While my focus has prominently included regenerative endodontics, I have also delved into rotary endodontics, where I explored advancements in instrumentation techniques to enhance treatment efficacy and efficiency.

Another area of interest is the utilization of CBCT (Cone Beam Computed Tomography) in endodontics. My work has focused on leveraging CBCT for accurate diagnosis, treatment planning, and outcome assessment, ensuring a more precise and patient-centered approach.

I have also contributed to research on restorative materials, particularly evaluating their biocompatibility and durability, which are critical in ensuring the long-term success of endodontic treatments. Additionally, I have investigated strategies for post-endodontic pain management, aiming to improve patient comfort and satisfaction during the recovery process.

These diverse research experiences have shaped my holistic understanding of endodontics, driving my commitment to bridging the gap between innovation and clinical practice.

2. What is the primary focus of your research?

"My primary focus lies in exploring biologically driven approaches to regenerate the dental pulp-dentin complex. This involves studying stem cell behaviour, scaffold materials, and growth factors to optimize outcomes in endodontic regeneration. I am particularly interested in the translation of in vitro findings into clinical applications that improve patient care."



3. What challenges have you faced in conducting research, and what strategies have you used to overcome them?

Conducting research in any field comes with a range of challenges. One of the most common hurdles I've encountered is balancing the ambition of exploring new ideas with the practical limitations of resources, time, and funding. Collaborating with like-minded researchers has been invaluable in overcoming resource-related obstacles.

Another challenge is dealing with the inherent uncertainty of research—experiments don't always go as planned, and results may be inconclusive or unexpected. Rather than viewing these setbacks as failures, I've cultivated a mindset of curiosity and adaptability. Each setback is an opportunity to refine the methodology and deepen my understanding of the subject.

Staying updated with rapidly evolving literature and advancements in my field can also feel overwhelming.

Maintaining a work-life balance while managing research, teaching, and other responsibilities is an ongoing challenge but these experiences have taught me resilience, adaptability, and the importance of collaboration, which are crucial qualities for any researcher.

4. What are your future research goals and aspirations? Are there any emerging trends or key areas of interest in your field?

My long-term goal is to contribute to the development of standardized, reliable protocols for regenerative endodontic procedures that can be widely adopted in clinical practice. I am particularly interested in leveraging advances in biomimetic materials and 3D bioprinting for personalized treatment solutions. These innovations hold immense potential to transform how we approach pulp regeneration.



HITEC INSTITUTE OF MEDICAL SCIENCES



View research as an opportunity to explore and discover new things.

FAITH BLUM