



Research Yearbook 2023

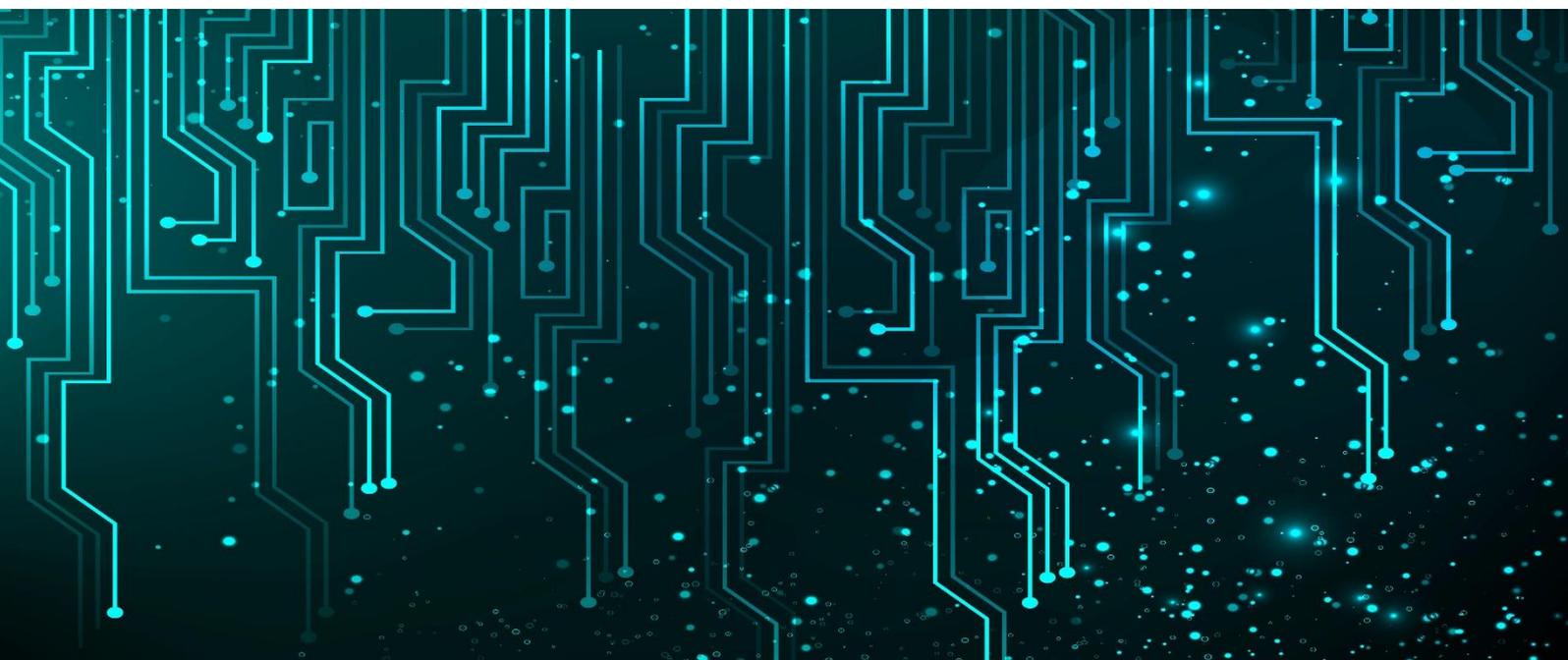


**HITEC INSTITUTE OF
MEDICAL SCIENCES**

VOL. 2

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Editorial Board

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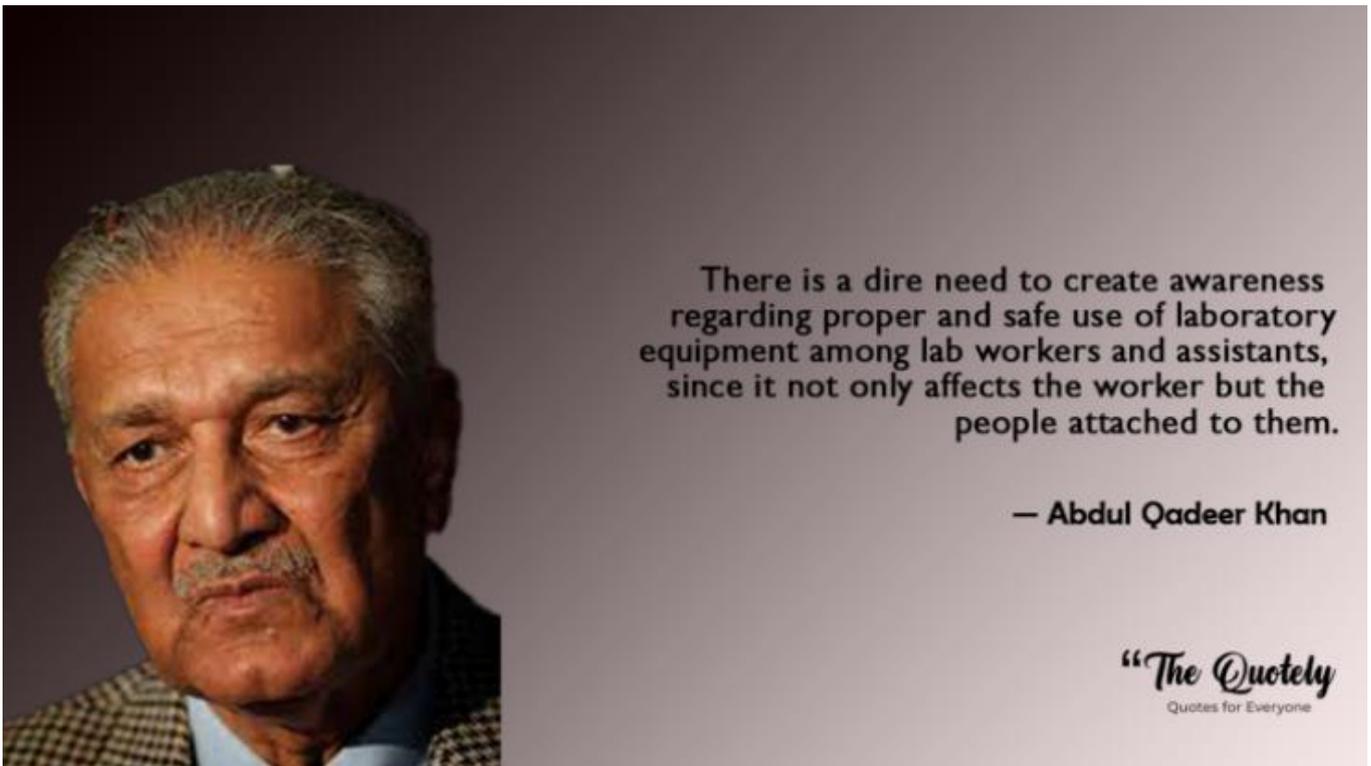
Ms. Kainat Fatima

Mr. Mohsin Ali

As we turn the pages of this Research Yearbook 2023, we find ourselves immersed in a tapestry of discovery, innovation, and intellectual exploration. This editorial serves as a reflection on the remarkable journey we've undertaken together over the past year, celebrating the collective pursuit of knowledge that defines our academic community. As we peruse the contents of this year's research endeavours, certain themes emerge as the heartbeat of our academic community. These themes not only showcase the diverse interests and expertise within our institution but also underscore the interconnectedness of knowledge across disciplines.

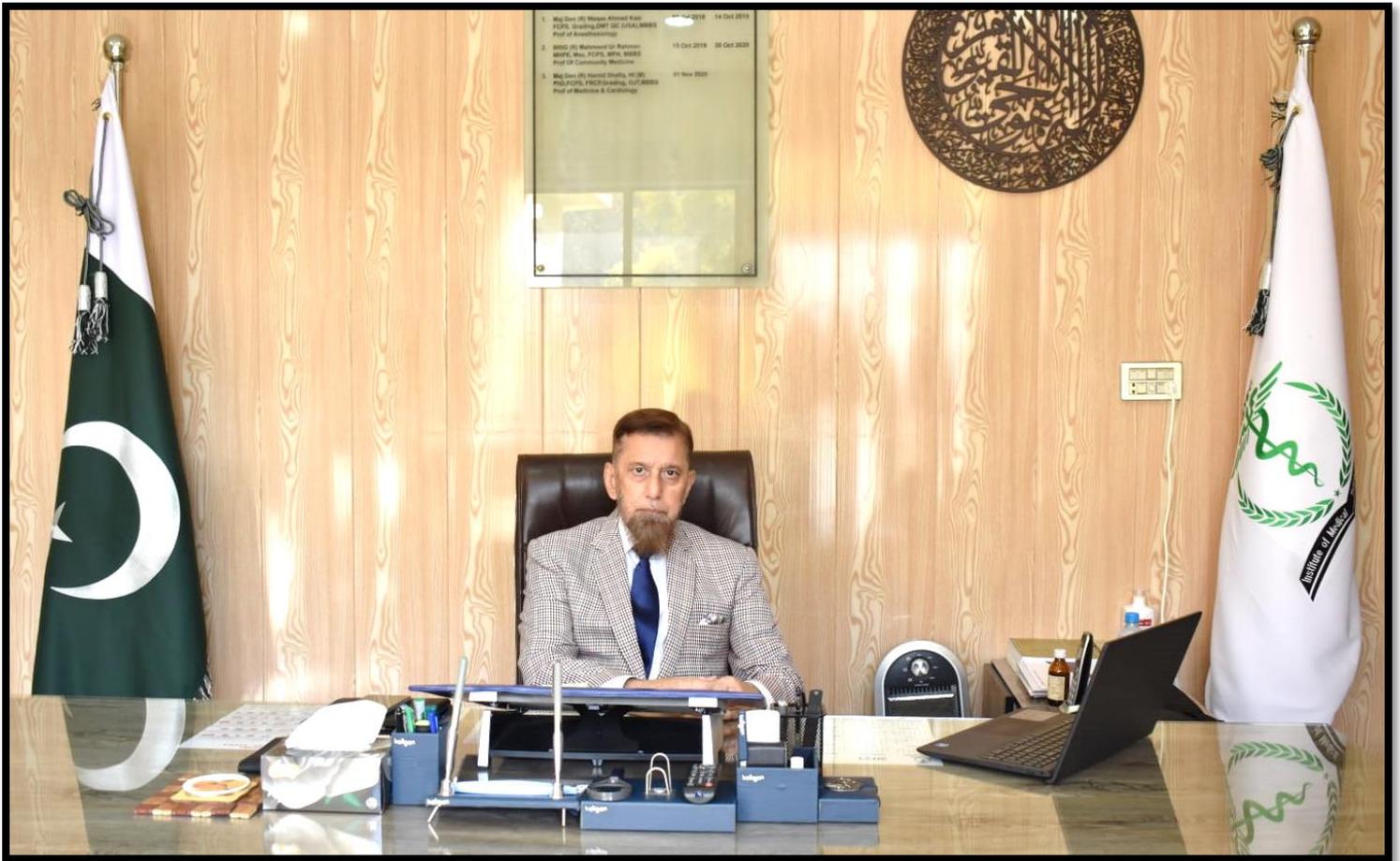


[A.Q. Khan](#), a Pakistani nuclear physicist and condensed matter physicist (metallurgical engineer). Khan founded the uranium enrichment program for Pakistan's atomic bomb project in 1976. He was also an early contributor to Pakistan's satellite communications program, participating in launching of the first Pakistani satellite, the Badr-I satellite on February 16, 1990.



Dr AQ Khan

I don't care about rest of the world. I care about my country. It is a dire need for our young scientists to be proficient in running and using their lab equipment rather than depending on their assistants or workers.



Message from Principal

MEDICAL COLLEGE-HITEC IMS

At HITEC-IMS, research stands as the cornerstone of our commitment to academic excellence and the advancement of healthcare. As the principal, I emphasize the paramount importance of research in our institution and believe it as an integral part of staying at the forefront of medical knowledge. I view it as a scholarly pursuit and a driving force behind medical innovation. The research department at HITEC is fully dedicated to promoting a rigorous research culture. Our students and faculty engage in cutting-edge research that translates into improved patient care. By fostering a vibrant research culture, we aim to contribute meaningfully to the global medical community. We, as a centre of excellence in medical research, are producing graduates equipped with the skills and insights needed to address the evolving challenges in the field of medicine. Through collaborative efforts and in relentless pursuit of knowledge, we strive to make lasting contributions to medical science and positively impact the well-being of individuals and communities alike.



Message from Principal

DENTAL COLLEGE-HITEC IMS

At Dental college HITEC-IMS, we have always stood at the forefront of knowledge creation and dissemination. The Research Yearbook 2023 is a testament to our firm commitment to fostering an environment where innovation flourishes, curiosity is encouraged, and excellence is the norm. Our institution continues to be a beacon of intellectual pursuit, guiding the way for future generations of scholars. This year, we celebrate not just the accumulation of data and results but the dedication, passion, and resilience of our researchers. Their commitment to excellence has resulted in elevating the reputation of our institution as a hub for pioneering research.

I extend my heartfelt gratitude to every researcher, faculty member, and students who have played a role in making this year a resounding success. Your dedication, passion, and hard work has not only elevated the reputation of our institution but also has contributed significantly to the advancement of knowledge in your respective fields.

Thank you for tireless efforts of the editorial board for putting this yearbook together, and congratulations to all on a year of academic excellence.

Research At HITEC-IMS

High caliber research is the focus of the HITEC Institute of Medical Sciences (Medical College and Dental College). The major goal of both medical and dental colleges is to significantly improve faculty and students' capacity for relevant and high-quality research in the fields of medical and dental sciences, with the aim of becoming an internationally reputable, research-led institution. Research cells have been setup at HITEC-IMS (Medical and Dental College) to facilitate the researchers. The library is well-equipped with latest software for research including SPSS version 28, Smart PLS, NVivo, Endnote and Grammarly. The college also has access to TURITIN to check for plagiarism as well as to HEC Digital library with subscription to international journals also being offered. Additionally, multidisciplinary research teams exist at both universities. In order to promote interdisciplinary research, this helps close the gap between departments and research cells. Faculty and student interest groups serve as useful research support groups for faculty and students working on research initiatives. Additionally, the institute includes a well-established visitor's research center where researchers can collaborate on projects. Each college has its own independent IRB that reviews research initiatives impartially and ethically and is staffed by lawyers, sociopolitical activists, and external members. By doing top-notch research to assist the community and elevate the school to the status of a premier health and dental care facility in the nation, faculty and students are encouraged to make use of these resources.

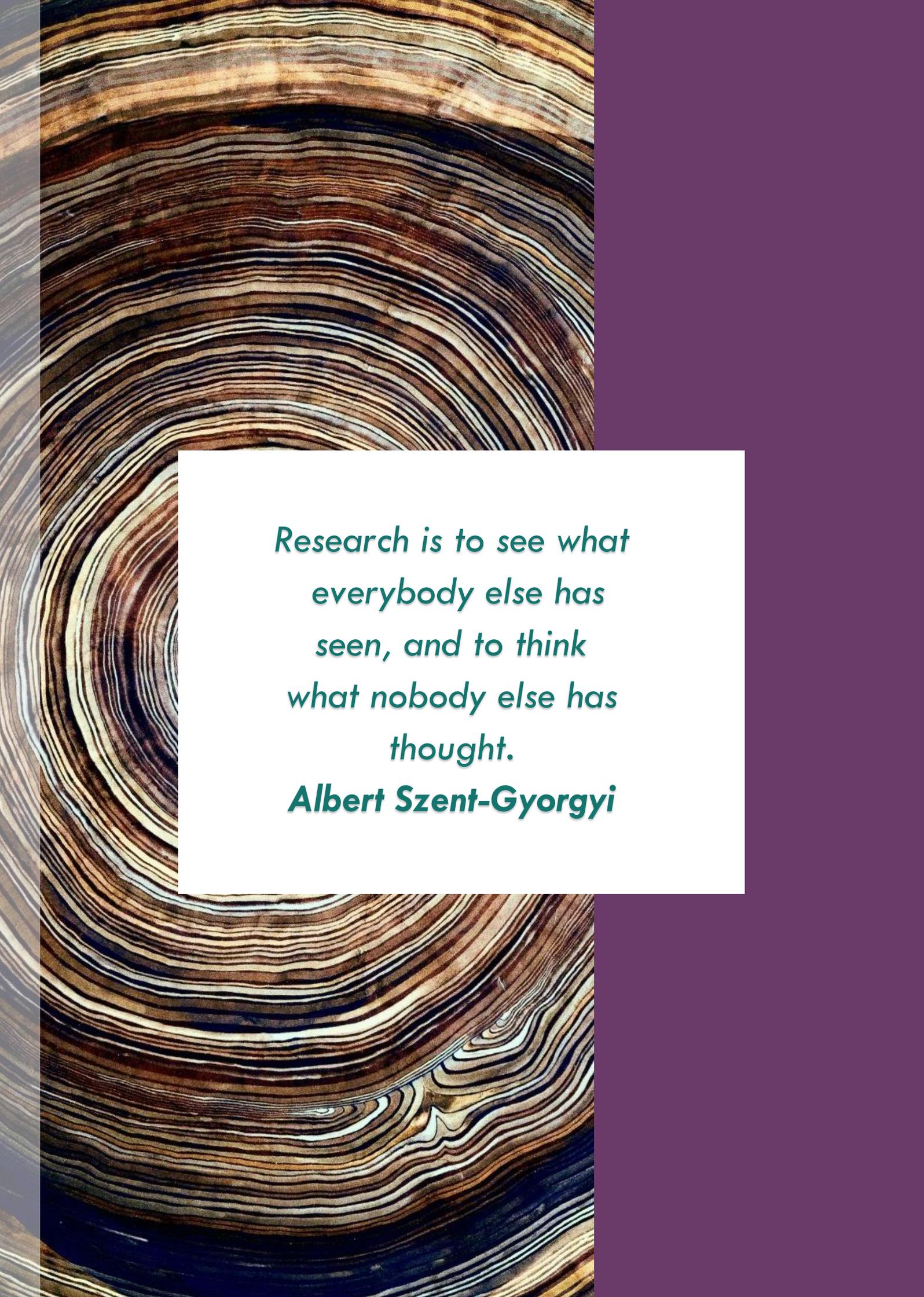
Research Cell Vision

We are dedicated to creating a research environment in Taxila that spans academic and healthcare institutions in order to address important opportunities and challenges. HITEC-IMS is particularly well positioned to develop a renowned research capability on a national and international scale.

Research Cell Mission

To generate, integrate, interpret, communicate and apply medical information with honesty and efficiency & ensure the highest standards of research ethics, zeal and purpose in research via fostering a sustainable environment of collaboration, creativity, innovation and research quality.





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

Albert Szent-Gyorgyi

Message from Research Cell Medical College and Dental College HITEC-IMS



Message from Research Cell Medical College

A dedicated research department within a medical college plays a pivotal role in advancing healthcare by fostering innovation and enhancing medical knowledge. As the in charge of the Research Cell HITEC-IMS, I want to highlight the critical role that research plays in our medical college. Research isn't just a box to tick; it's our engine of progress. It's how we push the boundaries of medical knowledge and drive innovation in healthcare. Through research, we empower our students and faculty to engage with the latest developments, ensuring they graduate with a deep understanding of the ever-evolving field of medicine. Our goal is to not only contribute to the scholarly community but to directly impact patient care. Research is our compass, guiding us towards evidence-based practices that elevate the standard of healthcare we provide. It's more than just experiments and papers; it's a commitment to continuous improvement and excellence in medical education. Together, let's embrace the transformative power of research and shape the future of healthcare in our college and beyond.

Message from Research Cell Dental College



As the Head of the Research Cell, I am immensely proud to witness the remarkable progress and achievements of our college in the field of research. This year has been a testament to the unwavering dedication and intellectual curiosity of our faculty, researchers, and students, who have pushed the boundaries of knowledge and made significant contributions to their respective disciplines. This was possible due to the supportive Principal and management. A few highlights include.

1. We have developed comprehensive research policies to streamline research processes, promote ethical conduct, and ensure the highest standards of research integrity.
2. Journal Club Meetings have become a valuable platform for researchers to stay abreast of the latest advancements in their respective fields.
3. First-ever international conference was organized bringing together renowned researchers from around the globe. This landmark event showcased our college's commitment to fostering international collaboration and promoting the exchange of cutting-edge research findings.
4. We have actively engaged with all departments to identify their research needs and provide tailored support to enhance their research capabilities. Our efforts have resulted in a significant increase in research output from across the college.
5. Our student researchers have also demonstrated exceptional talent and enthusiasm, actively participating in research projects and showcasing their potential to become future leaders in their fields. We organized a series of research activities, workshops, and seminars to equip students, house officers, and faculty with the skills and knowledge necessary to excel in their research endeavors. These events provided valuable hands-on experience and fostered a culture of continuous learning and professional development.

As we move forward, we remain steadfast in our commitment to fostering a research environment that nurtures innovation and encourages collaboration. We are confident that our unwavering dedication to research excellence will continue to propel our college to the forefront of academic and scientific progress.

Year At A Glance



WORKSHOPS



January

February

March

April

May

June

CONFERENCES



JOURNAL CLUB MEETINGS





COMMUNITY RESEARCH PROJECT



July

August

September

October

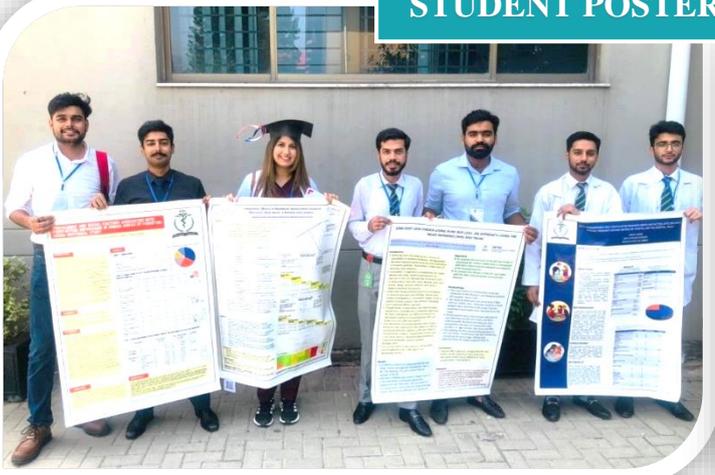
November

December

REWARDS

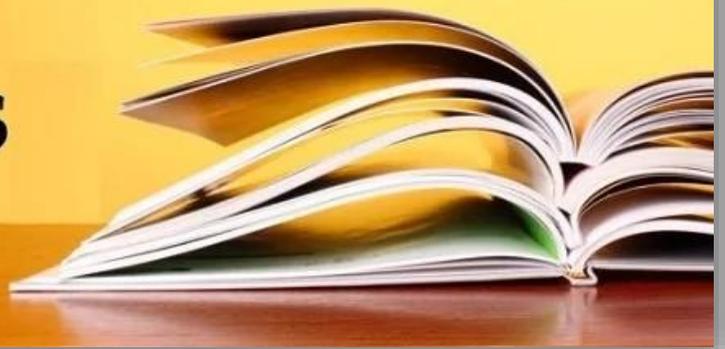


STUDENT POSTER PRESENTATIONS



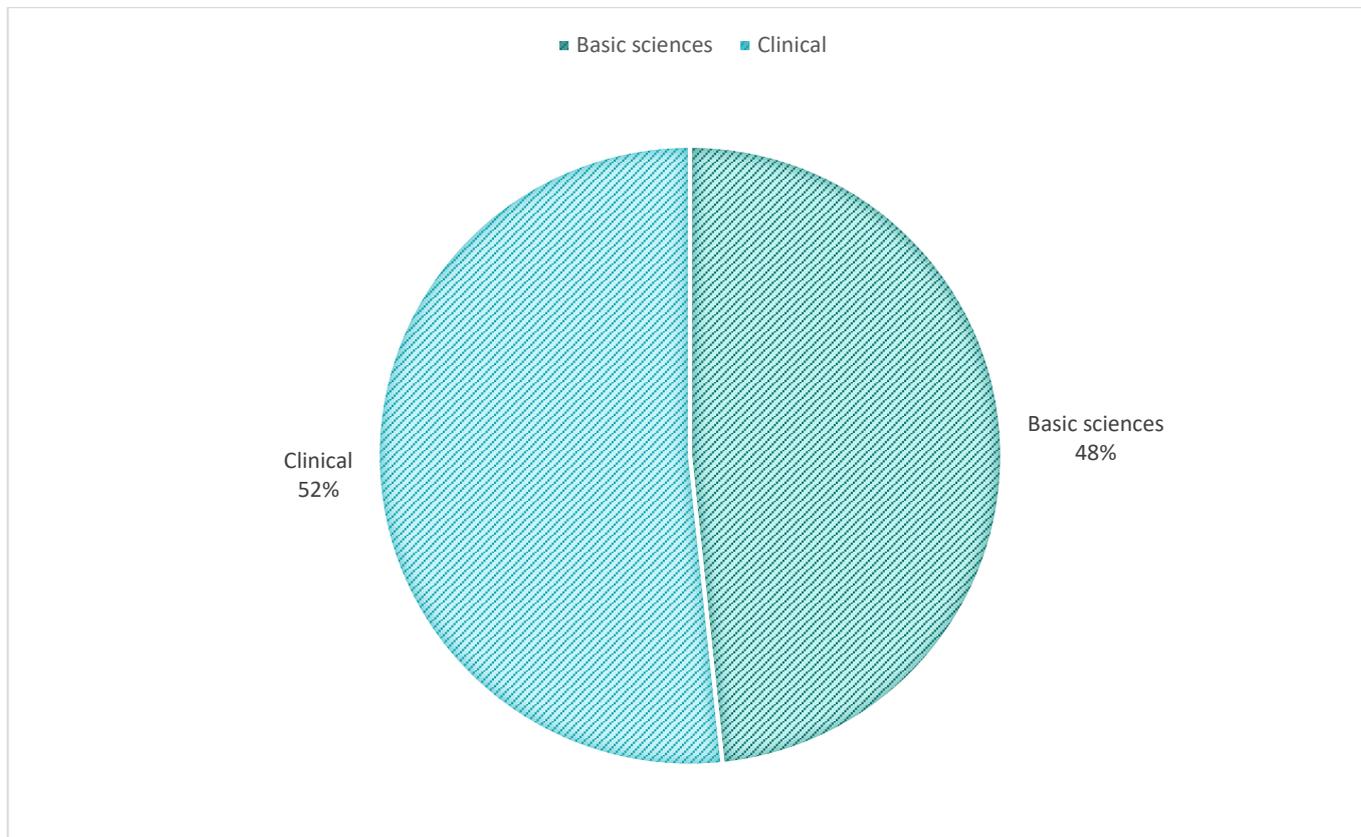
SECTION I

RESEARCH PUBLICATIONS



Endless research is the key to academic excellence.

PUBLICATIONS AT MEDICAL COLLEGE HITEC-IMS



Department of Anatomy			
Name	Number of citations & h-index on google scholar	Title of article	Journal & impact factor
Prof. Dr. Asma Hafeez	Citations=5 Hi index=4	Assessment of Sleep Quality among Medical Students During the Covid-19 Pandemic.	Pakistan Journal of Medical and Health Sciences.
Dr. Maleeha Zafar		The Protective Effect of Zinc on Salt Induced Histological Changes in Femur of Sprague Dawley Rats-Data Driven Approach	Pakistan Journal of Medical and Health Sciences.
Department of Physiology			
Prof Dr. Zubia Razzaq	Citations=13 Hi index=5	Effect of severity of ischemia on QT dispersion in patients with coronary artery disease	Pakistan Journal of Physiology
		Comparison Between Online and On Campus CBL Sessions: Perceptions Of Students In HITEC-IMS, Taxila.	Pakistan Journal of Physiology
Dr. Mehvish Ashfaq	Citations=2 Hi index=1	Comparison Between Online and On Campus CBL Sessions: Perceptions Of Students In HITEC-IMS, Taxila.	Pakistan Journal of Physiology

		Effect of Reperfusion on Time Domain Parameters of Heart Rate Variability	Journal of Rawalpindi Medical College
		Plausible Confounding Factors Influencing Association Of Left Ventricular Hypertrophy With Ventricular Late Potentials In Hypertensive Patients.	Pakistan Journal of Physiology
		Properties Of Fatigue Between Slow And Fast Muscles Of Male And Female Diabetic Rats	Pakistan Journal Of Physiology
Dr. Sidra Jabeen	Citations=3 Hi index=1	Properties of fatigue between slow and fast muscles of male and female diabetic rats	Pakistan Journal Of Physiology
		Comparison Between Online and On Campus CBL Sessions: Perceptions Of Students In HITEC-IMS, Taxila.	Pakistan Journal Of Physiology
Department of Biochemistry			
Dr Ambreen Javed	Citation =2 h-index: 2	Properties Of Fatigue Between Slow And Fast Muscles Of Male And Female Diabetic Rats	Pakistan Journal of Physiology
		Screen Time and its Relation with Ophthalmic Problems among Medical Students	Pakistan Journal of Medical and Health Sciences
		Changes in Sleep Pattern and Digital Media use During Covid-19 Lockdown	Pakistan Journal of Medical and Health Sciences
Dr. Ummara Aslam	Citation =2 h-index:1	Biochemical Evaluation of the Effectiveness of Salivary Urea and Creatinine Levels and Their Relationship with Serum Urea and Creatinine Levels in Patients with Chronic Kidney Disease	Annals of Punjab Medical College
Dr. Sana Umar		Association of SNP (RS4880) in SOD-2 Gene with Diabetic Nephropathy	Pakistan Armed Forces Medical Journal
		Assessment of Serum Iron Indices and Levels of C-Reactive Protein in Patients of Alcoholic Liver Disease and Their Relationship with Severity of Disease	Annals of Punjab Medical College
Department of Community Medicine			
Prof. Dr. Aashi Ahmed	Citation =4 h-index:1	Assessment of Sleep Quality among Medical Students During the Covid 19 Pandemic	Pakistan Journal of Medical and Health Science
		Efficacy of Intra-dermal Transaxamic Acid in the Treatment of Melasma: A Retrospective Study of Clinical Cases	Medical Forum
		Frequency and Association of Acne Vulgaris and BMI: A Case Control Study	Medical Forum
		Knowledge about Oral Hygiene and Miswak Use among Medical Students of Pakistan.	Journal of Rehman College of Dentistry

Dr Anwar Bibi	Citation =5 h-index:4	Biochemical Evaluation Of The Effectiveness Of Salivary Urea And Creatinine Levels And Their Relationship With The Serum Urea And Creatinine Levels In Patients With Chronic Kidney Diseases	Annals of Punjab Medical College
		Usefulness of clinical lectures in first two years of integrated teaching: student's perspective	Pakistan Journal of Medical and Health Science
		Efficacy of Intradermal Transaxamic Acid in the Treatment of Melasma: A Retrospective Study of Clinical Cases	Medical Forum,
Dr Mehwash Riaz	Citation =10 h-index:4	Dual Energy X-ray Absorptiometry Scanning for Osteoporosis Detection: Analysis of Patients at a Tertiary Care Hospital	Cureus/1.2
		Assessment of determinants of infection prevention and control in clinical practices among staff nurses in tertiary care hospital Rawalpindi.	Foundation University Medical Journal
		Validation of the covid-19 screening tool and clinical-epidemiological characteristics of confirmed covid-19 patients at Fauji Foundation Hospital Rawalpindi.	Foundation University Medical journal
		Determining critical gaps in implementation of WHO and UNICEF point plan in diarrhoea control and prevention strategy: A cross sectional study in District Swabi, Pakistan,	Journal of Pakistan Medical Association/ 1.002
Dr Sidra Farooq		Knowledge, Attitude and Practice of General Population Regarding Hepatitis A&E Prevention and Control	Pakistan Journal Medical & Health Sciences
		Frequency and Etiology of Zygomatic Complex Fractures in Oral and Maxillofacial Trauma Patients in Tertiary Care Hospital Karachi	Pakistan Journal Medical & Health
Department of Gynaecology			
Dr. Rukhsana Shaheen Afzal		Examining the dominance of the metabolic syndrome risk factors in women with polycystic ovarian syndrome.	Neuroquantology /0.45
Dr.Tahira Jabeen		Prevalence of periodontal diseases in different trimesters of pregnancy .	Medical Forum
Dr Adeela Ameen		Association of Adolescence Pregnancy and adverse pregnancy outcome.	The Professional Medical Journal
Dr Nida Khan		Frequency of sub-clinical hypothyroidism females presenting with bad obstetrical history	Neuroquantology /0.45

Department of Medicine			
Faiza Batool	Citation =2 h-index:2	Frequency of Raised Mean Platelet Volume in patients with acute coronary syndrome in HIT hospital Taxila	Journal of Rawalpindi Medical College
Kausar Malik		Comparison of ALT in Type 2 Diabetics with and without fatty liver disease	Journal of Rawalpindi Medical College
Department of Paediatrics			
Brig® Nazir Ahmed Malik	Citation =1 h-index:3	Perceived stress among caregivers of children with cerebral palsy.	Professional Med Journal
Dr. Somayya Siddiq	Citation =1 h-index:1		
Dr Bushra Babar			
Dr Sumaiyya Javed			
Department of Dermatology			
Dr Aqsa Naheed	Citation =3 h-index:3	Perceived stress among caregivers of children with cerebral palsy	The Professional Medical journal
		Assessment of Sleep Quality among Medical Students During the Covid-19 Pandemic	Pakistan Journal of Medical and Health Sciences
		Frequency and Association of Acne Vulgaris and BMI: A Case Control Study	Medical Forum
		Efficacy of Intra-dermal Tranexamic Acid in the Treatment of Melasma: A Retrospective Study of Clinical Cases	Medical Forum
		Correlation between the Severity and Type of Acne Vulgaris Lesions with Serum Vitamin D Levels: A cases control study of HIT Hospital, Taxila	Journal of Pakistan Association of Dermatology
		Evaluation of Social Appearance Anxiety in Patients with Acne Vulgaris	Journal of Pakistan Association of Dermatology
		Efficacy of Intra-dermal Injected Tranexamic Acid vs Intense Pulse Light in the Treatment of Melasma	The Professional Medical journal
Department of Pathology			
Prof. Dr. Farhat Abbas	Citations=24 h-index: 11	Variation in Haematological Parameters due to Tobacco Cigarette Smoking in Healthy Male Individuals	The Professional Medical Journal
Prof. Dr. Wajiha Mah Jabeen	Citations=65 h-index: 9	Association of triglyceride glucose index and triglyceride HDL ratio with glucose levels, microvascular and macrovascular complications in Diabetes Mellitus Type-2	Pakistan Journal of Medical Sciences/2.36

		Correlation between the Severity and Type of Acne Vulgaris Lesions with Serum Vitamin D Levels: Correlation between the Severity and Type of Acne Vulgaris Lesions with Serum Vitamin D Levels: A cases control study of HIT Hospital, Taxila.	Journal of Pakistan Association of Dermatologists /0.127
Dr. Sabahat Rehman	Citations=11 h-index: 4	Variation in Hematological Parameters due to Tobacco Cigarette Smoking in Healthy Male Individuals	The Professional Medical Journal
		Molecular Characterization of Community and Hospital - Acquired Methicillin- Resistant Staphylococcus aureus Isolates during COVID-19 Pandemic	Antibiotics /5.22
Dr. Shahida Mushtaq	Citations=13 h-index: 3	Variation in Hematological Parameters due to Tobacco Cigarette Smoking in Healthy Male Individuals	The Professional Medical Journal
		Potential Hematological Predictors Assessing Severity in Patients Presenting with Dengue.	Pakistan Journal of Medical & Health Sciences
		Risk factors of central lymph node Metastasis in papillary thyroid carcinoma.	Pakistan Journal of Medical & Health Sciences
		Correlation of Cardiopulmonary Bypasses and Cardiac Troponin I in Predicting Post-Op Arrhythmia.	Pakistan Journal of Medical Health Sciences
Dr. Nazia Siddiqui	Citations=1 h-index: 1	Role of miRNA in the diagnosis and progression of prostate cancer among young age male population	Neuro Quantology/0.4
		Variation in Hematological Parameters due to Tobacco Cigarette Smoking in Healthy Male Individuals	The Professional Medical Journal
		Potential Hematological Predictors Assessing Severity in Patients Presenting with Dengue	Pakistan Journal of Medical & Health Sciences
		Risk factors of central lymph node metastasis in papillary thyroid Carcinoma.	Pakistan Journal of Medical & Health Sciences
Dr. Ambreen Zafar	Citations=6 h-index: 3	Variation in Hematological Parameters due to Tobacco Cigarette Smoking in Healthy Male Individuals	The Professional Medical Journal
		Potential Hematological Predictors Assessing Severity in Patients Presenting with Dengue.	Pakistan Journal of Medical & Health Sciences

		Risk factors of central lymph node metastasis in papillary thyroid carcinoma	Pakistan Journal of Medical & Health Sciences
Department of Radiology			
Dr. Rabia Waseem Butt	Citations=2 h index:2	Once vs Twice-Daily Administration of Inhaled Budesonide for Mild and Moderate Well Controlled Childhood Asthma	Pakistan Journal of Medical & Health Sciences
Department of Neurology			
Prof. Dr. Syed Wasim Akhtar		Simulation in Clinical Medicine: History Taking	Book HITEC-IMS, Taxila Cantt 2023

IMPACT OF MY RESEARCH ON SOCIETY (Dr Wajiha Mah Jabeen)

Journal: Pakistan Journal of Medical Sciences

Impact factor: 2.36 W category

Association of triglyceride glucose index and triglyceride HDL ratio with glucose levels, microvascular and macrovascular complications in Diabetes Mellitus Type-2



Diabetes significantly impacts society by contributing to a higher burden of healthcare costs, increased rates of disability, and a greater prevalence of related complications. Research on diabetes mellitus is crucial for advancing our understanding of the disease, leading to the development of innovative treatments, preventive strategies, and improved management approaches. Such research enhances the quality of care, empowers healthcare professionals with evidence-based practices, and ultimately contributes to the global effort to mitigate the rising prevalence and impact of diabetes on public health. By elucidating the intricate relationships between vitamin D levels, metabolic markers and diabetes complications, the findings can inform more targeted and personalized interventions for Type-2 diabetes patients. This may pave the way for improved preventive strategies, early detection methods, and tailored treatment approaches. This ultimately contributes to better management of diabetes-related complications and enhances the overall health outcomes for affected individuals.

IMPACT OF MY RESEARCH ON SOCIETY (Dr Mehwish)

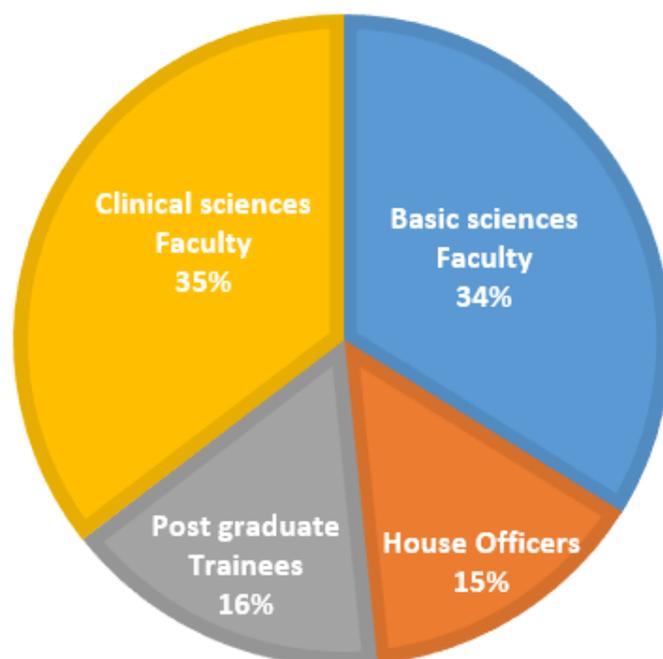


I am a dedicated and passionate researcher committed to advancing our understanding of public health challenges, with a specific focus on diarrheal diseases. My academic journey has equipped me with FCPS Community Medicine providing me with a solid foundation for research. I have 25 publications in international and national journal with 70 citations and h index of 4.

This year my impact factor research was on Determining critical gaps in implementation of WHO and UNICEF point plan in diarrhoea control and prevention strategy: A cross sectional study in District Swabi, Pakistan. The global burden of diarrheal diseases is a pressing concern, particularly in Pakistan. The WHO and UNICEF 7-Point Plan represents a pivotal framework for addressing this issue, and my research endeavours to contribute valuable insights into the critical gaps that may impede its successful implementation.

I am driven by a commitment to evidence-based policymaking and the translation of research findings into tangible interventions that can improve health outcomes. Through this research, I aim to not only identify challenges but also propose practical recommendations that can inform policymakers, practitioners, and stakeholders at local, national, and international levels.

PUBLICATIONS AT DENTAL COLLEGE HITEC-IMS



■ Basic sciences Faculty ■ House Officers ■ Post graduate Trainees ■ Clinical sciences Faculty

Basic sciences				
Department of Physiology				
Dr. Ayesha Zafar	The impact of tri (2-ethylhexyl) trimellitate (totm) on renal functions in sprague dawley rats	Journal of Anatomical society of India	Y Category	2023
Anatomy department				
Dr. Ayesha Shahid	Impact of caffeine and vitamin d3 on the Body-weight of pregnant balb/c mice	Journal of Rawalpindi Medical College (jrnc)	--	2023
Biochemistry department				
Dr. Ambreen Gul	Knowledge about oral hygiene and miswak use among medical students of pakistan	Journal of Rehman College of Dentistry (jrncd)	---	July-dec 2022
	Self-assessment of critical thinking and active learning in undergraduate dental students using flipped classroom technique and journal clubs	HITEC Medical and Dental Journal	----	December 2022
D. Rabbia Shabbir	Clinical significance of elevated serum il-36y levels in patients with early stage hashimoto's thyroiditis	Pakistan Journal of Medical and Health Sciences	----	March 2023

Dental materials				
Dr. Maryam Saeedullah Dr. Nausheen Ashraf	Synthesis and evaluation of the release from amoxicillin loaded chitosan nanoparticles incorporated in the periodontal membranes.	Medical forum	0.03	2023
	Fabrication & analysis of the nanohydroxyapatite/ chitosan membranes for rejuvenation of periodontal tissues	Medical forum	0.03	2023
Dr. Zuleikha Malik	Anticariogenic and mechanical characteristic of rmgic containing lignin decorated zno nanoparticles	ACS Applied Biomaterials	4.81 W category 44 h index	2023
	A comparative antimicrobial analysis of commercially available toothpastes; an in-vitro study"	Pakistan Journal of Medicine and Dentistry, pjmd volume 12 issue 4	Y category	2023
Oral Pathology				
Dr. Azka Haroon	prognostic value of cyclin-d1 expression in head-a nd-neck squamous cell carcinoma: a half-decade follow-up	Journal of Islamic International Medical College (jiimc)		2023
	immunohistochemical expression of human epidermal growth factor receptor-2 (her-2) in common salivary gland carcinomas.	Journal of Ayub Medical College Abbottabad-pakistan (jamc)		2023
	role of cd8+ tumour-infiltrating lymphocytes in predicting regional lymph node metastasis in lip and oral cavity squamous cell carcinoma.	Journal of Ayub Medical College abbottabad-pakistan (jamc)		2023
	Prevalence of periodontal diseases in different trimesters of pregnancy attending ante-natal clinic	Med. Forum, vol. 34, no. 8	0.03	2023
Oral Biology				
Dr. Saman Malik	Exploring the curriculum viability inhibitors in an undergraduate dental curriculum at dental college hitec-ims	Pakistan journal of medical & health sciences		2022
Community Dentistry				
Dr. Maria Rabbani	Prevalence of periodontal diseases in different trimesters of pregnancy attending ante-natal clinic.	Medical forum,vol.34,no 8	Y category	2023

General Pathology				
Dr. Sadia Israr	Role of serum lipid and apolipoprotein ratios in prediction of diabetic retinopathy	Biosight	Y category	2023
	Malondialdehyde (mda) as biomarker for oxidative stress in university students	Journal of xi'an shiyou university, natural science edition	Y category	2023
	Role of mirna in the diagnosis and progression of prostate cancer among young age male population	Neuroquantology		2023
Dr. Jaweria Islam	Frequency of mandibular fractures in children presenting with maxillofacial trauma.	The Professional medical journal (TPMJ)	Y category	2023
Dr. Fareeha Aleem	Variation in hematological parameters due to tobacco cigarette smoking in healthy male individuals	The Professional medical journal (TPMJ)	Y category	2023
Dental Education Department				
Dr. Zerlis Nawaz	Teaching attentive listening strategies to medical students: need and strategies	The Journal of the Pakistan Medical Association (JPMA)	X Category 0.63	2023
Clinical sciences				
Operative Dentistry				
Dr. Sharaz Ahmed	Antibiotic over prescription in irreversible pulpitis; A perception based study in quetta, pakistan	Annals of PIMS Ann pak inst med sci		2023
Pediatric Dentistry Department				
Dr. Amna Riaz	Assessment of Knowledge, attitude and practice of undergraduate final year dental students	Medical Forum Monthly	0.03	2023
Prosthodontics Department				
Dr. Aamir Rafiq Dr. Abdul Muqet	Cone beam computed tomography versus digital panoramic radiography for alveolar bone height assessment. A prospective comparative study	Medical Forum Monthly	0.03	2023
Dr. Aamir Rafiq	Prevalence of periodontal diseases in different trimesters of pregnancy attending ante-natal clinic	Medical Forum Monthly	0.03	2023
Dr. Aamir rafiq Dr. Syeda Sameen Zehra Rizvi Dr. Naveed Ahmed	Evaluation of microbial plaque on the intaglio surface of a heat cured acrylic maxillary removable complete denture	Rawal Medical Journal	0.21	2023

Dr. Aamir Rafiq	Awareness of chest pain management among dental surgeons	Pakistan Journal of Chest Medicine		2023
Oral Medicine				
Dr. Muhammad Muddassar	Prevalence of periodontal diseases in different trimesters of pregnancy attending ante-natal clinic.	Medical forum,vol.34,no 8	0.03 Y category	2023
	Awareness of chest pain management among dental surgeons	Pakistan Journal of Chest Medicine Vol 29 no 2	Y category	2023
Dr. Muhammad Muddassar Dr. Faiqa Hassan	Cone beam computed tomography versus digital panoramic radiography for alveolar bone assessment	Medical forum,vol.34,no 8	0.03 Y category	2023
Dr. Faiqa Hassan	Exploring the curriculum viability inhibitors in an undergraduate dental curriculum at dental college HITEC-IMS. 2022;16(12):454-.	Pakistan Journal of Medical & Health Sciences		2022
	Did we deliver quality education in online sessions during Covid-19 lockdown? Learner's perspective from a developing country. 2022 aug 23;16(07):351-.	Pakistan Journal of Medical & Health Sciences		2022
Oral Maxillofacial Surgery				
Prof. Dr. Irfan Shah	Is your clinical research ethical? Editorial	HITEC Medical and Dental Journal		2023
Dr. Fatima Khattak	Analysing anti-hbs titer levels in vaccinated students of dentistry in a tertiary care hospital	Journal of the Pakistan Dental Association	Y category	2023
	Evaluation of the reasons why patients prefer extraction and refuse root canal treatment	Foundation University Journal of Dentistry	Y category	2023
	Conventional rotary versus piezoelectric techniques for extraction of impacted Mandibular third molars; comparison of the duration of surgery and postoperative pain	Foundation University Journal of Dentistry	Y Category	2023
Orthodontics Department				
Dr. Shahzonia Tariq	A cephalometric study of pharyngeal dimensions following twin block treatment	Annals of PIMS	-	2023
Dr. Sana Tariq	Orofacial clefts;a case report of rare tessier cleft 0.	HITEC Medical and Dental Journal	-	2023

Periodontology Department

Dr. Wajeeha Jabeen	Cone beam computed tomography versus digital panoramic radiography for alveolar bone height assessment: a prospective comparative study	Medical Forum	0.03	2023
Dr. Wajeeha Jabeen Dr. Sohaib Siddique	Factors influencing the emergence of antimicrobial drug resistance in clinical dental practice	Journal of Pakistan Dental Association	y category	2023
Dr. Syed Shahan Haider	Comparison of tunnel technique with coronally advanced flap in the treatment of mandibular gingival recession- a systematic review	Pakistan Oral & Dental Journal	IY category	2023
	Comparison of connective tissue graft and xenogenic collagen matrix in the treatment of rt1 gingival recessions- a systematic review and meta-analysis	Pakistan Oral & Dental Journal	Y category	2023
Dr. Sidq Ilyas	Exploring the scope of teledentistry using whatsapp image in diagnosing oral conditions	Foundation University Journal of Dentistry		2023

Journal: ACS applied biomaterials. (American Chemical Society)

2 Year Impact Factor 2023: 4.7, W category

Anticariogenic and Mechanical Characteristics of Resin-Modified Glass Ionomer Cement Containing Lignin-Decorated Zinc Oxide Nanoparticles

Author: Dr. Zuleikha Malik
(BDS, MPhil)



Background:

The importance of inculcating anticariogenic propensity in RMGIC is undeniable, as it can make far-reaching changes in its value as a restorative and adhesive dental material. This study aimed to explore broader horizons for an organically modified RMGIC. Lignin is an organic natural product obtained from plant resources. It has a high molecular weight and is found abundantly in nature. Lignin previously showed reinforcement of resin component of polyethers, polyesters and polyalkene glycols. In this study, lignin-decorated zinc oxide nanoparticles were synthesized by a relatively newer method of probe sonication. Then these nanoparticles were added to commercial RMGIC. Afterwards these experimental dental adhesives were tested for mechanical and antibacterial properties.

Impact of the study:

The global impact of this study is primarily seen on orthodontic patients. Malocclusion in children and young adults is a source of esthetic, functional and psychological concern. Patients undergoing orthodontic treatment for malocclusion have difficulty in brushing leading to plaque and acid accumulation around metallic brackets. This can lead to unsightly 'white spot lesions' which can progress towards cavitations. Hence orthodontic adhesives can be useful if they possess anticariogenic property along with enhancing bond strength. RMGICs are frequently used as luting, restorative and lining purposes in dentistry. This study proved that modifying RMGIC with lignin-decorated zinc oxide nanoparticles not only provides anticariogenic behavior against *Streptococcus mutans* but also maintains it for a period of 28 days.

Microhardness and Shear bond strength test reported increased values further proving that mechanical aspect of the material was also upgraded. This property is particularly useful for protection against white spot lesions. Organically modified RMGIC can not only stop the development and progression of WSLs but also increase longevity of other restorations.

Teaching Attentive Listening to Medical Students: Needs and Strategies

Author: Dr. Zerlis Nawaz
(BDS, MFDS, MHPE)



Background:

The genre of teaching skills and behaviors in medical education is a recently trending research area worldwide. Teaching strategies for these skills are being studied as they have a proven multitude of benefits for students. This paper highlights 'listening skills' as the most fundamental skill that needs to be developed in medical students. Strategies through which listening can be taught to undergraduate medical students in a small group setting have been explained. Amalgamation of techniques for improved listening have also been explored.

Impact of the study:

Active listening is an important component of learning. Engagement is the first necessary step towards learning proven by a vast body of research. Active listening inculcates responsibility in students. Better listeners may benefit from adult learning when they take ownership of their learning. The more teacher help their students learn to listen the more they will learn and perform better academically as well as future clinicians. It is a self-feeding cycle in which effective listening is responsible for students' learning as well as for effective communication, which further aids deeper learning. Teaching strategies can be adapted to ensure development of listening skills in medical students. Therefore, the need to investigate and apply effective methods for teaching this critical skill have been addressed in this paper. Improved teaching of attentive listening strategies would lead to the advancement of medical education and therefore better future healthcare professionals would be produced.

SECTION II



Series of Research Workshops at HITEC-IMS Medical College and Dental College HITEC-IMS

The conduction of research workshops plays a pivotal role in fostering a culture of inquiry and innovation within a medical college. To nurture the research skills of aspiring medical professionals and students, Research Cell HITEC-IMS has conducted different workshops and training sessions encompassing elements such as research methodology, sampling, and referencing during the year 2023. Research methodology sessions equip attendees with the tools and techniques necessary for designing robust studies, ensuring the scientific rigour of their investigations. In-depth discussions on sampling methods enhance participants; understanding of selecting representative study populations, thereby bolstering the validity and generalizability of their findings. Moreover, emphasis on referencing instils a commitment to academic integrity, ensuring that research outputs are grounded in a sound evidence base. In essence, research workshops by the research cell serve as catalysts for advancing medical knowledge, instilling a research-oriented mindset among students and faculty alike.

Dental College HITEC-IMS held a series of 4 Research Workshops at the college in January and June. The first two of these were 'Principles of Clinical Research I & II' facilitated by Brig. Dr. M. Nazir Khan, Brig. Dr. M Alamgir Khan, Dr. Irfan Shah, Dr. Mahmoud Badran, Dr. Anahi Hurtado, and Dr. Shahreen Zahid. It covered topics such as evidence-based dentistry, clinical research problems, study designs, medical ethics, ethics committees and informed consent, and a critical appraisal of academic literature, bio-statistics, hypothesis testing, sample size calculation.

The sessions were interactive and informative, and participants found the course engaging. The 2nd Series of Workshops were Pre-conference workshops held as part of International Conference on Health Research at Rehman Medical Institute (RMI), Peshawar. They were facilitated by Prof. Dr. Irfan Shah, Dr. Mahmoud Badran, Dr. Asif Ali, Dr. Shahreen Zahid, Dr. Saman Malik, Dr. Zerlis Nawaz and Dr. Fatima to zehra. Evidence-based dentistry, research methodology were discussed in detail and literature search strategies, reference management using softwares and statistical analysis were practiced by participants during these hands-on workshops.



HITEC-IMS MEDICAL COLLEGE

Name of faculty	Title of Workshop	Date/ Venue	Attended /Facilitated
Dr. Aneeqa Shahid Dr. Sana Umer	BLS	Aug 2023 / CPSP 9 th March 2023 / CPSP	Attended
Dr. Mahwash Jamil	WEFME Standards	PMDC	Attended
Dr. Raheela Yasmin Dr. Ummara Aslam Dr. Ambreen Javed Dr. Sana Umer	Work place housekeeping of biochemistry lab	07-08-2023/HITEC- IMS Biochemistry Department	Attended
Dr. Mehvish Ashfaq (conducted) Dr. Farhat Abbas Bhatti Dr. Aqsa Naheed Dr. Wajiha Mahjabeen (conducted) Dr. Anwar Bibi Dr. Ayesha Akram Dr. Sabahat Rehman Dr. Sidra Jabeen Dr. Ummara Aslam Dr. Rabia Waseem Butt	Mentoring	16-02-2023/ HITEC- IMS Lecture hall 5	Attended
Dr. Sidra Farooq	National Program for control of ARIs	Children Hospital PIMS	Attended
	National Program for Control of Diarrheal diseases	Children Hospital PIMS	Attended
	1 st south Asian critical care medicine congress	DOW Medical College Karachi	Attended
Dr. Faiza Batool Dr. Somayya Sidiqa	Education Planning & evaluation	4 th -6 th May 2023 / CPSP Islamabad	Attended
	Research Methodology, Biostatistics & Medical Writing	13 TH -16 TH Sep 2023 / CPSP Rawalpindi	Attended
Dr. Faiza Batool Dr. Rukhsana Shaheen Dr. Somayya Sidiqa	Assessment of Competence	31 st Aug- 2 nd Sep 2023 / CPSP Rawalpindi	Attended
	Supervisory Skills	12 th -14 th Oct 2023 / CPSP Rawalpindi	Attended
Dr. Syed Wasim Akhtar Dr. Wajiha Mahjabeen (conducted) Dr. Alia Zubair Dr. Shahida Mushtaq Dr. Nazia Siddiqui Dr. Somayya Sidiqa	Introduction to Mendeley	17 th Aug 2023 / HITEC-IMS Taxila	Attended

Dr. Iram Tassaduq Dr. Faiza Batool Dr. Mehwish Sultan Dr. Sumera Mumtaz Dr. Maleeha Zafar Dr. Sumaiyya Javed Dr. Sana Umer Dr. Saqib Nasir Dr. Muhammad Hamza Dr. Hina Rafique Dr. Rabia Waseem Butt			
Dr. Wajiha Mahjabeen (conducted) Dr. Farhat Abbas Bhatti Dr. Aqsa Naheed Dr. Aneeqa Shahid Dr. Alia Zubair Dr. Sidra Jabeen Dr. Maleeha Zafar Dr. Sabahat Rehman Dr. Iram Tassaduq Dr. Ruksana Shaheen Dr. Nazia Siddiqui Dr. Hasiba Rasheed Dr. Mohsin Raza Dr. Sana Umer Dr. Saqib Nasir Dr. Hina Rafique	Research Methodologies	27 th -Jan-2023 / HITEC-IMS	Attended
Dr. Wajiha Mahjabeen (conducted) Brig (Retd) Nazir Ahmed Malik Dr. Aqsa Naheed Dr. Alia Zubair Dr. Ambreen Zafar Dr. Nazia Siddiqui Dr. Sumera Mumtaz Dr. Iram Tassaduq Dr. Maleeha Zafar Dr. Sidra Jabeen Dr. Radia Amir Dr. Hasiba Rasheed Dr. Nida Khan Dr. Sumaiyya Javed Dr. Sana Umer Dr. Saqib Nasir Dr. Asma Naeem Dr. Hina Rafique Dr. Rabia Waseem Butt	Litrature, Review, Research Writing & Sampling technique	8 th June 2023 / HITEC-IMS	Attended
Dr. Zubia Razaq Dr. Alia Zubair	Angoff's Standard Setting	12 th Sept 2023/ NUMS	Attended

Dr. Sumera Mumtaz (conducted) Dr. Zubia Razzaq Dr. Aneeqa Shahid Dr. Mehvish Ashfaq Dr. Sidra Jabeen Dr. Saima Noureen Dr. Basit Ali Dr. Taliha Faiqah Dr. Behram ul Hassan	Power Lab Training & Demonstration	4 th Oct 2023, 26 th Oct 2023 / Physiology Department HITEC-IMS	Attended
Dr. Anwar Bibi Dr. Mehwish Riaz	Workshop for Mothers about breast feeding practices	3 rd Aug 2023 / HIT Hospital	Facilitated
Dr. Mehwish Riaz	SPSS Workshop for Community Medicine Faculty	May 2023/ Community Medicine Department	Facilitated
	SPSS Workshop for 4 TH Year MBBS Students	31 st May 2023 / Lecture hall	Facilitated
	Counseling for undergraduates	18 th Jan 2023 / Community Medicine, FUI	Facilitated
Brig (Retd) Nazir Ahmed Malik Dr. Rukhsana Shaheen Dr. Somayya Sidiqa Dr. Bushra Babar Dr. Sumaiyya Javed	Neonatal Resuscitation	Aug 2023 / HIT Hospital	Attended
Dr. Ayesha Akram	ALSO	28 TH Aug 2023 / CPSP Islamabad	Attended
Dr. Aashi Ahmed Dr. Iram Tassaduq	Standard Setting in medical Education	12 th Sep 2023 / NUMS	Attended
Dr. Anwar Bibi Dr. Rabia Waseem Butt	Selection of Research Topic & Conduction of gap Analysis	30 th Sep 2023 / HITEC-IMS	Attended

DENTAL COLLEGE HITEC-IMS

Workshop Title	Name of Faculty	Attended/Facilitated
A Primer to Research, Methodologies for Postgrads	Dr. Faizan Munir Khan Dr. Zerlis Nawaz	Facilitator
Active Learning and Online Engagement Tools	Dr. Faizan Munir Khan Dr. Zerlis Nawaz	Facilitator
	Dr. Zuleikha Malik Dr. Nausheen Ashraf Dr. Maria Rabbani Dr. Azka Haroon Dr. Jaweria Islam Dr. Amna Yasin Dr. Marrium Sohail Dr. Sidq Ilyas Dr. Fatima Rizwan Dr. Muhammad Hasnain Dr. Shahazonia Tariq	Attendees
The Why and How of Direct Observation of Procedural Skills (DOPS)	Dr. Faizan Munir Khan Dr. Zerlis Nawaz	Facilitator
	Dr. Zuleikha Malik Dr. Nausheen Ashraf Dr. Muhammad Muddassar Dr. Syed Shahan Haider Dr. Fatima Rizwan Dr. Waheed Ullah Khan Dr. Muhammad Hasnain Dr. Shahzonias Tariq	Attendees
Principles Of Clinical Research for Healthcare Professionals-I & II	Prof. Dr. Irfan Shah Dr. Faizan Munir Khan Dr. Zerlis Nawaz Dr. Shahreen Zahid	Facilitator
	Dr. Shahreen Zahid Dr. Maria Rabbani Dr. Azka Haroon Dr. Fatima Rizwan Dr. Shahzonias Tariq	Attendees
Pre-Conference Workshop “Principles of Clinical Research” International Conference on Health Research (ICHR-23)	Prof. Dr. Irfan Shah Dr. Saman Malik Dr. Shahreen Zahid Khan Dr. Faizan Munir Khan Dr. Zerlis Nawaz	Facilitator
Pre-Conference Workshop “Hands-On Medical Statistics for Clinicians and Researchers” International Conference on Health Research (ICHR-23)	Dr. Shahreen Zahid Khan Ms. Syeda Kainat Fatima Dr. Asif Ali	Facilitator
Basic Surgical Skills	Dr. Fatima Khattak Dr. Maimoona Siddiq	Attendees
Treatment of Gingival Recession	Dr. Sohaib Siddique	Attendees

Anterior Composite Buildup with Putty Index Technique	Dr. Beenish Qureshi Dr. Amna Riaz Dr. Sharaz Ahmad	Facilitator
Workplace Based Assessment	Dr. Beenish Qureshi Dr. Amna Riaz	Attendees
Orthognathic Surgery Hands on Workshop	Prof. Dr. Irfan Shah	Facilitator
Best Practices of MCQ Development	Dr. Faizan Munir Khan Dr. Zerlis Nawaz	Facilitator
Intentional Replantation: A Last Resort Myth or Reality	Dr. Amna Riaz	Attended
Use of artificial Intelligence in medical teaching and clinical practice	Dr. Beenish Qureshi Dr. Amna Riaz	Attendees

If you want to achieve excellence, you can get there today. As of this second, quit doing less-than-excellent work.

SECTION III



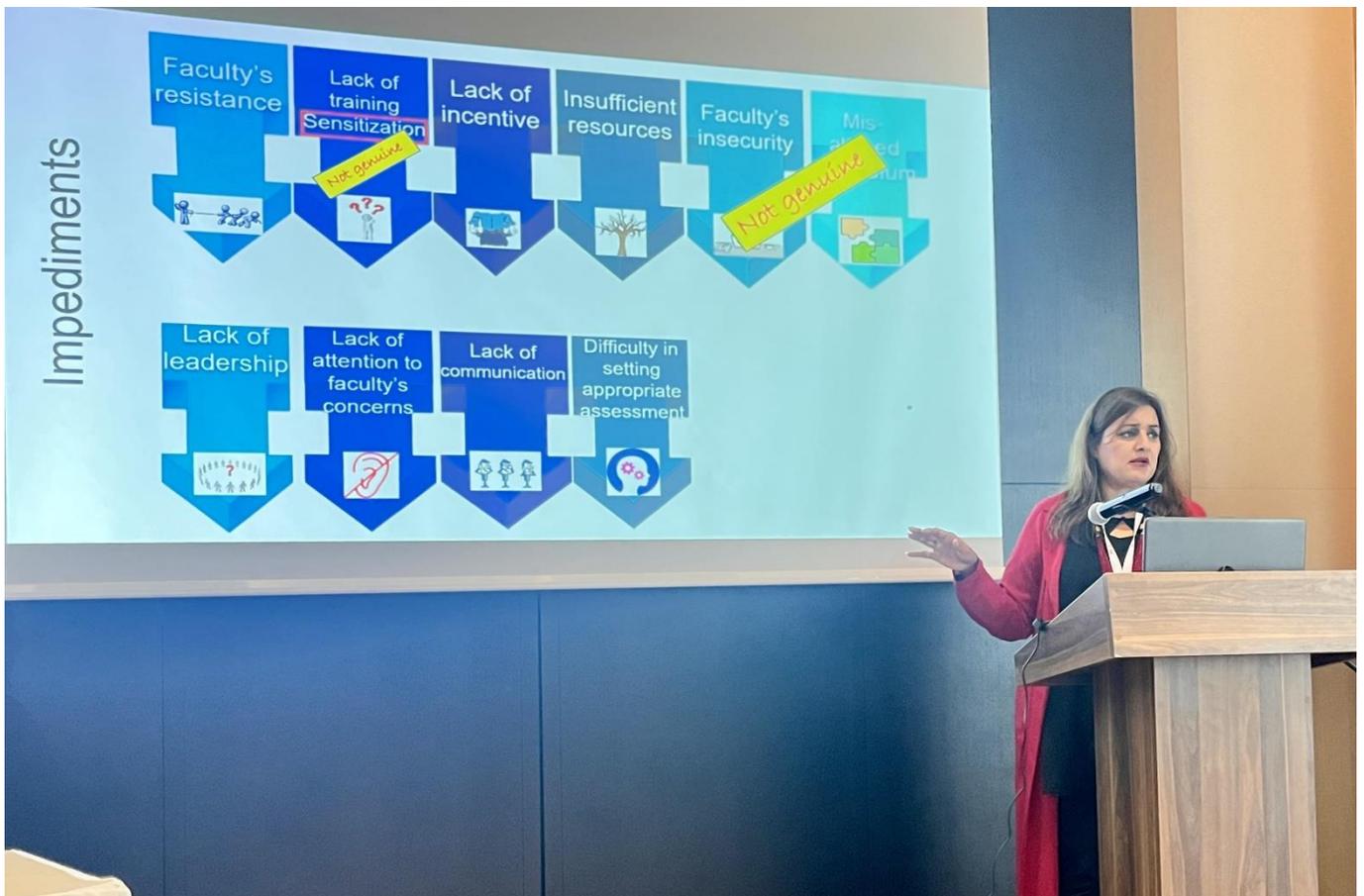
SEMINARS AND CONFERENCES

International Conference on Medical Education – ICME 2023

October 7-10, 2023. Azerbaijan Medical University, Baku

The conference was organized by Riphah International University in collaboration with Azerbaijan Medical University. The conference aimed to provide a platform for interaction of world-renowned experts in health profession education. The conference featured keynote speakers and experts of medical education from all over the world.

Prof. Dr Asma Hafeez HOD Anatomy, was invited as a speaker to the event where she spoke about the faculty proposals in transitions from conventional to an integrated medical curriculum. She presented her article with the topic. Road Ahead: Faculty's proposals for effective transition from conventional to the integrated medical curriculum.



4TH INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE 2023

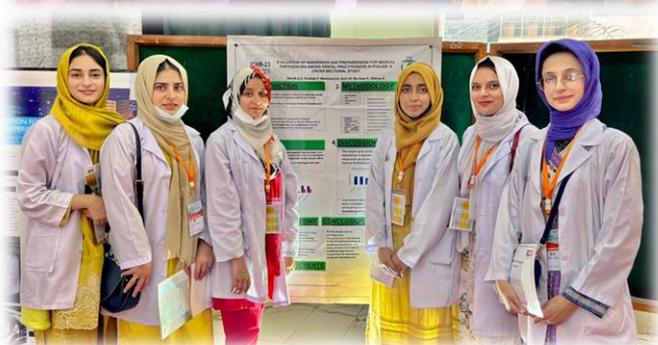
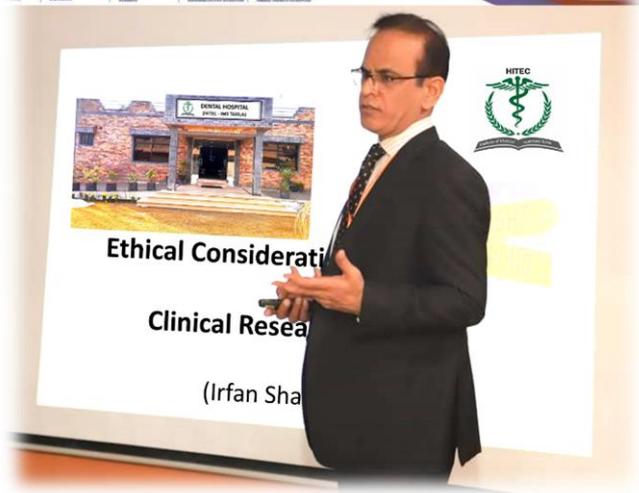
23-25th October 2023 at PC Rawalpindi.

Lifestyle Medicine is an evidence-based medical specialty that promotes the use of predominantly whole food plant-based diets, restorative sleep, stress management, regular physical activity, avoidance of risky substances and social support to prevent, treat and reverse non-communicable disease by correcting the root causes of disease. Prof Dr Aashi Ahmed, HOD Community Medicine, presented the research paper title, "Prevalence of Suboptimal Health and its association with lifestyle factors among population of HIT, Taxila" highlighting the grey state of health that is reversible subjected to lifestyle modification.



International Conference on Health Research (ICHR- 2023)

Dental College HITEC-IMS collaborated with Rehman College of Dentistry (RCD) in organizing the International Conference on Health Research (ICHR -23). The conference was held at RCD / RMI Peshawar on June 20th-22nd, 2023. The Dental College organized two pre-conference workshops on research and biostatistics. Principal Dental College, Prof. Dr. Irfan Shah, was invited as jury member for oral presentations and as guest keynote speaker. The topic of his speech was 'Ethical Considerations in Clinical Research'. House officers from Dental College participated in the conference poster competition. The Dental College's contributions towards the success of the conference were acknowledged and appreciated during the inaugural and concluding sessions. A shield of appreciation was awarded and received by the Principal and the HITEC delegates.



Achievement of Faculty

Dental College HITEC-IMS, Taxila

Dental College HITEC-IMS congratulates Dr. Azka Haroon for representing Dental College HITEC-IMS, Taxila and securing 1st position and Best presentation award in oral presentation competition held at Islamabad Club in Second International Conference on Aesthetic Dentistry and third National conference of Pakistan Society of Oral & Maxillofacial Pathologists held on 11th and 12th march 2023. Various Oral Pathologist, Nationally and internationally participated in the conference representing their respective institutes.



MEDICAL COLLEGE HITEC-IMS

Name of Faculty	Topic of Conference	Date/ Venue	Organized/ Facilitated	Attended/Presented
Brig (R) Nazir Ahmed Dr. Ummara Aslam Dr. Faiza Batool Dr. Haseeba Rasheed Dr. Mehwish Sultan Dr. Somayya Siddiqa Dr. Sumaiyya Javed Dr. Ayesha Akram Dr. Sana Umer Dr. Iram Zakria Dr. Iram Tassaduq Dr. Mahwash Jamil Dr. Aqsa Naheed	Seminar on patient safety	20-09-2023 / HITEC Auditorium	NA	Attended
Dr. Sidra Farooq Dr. Nida Razaqat Dr. Anwar Bibi Dr. Mehwish Riaz	Breast Cancer Awareness	2023/ HITEC University	NA	Attended
Professor Zubia Razzaq	PPS-18 (International Pakistan Physiological Society) Conference	06 th -08 th Oct 2023 / Khyber Medical College Peshawar	NA	Attended
Professor Aneeqa Shahid Dr. Mehvish Ashfaq Dr. Sidra Jabeen Dr. Sumera Mumtaz	PPS-18 (International Pakistan Physiological Society) Conference	06 th -08 th Oct 2023 / Khyber Medical College Peshawar	Facilitated	Attended
Dr. Anwar Bibi Dr. Mehwish Riaz	Community Health	04 th Oct 2023/ HITEC University	NA	Attended
Dr. Mehwish Riaz	Seminar on patient safety	20-09-2023 / HITEC Auditorium	NA	Presented
	World Health Day Seminar	07 th April 2023/ Auditorium FUI	Organized	Attended
	Shifas Scholars Day	29 th August 2023 / Shifa College of Medicine	NA	Attended
Dr. Ayesha Akram Dr. Mahwash Jamil	1 st International Health Professions Education Conference	20 th May 2023/ Agha Khan University	NA	Attended

Dr. Aashi Ahmed	04 th International Conference on Life Style Medicine	24 th Oct 2023/ Pearl Continental Hotel Rawalpindi	NA	Presented
	Breast Cancer Awareness	2023/ HITEC University	NA	Presented
Dr. Saqib Nasir	ACLS	19 th & 20 th August 2023/ Shifa College of Medicine	NA	Attended
	APLS	24 th Sep 2023/ Shifa College of Medicine	NA	Attended
Dr. Asma Hafeez	ICME	07 th - 10 th Oct / BAKU Azerbaijan	NA	Presented
Dr. Aqsa Naheed	42 nd Conference of Pakistan Association of Dermatology	16 th – 18 th Nov 2023	NA	Attended

DENTAL COLLEGE HITEC-IMS

Sr.	Faculty Name	Title of Training	Date/ Venue	Organized By
1.	Dr. Waheed Ullah Khan	Comprehensive Cleft Care Course	28 th SEP to 1 st OCT 2023	Wah medical College, Wah Cantt
2.	Dr. Sana Tariq	-Comprehensive Cleft Care Course -Hands on workshop Esthetic Restoration – Direct Composite Veneers -Hands on Workshop on CBCT	28 th SEP to 1 st OCT 2023 Wah medical College Sep 2023, by Dr. Sabeen Aymen at Alpha Practice 28 Jan 2023 Islamic International Hospital	Department of Orthodontics, Islamic International Hospital
3.	Dr. Aymen Babar	Hands on Workshop on CBCT	28 Jan 2023 Islamic International Hospital	Department of Orthodontics, Islamic International Hospital

SECTION IV



JOURNAL CLUB MEETING

MEDICAL COLLEGE HITEC-IMS

Presenters	Title of the article
ANATOMY	
Dr. M. Hamza	An anatomical study of morphometric differences between complete arcuate foramina and ipsilateral foramina transversaria in human atlas vertebrae. Could these be responsible for Vaso occlusive symptoms?
Dr. Maleeha Zafar	Are “tomorrow’s doctors” honest? Questionnaire study exploring medical students’ attitudes and reported behavior on academic misconduct
Dr. Saqib Nasir	Students’ Perception of Academic Dishonesty in a Senior High School. Journal of English and Education, 8(3) 2022, 30-36
Dr. Anum Khalid	Academic Dishonesty Among Health Science Students in Chennai, Health Professions Education, vol 8(2)
Dr. Hamza	Students’ perception of human Cadaver dissection as compared with 3d Anatomy virtual dissection table. Published on 13th August 2022 in PJMHS
Dr. Hina Rafique	Comparative Study of Carrying Angle between Dominant and Non-Dominant Limb in Kashmiri Population, International Journal of Contemporary Medical Research Volume 6 Issue 6 June 2019
Dr. Asma Naeem	Riboflavin attenuates tartrazine toxicity in the cerebellar cortex of adult albino rat Omnia I. Ismail * & NohaA. Rashed. Scientific reports. (2022) 12:19346
Dr. Maleeha Zafar	The Impact of Three-Dimensional Printed Anatomical Models on First-Year Student Engagement in a Block Mode Delivery. Nicholas Tripodi, Kate Kelly, Maja Husaric et al. The Authors. Anatomical Sciences Education. 2020
Dr. Iram Zakria	Vitamin D2 protects acute and repeated noise stress induced behavioral, biochemical, and histopathological alterations: Possible antioxidant effect. Saudi Journal of Biological Sciences Noreen Samad , Ayesha Imran , Sheraz A Bhatti et al. Volume 29, Issue 1, January 2022, Pages 601-609
Dr. Asma Hafeez	Hafeez, A., Jamil, B., & Khan, A. F. (2021). Roadblocks to Integration; Faculty’s perspective on transition from Traditional to Integrated Medical Curriculum. Pakistan Journal of Medical Sciences, 37(3).
Dr. Anum Khalid	Jabeen H, Memon FM, Ahmed H, Amjad Z, Nusrat U, Khan M. Variations of facial nerve distribution in the parotid gland. Professional Med J 2022; 29(5):618-622.
Dr. Asma Naeem	Aggarwal, Roy and Medda .Variations in nutrient foramen in the long bones of lower limb . Indian Journal of Clinical Anatomy and Physiology 2022;9(1):35–41
PHYSIOLOGY	
Dr. Mehvish Ashfaq	Attribution Theory, Achievement Motivation and Educational Process
Dr. Saima Noureen	Impact of Intermittent Fasting on Lipid Profile-A Quasi-Randomized Clinical Trials
Dr. Sumera Mumtaz	Platelet indices and PLR as marker for predicting COVID-19 infection severity
Dr. Taliah Faiqah	Vitamin D Supplementation in the assessment of cardiovascular risk factor in over weight and obese children
Dr. Aamina Masud	Life event, stress and illness
Dr. Basit Ali	Frequency of hyperuricemia and fetal outcome in pre-eclampsia
Dr. Behram ul hassan	Frequency of Vitamin D deficiency in children with recurrent chest infections
Dr. Sumera Mumtaz	Comparison of Hand muscle fatigue phenomenon on power lab between male and female medical students
BIOCHEMISTRY	
Dr Ambreen Faisal	Possible prophylactic anti-excitotoxic and anti –oxidant effects of virgin coconut oil on aluminium chloride- induced Alzheimer’s in rat models

Prof.Dr. Shahid Rauf	Altered Micro RNA Expression of Nasal Mucosa in Long-Term Asthma and Allergic Rhinitis
Dr Ummara Aslam	Cytogenetic and immunological alterations of recurrent bladder cancer
Dr M.Ali Khan	A Cross-sectional Study on Prevalence of Diabetes among patient with hepatitis C
Dr Ayesha Javed	“Approaches to Enhance the Teaching Quality of Experimental Biochemistry for MBBS Students in TSMU, China”
Dr Sumaira Rehman	“Physical Symptom as Indicators of Depression and Anxiety”
Dr Sana Umar	“Clinical Hematological and Biochemical Manifestations Among Dengue Patients of Lahore Region”
Dr Raheela Yasmin	“Targeted Next-Generation Sequencing for Congenital Hypothyroidism”
Dr Hamza Rasool	“Exocrine pancreatic insufficiency: prevalence, diagnosis, and management”
Dr Eiman Ali	“Polycystic Ovary Syndrome in insulin-Resistant Adolescents with obesity: The role of Nutrition Therapy and food Supplements as a Strategy to Protect Fertility”
PHARMACOLOGY	
Dr. Habibah Ishaq	Utility of melatonin for treatment of sleep disturbance in post-traumatic brain injury.
Dr. Maryam Ahmer	Prevalence of and factors associated with substance use among Canadian medical students
Dr. Sibat-E-Ali	Maintenance of Remission with Combination Etanercept DMARD Therapy Vs DMARDS Alone in Active RA Result Of An International Treat to Target Study Conducted in Regions With Limited Biologic Access
Mrs. Bushra Tsakeen	Trends in prescribing patterns & drug related problems of kidney disease patients.
Dr.Hassam Nasir Khan Alizai	Vonoprazan Triple and Dual Therapy for Helicobacter pylori Infection in the United States and Europe: Randomized Clinical Trial
Dr. Khadija Tariq (Dental College)	Roxadustat for Anemia in Patients with kidney Diseases not receiving Dialyses
Dr. Sibat-E-Ali	Knowledge and behavior of consumers towards the non-prescription purchases of antibiotics. An insight from a qualitative study from New Delhi, India
Dr. Warda Naveed (Dental College)	Oral Changes in Hospitalized Covid-19 patients
Dr. Rimsha Iqbal	Fracture risk reduction and safety by Osteoporosis treatment compared with placebo or active comparator in post-menopausal women (systematic review)
Dr. Maryam Ahmer	Public awareness regarding the manufacturer provided information about medicine usage, safety and adverse drug reaction in Baluchistan, Pakistan
Dr. Ayla Babar	Treatment Optimization of Beta-Blockers in Chronic Heart Failure Therapy
Dr. Habibah Ishaq	Comparative Analysis of Sitagliptin vs Empagliflozin as an add on Therapy to Metformin in Pakistani Type 2 Diabetic Patients
Dr. Aeman Choudhary (Dental College)	Adjunctive application of Xanthan based chlorhexidine gel in diabetic patients with chronic periodontitis.
FORENSIC MEDICINE	
Dr. Maria Sattar	Post-mortem imaging in forensic investigations: current utility, limitations, and ongoing developments

Dr. Rubace Fatima	An autopsy case of suicide with three knives: a forensic and anatomical discussion.
Dr. Maria Sattar	Forensic investigation of criminal injuries of blunt force trauma
Dr. Maria Sattar	The interpretation of hair analysis for drugs and drug metabolites
Dr. Sohaa Nasir	Non chemical suffocation deaths in a forensic setting; a six year old retrospective study of environmental suffocation, smothering, choking and traumatic asphyxia
Dr. Sohaa Nasir	GHB Pharmacology and toxicology: acute intoxication, concentrations in blood and urine in forensic cases and treatment of the withdrawal syndromes
Dr. Sohaa Nasir	Forensics in dermatology
Dr. Sohaa Nasir	Burnt bodies: Post mortem computed tomography, an essential tool for modern forensic medicine
Dr. Sohaa Nasir	Optical 3D surface digitizing in forensic medicine: 3D documentation of skin and bone injuries
Dr. Sohaa Nasir	A ten-year review of fatal community assault cases at a regional forensic pathology facility in Cape Town, South Africa.
Dr. Syeda Zuha Naqvi	Dental evidence of exhumed human remains from the 1991 war in Croatia
Dr. Sohaa Nasir	Diatoms in forensic expertise of drowning- a Macedonian experience.
PATHOLOGY	
Dr Alia Zubair	Continuous Glucose Monitoring: A review of success, challenges and opportunities
Prof.Dr. Wajiha Mahjabeen	Effect of delta-tocotrienol supplementation on Glycemic control, oxidative stress, inflammatory biomarkers and mi-RNA expression in type 2 diabetes mellitus: A randomized control trial
Prof. Dr. Humera Zafar	In Vitro Efficacy of Tetracyclines Against Multi Drug Resistant Acinetobacter Baumannii Amongst Intensive care patients
Dr Sabahat Rehman	Dietary impact on gut microbiome and its effects
Dr Shahida Mushtaq	Effect of intermittent fasting on health aging and disease
Dr Ambreen Zafar	Utility and limitations of FNAC in the diagnosis of cervical lymphadenopathy
Dr Sabahat Rehman	SARS-CoV-2-Associated Guillain-Barre Syndrome is Common but Under-recognized and Under-reported.
Dr Ambreen Zafar	Celiac disease: histology, differential diagnosis and complications – a practical approach
Dr Israr Khan	Traumatic Brain Injury
Dr Shahida Mushtaq	Impact of Diabetes Mellitus on Human Erythrocytes: Atomic Force Microscopy and Spectral Investigations
Dr Nazia Siddiqui	Association of RDW with glycemic index and Lipid profile in patients with type 2 Diabetes Mellitus
Dr Maham Javed	Dengue - Break Bone Fever
Dr Israr Khan	Patient Safety in Laboratory
COMMUNITY MEDICINE	
Dr Anwar Bibi	Emotional intelligence among medical students and its Relationship with Burnout
Dr Roma Salman	Association of environment and lifestyle factors with suboptimal health status: a population-based cross-sectional study in Urban hina.
Dr Roma Salman	Procrastination, stress and academic performance: A cross sectional study.
Dr Mohsin Raza	Seven factors effecting medical undergraduate students' performance in academics: A study using Ron Fry Questionnaire in Eastern India.
Dr Abdullah Asad	Awareness of basic life support among medical students.

Dr Wafa Alvi	Vitamin D status and its correlation to depression: A case control study.
Dr Nida Razaqat	Monkey pox virus infection in human across 16 countries.
Dr Mehwish Riaz	Rules of Thumb For Writing Research Articles'
Dr Muhammad Ali	Socio-Demographics and Contraceptive Acceptance of Women of Reproductive Age in Peshawar Pakistan: A Cross sectional study.
Dr Anwar Bibi	Knowledge and Awareness about Risk Factor of Osteoporosis among Young College Women at a University in Riyadh, KSA
Dr Mehwish Riaz	Patient safety culture in hospitals of Iran: a systematic review and meta analysis
Dr Nida Razaqat	Postpartum Depression: Prevalence and Associated Risk Factors Among Women in Sindh, Pakistan
ENT	
Dr. Arsalan Fareed	Does concomitant Mastoidectomy improve outcomes for patients undergoing repair of tympanic membrane perforations?
Dr. Salar	Self-Assessment and perception of health and genetic hazards of smoking among medical and non-medical students
Dr. Tehseen	The impact of an ENT nurse practitioner at a district general hospital
Mehroz Waqas Khan	Otolaryngology Research in China
Dr. Eitazaz Dr. Saddam	The H10N3 Influenza strain: A candidate for the next pandemic?
Zawar	Cochlear implantation in china
Dr. Haris Mamoon	Head and neck cancer in china: Current status and challenges
Dr. Haris Mamoon	Development of public private partnership (PPP) for hearing aid service
Dr. Sadaf Raffat	How I manage bell's palsy
Dr. Farhan	Bismuth Iodoform paraffin paste: a review
EYE	
Dr. Maria Shabbir Dr. Saleem	Effectiveness of Intralesional Triamcinolone Acetonide (TA) and Incision and Curettage (I & C) for Chalazia
Dr. Maimoona Dr. Nida Dr. Sabahat	Frequency of dry eyes with and without Posterior Blepharitis in Diabetic patients
Dr. Arfa Dr. Haim Dr. Shahnoor	Outcome of probing and syringing in congenital nasolacrimal duct obstruction in children under local anesthesia
Dr. Hasnain Rehmat Dr. Abdullah Rafay	Practice patterns and opinions in the treatment of allergic eye disease: A survey among Indian Ophthalmologists.
Dr. Noor e Karim Dr. Qurat ul Ain Dr. Najeeba	Effects of intravitreal Diclofenac in refractory diabetic macular edema.
Dr. Zahra Shoaib Dr. Nasheman Rana Dr. Naqeebi Kainat Bashir	Comparison of frequency of Pseudo exfoliation syndrome in patients undergoing cataract surgery in different regional hospitals of Pakistan
Dr. Bisma Dr. Malaika Dr. Mahnoor	Management of Primary Pterygium with intralesional Bevacizumab injection

Dr. Armin	
Dr. Shahzad Waseem	Clinical characteristics of Rhegmatogenous Retinal Detachment in highly Myopic and Phakic eyes.
Dr. Shahzad Waseem	Endoscopic dacryocystorhinostomy as treatment for lower lacrimal pathway obstruction in adults.
Prof. Haroon Javaid	Strabismus surgery with adjustable suture technique in patients with horizontal strabismus
SURGERY	
Dr. Rizwan Ashiq	Frequency and awareness of needle stick injury in paramedical staff and doctors of a tertiary care hospital
MEDICINE	
	Confronting Health Worker Burnout and Well-Being
Dr. Noor us Seher	Two Steps Forward, One Step Back
Dr. Aleshba	21-year-old woman with fatigue and weight gain
Dr. Noor us Seher	New Approaches to Chronic Hepatitis B
Dr. Noor us Seher	Thromboprophylaxis after Extremity Fracture — Time for Aspirin?
Dr. KhushBakht	Case 9-2023: A 20-Year-Old Man with Shortness of Breath and Proteinuria
Dr. Kausar Malik	Acute Kidney Injury in Patients with Cirrhosis
Dr. Faiza Batool	How to Write and Publish a Research Paper for a Peer-Reviewed Journal
Dr. Huma Zafar	Monkeypox (Review Article)
Dr. Noor us Seher	Obesity in Adolescents
Dr. Ali Haider	A 24-Week, All-Oral Regimen for Rifampin-Resistant Tuberculosis
Dr. Kashmala Tariq	Treating Iron Deficiency in Heart Failure
Dr. Ali Haider	Current and Emerging Issues in Wilson's Disease
GYNAE AND OBS	
Dr Mahwash Jamil	Guideline on Intrahepatic cholestasis of pregnancy'
Dr Rukhsana Afzal	"Hypertension in pregnancy and adverse outcomes among low risk nulliparous women expectantly managed at /after 36 week"
Dr Ayesha Akram	"Where is the 'C' in antenatal care and post natal care: A multi-country survey of availability of antenatal and post natal care in low and middle-income settings"
Dr Adeela Amin	"Off label indications of aspirin in gynaecology outpatients at two Chinese tertiary care hospitals"
Dr Tahira Jabeen	"Comparison of metformin plus myoinositol vs metformin alone in PCOS women undergoing ovulation induction cycles"
Dr Tanzeela Aftab	"Maternal and perinatal outcome in pregnancy complicated by obstetric cholestasis"
Dr Nida Khan	"In office hysteroscopic removal of retained or fragmented intrauterine device without anesthesia"
Dr Rukhsana Afzal	Green top guideline No.45 'Birth after previous cesarean birth'
Dr Mahwash Jamil	RCOG guideline: New FIGO classification of Endometrial carcinoma 2023
Dr Ayesha Akram	RCOG Guideline on recurrent miscarriages
Dr Adeela Amin	RCOG Guideline on PPROM
Dr Tanzeela Aftab	"Impact of TPOAb-negative maternal subclinical hypothyroidism in early pregnancy on adverse pregnancy outcomes"
Dr Nida Khan	Reducing the risk of venous thromboembolism during pregnancy and the puerperium, Green Top guideline NO.37a
PAEDS	
Dr Somayya Siddiq	Salt Treatment for Umbilical Granuloma – An Effective, Cheap, and Available
Dr Bushra Baber	Comparison of albendazole and mebendazole on soil transmitted helminth infections among school age children

Dr Somayya Siddiq	Clinical Outcomes of Paediatric Osteomyelitis
Dr Somayya Siddiq	Neonatal hypoglycemia screening in new born from diabetic mothers
Dr Bushra Baber	Role of zinc supplementation in short stature
Dr Sumaiya Javed	Nebulized hypertonic saline (3%) among children with mild to moderately severe bronchiolitis
Dr Somayya Siddiq	Concerning newborn rashes and developmental abnormalities: common and benign findings
Dr Sumaiya Javed	Role of probiotics in immunomodulation and its usefulness in management of infantile colic
Dr Sumaiya Javed	Perceptions and practices of breast feeding among new mother
PSYCHIATRY	
Dr. Quratulain Yosuf	Correlation of birth order with psychiatric morbidity
Dr. Quratulain Yosuf	Medically unexplained symptoms and quality of life
Dr. Quratulain Yosuf	Educating and informing patients receiving psychopharmacology medications
Dr. Hasiba Rasheed	Anxiety and depression among caregivers of psychiatric patients
Dr. Farrukh	Comparison of typical and atypical psychotic for efficacy and side effects
Dr. Farrukh	The impact of work stress on employee productivity; research based causes and consequences (Ashok Pamgrahi Jan 2017)
Dr. Hasiba Rasheed	Personality Theory man research for meaning
Dr. Dr. Quratulain Yosuf	Recognition of depression in people of different culture: a qualitative study Arja Lehti, Anne Hammarchrom and Bengt Mattson BMC family practice
Dr. Hasiba Rasheed	Anxiety and depression in patient with burns
Dr. Farrukh	New options in treatment of resistant depression
Dr. Farrukh	Islamic integrated cognitive behavioral therapy. Intervention for muslims with depression
Dr. Farrukh	Adult attachment theory
Dr Hasiba Rasheed	Impact of work and stress on employees production
Dr. Farrukh	Personality development and role of technology
Dr. Farrukh	Suicide and DSH in Pakistan
Dr. Mehwish Sultan	Difficulties in emotion regulation in BPD A systemic and metanalysis
Dr. Mehwish Sultan	Prevalence of TYPE 2 diabetes, impaired fasting glucose, general obesity in patients with BIPOLAR DISORDERS
Dr. Mehwish Sultan	The association of Physician empathy with cancer patient outcomes
Dr. Mehwish Sultan	The transition from restrictive anorexia nervosa to binging and purging A systemic review and metanalysis
DERMATOLOGY	
Dr Aqsa	Efficacy of a second interleukin 17 inhibitor in patients with psoriasis
Dr Urooj	Vitamin D deficiency is a cause of Obesity
Dr Aqsa	Impact of Blue Light on Skin Pigmentation In Patients with Melasma
Dr Urooj	Topical Metformin 30% Gel In The Treatment Of Acne Vulgaris In Women; A Split Face: Placebo Control Study
Dr Aqsa	Intramuscular injection of autologous serum in adolescent and adult patients with atopic dermatitis
Dr Urooj	Efficacy of PRP in melasma
Dr Aqsa	Prevalence of body dysmorphic disorder in medical versus nonmedical students: a questionnaire based pilot study
Dr Urooj	Effective Intense Pulsed Light Protocol in the Treatment of Moderate to Severe Acne Vulgaris of the Chest and Back
Dr Aqsa	The Development of Ideal Body Image Perceptions in the

	United States
Dr Urooj	Efficacy of a second interleukin 17 inhibitor in patients with psoriasis
Dr Aqsa	Vitamin D deficiency is a cause of Obesity
Dr Urooj	Impact of Blue Light on Skin Pigmentation In Patients with Melasma
RADIOLOGY	
Dr Kulsoom Iqbal	Gastrointestinal stromal tumours and their appearance in patients of neurofibromatosis type I
Dr Tayyaba Kamran	Artificial intelligence based CT assessment of bronchiectasis:The COPD gene study
Dr Rabia Waseem Butt	Detection of breast cancer with mammography: effect of an artificial intelligence support system
Dr Kulsoom Iqbal	Added value of pelvic CT after treatment of HCC
Dr Tayyaba Kamran	Use of diagnostic imaging studies and associated radiation exposure for patients enrolled in large integrated health care systems
Dr Rabia Waseem Butt	guidelines for management of incidental pulmonary nodules detected on CT images From fleishner society 2017
Dr Kulsoom Iqbal	Can prenatal diagnosis of total Anomalous pulmonary venous return (Tapvr) using routine fetal ultrasound be improved ?A case control study
Dr Tayyaba Kamran	MR based follow-up after brachytherapy and proton-beam therapy (PBT) in uveal melanoma.
Dr Rabia Waseem Butt	Advanced risk prediction for aortic dissection patients using imaging based computational flow analysis
Dr Kulsoom Iqbal	Imaging acute abdomen in pregnancy. A radiological decision-making tool and the role of MRI
Dr Tayyaba Kamran	Diagnostic yield of CTPA in the diagnosis of pulmonary embolism and its predictive factors
Dr Rabia Waseem Butt	Carotid body tumor. A case report of a rare neuroendocrine neoplasm
Dr Kulsoom Iqbal	Traumatic fractures in adults: missed diagnosis on plain radiographs in the emergency department

DENTAL COLLEGE HITEC-IMS

S #	DEPARTMENT	TOPIC	DATE	PRESENTED BY
1.	Prosthodontics	A clinical study comparing digital scanning and conventional impression making for implant supported prosthesis: A crossover clinical trial	6 th October 2022	Dr. Sameen Zahra
2.	OMFS	Does open reduction and internal fixation yield better outcomes over closed reduction of mandibular condylar fractures?	3 rd November 2022	Dr. Adam Khan
3.	General Surgery	Active Surveillance for T1bNOMO Papillary Thyroid Carcinoma	1 st December 2022	Dr. Zafar Iqbal
4.	General Medicine	Frequency of Hepatitis B and C in patients attending oral and maxillofacial surgery department for dental extraction at Sandeman Provincial Hospital Quetta	5 th January 2023	Dr. Shahid Saleem
5.	Oral Pathology	Presence of B Cells and Plasma Cells in Oral Lichen Planus	2 nd February 2023	Dr. Azka Haroon
6.	Pharmacology	Long-term impact of oral surgery with or without amoxicillin on the oral microbiome-A prospective cohort study	2 nd March 2023	Dr. Muhammad Ahmad
7.	Community Dentistry	Artificial intelligence in medical education curriculum: An e-Delphi study for competencies	6 th April 2023	Dr. Fatima Tu Zahra
8.	Dental Materials	Effect of acidic media on flexural strength and fatigue of CAD-CAM dental materials	4 th May 2023	Dr. Nausheen Ashraf
9.	Physiology	Effect of self-learning media based on 360 degree virtual reality for learning periodontal instrument skills	1 st June 2023	Dr. Maryam Ahmad
10.	Pathology	Water intake, hydration status and 2-year changes in cognitive performance: a prospective cohort study	4 th August 2023	Dr. Jaweria Islam
11.	Periodontology	Periodontal diseases and adverse pregnancy outcomes: Mechanisms	7 th September 2023	Dr. Shahan Haider
12.	Biochemistry	Evaluating Oral Glutathione plus Ascorbic Acid, Alpha-lipoic Acid, and Zinc Aspartate as a Skin-lightening Agent: An Indonesian Multicenter, Randomized, Controlled Trial	5 th October 2023	Dr. Naila Zakria
13.	Anatomy	Online lessons of human anatomy: Experiences during the COVID-19 pandemic	2 nd November 2023	Dr. Amna Faisal
14.	Oral Medicine	Clinical Study on Effectiveness of Three Products in the treatment of Herpes Simplex Labialis	7 th December 2023	Dr. Amna Khan

SECTION V



INTEREST GROUPS

SUB-SECTION V-A

FACULTY INTEREST GROUP MEDICAL COLLEGE RESEARCH PROJECTS

Total number of research projects approved: 19

Total number of research projects Sent for Publication: 04

Total number of research Published:01

Total number of research projects in the pipeline: 14

S.No.	Title	Department	Presenters	Status
1.	The choice of the methodology for scaffolding the concepts of Anatomy: the learner's perspective triangulated with academic performance	Anatomy	Dr. Maleeha Zafar	Data Analysis Phase
2.	Significance of ratio of neck circumference to thyomental distance as a predictor of difficult intubation in obese patients	Anesthesia	Dr. Sonia Riaz	IRB in process
3.	Pattern of dengue fever among patients presenting to HIT hospital, Taxila Cantt	Biochemistry	Dr. Sana Umar	Data Analysis Phase
4.	Prevalence of suboptimal health status amongst the general population of residential area HIT Taxila	Community Medicine	Dr. Roma Salman	Sent For Publication
5.	Rising trends of cosmetic procedures, A forewarning of new addictive behavior	Dermatology	Dr. Aqsa Naheed	Sent for Publication
6.	Efficacy of intradermal injected tranexamic acid vs Intense plus light in the treatment of melasma	Dermatology	Dr. Aqsa Naheed	Accepted for Publication
7.	Correlation between the severity and type of acne vulgaris lesions with serum vitamin D levels	Dermatology	Dr. Aqsa Naheed	Published
8.	Effect of vitamin D supplementation on acne vulgaris treatment outcome: A randomized controlled trial	Dermatology	Dr.Aqsa Naheed	IRB approved
9.	Prevalence of high astigmatism in myopic patients presenting at HITEC-IMS Taxila	EYE	Dr. Shahzad Waseem	Sent For publication
10.	Injuries and fatalities due to road traffic accident cases in HIT Hospital Taxila, Pakistan	Forensic	Dr. Maria Sattar	Sent for publication
11.	Effectiveness of membrane sweeping on successful initiation of labor and subsequent vaginal birth in patients with previous one cesarean section	Gynaecology	Dr. Nida Khan	Data Collection Phase
12.	Aerobic vaginal pathogens: persistence and antimicrobial resistance of bacterial isolates	Pathology	Dr. Sabahat Rehman	Data Analysis phase
13.	Uropathogens: Their spectrum and antimicrobial resistance	Pathology	Dr. Sabahat Rehman	Data Analysis phase

14.	Use of continuous glucose monitoring sensors for Type 1 diabetes management in Pakistan: benefits and challenges	Pathology	Dr. Alia Zubair	Data Analysis phase
15.	Hematological variables (NLR, PLR, MLR, MPR, and RPR) as predictive markers for control of glucose levels in type 2 diabetes patients	Pathology	Dr. Shahida Mushtaq	Data Collection Phases
16.	Self-medication among pregnant women in Pakistan. A neglected but potentially serious commonplace issue	Pharmacology	Dr. Maryam Ahmer	Data Analysis Phase
17.	Correlation of HRCT severity score with platelet to lymphocyte ratio (PLR) and neutrophil to lymphocyte ratio (NLR) in Covid-19 patients	Physiology	Dr. Sumera Mumtaz	Sent for publication
18.	Effect of gratitude on happiness and hope in faculty of HITEC-IMS	Research Cell	Dr. Wajiha Mahjabeen	Data Analysis phase
19.	Comparison of efficacy of single posterior site steroid injection technique versus double anterior and lateral site steroid injection technique for the treatment of frozen shoulder.	Surgery	Dr. Kashif Khurshid	IRB in process

FACULTY RESEARCH INTEREST GROUP DENTAL COLLEGE HITEC-IMS

Total number of articles reported among faculty members=14

Total number of articles accepted for publication=3

Published articles amongst faculty members= 2

S/N	Department	Title	Status
1.	Orthodontics	<ul style="list-style-type: none"> Correlation between lateral cephalometric and facial photographic measurements for orthodontic diagnosis in patients with mandibular deficiency Clinical micro-learning environment of post-graduate dental institutes of Pakistan Role of mandibular third molars in mandibular anterior crowding 	<ul style="list-style-type: none"> Under review for publication in KMUJ Accepted for publication in JCPSP Under review for publication for PAFMJ
2.	Periodontology	<ul style="list-style-type: none"> Evaluation of periodontal status and serum. C-Reactive protein levels in adult cigarette smokers. Factors associated with antimicrobial resistance in clinical dental practice. Effect of strict glycemic control on periodontitis in non -insulin dependent patients 	<ul style="list-style-type: none"> Accepted for publication this month. Write-up in process Write-up in process
3.	Oral Pathology Oral Medicine	Prevalence of periodontal lesions in different trimesters of pregnancy attended in antenatal clinic	<ul style="list-style-type: none"> Published.
4.	Dental Materials	<ul style="list-style-type: none"> A comparative antimicrobial analysis of commercially available toothpastes; an in-vitro study Dental and medical applications of lignin Chapter on tensile strength in international book. 	<ul style="list-style-type: none"> Published Write-up in the process Write-up done. Under review
5.	Physiology	<ul style="list-style-type: none"> Establishing construct validity of the professionalism assessment tool (PAT) for undergraduate dental students of dental college of HITECH-IMS Validation and effectiveness of SSACT in pre-clinical Dental students using flipped class room and journal club techniques. The impact of tri (2 ethylhexyl) trimellitate on renal functions in Sprague Dawley rats 	<p>IRB approval awaited.</p> <p>Write-up done.</p> <p>Write-up done publication expected in 2024.</p>
6.	Oral pathology	Early diagnosis of oral cancer- a narrative review	IRB and write-up done.

SUB-SECTION V-B

STUDENT INTEREST GROUP MEDICAL COLLEGE HITEC-IMS

Total number of research projects approved: 10

Total number of research projects Sent for Publication/ Published: 01

Total number of research projects in the pipeline: 09

S.No.	Title	Presenter	Status
1.	Knowledge, attitude and practice related to foot care among diabetic patients in HIT Hospital Taxila	Eesha Yousaf, 4th-year MBBS	Data Collection
2.	Knowledge and perception regarding primary amoebic meningoencephalitis caused by naegleria fowleri infection among future Healthcare professionals: A multi-institutional Cross-sectional study in Pakistan.	Abdul Basit Kiyani, 5th-year MBBS	IRB in process
3.	Knowledge, attitude, and practice among Type 2 diabetic patients of HIT hospital, Taxila.	Arooba Munir, 4th-year MBBS	Data Collection
4.	Relation of growing pains to vitamin D deficiency and efficacy of vitamin D therapy for resolution of symptoms.	Muhammad Moeed Azwar Bhatti, 3rd-year MBBS	Data Collection
5.	Prevalence of maladaptive perfectionism among first-year versus final-year medical students.	Shabiba Faiz, 5th-year MBBS	Approved
6.	Awareness and perception of e-cigarette use among medical students.	Alina Safdar 4th Year MBBS	Manuscript Writing
7.	Relationship among personality traits, emotional intelligence and academic performance of medical students.	Azka Khallid 5th Year MBBS	Approved
8.	Frequency of awareness of risk factors of breast cancer among students of 2nd year and 5th- MBBS Hitec-IMS, Taxila Cantt.	Bilal Arshad 3rd year MBBS.	Ready For Publication
9.	Prevalence of gastroesophageal reflux disease and its associated risk factors among medical students of HITEC IMS.	Narjis Zahra, 4th-year MBBS	Data Analysis
10.	Prevalence of vitamin D deficiency and its association with severity and frequency in children with growing pains	Muhammad Moeed Azwar Bhatti	Data Collection

STUDENTS INTEREST GROUP DENTAL COLLEGE HITEC-IMS

Total number of research projects approved: 06

S.No.	Title	Researcher	Status
1.	Prevalence Of Dental Caries In Different Blood Groups Among The Students of Dental College HITEC-IMS	Malaika Habib, Umm-E-Hani, Hamza Tariq, Haider Ali Awan	Statistical Analysis
2.	Factors Affecting Stress Among HITEC-IMS Dental Students	Sadia Usman, Khadija Bilal, Mehwish Sajjad, Laiba Taimoor, Iqra Manzoor	Data Collection
3.	Attitude Of Final Year Dental Students To The Use of Rubber Dam	Aneeqa Tahir, Nimra Noor, Ayesha Siddiq, Sawera Shabbir, Minahil Fatima	Complete But Not Published
4.	Evaluation Of Awareness And Preparedness For Medical Emergencies Among Dental Practitioner In Punjab: A Cross Sectional Study	Arooba, Kanza, Alishba, Wajeeha	Submitted For Publication
5.	Preception Of Dentists About Drug Information Resources Among Dental Studens And Dentists	Maryam Ashraf	Statistical Analysis
6.	Role Of Mandibular Third Molars In Mandibular Anterior Crowding	Monal Fatima, Urwah Qaseem, Sana Irfan, Shawaiz Khan	Complete But Not Published

Achievement of Student Research Society HITEC-IMS Medical College, Taxila

HITEC Institute of Medical Sciences witnessed its inaugural Research Poster Competition, proudly hosted by the Student Research Society and Department of Community Medicine in collaboration with the Research cell HITEC-IMS. Principal HITEC-IMS Prof. Dr Hamid Shafiq and Principal HITEC Dental College, Dr Irfan were the chief guests. Their presence inspires the participants and encourages a scholarly atmosphere. The event featured a distinguished panel of judges including Prof Dr Wajiha Mah Jabeen, Prof Dr Aashi Dr Shahzana and Dr Mahvish Jameel. This event provided a platform for students to showcase their research endeavours and fostered a spirit of academic excellence within the institution. This landmark competition marks a significant step forward in promoting research culture and collaboration among the student community at HITEC-IMS.



SECTION VI



STAR RESEARCHER



STAR RESEARCHER HITEC-IMS Medical College

Based on total number of citations in the Year 2023

Star Researchers	Citations (Year 2023)
Prof. Dr. Farhat Abbas	868/14
Prof. Dr. Wajiha Mah Jabeen	325/9
Prof. Dr. Zubia Razzaq	125/5
Dr. Sabahat Rehman	92/4
Dr. Shahida Mushtaq	91/3

EMINENT RESEARCHERS of HITEC-IMS

Based on total number of publications in the Year 2023

Eminent Researchers	No. Of Publications (Year 2023)
Prof. Dr. Aqsa Naheed	06
Prof. Dr Aashi Ahmed	04
Dr. Mehwash Riaz	04
Dr. Mehvish Ashfaq	04
Dr. Shahida Mushtaq	04
Dr. Nazia Siddiqui	04

DISTINGUISHED DEPARTMENT in Research

Based on total number of publications in the Year 2023

Department	No. Of Publications (Year 2023)
Community Medicine	12



STAR RESEARCHER Dental College HITEC-IMS

Based on total number of citations in the Year 2023

Eminent Researchers	Citations & H Index
Dr. Shahreen Zahid Khan	250/8
Prof. Dr Irfan Shah	235/8
Prof. Dr Beenish Qureshi	99/5
Dr Amna Raiz	78/5

DISTINGUISHED DEPARTMENTS in Research

Based on total number of publications in the Year 2023

Department	No. Of Publications 2023
General Pathology (Basic Sciences)	5
Periodontology (Clinical Sciences)	5

SECTION VII



INTERVIEW WITH RESEARCH SCHOLAR

Prof. Brig. (R) Dr. Nasser Rashid Dar
Vice Principal
HITEC-IMS Medical College



1. Introduce yourself in terms research background and journey that led you to current field of study?

My research journey started during early years of my career in 1986 when I was doing my initial training in Dermatology in Military Hospital Rawalpindi. My supervisor then Maj Gen Ashfaq had a nag for research and wanted this to be inculcated into each and every one of his trainees. Under his supervision and encouragement I wrote my first article (a case report) and when it was published it gave me great encouragement and I developed an inclination towards research and made efforts to devote some time in this direction. Initially to gain experience my focus was on writing case studies as they were the easiest to documents. After that my horizon broadened to original studies once I had a chance to deal with large epidemic of cutaneous leishmaniosis in Quetta. This made an access to vast data and led to a lot of published and unpublished results. The journey of research and publications continued during my stay in Karachi, Bahawalpur, Lahore and Rawalpindi with more focus on clinical aspects and to date my more than 70 papers have been published in different National and International journals. In HITEC IMS it is my privilege to be a part of the dynamic research team led by our worthy Principal.

2. What is the focus of your research?

My main focus of research has been on clinical aspects including tropical diseases and nail disorders.

3. What has been your experience with Collaboration and networking within your field? What is the importance of collaboration in research?

- a. No one can deny the importance of collaboration and networking in the field of research. It shortens the period for translation of research from bench to bedside. During my research efforts, collaboration and networking with my colleagues, different departments, organizations and funding sources has been the main instrument to achieve a common goal.
- b. The gap between research and practice in healthcare is well-known and a recognized concern, As an attempt to bridge this gap, collaborative research is being used and is taken as a key to healthcare innovation. Cooperation among a diverse group of stakeholders—including research sponsors (industry, academia, government, nonprofit organizations, and patient advocates), clinical investigators, patients, physicians, and regulators is necessary in conducting a research today. In simple words collaboration can be defined as a group of people working together and each stakeholder offers a different set of tools to support the essential components of research.

4. What are the challenges that you encounter in research? What are the solutions and strategies to overcome those?

- a. Choosing your research topic your topic for each new research project is the foundation on which all your other work rests, so it's vital that you take your time in tackling this challenge. Stay flexible and consider all the angles.
- b. Finding research funding, Research is more expensive than most people imagine. There are many researchers competing for the same grants and funding. So you have to think outside your social and geographical boxes to convince the funders for your research.
- c. Convincing others of the value of your research. You have to demonstrate the impact of your research to all stakeholders.
- d. Overcoming criticism. Researchers have to expose themselves and their work to criticism. Always remain positive towards your research (and personal) success.
- e. Building a good research team (or finding collaborators). Research is rarely done alone. Use all available resources and expand your network.
- f. Recruiting research participants (or collecting samples) prepare a good argument for why people should participate in your research. Perseverance is the key.

- g. Staying self-motivated and managing your time. Choosing a topic that is interesting and engaging is key in helping you fight motivational burnout later in the process. You should map your project in a visual calendar, set up a reward system and find an accountability buddy.
- h. Ensuring your research doesn't sit and collect dust. When you're incentivized to move on to your next research project quickly, you might deprioritize tasks like making your old research and unused data sets easily accessible to those who are looking for it (including your future self). Wrap up your research with future in mind.
- i. Expecting the unexpected. The most effective strategy for managing challenges is to simply keep an open mind.

5. What are future research plans and aspirations? What are emerging trends or areas of interest shaping your field?

- a. My future plans are to teach and guide new comers in the field of research in light of whatever experience I have gained.
- b. Future of research and emerging trends:-
 - i. With the rapid development of technology the ability to process vast amounts of data in real-time, researchers can gain insights into complex problems that were once impossible to solve.
 - ii. Another important trend in the future of research is the increasing focus on interdisciplinary research. By combining the insights and methods of different fields, researchers can generate new insights and solutions that would not be possible with a single-discipline approach.
 - iii. One emerging trend in research is the use of virtual and augmented reality (VR/AR) to enhance scientific inquiry. This allows researchers to explore complex data sets in three dimensions, enabling them to identify patterns and relationships that would be difficult to discern in two-dimensional representations.
 - iv. Establishment of open science practice has made research data, methods, and findings freely available to the public, facilitating collaboration and transparency in the scientific community.
 - v. One new direction in research is the focus on sustainability and the environment. This includes developing new materials and technologies to reduce greenhouse gas emissions and to develop sustainable agricultural practices that can feed the world's growing population without damaging the environment.



Prof. Dr Waheed Ullah Khan
Vice Principal
Dental College HITEC-IMS

Q1. Introduce yourself in terms of research background and journey that led you to current field of study?

I appreciate the opportunity to share my research background and the journey that has led me to the field of orthodontics.

My venture into the realm of research began in 2003 during my FCPS Part II training in Orthodontics at the Armed Forces Institute of Dentistry, Rawalpindi. It was at this juncture that I embarked on the path of academic inquiry by delving into the writing of my dissertation. This marked the inception of a journey rife with challenges, an expedition that was not merely a solitary endeavor but one that unfolded in collaboration with my esteemed supervisor and dedicated colleagues.

Throughout this trajectory, I have encountered and surmounted various challenges, each serving as a crucible for the refinement of my research work. The iterative process of seeking and incorporating feedback has been instrumental in shaping the trajectory of my research, contributing not only to the robustness of my findings but also fostering a spirit of continual improvement.

I am profoundly grateful for the experiences and insights gained during this research odyssey, and I am eager to leverage this foundation as I delve further into the fascinating field of orthodontics with my trainees as part of their residency.

Q2. What is the focus of your research?

The primary focus of my research revolves around recent technological advancements in the field of Orthodontics, with a particular emphasis on Cone Beam Computed Tomography (CBCT) and its clinical relevance in enhancing patient care. My aim is to delve into the intricacies of these advancements, exploring their potential applications and contributions to the orthodontic landscape. By scrutinizing the practical implications of these technologies, I aspire to contribute valuable insights that can positively impact orthodontic practices and, ultimately, lead to improved patient outcomes.

This focus stems from a recognition of the transformative potential that cutting-edge technologies hold within the realm of orthodontics, and I am driven by a commitment to advancing our understanding and utilization of these tools for the betterment of patient care.

Q3. What has been your experience with collaboration and networking within your field. What is the importance of collaboration in research?

In my professional journey, collaboration and networking within the field of orthodontics have been integral components of my experience. I place a high value on the significance of fostering connections and working collectively with researchers from diverse backgrounds.

The exchange of knowledge and feedback that emerges from collaboration is instrumental in shaping more robust research findings. Embracing perspectives from different academic and professional backgrounds enhances the depth and breadth of our collective insights. Through this collaborative synergy, we create an environment conducive to innovation and excellence.

Furthermore, I firmly believe in the transformative power of multidisciplinary collaboration. By engaging with experts from various domains, we gain a comprehensive understanding of the intricate and multifaceted issues in orthodontic research. This holistic approach not only enriches the academic discourse but also directly contributes to advancements that positively impact patient care.

In essence, collaboration is not merely a professional practice but a catalyst for progress. It fosters an ethos of continuous learning, improvement, and collective achievement. I am enthusiastic about further opportunities for collaboration and networking within the research community, as they represent key avenues for advancing the frontiers of knowledge in orthodontics.

Q4. What are the challenges that you encounter in research? What are the solutions and strategies to overcome those?

Undoubtedly, my research journey has been accompanied by several challenges, each requiring a thoughtful approach for resolution.

a. Patient compliance: One recurring challenge involves patient compliance, particularly in the context of longitudinal studies where the risk of loss to follow-up exists. To address this, I have found that investing time in proper patient counselling is crucial. Clear communication about the importance of their participation and the potential impact on advancing medical knowledge has proven effective in mitigating this challenge.

b. financial constraints: Another significant hurdle arises from financial constraints, limiting the scope of certain research avenues, such as those requiring advanced technologies like CBCT and Dolphin software. To overcome this challenge, I propose that instituting dedicated funds for research purposes would enable the exploration of these vital areas. Allocating specific resources for research within the institution would not only broaden the horizons of our investigations but also contribute to the overall advancement of our field.

c. Time management: Balancing clinical practice and research involvement presents a time management challenge. Given the demands of both areas, I advocate for a strategic approach to time allocation. Wisely managing time for clinical responsibilities and research endeavours is essential. This may involve adopting efficient scheduling practices, leveraging available resources, and perhaps exploring collaborations to streamline processes.

In addressing these challenges, I am committed to adopting proactive strategies, leveraging institutional support, and refining my approaches to ensure the successful navigation of these obstacles. Through a combination of effective communication, resource allocation, and meticulous time management, I aim to contribute meaningfully to the field despite the inherent challenges.

Q5. What are your future research plans and aspirations? What are emerging trends or areas of interest in do you see shaping your field in coming years?

In terms of my future research plans and aspirations, I am deeply committed to staying at the forefront of advancements in orthodontics. One of my primary goals is to contribute to the evolving landscape of orthodontic treatment through ongoing research initiatives. Specifically, I am interested in exploring innovative technologies that enhance treatment outcomes and improve the overall patient experience.

One area of focus for my future research involves the integration of Artificial intelligence in treatment planning. AI has the potential to revolutionize how we approach orthodontic cases, allowing for more personalized and efficient treatment plans. I aim to collaborate with experts in the field of AI and apply its capabilities to optimize treatment strategies, thereby achieving more predictable and customized results for our patients.

Additionally, I am keen on exploring the role of digital technologies, such as 3D printing and virtual simulations, in orthodontic practice. These tools can provide new insights and precision in treatment planning, ultimately leading to enhanced patient satisfaction and comfort.

As for emerging trends in orthodontics, I anticipate a continued shift towards minimally invasive techniques. Patients are increasingly seeking treatments that are not only effective but also less intrusive. I plan to stay abreast of these emerging trends and integrate them into my practice, ensuring that I can offer the latest and most patient-friendly solutions.

Moreover, the intersection of orthodontics and overall oral health is gaining prominence. I intend to explore research avenues that delve into the impact of orthodontic interventions on long-term oral health, considering factors beyond just tooth alignment.



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Ike Skelton

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