

Estimation of Hemoglobin Level in Apparently Healthy Children between (6 – 24) Months in Erbil City

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Degree: Higher Diploma

Specialty: Pediatrics

Date the debate: 20/10/2008

Supervisor: Asst Prof. Abbas A. Al-Rabaty

Abstract

Background: Anemia is still one of the most common problems in the world even in developed countries, but its evaluation is still underestimated like an ice-berg especially in developing countries like us, so it needs further planning, screening and management.

Setting: This study was done in 12 primary health care centers PHCC in Erbil city – Kurdistan region/Iraq. During period of 1st Feb - 30th July 2008.

Objectives: The main objectives were to determine the Hb value in our children, to estimate the prevalence of anemia and correlating with factors that may be associated with low Hb level.

Subjects and methods: This prospective study was conducted in 500 apparently healthy children collected randomly, visiting the vaccination centers routinely during 5 months period. A closed-ended questionnaire was administered in each child to obtain data which included personal history, feeding pattern, physical examination and Hb reading which was performed at the same time, using Sahli method.

Results: From total 500 children conducted in this study, the mean Hb was 10.4 g/dl. Those with normal Hb were 196 (39.2%), while 304 (60.4%) of them were anemic, those with mild anemia were 145 (29.0%) and 159 (31.8%) of them with moderate anemia. Children with breast feeding had lower percent of anemia (26.1%), while those with whole cow's powder milk (82.0%) of them were anemic anemia was most common in low socioeconomic, crowded families, mothers with low educational levels, delayed mile stone, diluted bottle feeding and whole cow's milk feeding infants and children.

Conclusions: There is high prevalence of anemia among the children conducted in this study and there are many wrong feeding patterns among the mothers that are strongly related to the anemia, like diluted bottle feeding or whole cow's milk, while anemia was less common in children with breast feeding. Anemia had strong relation to the educational level of the parents, family size and socioeconomic status of the families.

Randomized, Prospective Comparison of Post-Operative Pain in Low-Versus Standard-Pressure Pneumoperitoneum In laparoscopic Cholecystectomy

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Degree: Higher Diploma

Specialty: General Surgery

Date the debate: 4/12/2008

Supervisor: Dr. Ali A. Al-Dabbagh

Abstract

Background: Laparoscopic cholecystectomy (LC) is the treatment of choice for symptomatic cholelithiasis, compared with traditional open cholecystectomy (OC), it has improved surgical outcome in terms of reduced pain, morbidity, and duration of convalescence. Although (LC) results in less pain than (OC), it is not a pain-free procedure. Reduced postoperative pain after (LC) may be able to be further optimized. Carbon dioxide insufflation constitutes the commonest means of creating the pneumoperitoneum, but it is attributed to many post-LC effects on the cardiovascular and pulmonary systems and the kidneys, it also causes stretching of the peritoneum and the diaphragm causing irritation of nerve endings & triggers pain.

Objectives: The aim of this randomized clinical trial was to evaluate the efficacy of low-pressure carbon dioxide pneumoperitoneum during (LC) in reducing the incidence of postoperative pain.

Methods: A double-blind, randomized, clinical trial was conducted on 100 patients with symptomatic gall stones. Patients were randomized preoperatively into Low-pressure (group A) and Standard-pressure (group B) carbon dioxide pneumoperitoneum. Patients in group A (n=50) underwent (LC) with 8 mmHg carbon dioxide pneumoperitoneum throughout the procedure and those in group B (n=50) had (LC) with 12 mmHg carbon dioxide pneumoperitoneum. Abdominal and shoulder-tip pain were assessed with verbal rating scale (VRS) scoring at 4, 8, 12 and 24 hours postoperatively.

Results: The low-pressure pneumoperitoneum did not increase the duration of surgery. There were neither significant intra-operative or postoperative complications nor conversion to open procedure in either group. A statistical comparison of mean cumulative Verbal Rating Scale scores for abdominal and shoulder-tip pain in both groups shows statistical significance at 4, 8, 12 and 24 hours after operation.

Conclusion: A carbon dioxide pneumoperitoneum at 8 mmHg reduces both the frequency and intensity of abdominal and shoulder-tip pain following LC without increasing the risks on intraoperative complications.

Evolution of Ureteroscopy in Urology Department / Rezgary Teaching Hospital

Name: Hiwa Esmaeel Mohammed

Degree: Higher Diploma

Specialty: Urology

Date the debate: 8/10/2008

Supervisor: Asst Prof. Pishtewan Hashim Al-Bazzaz

Abstract

Purpose: The aim in this study is to evaluate a modern ureteroscopy series including, operative techniques, indications for ureteroscopy and postoperative complications.

Patients and Methods: From Jun 2007 to March 2008, 99 patients were reviewed who underwent 102 ureteroscopic procedures at Urology Department / Rezgary Teaching Hospital.

Results: We had used semirigid ureteroscope to perform ureteroscopy in 99 patients; 55 males and 44 females. The most common indication for ureteroscopy was ureteric stone 79 patients. Diagnostic ureteroscopy performed in 20 cases, 4 of them had no finding and 16 patients had a ureteral stenosis or stricture. The total stone free rate was 81.48%, distal stone free rate was 78.8% and proximal stone free rate was 16.6%. JJ stents were used in 27 patients (27.3%). Regarding frequency of complications we had 9.1% ureteral perforations and 20.2% ureteral false passages.

Conclusion: According to our experience, ureteroscopy is a reasonably safe and a feasible option for the treatment of ureteral calculi and other ureteral diseases, when used by experienced hands and even when complications (perforation, false passage and bleeding) occur they can be treated easily by inserting a double J stent in the ureter.

Cryotherapy of 2 Weeks versus 3 Week Interval for Common Warts

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Degree: Higher Diploma

Specialty: Dermatology and Venerology

Date the debate: 8/10/2009

Supervisor: Dr. Intiha Mohammed Almosuly

Abstract

Cryotherapy with liquid nitrogen is a widely used method of treatment for common warts by dermatologists. Traditionally, when treating warts, liquid nitrogen is applied at intervals of 3 weeks. This study was designed to compare the efficacy, and time to clearance of 2-weekly and 3-weekly interval cryotherapy of patients attending the department of dermatology and venereology at Rizgary Teaching Hospital in Erbil City. In this comparison study 80 immunocompetant patients age range, 10-55 years with common warts on the hands and/or feet were enrolled from November 2008 through May 2009. Patients were randomized to receive cryotherapy at interval of either 2 or 3 weeks. All patients allocated to have liquid nitrogen applied with a cryo-spray technique. Cure rates were evaluated in both groups after 3 months and after 6 treatments. Seventy-two patients completed the study. The mean times to clearance of all warts in both group were 9 weeks in 2-weekly and 14 weeks in 3-weekly group ($P < 0.05$). The mean numbers of treatment sessions required to achieve clearance were similar in each group (4.5 and 4.7 treatment sessions) for 2- and 3- weekly groups respectively ($P > 0.05$). Cure rates at 3 months were 64% in the 2-weekly interval treatment group and 45% in the 3-weekly group ($P < 0.05$). After 6 treatment sessions cure rates were similar for both groups; 65% and 60% for 2- and 3- weekly groups respectively ($P > 0.05$). Morbidity was slightly greater in the 2-weekly interval treatment group ($P > 0.05$). This study concluded that, cryotherapy of common warts is effective and the percentage of cure is related to the number of treatments received, and independent of the interval between treatments. A more rapid cure may, therefore, be achieved by more frequent treatment.

Above and Below-the-Elbow Plaster Casts for Distal Forearm Fractures in Children

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Degree: Higher Diploma

Specialty: orthopedic surgery

Date the debate: 24/11/2009

Supervisor: Asst prof. Abdul-Wahab Al-Mmukhtar

Abstract

Closed fractures of the distal third of the forearm are the most common fractures of childhood, but the method of immobilization after closed reduction is controversial. This study was undertaken to determine whether below elbow casts are as effective as above elbow casts in immobilizing these types of fractures and to identify patient and treatment considerations that are related to loss of reduction.

Methods: We designed a blinded, randomized, controlled trial. The criteria for reduction and remanipulation were set a priori. The primary outcome measure was fracture immobilization as reflected by reangulation in the cast and by the need for remanipulation.

Results: A total of 90 children were enrolled in the study and were allocated to two groups: the above elbow cast group (forty nine children) and the below elbow cast group (forty-one children). The mean age was 9.34 years, and eighty patients were boys. The groups did not differ with respect to the initial fracture angulation, post-reduction angulation, reangulation during cast immobilization, and angulation of the fracture at the time of cast removal. In the above elbow cast group, twenty one (42%) of the 49 children in the above elbow cast group met the criteria for remanipulation compared with thirteen (31.7%) of the forty one children in the below elbow cast group ($p = 0.27$). The thirty four children who met the requirements for remanipulation, only four (three in the above elbow cast group and one in the below elbow cast group) actually underwent remanipulation. Children with fractures of both the radius and ulna ($p = 0.01$) and those with residual angulation after reduction ($p = 0.0001$) were at the highest risk of meeting the criteria for remanipulation. The rates of complications related to the cast did not differ between the groups.

Conclusions: Below elbow casts perform as well as above elbow casts in maintaining reduction of fractures in the distal third of the forearm in children, and the complication rates are similar. Factors that are associated with a higher risk of loss of reduction include combined radial and ulnar fractures and residual angulation of the fracture after the initial reduction.

Oral versus Vaginal Misoprostol for Termination of the Second Trimester Missed Abortion

Name: Kajal Abdulkareem Salem

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date the debate: 25/10/2009

Supervisor: Dr. Ghada Saadullah Al-sakkal

Abstract

Background: Misoprostol is a synthetic analogue of prostaglandin E1, developed in an oral form specifically to protect the stomach of people who have a chronic need for non-steroidal anti-inflammatory drugs use, and has been approved by food and drug administration for this indication since 1988. It has become an important drug in obstetric and gynecological practice because of its uterotonic and cervical ripening effects.

Objective: The primary objective of this study was to compare the effectiveness of oral misoprostol versus vaginal misoprostol in terms of the time from induction to abortion for termination of second trimester missed abortion, to determine effectiveness of each route to induce complete or incomplete abortion, number of doses required, severity of side effects and acceptability.

Study design and setting: This study is a clinical comparative study carried out in Erbil Maternity Teaching Hospital from first October, 2008 to the first of June, 2009.

Patients and methods: This study involved 90 patients who had second trimester missed abortion with gestational age of (13-24) weeks. They were randomly assigned to receive either oral misoprostol tablets (45 patients) in dose of 200 microgram every 4 hours or vaginal misoprostol tablets (45 patients) in dose of 200 microgram every 4 hours. The patients were followed for 48 hours. The main outcome was induction to abortion interval.

Results: The two groups were comparable in respect to maternal age, the mean gestational age and number of patients with previous one caesarean section. The mean induction to abortion interval was significantly shorter for vaginal group (9.98 ± 4.56 hours versus 13.30 ± 6.24 hours, $P=0.005$). More patients in vaginal group aborted within 24 hours (95.6% versus 82.22%, P -value=0.045). The vaginal group required less number of doses than the oral group (2.09 ± 0.90 versus 2.84 ± 1.24 , $P=0.001$). Gastrointestinal side effects of misoprostol was significantly more in the oral group than the vaginal group.

Conclusions: Misoprostol is effective drug for termination of second trimester missed abortion whether used orally or vaginally. Vaginal misoprostol resulted in shorter induction to abortion interval, less doses required and fewer side effects than oral misoprostol.

Experience with Acute Promyelocytic Leukemia Management In Iraqi Kurdistan

Name: Aria Namiq Maarouf
Degree: Higher Diploma
Specialty: Clinical Hematology
Date the debate: 4/11/2009
Supervisor: Asst. Prof. Anwar Sheikha

Abstract

Background: Acute promyelocytic leukemia “APL” “AML-M3” is one of the eight sub-types of AML. It is described morphologically by the French-American-British “FAB” classification. Cytogenetically, APL is characterized by a balanced reciprocal translocation between chromosomes 15 and 17. Once one of the most dangerous subtypes of leukemia, with the advent of the Chinese medicine, all-*trans*- retinoic acid (ATRA), this outlook has changed dramatically. Now APL is curable in most cases. APL is a medical emergency frequently presenting with an abrupt onset with high risk of early death (10-20%) and the potential for high cure rate (> 80%). The importance of immediate recognition and prompt initiation of specific treatment can not be overemphasized.

Objective of the study: To study the clinicopathological features and to compare our management results with that of the developed world in regard to this common curable type of acute leukemia.

Patients and methods: The study population consisted of 38 patients diagnosed morphologically according to FAB classification with acute promyelocytic leukemia (AML-M3). Those patients were admitted to the two main hematology/oncology centres in Iraqi Kurdistan (Nanakaly/Erbil and Hiwa/Sulaimaniya). The study started on December 2008 and ended on June 2009. The mean age of the patients were 28 years, ranging from 13-66 years, 21 of them were males and 17 were females. The study outlines the main clinical presentation with special emphasis on the features of Disseminated Intravascular Coagulation which is of particular interest in APL patients. Treatment outcome and its associated complications were recognized and certain recommendations advised for a better outcome.

Results: From total of 38 cases, 3 died on admission, 12 cases died during induction of remission period. 23 patients achieved complete hematological remission, 4 patients out of this group relapsed and 3 of them died of their disease.

Conclusion: With our limited resources the remission rate in our region approaches 60%.

Transthoracic Echocardiographic Findings in Patients with Atrial Fibrillation Admitted at Erbil Teaching Hospital

Name: Zana Tofeek Kheder

Degree: Higher Diploma

Specialty: Internal Medicine

Date the debate: 15/12/2009

Supervisor: Dr.Dashty A. AL-Bustany

Abstract

Background: Since Atrial fibrillation is a common presented arrhythmia nowadays in the world as well as in our country, so it is important to know the echocardiographic findings in a patient presented with AF as diagnostic evaluation for both the causes and the outcome for the prognosis of the patient.

Objectives: To study & evaluate echocardiographic findings in patients presented with AF and its distribution among gender and age and also the relation of each echocardiographic findings with common risk factors.

Patients and method: A descriptive cross sectional study of 100 patients who were diagnosed as AF or newly presented with AF was admitted to CCU from November 2008 to June 2009 among them 38 (38%) male and 62 (62%) female their ages range from 22-90 years, mean age = 62.18 years. ECG, CXR, thyroid function test and transthoracic echocardiography done for them, the entire age and sex group were included with exclusion of rheumatic valvular heart disease and congenital heart disease.

Results: The most common echocardiographic finding in a patients with AF are dilated LA represent 64(64%), then followed by MR57(57%), dilated LV39(39%) and LVH 34(34%). the most common risk factors for a patient with AF are IHD 65%, VHD 63%, and HT 51%.

Conclusion: Dilated LA was the commonest echocardiographic finding in a patient with AF. Ischemic heart disease was the commonest risk factor.

The Control of Diabetics in Erbil City According to Glycated Hemoglobin (HbA1c) Target

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Degree: Higher Diploma

Specialty: Internal medicine

Date the debate: 8/2/2009

Supervisor: Dr. Dashty B. Dzay

Abstract

Objective: To assess the glycaemic control of diabetic patients in Erbil city by measuring HbA1c values.

Setting: data collected in Erbil diabetic center (Laila Qasim) from (28th November 2008) to (20th of May 2009).

Design: Descriptive study

Patients: Hemoglobin A1c was tested for 300 patients who attended Laila Qasim diabetic center in the Erbil city; they were known case of diabetes mellitus with exclusion of; Anemia, Uremia, pregnancy, chronic ingestion of high dose of salicylates, chronic alcoholism, and Opiate addiction.

Results: Diabetic patient showed poor glycaemic control by Hemoglobin A1c measurements in (85.7%) of the patients according to American Diabetic Association and (73.3%) were unaccepted according to Clinical practice guideline. The mean Hemoglobin A1c value was (10.08± 2.67%), there was statistically significant relation between Hemoglobin A1c and post prandial blood sugar, and there was statistically significant difference between the mean of Hemoglobin A1c with age, Body mass index, and type of treatment. The most uncontrolled age groups are less than 20 year (96.1%), and most controlled between 40-59 year (22.3%), those patients on insulin are less controlled (91.70%) than Oral antidiabetic drug (79.20%) and the most controlled body mass index groups are obese (21.4%).

Conclusion: The vast majority of diabetic patients in our city are uncontrolled, specially those patient who are less than 20 years (mean Hemoglobin A1c =11.74±2.26%), so it is recommended Hemoglobin A1c testing be introduced to physicians as well as patients with diabetes as a preventive measure to reduce morbidity and mortality due to complications of diabetes in the community we advice to test Hemoglobin A1c to all diabetic patients regularly.

Association between Activity at Onset of Symptoms and Complications of STSegment Elevation Myocardial Infarction in Erbil Teaching Hospital

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Degree: Higher Diploma

Specialty: Internal Medicine

Date the debate: 3/10/2009

Supervisor: Asst Prof. Bahaadin Abdul Kareem Arab

Abstract

Background: the complications related to acute myocardial infarction are responsible for significant morbidity and mortality in Kurdistan- Iraq. It is controversial whether the onset of MI occurs randomly or is precipitated by identifiable stimuli.

Aim of the study: to study the relationship of exercise, rest and bed related to the STEMI with in-hospital complications.

Patients and Methods: the study done prospectively collecting data from those patients who had been admitted from 1st of November 2008 till 1st of June 2009 to the Coronary Care Unit in Erbil Teaching Hospital in Erbil city. The study included 121 patients (84 men, 37 women) who newly developed acute ST-segment elevation myocardial infarction (STEMI), their ages ranged from (35-86), mean age (56.76 ± 11.12). The onset of pain of acute myocardial infarction whether during exercise, rest or during bed were studied. Complications like ventricular fibrillation, ventricular tachycardia, heart block, pulmonary edema, cardiogenic shock and in hospital death had been recorded. Among 121 patient Transthoracic echocardiography done only for 88 patients within 5 days of admission to the Coronary Care Unit for the detection of early complications.

Result: patients with exercise-related onset myocardial infarction have more likely to be younger. While those with sleep bed-related onset or rest were more likely to be older. Patients whose symptoms of STEMI began at rest had significantly higher incidence of early acute mitral regurgitation (26, 59.1%) versus exercise related STEMI onset (8, 33.3%) p value=0.04. Patients whose symptoms of STEMI began at bed had significantly higher incidence of early acute mitral regurgitation (13, 65%) versus exercise related STEMI onset (8, 33.3%) p value=0.036. The proportion of patients with rest-related onset STEMI who had early infarct expansion (14, 31.8%) was higher (but not statistically significant) than those with bed-related onset STEMI (2, 10%).

Conclusion: early echocardiographic examination is recommended especially for those with rest, bed-related onset STEMI for the earliest diagnosis of complications like acute mitral regurgitation and early infarct expansion in order to provide early appropriate management for these complications i.e. surgery for acute mitral regurgitation and ACE inhibitor for early infarction expansion in order to prevent or retard more future deterioration in the left ventricular function.

Clinical and Laboratory Study of Chronic Myeloid Leukemia In Iraqi Kurdistan

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Specialty: Clinical Hematology

Date the debate: 26/9/2009

Supervisor: Asst. Prof. Anwar Sheikha

Abstract

Background: Chronic Myeloid Leukemia (CML) is a clonal hematopoietic stem cell disorder. It was the first malignancy found to be associated with a recurring chromosomal abnormality "Philadelphia Chromosome"; result from the translocation of genetic material from one chromosome to another to form fusion gene (BCR/ABL) and it was the first disease in which the fusion gene was recognized as giving rise to an abnormal fusion protein fundamental in the pathogenesis of the disease. It is now the first disorder in which a therapeutic agent Imatinib Mesylate "Glivec" has been designed to specifically target the molecular defect with potential for cure.

Objectives: Evaluate all the clinical and laboratory data regarding this interesting type of chronic leukemia. Classify CML cases into various prognostic risk groups on the basis of international Sokal scoring system. Availability and source of Glivec and what other options of treatments are offered when Glivec is not available

Patients and method: Descriptive study was conducted at Nanakaly and Hiwa hospitals in Erbil and Sulaimaniya respectively from 1st of December, 2008 to 30th of June, 2009. A total of 100 CML patients were selected randomly. The study was retrospective and prospective. Clinical examination and laboratory investigations were performed for all included patients and they were subjected to international Sokal scoring system. The results were compared with other studies.

Results: The mean age of the group was 42.8 ± 13.23 years, ranging between 15 and 87 years. The M:F ratio was (1:1.08). The commonest symptoms at onset were easy fatigability, weight loss and abdominal fullness. At presentation the mean white cell count was 164,000/ μ L. At presentation the mean percentage of blast cells in peripheral blood was 3% and 4% in marrow. Ph chromosome and BCR/ABL was available for 18 cases and was positive for all of them. According to International Sokal scoring system the patients were divided in to 3 groups: group A CML patients with good prognosis (91%), group B moderate prognosis (7%) and group C poor prognosis (2%).

Conclusions: The mean age of presentation of CML patients in this study is lower than documented in developed countries. The most common presenting features of this group were easy fatigability, weight loss and abdominal fullness. Majority of cases in this study were belonged to the good risk group 91%. Seven percent were moderate risk group and 2% poor risk group. The significant prognostic indicators among the groups were platelet count, peripheral and marrow blast cells percentage. Patients with poor prognosis were associated with high platelet count, high peripheral and marrow blast cells percentage.

Comparative early Clinical Evidence Outcomes in Pathological Subtypes of Non Operative Traumatic Brain Injured Patients Managed in ICU

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Degree: Higher Diploma

Specialty: Anesthesiology

Date the debate: 6/12/2009

Supervisor: Dr. Allaa M. Yousif

Abstract

Background: Starting endotracheal intubation for the purpose of controlled ventilation may prevent secondary brain damage caused by Traumatic Head Injury in those inoperable patients who managed in Intensive Care Unit (ICU).

Objectives: Early evaluation outcomes of patients with traumatic brain injury undergoing general anesthesia in Intensive care units (ICU) according to change in their Glasgow Coma Scale in relation to their Age, Gender, pathology type and mortality

Methods: Included in this prospective study were 41 trauma patients with severe head injury (Glasgow Coma scale {GCS} between score 4-8). In all cases, the ICU treatment included endotracheal intubation controlled ventilation for about 72 hours; arterial blood gas and serum electrolyte done four times daily for each patient. Age grouping and Pathological sub-typing of injured brain. Pathological subtyping is performed according to duration of loss of consciousness and according to Computerized Tomographic (CT) findings. The outcomes in each age group and pathological sub-types assessed according to clinical improvement in Glasgow Coma Scale and CT findings.

Results: 70.7 % of the patients showed an improvement in their GCS; age group <15years showed best improvement in GCS (88.9 %) compared to other age groups and those with concussion showed highest improvement in GCS (100 %) compared to other pathological subtypes and slightest improvement in GCS noticed in patients with Intracerebral Hemorrhage (46.2% improved GCS). 17.07% of the patients showed an improvement in their follow up CT; age group between 15-29 years showed highest rate of improvement (29.4%) in follow up CT findings compared to other age groups and those with contusion showed highest rate of improvement (40%) in follow up CT findings compared to other pathological subtypes. 'Optimal' oxygenation (PaO₂ >83 mm Hg) was achieved in 87.7% and 'adequate' ventilation (PaCO₂ 34.2–38 mm Hg) in 65.9% of the patients during ICU admission. 'Optimal' oxygenation as well as 'adequate' ventilation was achieved in 58.8% of the study population. Hypoxemia (PaO₂ <60 mm Hg) was observed in 4.9%, hypercapnea (PaCO₂ >38 mm Hg) in 9.8%, and hypocapnia (PaCO₂<34.2 mm Hg) in 24.4% of the study patients. Hypocapnia as well as hypercapnia was significantly more frequent in patients with associated pulmonary contusion.

Conclusions: Endotracheal intubation and controlled ventilation of the lungs initiated in the ICU setting do guarantee optimal oxygenation and ventilation in patients with severe head injury especially in those patients with concussion in reverse to those with Intracerebral hemorrhage who showed lowest rate of improvement in their GCS. There is no relation between CT follow up and GCS follow up in regard to improvement. Early admission of patients with Traumatic Brain Injury (TBI) to ICU have better outcomes, female gender also have better outcome & lesser incidence of TBI.

Key words: Pathological subtypes, Head injury, ICU, TBI.

Life Threatening Ventricular Arrhythmias after Acute ST-elevation Myocardial Infarction in Erbil City

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Degree: Higher Diploma

Specialty: Internal Medicine

Date the debate: 10/2/2009

Supervisor: Dr. Abdulaziz Y. Mansoor

Abstract

Background: In many patients, life threatening ventricular arrhythmias will develop early after acute myocardial infarction. And it is regarded as one of the serious complications of acute myocardial infarction which associated with high mortality and morbidity. This study was undertaken to examine the frequency, timing and the effect of life threatening ventricular arrhythmias on mortality after acute myocardial infarction.

Methods: The study population consisted of 206 patients with acute STElevation myocardial infarction from Erbil-city, admitted to coronary care unit in Erbil-teaching hospital from November 1st, 2008 to May 1st, 2009. Ventricular arrhythmias were categorized as ventricular fibrillation and ventricular tachycardia. Incidence, outcome with patient's characteristics relation were calculated and analyzed by proper statistical methods.

Results: Among 206 persons with acute ST-elevation myocardial infarction, 11.6% experienced life threatening ventricular arrhythmias (6.3% ventricular fibrillation, 5.3% ventricular tachycardia). Associated factors were older age, male sex (83%); smoking (70%) and anterior wall STElevation myocardial infarction (75%). Life threatening ventricular arrhythmias was associated with increased risk of death (37.5%) at inhospital period

Conclusion: Ventricular arrhythmias after acute myocardial infarction are relatively common, particularly among persons who are male, smoker, with anterior wall myocardial infarction and no prior history of coronary disease. Life threatening ventricular arrhythmias after myocardial infarction was associated with higher incidence of mortality. Thus, identification of high-risk myocardial infarction survivors and prevention of life threatening ventricular arrhythmias could markedly improve outcomes.

The Role of Antenatal care in Reducing Maternal Complication of Twin Pregnancies

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Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date the debate: 21/10/2009

Supervisor: Dr. Zainab Muhsin Zwain

Abstract

Background: The maternal complications of twin pregnancy can involve virtually all organ system. Familiarity with these complications is essential for the care of patient with multiple gestations and for the successful management and outcome. At present time the growing use of assisted reproductive technology and increase maternal age during pregnancy have increased the incidence of twin pregnancies leading to better appreciation of the propensity to maternal complication inherent in these gestations

Design of study: Comparative study

Objective of study: Analyzing the role of antenatal care in reducing maternal complications of twin pregnancies.

Setting: Sample study collected in labor room, emergency unit in maternity teaching hospital in Erbil city, Kurdistan region, Iraq.

Patient and Method: Sample study consists of hundred cases of twin pregnancies, 50 cases having regular antenatal care during pregnancy, and other 50 cases does not attend antenatal care unit, this study compared maternal complications of both groups and discuss the role of antenatal care in reduction of maternal complications of twin pregnancy which include (preterm labor, pre-eclampsia, placenta Abruption, postpartum haemorrhage, anaemia, polyhydramnios and increase incidence of caesarian delivery and uterine rupture)

Result: The total birth in this period was (14104), among them (528) cases was twin, so the incidence of twin was (36.4/1000) total birth. And the commonest age group was (22-25) years in (30%) of cases the commonest gestational age was (37-40) week in (73%) of cases. The commonest associated factor includes; multiparty in (58%) of cases and primigravida in (42%) of cases, (14%) of cases presented with history of induction of ovulation therapy by both drugs and assisted reproductive techniques. presentation of both twins at the time of delivery was found as following; Cephalic-cephalic presentation was found in (50%) of cases in which (37%) were delivered vaginally and (13%) of cases was delivered by C/S Breech- cephalic Presentation was found in (19%) of cases in which (4%) Were delivered vaginally and (15%) of them were delivered by C/S Cephalic-breech presentation was present in (16%) of cases in which (5%) of cases were delivered vaginally and (11%) of cases delivered by C/S Cephalic –transverse presentation was present in (5%) of cases in which (2%) of cases were delivered vaginally and (3%) of cases were delivered by C/S. Transverse-transverse presentations was found in (4%) of cases and all of them delivered by C/S Breech-breech presentations was found in (3%) of cases only (1%) of them were delivered vaginally other (2%) of cases delivered by C/S Breech –transverse presentation was found in (3%) of cases all of them delivered by C/S So total cases delivered vaginally were (49%) and those delivered by C/S was (51%). There was highly significant relation between mode of delivery and presentation of both twins at the time of labor. Commonest complications that occurred was preterm labor in (27) cases in which (9 cases) had antenatal care and (18cases) having no antenatal care during pregnancy. Pre-eclampsia was found in (15) cases, (5cases) having antenatal care and (10cases) having no antenatal care. Anaemia was found in (12) cases, (5cases) having antenatal care and (7cases) having no antenatal care. Diabetes mellitus was found in (4) cases, 1(25%) of cases having antenatal care and 3(75%) cases having no antenatal care. Intra uterine death was found in (5) of cases, 1(20%) cases having antenatal care 4(80%) cases having no antenatal care. Polyhydramneosa were found in (21) cases, (5 cases) having antenatal care and (16 cases) having no antenatal care. So statistically there was significant relation between maternal complications among those who had antenatal care and those with no antenatal care.

Conclusion: Twin pregnancies with history of ANC during pregnancy having lower prevalence of maternal complications like (preterm labor, Anemia, Intrauterine death and polyhydramnios) so there is significant relation between them. Other complications like (pre-eclampsia and diabetes mellitus) having no significant relation with ANC. Age group, multiparty, drug history having significant relation with ANC.

Hepatitis B and C Viral Infections in Children with Acute Leukemia in Erbil City

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Degree: Higher Diploma

Specialty: Pediatrics

Date the debate: 8/12/2009

Supervisor: Asst. Prof. Mourage H. AL- Ani

Abstract

Background: Patients treated for pediatric malignancies are at high risk of parenterally transmitted viral hepatitis.

Objectives: To detect the seroprevalence of hepatitis B and hepatitis C viral infection in children with acute Lymphoblastic and Myloblastic Leukemia & identify some variables that could affect its prevalence in these patients.

Material and method: Patients with pediatric acute leukemia (forty-nine with ALL & eleven with AML) presented to Nanakaly Hospital for Blood diseases, during the period from September 2007 to Jun 2009 were enrolled in this study, they were classified into two groups (1&2): Group 1 includes 27 cases of pediatric acute leukemia. Patients in this group evaluated initially before starting chemotherapy and after six months of treatment retrospectively. Group 2 includes 33 cases of pediatric acute leukemia they don't have initial evaluation. They have been evaluated prospectively when the study started and after Six months. Patients of both groups were subjected to full clinical evaluation. Sera of these patients were investigated for liver function test & hepatitis marker including HBsAg and Anti HCV antibody.

Results: In-group 1, all patients were seronegative for HBV and HCV at diagnosis and hepatitis marker increased significantly to 14% for HBV while still seronegative for HCV after six months of therapy. In-group 2, the seropositivity of HBV and HCV at the beginning of the study were found to be 33.3% and 12% respectively, and after six months this figure changed to 27.7% and 15% respectively. Correlation between hepatitis markers and age, Residence, number of Blood transfusion, vaccination, Liver function test were listed.

Conclusion: There is a high seroprevalence of hepatitis B and C in pediatric acute Leukemia. Blood & blood product transfusion is the major risk factor for HBV infection. It is possible that the very high rate of HCV seroconversion in these patients may not depend on clearly documented parenteral exposure, but also on other unrecognized routes of transmission.

Prevalence of silent cerebral infarcts in subjects attending rizgary hospital

Name: Saddam H. Amein

Degree: Higher Diploma

Specialty: Neurology

Date the debate: 2728/2009

Supervisor: Dr. Ehsan Alshimmery

Abstract

Objectives: To study the prevalence of silent strokes in a group of Iraqi Kurdish population, and to study the significance of different risk factors for stroke in the etiology of silent strokes.

Method: This is a prospective study have been designed to look for the prevalence of silent stroke in a group of randomly selected subjects visiting the outpatients clinics in Rezgary teaching hospital at Erbil city. The studied sample involved two hundred adults whom their ages were 45years and more from January 2009 to June 2009, they were 124 female and 76 male their age range from 45 years to 89 years with mean age is (58.24 ± 10.41) . The included subjects have been examined according to special format designed to look for their general health issues and whether they have any risk factors for stroke, and they accepted to be examined looking for physical and neurological signs of CNS disorders. All the subjects or their families accepted to show their Brain MRI or CT scan images to be examined by the researchers looking for the presence of silent strokes. Analysis of data was carried out using software (Microsoft excel 2003 computer program and the (statistical package for social sciences) SPSS for Window version 15.0 (spss Inc, Chicago, IL) used to find out association between variables by calculating chi square test. P value < 0.05 regarded as significance.

Results: This study showed that 19% of the studied sample had silent strokes; hypertension, ischemic heart disease, and hyperlipidemia were significant risk factors of having silent stroke in addition to agility, while gender, smoking, DM and increase in body mass index above 25 are non significant risk factors of silent stroke.

Conclusions: Silent cerebral ischemia or strokes is one of the risk factors for having major or minor future strokes, it is present in 19% of our studied sample which represents group of Iraqi subjects from Kurdistan region, Hypertension , IHD, and hyperlipidemia are significant risk factors for silent strokes in addition to agility.

Types of myopia and the correlation of axial length with the degree of myopia among patients attending Ophthalmology department in Rizgary Teaching Hospital

Name: Mahr Hurmiz Denha

Degree: Higher Diploma

Specialty: Ophthalmology

Date the debate: 10/3/2009

Supervisor: Dr. Abdul-Majeed Abdul-Qader Younis

Abstract

A descriptive study conducted among patients attending the Ophthalmology department of Rizgary Teaching Hospital from December 2008 to June 2009. A sample of 100 patients, 200 eyes were collected, including all the cases of symptomatic myopia, that present with refraction error, the exclusion criteria include, those patients with pathology causing myopia like cataract, keratoconus, those on topical medication causing myopia like pilocarpine eye drop and those who undergone refractive surgery and scleral buckling surgery. All the cases were studied carefully by measuring the spherical equivalent by means of autorefractometer (Topcon, Japan), the AL and the corneal curvature (keratometry) by means of the IOL master, Carl Zeiss, Germany. 36, (36%) of them were male, 64, (64%) were female, the peak incidence of myopia was from 20-24 years, mean age was 25.49 with a standard deviation 8.87, ranging from 10-54 years old. 51 cases had positive family history, 49 had negative family history, (67) cases, (134 eyes) had axial myopia (AL more than 24 mm), (33 cases), (66 eyes) had refractive myopia (AL less than 24mm, it could be curvature or lenticular), 56 cases had mild myopia (less than -2.5 D), 28 moderate myopia (-2.75 - -5.75 D) and 16 cases had high myopia (more than -6 D). 18 eyes in 10 patients had pathological myopia. A strong correlation has been noted (Pearson correlation coefficient) between the axial length and the spherical equivalent (degree of myopia) of both eyes ($r= 0.7$ RE, and $r= 0.7$ LE). Every 0.37mm of axial elongation was associated with 1D of myopia progression. Myopia was more common among students 41% and housewives 29%.

Histopathological study of abnormal uterine bleeding in patients admitted to the Maternity Teaching Hospital in Erbil city

Name: Shadia Ali Ebrahim

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date the debate: 25/10/2009

Supervisor: Dr. Serwa Rassool Al-Dabbagh

Abstract

Abnormal uterine bleeding (AUB) is defined as any uterine bleeding that does not fit the pattern of normal menstrual periods. It can occur at any time after menarche, in early menstrual life, during reproductive life, or after menopause. To find out various histopathological features of endometrium in cases of abnormal uterine bleeding A simple descriptive study (reviewing of cases) of endometrial histopathology in women with abnormal uterine bleeding. This study was performed on 100 cases present with AUB in which diagnostic curettage done for them at Maternity Teaching Hospital in Erbil city, Kurdistan region, Iraq. During a period of 8 months from 1st October 2008 to 1ST June 2009. The commonest age group was 40-49 years accounting for 43% cases followed by 30-39 years in 35% cases and 20-29 years in 22%. Mean BMI was 23.29 kg/m² (SD=1.99), minimum BMI was 18.91kg/m²; maximum was 28.1 kg/m². 45% of patients have <5 children and 55% have ≥5 children. The commonest clinical presentation was menorrhagea found in 51% of cases, followed by menometr-orrhagia in 24%, intermenstrual bleeding in 11%, Oligomenorrhoea in 5%, hypom-enorrhoea in 5%, Polymenorrhoea in 4%. The endometrial lesions included proliferative endometrium (46%), secretory endometrium (26%), irregular shedding (10%), retained product of conception (9%), hypersecretory endometrium (5%), chronic endometritis (2%) simple hyperplasia (2%). Only 5% had history of hypertension and 5% had history of diabetic mellitus, on medical treatment and was controlled. Our study on endometrial curetting in AUB revealed clustering of cases around late reproductive age 40-49 years. Most of patients complain of menorrhagea and most of endometrial pattern was in Proliferative phase.

Prevalence of Stroke in Hawler City; a Household Survey

Name: Farhang Jawhar Mawlood

Degree: Higher Diploma

Specialty: Neurology

Date the debate: 9/12/2009

Supervisor: Dr. Aso Sabir Sheikh-bzeni

Abstract

Stroke is one of the major health problems in Kurdistan region, yet no prevalence study on stroke has been reported from this region. This population-based study on stroke disorder was undertaken in the city of Hawler, Iraq, to determine the prevalence rate of stroke. This is a descriptive study comprising household survey of a clustered randomly selected sample of the city population, conducted from 1st October 2008 to 31st July 2009 to determine the prevalence rate of stroke. Out of 4203 persons (905 families), only 33 patients (17 male and 16 female) were found to have stroke, with a life time prevalence of 7.8/1000 population. The commonest age group affected was 60-74 year. The ratio of cerebral infarct (72.7%) to hemorrhage (27.3%) was 2.66:1, is low comparing with those in western countries (5.6:1). Thrombotic subtype accounted for (42.4%), embolic (12.1%), lacunar (18.2%), ICH (15.2%) and SAH occur in (12.1%) of cases. Hypertension was the most important risk factor (54.5%) while smoking, diabetes mellitus, and Hyperlipidemia were found to be other major risk factors. In conclusion, stroke is a common neurological disorder in Hawler city with prevalence rate of 7.8 per 1000 person. Despite the lack of epidemiological data, the burden of stroke seems to be high in Kurdistan. Although Ischemic strokes are more common than hemorrhagic strokes, the relative proportion of hemorrhage is higher compared to the Western population. There was no significant difference between genders in the disease pattern (51.5% were male and 48.5% were female). Modifiable risk factors were common among patients with stroke. Better control of these risk factors might decrease incidence of stroke and all consequences thereafter.

Routine Vitamin K Prophylaxis and Prevention of Hemorrhagic Disease of Newborn in Hawler Governorate

Name: Kalthuma A. Sadiq

Degree: Higher Diploma

Specialty: Pediatrics

Date the debate: 29/9/2009

Supervisor: Asst. Prof. Abbas Al-Rabaty

Abstract

Background: Vitamin K is essential for effective coagulation, and a deficiency may result in spontaneous life-threatening hemorrhages. As a consequence of the short half-life of vitamin K compared with other vitamins, newborns can become deficient within days in case of inadequate intake.

Objectives: To determine the effectiveness of vitamin K prophylaxis in the prevention of classic and late hemorrhagic disease of newborn.

Materials and methods: The study was prospective & undertaken between January and June 2009. Two hundred fifty apparently healthy newborn baby delivered by normal vaginal delivery in post natal delivery care unit at Maternity Teaching Hospitals in Erbil were recruited. One hundred babies have received 1mg of vitamin K by IM Route & one hundred fifty were considered as control full clinical examination for both groups and clinical follow up after one week & one month for both groups was done.

Results: Our study include 250 apparently healthy full term newborn babies of both gender delivered by NVD. The mean body weight of them were (3.39±0.42) kg.

Group 1, (n=100) given IM vitamin K: including 59% male, 41% female, those with exclusive breast feeding 73%, formula feeding 5% and 22% with mixed feeding, all of them with no evidence of bleeding. While in group 2, (n=150) control group: most of newborn who present with bleeding was after the 1st week of life, about 111 (99.2%) were exclusive breast feeding 2 (1.8%) of them had been diagnosed as late HDN. Formula feeding were 6% while those with mixed feeding were 32% with no evidence of classic or late HDN until after one month of follow up. In group 2 male gender were (58%) & female were (42%) with a ratio of 1.4:1. The cases diagnosed as HDN were 1.2% from male gender, 51% of mothers were primigravida & 48.7% were multigravida with presence of HDN among babies of primigravida about 2%. Prothrombin time & partial thromboplastin time was prolonged in about 2%.

Conclusions: Vitamin K prophylaxis should be given to every newborn within 1st twelve hour of birth especially in breast feed babies.

Mineral – Bone Disorders in Hemodialysis Patients in Erbil Teaching Hospital

Name: Mahdi A. Aziz

Degree: Higher Diploma

Specialty: Nephrology

Date the debate: 5/12/2009

Supervisor: Dr. Hussein Y. Sinjary

Abstract

Renal osteodystrophy is a common complication of chronic kidney disease (CKD). It is the part of a broad spectrum of disorders of mineral and bone metabolism that develop in this clinical setting and result in both skeletal and extraskeletal consequences. Our objective in this study was to determine the prevalence of mineral disorders and bone disease in hemodialysis (HD) patients in Erbil and to evaluate the contributing factors. This study was conducted in the renal unit at Erbil Teaching Hospital between June 2008 and June 2009. The study population included 70 hemodialysis patients, 37 were male and 33 were female, their age range from 15-71 years with a mean age of 49.6 years. Data concerning patient's demographics, dietary, drugs intake and HD therapy were collected by chart review. Predialysis serum levels of parathyroid hormone (PTH), creatinine, calcium, phosphorus, albumin and alkaline phosphatase were measured. A radiographic skeletal survey was performed in all patients. The study parameters were correlated with different variables. The serum phosphorus in 48.5 % , calcium-phosphorus product in 54.2 % and serum parathyroid hormone in 34.2 % of patients were within Kidney Disease Outcome Quality Initiative (K/DOQI) guideline targets. Hyperphosphatemia was identified in 31 patients (44.2 %), high calcium- phosphorus product in 32 patients (45.7 %), hyperparathyroidism in 14 patients (20 %). Most patients were underdialysed , 75.8 % of them had a poor dietary knowledge, clinical symptoms related to renal osteodystrophy were identified in 46 % of patients, while radiological abnormalities were shown in 41 % of patients. The serum parathyroid hormone level was directly correlated with serum alkaline phosphatase and corrected calcium .The study clearly showed that mineral derangements and bone disorders are common among hemodialysis patients in Erbil. An energetic collaboration is required for proper management.

Drainage in Laparoscopic Cholecystectomy

Name: Dlishad Abdulkarem Muhamed

Degree: Higher Diploma

Specialty: General Surgry

Date the debate: 7/12/2009

Supervisor: Dr. Ali A. Al-Dabbagh

Abstract

Background: Laparoscopic cholecystectomy is the main method of treatment of symptomatic gallstones. One of the proposed advantages of drain is the removal of residual gas after operation, which is believed to be one of the factors in postoperative pain, nausea, vomiting and morbidity. Its use is a mater of debate.

Objectives: The aim of this randomized clinical trial was to assess the value of drains in elective laparoscopic cholecystectomy and to study the effects of drains, intended to decrease the residual gas, on postoperative pain, nausea, vomiting and morbidity.

Patients and methods: During one year period (July 2008 to July 2009), 50 patients were randomized to have a subphrenic placed drain (group A), 50 patients were randomized to have a subhepatic placed drain (group B) and 50 patients were randomized not to have a drain (group C). End points of this trial were to detect any differences in postoperative pain, nausea, vomiting and morbidity between the groups which were assessed at 2, 4, 8, 12 and 24 hours postoperatively.

Results: Subphrenic drain significantly reduced the incidence and amount of subdiaphragmatic gas bubble (23/50 patients and 5.69 ± 11.12 cm in group A vs. 48/50 patients and 17.34 ± 12.21 cm in group C). The number of patients who had nausea showed no significant difference at different time points except at 24 h between group A and C (4/50 vs. 13/50 patients). The mean intensity of postoperative abdominal pain was lower in group A at 4, 8, 12 and 24 h, and in group B at 4 and 8 h than in group C, the difference was not significant. There was no mortality and no significant difference in the incidence of morbidity, shoulder pain, analgesic and antiemetic use observed between the groups.

Conclusion: Routine drainage after LC is unnecessary. It would be reasonable, however, to leave a drain if there is a worry about an unsolved or potential bile leak.

Clinical Assessment of Cases of Vitiligo Attending the Department of Dermatology and Venereology at Rizgary Teaching Hospital

Name: Sarmand Abdulrahman Sulaiman

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date the debate: 20/10/2009

Supervisor: Dr. Intiha Mohammed Al-Mosuly

Abstract

Vitiligo is an acquired, skin disorder caused by the disappearance of melanocytes from the epidermis that gives rise to well defined white patches which are often symmetrically distributed. The aim of this study is to assess and delineate the various clinical types of vitiligo and to detect various coexisting diseases. In this descriptive study, 64 patients of both sexes with vitiligo were serially enrolled in this study between November 2008 to the end of May 2009. The diagnosis of vitiligo in all cases was based on clinical examination and woods light. A detailed history and examination including (ophthalmological examination and Laboratory tests) were done. Out of 64 patients, 50% were males and 50% were females, male to female ratio being 1:1, the age of the patients varied from (3 - 65 years), the mean age being 20 years, the mean age of onset was 17, the duration of the disease varied from one month to 19 years. Family history of vitiligo was found in 28%. Generalized vitiligo was the most common type found in (67.18%) of the patients, followed by focal vitiligo which was found in (26.55%), and acrofacial in (6.25%) of the patients. Mucosal involvement was found in (57.8%) of the patients, Halo nevi in (18.7%), Poliosis in (35.9%), Alopecia areata in (3.1%), and psoriasis in (4.7%) of patients. The disease was progressive in (76.5%) patients. Hyperthyroidism was found in (3.1%), diabetes in (1.3%). ocular abnormalities were found in (4.7%). This study concluded that generalized vitiligo was the most common clinical type observed, and in more than half of the patients the disease started before 20 years of age. There were coexisting disorders in some patients, such as psoriasis, alopecia areata, hyperthyroidism and diabetes mellitus

Evaluation of Factors that Influence Hand Deformities in Patients with Adult Chronic Rheumatoid Arthritis

Name: Diar Abdullah Abubaker

Degree: Higher Diploma

Specialty: Rheumatology and medical rehabilitation

Date the debate: 27/11/2009

Supervisor: Dr. Dashty A. Al-Bustany

Abstract

Objectives: are to find out the prevalence of hand deformity in RA and to identify factors contributed to its presence.

Method: a group of 100 patients with RA fulfilling the 1987 revised ACR criteria, were attending routine out patient clinics and physiotherapy unit in Rizgary hospital, between 1st Oct. 2008 to 31st June 2009, are included, Patients who had congenital anomaly, history of trauma, patients below 16 years and other rheumatologic disease had been excluded.

Results: hand deformity recorded in (57%) of cases .The frequency of deformities was as follow; ulnar deviation of the MCP joints (41%), palmer subluxation of the MCP joint (38%), Z deformity (13%), boutonniere deformity (27%), swan neck deformity (35%), radial deviation of the wrist (24%) and subluxation of the wrist joint (16%). Female to male ratio was 5:1, 55% Of patients are between 40-59 years of age. X-ray of both hand shows 60% of patients had bone erosion, RF was positive in 73% of patients, CRP was positive in 75%. Family history was positive in 30%. There was a significant correlation between development of deformities and disease duration, No. of joints involved, RF ,CRP and ESR, other factors that had been studied but had no significant correlation with development of deformities which are age, gender, occupation, residence, smoking, type of treatment, BMI and family history.

Conclusion: Rheumatoid arthritis is a chronic rheumatologic disease that affects the hand and cause deformities, which are mainly, depend on duration of disease, so early treatment and suppression of inflammation is necessary to delay or arrest the development of deformities.

Evaluation of Solitary Liver Lesion by CT Scan

Name: Rezan Hassan Muhammad

Degree: Higher Diploma

Specialty: Clinical Radiology

Date the debate: 20/10/2009

Supervisor: Prof. Mohammed Hassan Al-Eshaiker

Abstract

Objective: of the study To evaluate the solitary liver lesion by spiral computed tomography.

Material and methods: The prospective study consisted of 103 patients who had solitary liver lesion on CT examination. The examinations were done in Rizgary hospital, Hawler teaching hospital and Medya Diagnostic centre. The study started in November 2008 and ended in June 2009. The mean age of the patients was 48.89 years, ranging from 0.75-85 years, 40 of them were males and 63 were females. The CT scanner used in Rizgary and Hawler teaching hospital in this study was single-slice spiral CT a Somatom Emotion (Siemens, Germany), speed of 0.8 second per rotation, 130 KV, 120 mAs, (25) Second scanning time, and on axial and coronal sections. In Medya Diagnostic centre the CT scan was obtained with Somatom Emotion, 16 slices spiral (Multislice). The contrast medium was administrated intravenously manually. The results were confirmed cytologically, histopathologically and postoperatively.

Results: From total 103 cases, 40 cases (38.83%) were malignant while 63 cases (61.16%) were benign, using a contrast enhancement of 20 HU or more as the threshold for positive test.

Conclusion: The spiral CT is a useful diagnostic tool in diagnosis of patients with solitary liver lesion.

Prevalence of Anisometropic Amblyopia in Primary School Children in Ankawa Sub-District, Erbil

Name: Anwaar Pouls Shamoan

Degree: Higher Diploma

Specialty: Ophthalmology

Date the debate: 29/7/2009

Supervisor: Dr. Oday Abdulmunim

Abstract

Anisometropia is an important cause of amblyopia which is a leading cause of acquired monocular visual impairment. Currently, there is a lack of adequate data on pediatric eye and vision disorders in our city, particularly in Ankawa, In the present study, we estimate the prevalence of anisometropic amblyopia among 1st and 2nd class primary schools in Ankawa sub district. Prospective population-based cross-sectional study during the period from November (2008) through January (2009), a total of 697 children aged 6-8 years (mean age 7 year) were examined, 333 (47.8%) were male, and 364 (52.2%) were female. Distance visual acuity were tested in each eye separately using an illiterate E chart. An orthoptic examination followed by a cycloplegic autorefractometer was arranged when visual acuity \leq 6/9 in the worse eye. Using Top con RM-8000 auto refractor. Eighty six students (12.3%) of them had visual acuity of 6/9 or worse in at least one eye. Only 11 children had anisometropic amblyopia, the prevalence of anisometropic amblyopia was 1.6% Out of 697 students 11 of them had anisometropic amblyopia ,this study determined local prevalence of anisometropic amblyopia.

The Prevalence and Types of Manifest Strabismus among a Sample of Primary Schools' Children in Erbil City

Name: Omid Najm Taha

Degree: Higher Diploma

Specialty: Ophthalmology

Date the debate: 7/10/2009

Supervisor: Dr. Eman H. Alwan

Abstract

Background: According to our best knowledge there is no previous estimation of strabismus prevalence in Erbil city among children, so this population-based study was conducted on a sample of school age children to estimate the prevalence of manifest strabismus among them.

Methods: 1479 children (Grade 1, 2 and 3) have been visited at 15 schools that are selected by multistage-cluster sampling (from Jan. to Jul. 2009). All children are examined at school for ocular motility, corneal light reflection, and cover-uncover tests. Children with suspected manifest strabismus were asked to attend the ophthalmologic outpatient department for complete eye examination.

Result: 31 child (17 females and 14 males), had manifest strabismus that correspond to a prevalence of 2.1%. Eighteen cases had esotropia (58.06%) and 13 cases had exotropia (41.94%). The most common type of esotropia was accommodative esotropia (55.6% of all esotropic cases). Infantile, sensory, basic, and special syndrome esotropia accounted for 11.1%, 16.7%, 11.1%, and 5.6% respectively. Intermittent exotropia was the most common type of exotropia (92.3% of all exotropic cases), and constant exotropia was constituted (7.7%). Two thirds of the strabismic cases diagnosed accidentally during this study or hadn't been seen by ophthalmologists previously.

Conclusion: The prevalence of manifest strabismus in our study population is within the range of similar studies conducted in other nations. Esotropia is more common than exotropia. The most common type of esotropia and exotropia were accommodative esotropia and intermittent exotropia respectively. There is poor care for strabismus among our population.

Ureteroscopy versus extracorporeal shockwave lithotripsy for the treatment of ureteral stone

Name: Younes Hussein Rhman Dzaiy

Degree: Higher Diploma

Specialty: Urology

Date the debate: 18/10/2009

Supervisor: Asst Prof. Pishtewan Hashim Al-Bazzaz

Abstract

Objective: we compared the efficacy of extracorporeal shock wave lithotripsy (ESWL) and ureteroscopy (URS) for the treatment of ureteral calculi.

Patients and methods: between September 2008 and march 2009 in Urology Department / Rezgary teaching hospital ,a total of 140 patients with solitary , radiopaque ureteral calculi were treated with extracorporeal shock wave lithotripsy (n = 70) using a Siemens litho star 2000 or ureteroscopy (n = 70) using 9.5 French Karl storz semirigid ureteroscopy.

Results: One month stone free rate (28.6% in ESWL; 58.6% in URS ; p <0.001).The three month stone free rate was also higher for ureteroscopy (60% in ESWL; 68.6% in URS ; p = 0.29).Regarding intra-operative complications of ureteroscopy we had 3 (4.2%) ureteral perforations and 12 (17.1%) uretral false passages .Post-operative flank pain and heamaturia were more severe in the ureteroscopy than extracorporeal shock wave lithotripsy group, Also mild to moderate fever noted in both groups which is more in ureteroscopy than extracorporeal shock wave lithotripsy (18.5% in ESWL; 21% in URS).Minor complication of steinstrasse one case (1.4%) occurred in extracorporeal shock wave lithotripsy was treated conservatively.

Conclusion: In general ureteroscopy is more effective than extracorporeal shock wave lithotripsy for treatment of ureteral calculi. Extracorporeal shock wave lithotripsy was more often performed on outpatient basis, and showed a trend towards less flank pain and haematuria, fewer complications and quicker convalescence.

Posterior Versus lateral Approach in the Operative Treatment of the Supracondylar Fracture Humerus in Children

Name: Abubakir M. Ahmed

Degree: Higher Diploma

Specialty: Orthopaedic Surgery

Date the debate: 12/12/2009

Supervisor: Dr. Zainab Abdul-wahab

Abstract

We performed a prospective study on supracondylar fracture humerus in children of type II and type III who treated by operation by open reduction and internal fixation by k-wire through either posterior or lateral approach. In order to assess the outcome of these injuries by operation in both approaches.

Patient and method : during the period between 1st October 2008 and 30th June 2009a total of 35 children treated in Erbil teaching hospital and Erbil private hospitals, (mean age was 7.8 years) were included in the study, 27 males (77%) & 8 females (23%). Of these 35 children;12 cases were type II and 23 cases were type III, from those cases of type II 7cases treated through posterior approach and 5 cases treated through lateral approach , while among those 35 children 23 cases were type III in which 14 cases treated through posterior approach and 9 cases through lateral approach, regardless type of fracture (21) cases treated by operation through posterior approach, and (14) cases through lateral approach, preoperatively only two cases have had nerve injury at the time of accident which was about 6%, one was median nerve injury and another one was ulnar nerve injury.

Results: The mean post operative follow-up duration was five months and childrens were assessed clinically and radiologically .Twenty five patients had an excellent result and free of complications, two childrens that treated by lateral approach had cubitus varus with less than 10° loss of carrying angle and seven childrens that treated by posterior approach had loss of motion 10-20 degree loss of elbow flexion, and only one children developed infection postoperatively following posterior approach. For this study Chi –square test have been used for comparison between posterior and lateral approach regarding post operative complication in general which was ($p = 0.03$), so P-value is less than 0.05 so there is statistically significant deference between the posterior and lateral approach. Open reduction and internal fixation of the supracondylar fractures humerus in children is an effective and safe method of primary treatment especially by lateral approach which is relatively associated with better outcomes than posterior approach.

Risk Factors for Cataract among Patients Aged 40 years and above in Erbil Governorate

Name: Hanaa Sharaf Aldeen Ismael

Degree: Higher Diploma

Specialty: Ophthalmology

Date the debate: 7/10/2009

Supervisor: Dr. Abdul-Majid Abdulqadir

Abstract

Background: cataract is a major cause of preventable blindness worldwide. The exact cause of its development is unknown; many factors may contribute to its formation.

Objectives: To determine the risk factors associated with age related cataract in Erbil and to estimate the prevalence of types of cataract among the study sample.

Methods: A case-control study was carried out on patients attending Ophthalmology departments at Rizgary and Hawler teaching hospital in Erbil from December 2008 to June 2009 to study the risk factors of cataract among patients aged 40 years and above. A sample included 500 patients, 250 cases of age-related cataract and an equal number of controls. Sociodemographic factors, systemic factors were evaluated. Standardized examination of the lens done by slit-lamp for detection of Cataract.

Results: Mean age of cases was 63.41 ± 9.16 years old, ranging from 41-83 years, females were more likely to have cataract (59.2%) than males (40.8%), and nuclear cataract was most common type. Cataract found to be associated significantly with working outdoor (P value < 0.01, O.R (Odds ratio) = 0.346, 95% CI 0.24-0.499), illiteracy (P value < 0.01), current smoking (P value < 0.01), DM (P value < 0.01, O.R 0.276, 95% C.I 0.15-0.50), steroids medication (P value < 0.01, O.R = 9.621, 95% C.I 2.20-41.91).

Conclusion: This study verified some risk factors that may contribute in preventive strategy of age related cataracts in the future

A Study of the Factors Affecting Bleeding After Cardiac Surgery

Name: Aree Salahaddin Othman

Degree: Higher Diploma

Specialty: Thoracic and Cardiovascular Surgery

Date the debate: 9/11/2009

Supervisor: Dr.Mohammad Mahmood Saleem

Abstract

This study is about multivariant factors that associated with excessive bleeding after cardiac surgery. It includes one hundred and fifty six patients that were operated on for heart diseases between April-1st-2008 to February-28th-2009 in Hawler Centre for Cardiac Surgery. The inclusion criteria is age 20 years or above, while the exclusion criteria is history of congenital bleeding tendency and mortality within the first 12 hours post-operatively. Demographic feature of patients were taken and monitored the first 24 hours in ICU post-operative mediastinal with/without chest drains hourly. The patients were divided in to two groups, those who drained less than 750 ml/24hrs designated as group A and those who drained 750 ml/24hrs or more designated as group B. After analyzing the data by using SPSS ver.17.0 program it is found that male gender, advance age, low body weight, diabetic patients, small body surface area and taking anticoagulant and antiplatelet drugs prior to surgery are associated with excessive bleeding after cardiac surgery. Also cumulative amount of drainages in first 24 hours post-operatively more in case of CABG with/without valve surgery, LIMA harvesting and number of distal graft vessels anastomosis in case of CABG.

Clinico- Pathological Correlation Between Endometrial Disease and Ovarian Pathology in Hysterectomized Patients in Erbil Maternity Hospital in Erbil City

Name: Nask Jalal Jebraeel

Degree: Higher Diploma

Specialty: Gynecology and Obstetric

Date the debate: 17/10/2009

Supervisor: Dr. Ghada Saadullah Al-sakkal

Abstract

Hysterectomy is usually the last line of management in gynaecological conditions especially in premenopausal age groups because it has a lot of negative hormonal feed back effects on the individual in addition to produce permanent sterility for women in this we want to identify the real causes of disease which may be treated by removing of the diseased ovary without proceeding to this major operation with all complications. The objective of the study is to find the clinico-pathological relationship between endometrial pathology and ovarian disease in hysterectomized patients. Simple descriptive study in maternity hospital in Erbil city, Kurdistan, Iraq from October 1st 2008 till July 1st 2009. The patients and methods was composed of a total of 196 women aged 30-79 years, attended to Erbil Maternity Hospital for abdominal hysterectomy. The sample was sent to laboratory for histopathological examinations of endometrium and ovary in order to make correlation between them. The Results of the study was age of our patients ranged from 30-79 years with mean age 45 years. Regarding the endometrial histopathology results are as follows ; simple glandular hyperplasia constitutes 104 cases (53.06%) of our patients the majority of them 103 cases (99.04%) are related to follicular cyst of ovary, complex endometrial hyperplasia 11 cases (5.61%) , atypical endometrial hyperplasia 3 cases (1.53%) , endometrial carcinoma only one case (0.5%) , atrophic endometrium 15 cases (7.65%) , secretory phase of endometrium 24 cases (12.24%) , asynchronised endometrium 21 cases (10.71%) , proliferative phase of endometrium 17 cases (8.67%). The Conclusion of the study was a high significant relationship between endometrial hyperplasia & follicular cyst of ovary was observed

The Ratio of Prostate-Specific Antigen (PSA) to Prostate Volume (PSADensity) as a Parameter to improve the Detection of Prostate Carcinoma

Name: Sizar Sherzad Rasool Ahmed

Degree: Higher Diploma

Specialty: Urology

Date the debate: 4/11/2009

Supervisor: Dr. Mohammad-Suhaib Subhi Al-Mufti

Abstract

Aim of the study: This study is done to evaluate the effectiveness of prostatic specific antigen (PSA) and prostatic specific antigen density (PSAD) (the quotient of PSA and prostate volume), in identifying cases of prostate cancer among men presenting with symptoms of bladder outflow obstruction.

Patients and Methods: Between September 2008 and end of July 2009, 245 men aged between 50 – 90 years were evaluated in the Department of Urology; Rizgary Teaching Hospital in Erbil, Iraq. They presented with symptoms of bladder outflow obstruction. They were investigated to evaluate their condition for possible prostatic disease. Assessment was carried out by digital rectal examination (DRE), estimation of total serum PSA & transrectal ultrasound (TRUS). Prostatic biopsy was arranged for an abnormal DRE, suspicious TRUS findings and /or PSA > 4 ng/ml. All patients who underwent surgery for obstructing prostate, the resected tissue were sent for histopathological evaluation.

Results: Fifty (20.4%) of the 245 men had prostate cancer proved by histo-pathological examination. Sixty-seven men (27.3%) had PSA levels of less than 4.0 ng/ml, and 2 (2.9%) of these men had prostatic cancer with mean PSAD (0.24). One hundred-eight men (44.5%) had PSA values between 4.1 and 10.0 ng/ml out of those 21(19.4%) patients had prostatic cancer. For this group as a whole, the mean PSA values of the malignant and benign groups showed no significant difference ($P < 0.06$) while the mean PSAD was 0.18 for the malignant group versus 0.08 for the benign group which is statistically significant ($P < 0.0001$). Seventy men (28.2%) had PSA values of greater than 10.0 ng/ml and 27 patients (38.6%) of this group had prostatic cancer, prostate specific antigen density was no more useful than PSA alone in distinguishing men with malignant or benign for prostate cancer in this group.

Conclusion: PSA is the most useful tumor marker for diagnosing and monitoring prostate cancer. PSAD is helpful in differentiating serum PSA elevations secondary to BPH from those secondary to CaP and it's more useful when DRE results are normal and the PSA is greater than 4.0 ng/ml.

PSAD Provide additional information regarding the need for biopsy especially in those patients with organ confined CaP who is candidates for radical treatment.

Pattern of cases with primary amenorrhea in Maternity teaching hospital in Erbil

Name: Khanzad Saadi Hamad

Degree: Higher Diploma

Specialty: Gynecology and Obstetric

Date the debate: 26/10/2009

Supervisor: Dr. Shahla K.AL-Alaf

Abstract

Background: Primary amenorrhea is the failure of menses to occur by age 16 years, in the presence of normal growth and secondary sexual characteristics. If by age 14, menses has not occurred and the onset of puberty, such as breast development, is absent, work-up for primary amenorrhea should start.

Objective: This study was performed to report the clinical and laboratory assessment of patients with primary amenorrhea, and to find out the etiological factors of primary amenorrhoea in the study sample.

Design of study & setting: A simple descriptive (review of cases) study was performed in department of Obstetrics and Gynecology at Maternity Teaching hospital in Erbil city, Kurdistan region, Iraq, from 1st October 2008 till 30th June 2009.

Patients and method: 52 patients presented with primary amenorrhoea were included in the study and patients having secondary amenorrhoea including pregnancy were excluded. The data collected included history, examination and investigations and were recorded on a Performa.

Results: The commonest age was < 20 years (44.2%). The commonest weight group was 55-65kg (34.6%). In the majority of cases the height was distributed between 160-164cm (23.1%). Seventeen cases (33%) were married and 35 (67%) cases were single. Secondary sexual characters were developed in 53.8%, while infantile in 46.2%. Based on ultrasound findings uterus was not visualized in 18 patients due to Rokitansky syndrome and 3 patient due to androgen insensitivity. II other mullerian anomalies with hematocolpos or hamatometra were seen in 5 patients, 24 patients had hypo plastic uterus & 2 cases had normal uterus. In 39 patients the ovaries were within normal limit, not visualized in 8 patients, one had endometrioma. Gonadotrophin was raised in 6(11.5%) cases due to Turners syndrome & resistant ovary syndrome, low in 18 (34.6%) cases due to hypogonadotropic hypogonadism & normal in 28 cases due to mullerian

Abnormalities (Rokitansky syndrome), xy female & constitutional delay. MRI was done for 20 cases which allow accurate evaluation of the uterine aplasia and clear visualization of ovaries & can be used at same time to search for associated renal malformation. Laparoscopy was done for 29 cases to aid the gynecologist in his search for etiology of primary amenorrhoea. Intravenous urogram was done for six cases with renal anomalies in which 5 of them were due to Rokitansky syndrome & 1 case was due to transverse vaginal septum. Rokitansky syndrome was found in 34.6% & other mullerian anomalies in 9.6%. Hypogonadotropic hypogonadism in 28.8%, Turners syndrome in 9.6%, testicular feminization in 5.8%, systemic disease in 5.8%, constitutional delay 3.8% and resistant ovary syndrome in 1.9%.

Conclusions: Primary amenorrhea is one of the important reasons for distress of family and patient herself. Fear of exposure of defect may be the reason for not seeking medical advice. The clinician should handle the case with great sensitivity. Psychological support can prevent long term sequelae.

Electrocardiographic changes during acute exacerbation of chronic obstructive pulmonary disease in patients admitted to Erbil teaching hospitals

Name: Aree Nadhem Abdulrahman Daham

Degree: Higher Diploma

Specialty: internal medicine

Date the debate: 21/11/2009

Supervisor: Professor. Hama Najm Jaff

Abstract

Background: Exacerbation of chronic obstructive pulmonary disease make challenge for both the patient and the clinician, it is important to know what information can the electrocardiogram provide about the effect of the disease on the cardiovascular system and it is outcome on the patient's prognosis.

Objectives: Early detection of ECG changes during exacerbation of chronic obstructive pulmonary disease.

Patients and method: A review (prospective cross sectional) study on hundred patients who are known to have chronic obstructive pulmonary disease including chronic bronchitis and emphysema admitted to the hospital during exacerbation from 1st Nov 2008 to the 1st June 2009. Resting electrocardiography was taken during the early period of admission and followed up during the period of treatment by a series of ECGs, then was compared to old ECGs taken previously for any reason.

Results: Arrhythmia was the commonest ECG change during exacerbation (Sinus tachycardia 62.4%, Multifocal atrial tachycardia 19.6%, Ventricular ectopic beats 12.4%, Atrial fibrillation 5%, Supraventricular tachycardia 3%, and Ventricular tachycardia 2%). P-pulmonale, prolonged QT interval, left axis deviation, prominent U-wave and ST-T changes (5.6%, 6.3%, 1%, 3%, and 8.6% respectively) were the second common changes. Other important effect of exacerbation was myocardial injury including myocardial infarction (4%).

Conclusion: Arrhythmias and myocardial injury are important factors that can increase the mortality and morbidity during exacerbation.

Paraumbilical Hernia in Erbil

Name: Dilshad Hamad Mustafa

Degree: Higher Diploma

Specialty: general surgery

Date the debate: 9/12/2009

Supervisor: Asst. Prof. Tayeb S. Kareem

Abstract

Background: Umbilical and Paraumbilical hernias have been known to occur since Biblical times and are still the source of much superstition and ignorance.

Objectives: To study the distribution and causes of Paraumbilical hernia in Erbil city, and to compare the results with that of some other studies done elsewhere.

Patients and Methods: This is a prospective study comprising 182 consecutive patients with Paraumbilical hernia who attended Rizgary Teaching Hospital, Hawler Teaching Hospital and all private hospitals in Erbil city, during the period from 1st September 2008 to 31st May 2009. The following information were recorded: age, sex, parity, weight, and height, smoking habits, previous abdominal operations, family history of hernia, clinical examination findings, type of anesthesia, operative findings, operative procedures and total hospital stay. All patients operated on under GA, except 2 patients who were operated upon by spinal anesthesia due to their unfitness for GA. The operative procedure selected according to surgeon's preference. The data analyzed statistically by Microsoft Excel 2007.

Results: The total number of the patients was 182 patients. (92%) of them were females and (8%) were males. The female: male ratio was 12:1. The age of the patients ranged from 1.5-76 years. The mean age was 41.7. The most common age group was between (31-40) years. The number of the patients in this age group was 63(34.6%). One-hundred-and-ten patients (61%) were obese (BMI >30). (67%) of patients had history of 4-15 pregnancies. Only one child (female) had PUH. Operation was done for (74%) of patients. Simple repair done in 50% of PUH. Mayo's repair done 16% of cases and prosthetic mesh used for repairing in 34% of cases. (14%) of cases had recurrent hernias.

Conclusion: PUH is a common disease in Erbil. It is more common in females than males. Female to male ratio is 12:1. It is more common in multiparous and obese adult female patients. PUH may rarely occur in children.

The validity of transvaginal Ultrasound Scan in Postmenopausal Bleeding in comparison with histopathological findings

Name: Muna Tahir Salih

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date the debate: 25/10/2009

Supervisor: Dr. Shahla K. Alaf

Abstract

Objective: A clinical comparative study was conducted in Erbil maternity teaching hospital to compare transvaginal ultrasound scan of endometrial thickness with histopathological finding in women with post menopausal bleeding which obtained by dilatation & curettage.

Patients and method: This study was performed on 50 postmenopausal women with vaginal bleeding attended to Maternity teaching hospital and all had transvaginal ultrasound scan and dilatation & curettage and we compared between both tow modality.

Results: Average age of patients in years and BMI with endometrial thickness by transvaginal ultrasound (<5mm) in 13 cases was 58.46 VS 33.31, average age of patients in years and BMI with endometrial thickness (\geq 5mm) in 37 cases was 58.91 VS 34.25. The onset of menopause between 1-5 years with endometrial thickness by transvaginal ultrasound (\leq 5mm) there were 84.6%, those with endometrial thickness by transvaginal ultrasound (> 5mm) were 70.3%. The onset of menopause between 6-11 years with endometrial thickness by transvaginal ultrasound (\leq 5mm) were 7.7% these with endometrial thickness by transvaginal ultrasound (>5mm) were 27%. The onset of menopause between 12-17 years with endometrial thickness by transvaginal ultrasound (\leq 5mm) were 7.7% and those with endometrial thickness by transvaginal ultrasound (>5mm) were 2.7%. The duration of vaginal bleeding from 1-6 months in menopause patients with endometrial thickness (\leq 5mm) by TVS were 46.2 % those with endometrial thickness (>5mm) by TVS were 75.7%. The duration of vaginal bleeding from (7-12 months) in menopause patients with endometrial thickness (\leq 5mm) by TVS were 23.1% those with endometrial thickness (>5mm) by TVS were 8.1%. The duration of vaginal bleeding from (13-18 months) in menopause patients with endometrial thickness (\leq 5mm) by TVS were 30.8% and those with endometrial thickness (>5mm) by TVS were 16.2%. The numbers of Diabetes mellitus in patients with endometrial thickness (\leq 5mm) were 3 out of 13 and endometrial thickness (>5mm) were 3 out of 37. The Numbers of hypertensive patients with endometrial thickness (\leq 5mm) were 7 out of 13 and those with endometrial thickness (>5mm) were 16 out of 37. The patients with parity (\leq 5) with endometrial thickness (\leq 5mm) were 2 out of 13 and (>5mm) were 13 out of 37. The patients with (>5) with endometrial thickness (\leq 5mm) were 11 out of 13 and (>5mm) were 24 of 37. Endometrial thickness by ultrasound (>5mm) with atrophic endometrium by histopathological result were 13 out 14, endometrial thickness by ultrasound (\leq 5mm) with atrophic endometrium were 1 out of 14 and endometrial hyperplasia were 36.

Conclusion: There is no significant difference between the TVS & D & C finding. Do not doing invasive procedures to PMB unless there is indication (suspect malignancy). All women with PMB are reasonable to have a recommended TVS before any invasive procedure. Serial TVS must be done for all patients who has PMB and making follow up list for them to detect any abnormality early which help the management. VIII PMB will increase with increasing the BMI so it is help full to encourage the patients to reduce their weight to decrease the frequency of bleeding and it is duration. Making good control for the DM & HT this will help the women to decrease the frequency of bleeding because these disease are regarded as risk factor for endometrial cancer.

Pattern of Cases of Gestational Trophoblastic Diseases among Pregnant Women Admitted to the Maternity Teaching Hospital in Erbil

Name: Deman I. Omer

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date the debate: 25/10/2009

Supervisor: Dr. Shahla K. Alaf

Abstract

Gestational trophoblastic diseases are chorionic tumor of the placenta. They include spectrum of diseases from the usually benign partial hydatidiform mole to the highly malignant choriocarcinoma, most commonly in women older than age 40. The purpose of this study was to explore the frequency rate and epidemiological correlates of Gestational Trophoblastic Diseases (GTDs), the clinical behavior, the complications and management of this disease in our hospital with the following aims: identify the presenting signs and symptoms of the disease and common complications, identify probable predisposing factors and identify rate of the disease among pregnant women and early detection of the cases. It is descriptive and analytic study on cases of gestational trophoblastic diseases among pregnant women admitted to Maternity Teaching Hospital in Erbil city, Kurdistan, Iraq was conducting during the period of the study from 1 Oct 2008 to 1 Apr 2009. During this period of time 40 cases of Gestational Trophoblastic Diseases were diagnosed and all were evaluated for their age, parity, abortion, prior molar pregnancy and clinical features as vaginal bleeding, and lower abdominal cramps, hyperthyroidism, anemia, hyperemesis, pre-eclampsia with complete examination especially for detecting uterin size and leuteal cysts. Then investigations were done for all of them. The frequency rate of the gestational trophoblastic diseases was 1 in every 318 pregnant women. The highest frequency rate was at 40 years and more, the mean gestational age of patients at time of the diagnosis was 11 ± 3.7 weeks, 82.5% were complete mole, 10% were partial mole, and 7.5%, were gestational trophoblastic neoplasms. Majority (87.5%) of the cases were presented with vaginal bleeding. Pregnancy induced hypertension occurred in 12.5% with 2.5% pre- eclampsia, (67.5%) of them had abdominal crump, 50% had hyperemesis gravidorum, 25% had hyperthyroidism with marked elevated T3, T4, 45% their uterine size were larger than expected gestational age, 10% had prior molar pregnancy, 25% had theca lutein cyst, ultrasound was diagnostic in 95% of cases. In conclusion: the frequency rate of gestational trophoblastic diseases in this study is comparable to the incidence in some Middle East and Far Eastern countries. The common clinical features of gestational trophoblastic diseases noted were vaginal bleeding, hyperemesis gravidarum, uterine size being larger than the expected dates and the presence of hyperthyroidism and ovarian theca lutein cysts.

Comparative Study between Conservative and Operative Treatment of Humeral Diaphyseal Fracture

Name: Ali Alias Ali

Degree: Higher Diploma

Specialty: Orthopaedic Surgery

Date the debate: 20/12/2009

Supervisor: Dr. Zohair M. AL-Saffar

Abstract

By using conservative and operative methods, we treated fifty four patients who had a fracture of the humeral shaft. Forty eight patients were available for follow-up, which ranged from five to forty weeks; there average age was 31.39Yrs (ranges from five to sixty five Yrs), twenty six males and twenty two females. From these patients (forty-two were of close and six were of open fractures), the average time of union was 10.5 weeks for conservative method and 8.4 weeks for operative method; the average varus-valgus angulation was 8 degrees and the average posterior angulation was 12 degrees in conservative method. The average shortening as measured radio-graphically in conservative method was 8 millimeters and 6.5 millimeters in operative method. Twenty one patients had an excellent result with a nearly full range of motion of the extremity, thirteen patients had a good result with mild limitation of motion of the extremity (less than 20 degrees), five patients had a fair result with moderate limitation of motion of the extremity (more than 20 degrees). There were some complications with poor results including nine nonunion (six of them associated with infection).

Because of the low morbidity and high rate of success in conservative method and because statistically there was no significant difference between the two methods (P value more than 0.05), we concluded that the treatment of choice for diaphyseal fractures of the humerus is better to be by nonoperative method unless there's a clear indication for surgery.

CT scan Findings in Clinically Suspected Chronic Sinusitis

Name: Dildar Abdulrahman Salih

Degree: Higher Diploma

Specialty: Radiology

Date the debate: 16/12/2009

Supervisor: Asst. Prof. Saeed N. Younis

Abstract

110 patients having clinical signs& symptoms of chronic sinusitis were examined by CT scan& studied for the presence of features& complications of chronic sinusitis& for the presence of any anatomic variations. The age range was 15-73 years, 68 females& 42 males. Among these 110 cases, 73 (66.36%) of them had features of chronic sinusitis on CT. The most common feature was mucosal thickening (66.36%) followed by polyp (29.1%), then retention cyst (16.4%), & the least common was air fluid level (8.2%). Among the sinuses, maxillary sinus was most commonly involved followed by ethmoid, sphenoid then frontal sinus. Chronic sinusitis in the present study was usually bilateral. Ostiomeatal complex was involved in (28.2%) & was usually bilateral. Anatomic variations like septal deviation (69.1%), concha bullosa (35.8%), haller cells (10.9%)& agger nasi cells (12.7%) were present in higher frequencies among patients than among normal population that is recorded in the literature. Among these anatomic variations only concha bullosa& haller cells showed significantly higher positive CT findings of chronic sinusitis that may indicate possible etiological role of these two in the development of chronic sinusitis. Patients who had concha bullosa showed higher incidence of septal deviation than patients with out it.

Use of Misoprostol tablet Vaginally for Cervical Ripening Prior to Surgical Termination of the First Trimester Missed Abortion

Name: Trifa Maghdid Hamza

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date the debate: 1/11/2009

Supervisor: Dr.Zainab Muhsin Zwain

Abstract

Background: Misoprostol is a prostaglandin E₁ analogue medication, has been shown to be effective in facilitating cervical dilatation prior to surgical termination in patients with first trimester missed abortion.

Objective: The primary objective of this study was to compare the efficacy of vaginal administration of misoprostol for preoperative cervical priming in first trimester surgical abortion with dilatation and curettage. The secondary objectives were to compare the side effects and relative acceptability of the two methods by the subjects.

Study design and setting: This study is conducted as prospective randomized clinical trial at the department of Obstetrics and Gynecology in Erbil Maternity Teaching Hospitals throughout the period (October, 2008 to July, 2009).

Materials and methods: Hundred women with a period of gestation (6-12) weeks who were scheduled for a day surgery for missed miscarriage 50 of them were randomly allocated to receive 400 micrograms of misoprostol by vaginal route; three hours prior to surgical evacuation compared to and coopered with the other 50 patients whom underwent surgical evacuation and compared with the other 50 patients whom only underwent surgical evacuation. The primary outcome measure was the degree of cervical dilatation. The secondary outcomes were, the number of patients required further dilatation by Hegar dilator, intra-operative blood loss, duration of the procedure, and the incidence of pre-operative side effects. Statistical analysis was performed with Chi-square test of association, t-test and Fisher exact test, and p value less than 0.05 was considered significant.

Results: There were statistically significant difference ($p < 0.05$) in the mean cervical dilatation in the misoprostol group and surgical group (7.440 ± 1.621 mm versus 0.0 ± 0.0 respectively). And operative time (surgical: 9.92 ± 2.48 min versus misoprostol 3.62 ± 1.54 min respectively). Patients in the misoprostol group were relatively more satisfied than surgical. There were statistical significant differences ($p < 0.05$) in the base line hemoglobin change. There were no major side effects apart from minor side effects which need no treatment.

Conclusions: It is concluded that the use of vagina misoprostol to provide cervical preparation in patients with first trimester abortion procedures appeared effective and has offered an alternative to surgical method, with only few minor side effect in misoprostol group which need no treatment and fortunately no side effect in surgical group.

Key words: Misoprostol, vaginal, cervical ripening, first trimester, missed abortion.

Mode of Delivery and Fetal Outcome in Teenage In Erbil city

Name: Hala J. Jawad

Degree: Higher Diploma

Specialty: Obstetrics and gynecology

Date the debate: 1/11/2009

Supervisor: Dr.Sirwa Rasool AL-Dabagh

Abstract

Background: Teenage pregnancy is coming up as one of the most important public health problems all over the world with varying prevalence. In recent years the incidence is increasing due to; early onset of puberty, early sexual activity in girls and relative lack of education on contraception, although adolescent marriage is a cognizable offence in our society, a high fertility rate, social customs, poverty, ignorance make marriage a common feature.

Objectives: To study mode of delivery and pregnancy outcome in teenage.

Design: Descriptive study.

Setting: The sample was collected in labor room at **Maternity Teaching Hospital and Mala-afandi health center.**

Method: At time of labor, in labor room at Maternity Teaching Hospital and Mala afandi health center, 300 nulliparous pregnant women were recruited and they divided into two groups. Group one consisted of one hundred fifty women their ages were less than twenty years and Group two consisted of one hundred fifty women their ages were between twenty to thirty five years. The duration of study was 9 month's from 1st September 2008- 31st May 2009. Statistical analysis used is a Chi-square test of association and contingency coefficient test. P Values of ≤ 0.05 were considered significant.

Inclusion criteria: All nulliparous women whose ages fell within these two groups, twin pregnancy and preterm labor were also included.

Exclusion criteria: Nulliparous women more than 35 years old.

Results: The mean age of group one and two were (18.7 and 25.60) respectively, 60% of women in group one were unbooked (don't have antenatal care) in comparison to 46.7% in group two. Group one were found to have anemia 16.66% ($p=0.037$), hypertensive disorders 10% ($p=0.047$) and preterm delivery 17.10% ($p=0.033$) more than group two. No significant difference found between two groups regarding antepartum ($p=0.259$) and postpartum hemorrhage ($p=0.411$).

There were 1.33 % of twin gestation in group one ($p=0.054$). The mode of delivery was cesarean section in 20 % of teenagers ($p=0.001$), no significant difference were found in weight of neonates regarding both groups ($p=0.853$). Significant difference were seen between two groups regarding low apgar score at 1 min ($p=0.000$) & 5 min ($p=0.012$). In group one 10.06% of neonates were admitted to NCU ($p= 0.021$), 1.97% were still birth and neonatal death occur in 0.67% of cases in first group ($p= 0.178$).

Conclusion: Teenage pregnancy have often been associated with both maternal and neonatal complications ranging from hypertensive disorders ,anemia to low birth weight, small for gestational (SGA) infants & prematurity, there were higher rates of neonatal morbidity and mortality.

Assessment of musculoskeletal complications of brucellosis In patients attending Hawler teaching hospitals

Name: Waleed Khalid Ali

Degree: Higher Diploma

Specialty: Rheumatology and Rehabilitation

Date the debate: 22/11/2009

Supervisor: Dr. Dashty Al-bustany

Abstract

Brucellosis complications are a major medical problem in countries where brucellosis is still endemic and not controlled. The aim of our study is to find out the prevalence and pattern of Rheumatological complication of brucellosis in Hawler. The study was carried out from 1st Oct. 2008 to 1st Jul. 2009. The diagnosis of Brucella was based on the clinical features and the presence of positive serological tests. The number of the patients was 53 patients. Results: in our study the mean age of the patients (38.2y.), minimum (13y.) and maximum (76y.). There was equal risk of exposure between children and older age groups. Females (56.6%) are affected more than males (43.4%). The most common age groups involved are young adult and middle aged that represents the most productive group in the community. Our study shows that brucellosis was more common among those who consume un pasteurized milk and milk products than those who have history of contact with animals. Our study shows that the most frequent joints to be affected are sacroiliac 42(79.2%) the knee 41(77.3%) and hip joints 21(39.6%), less frequently ankles, shoulders, elbows, wrists are involved. Brucellosis is still common and yet not controlled and not eradicated from our community; programs for vaccination, raising the awareness about the disease, control, and eradications of the disease are recommended.

Association between Resting Heart Rate and In-Hospital Outcome of Acute Myocardial Infarction in the Coronary Care Unit in Erbil Teaching Hospital

Name: Aram T. Aziz

Degree: Higher Diploma

Specialty: Internal Medicine

Date the debate: 10/12/2009

Supervisor: Asst. Prof. Omer K. Surchi

Abstract

Background: Heart Rate (HR) is a familiar and accessible clinical variable. Based on epidemiologic data and inferences from clinical trials, most physicians believe that tachycardia at rest is prognostically undesirable. Elevated heart rate has been shown to be associated with an increased risk of all-cause mortality, cardiovascular mortality, and development of cardiovascular disease in the general population, and also in hypertensives, diabetics, and those with preexisting coronary artery disease.

Setting: The data presented in this paper are collected from the Coronary Care Unit (CCU) in the Erbil Teaching Hospital from 1st November 2008 to 1st may 2009

Design: cross sectional case study

Patients and Methods: We have considered cases of 179 patients with acute myocardial infarction ST Elevation Myocardial Infarction and Non ST Elevation Myocardial **Infarction to contribute to this study:** ECG was performed for every patient on admission to the Coronary Care Unit in addition to the follow-up through daily ECG procedures during their stay at the Coronary Care Unit. The patients considered in this research presented a maximum of 24 hours of pain and onset of symptoms.

Results: There was a statistically significant association between resting heart rate and the in-hospital outcome of acute myocardial infarction (pvalue= 0.001). It was also shown that beta blockers, administered within 6 hours of admission, tended to improve the outcome of Acute Myocardial Infarction (p-value= 0.003).

Conclusion: Heart rate has a significant effect on the outcome of AMI. Lowering heart rate improves the outcome of AMI.

A Comparative Study between Topical Clindamycin Solution (%1) Versus Combination of Clindamycin (%1) Adapalene (%0.) Gel in the Treatment of Acne Vulgaris

Name: Tara Fuad Wali

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date the debate: 25/10/2009

Supervisor: Dr. Intiha Mohammed Almosuly

Abstract

Acne vulgaris is a common skin disorder. Topical preparations constitute the sole treatment in many patients. Combination therapy with topical retinoid and antibiotic is recognized as a rational and effective approach for the treatment of acne vulgaris. The aim of this study was to compare the efficacy and tolerability of topical clindamycin solution as a monotherapy with the combination gel of clindamycin/adapalene for the treatment of mild to moderate acne of the face. This 12 week, randomized open-label, comparative therapeutic trial was conducted at the outpatient department of Dermatology and Venereology at Rizgary Teaching Hospital in Erbil City during the period from November 2008 to the end of May 2009. A total of hundred patients with mild to moderate acne of the face were enrolled in the study and randomly assigned to; group I; apply clindamycin phosphate solution 1% (n=50), and group II; apply a combination gel of clindamycin 1% /adapalene 0.1% (n=50), once daily at night. Out of the hundred patients, 89 patients completed their treatment, 45 patients in group I, and 44 patients in group II. A significantly greater reduction of total (P=0.008), and noninflammatory lesions (P=0.002) were seen in group II than in group I, but in the respect of inflammatory lesion response there was no statistically significant difference between the two treatment groups (P=0.102). Both treatments were well tolerated, and no serious adverse events were reported. Although the worst scores for erythema and scaling (P<0.05) were higher in group II than in group I. This study demonstrates that the combination of adapalene and topical clindamycin is 1.19 times more effective than clindamycin solution alone, and provides faster benefit, and should be considered the first choice at the initiation of treatment of mild to moderate acne.

Iron Indices in Haemodialysis Patients

A Single Center Study in Erbil Teaching Hospital / Kidney Unit

Name: Kamaran Shamil Mardan

Degree: Higher Diploma

Specialty: Nephrology

Date the debate: 16/10/2009

Supervisor: Dr. Safa Ezadeen Nooradin

Abstract

Background: Anemia is one of the systemic effects of chronic kidney disease, the causes and mechanisms of anemia in chronic kidney disease is multifactorial including ; Erythropoietin deficiency, iron deficiency, blood loss, and reduced red blood cell survival . And iron deficiency among dialysis patients not necessarily have low ferritin despite the sever anemia, in contrast most of them shows elevated ferritin level reflecting that uremic patients in state of inflammatory state.

Objectives: to monitor and assess iron status (transferrin saturation, and serum ferritin) in chronic kidney disease patients on hemodialysis in a single center (Erbil teaching hospital /kidney unit).

Patients and method: A descriptive study was conducted in Erbil teaching hospital dialysis center from December 2008 to June 2009; data were collected from 80 patients on haemodialysis with (estimated glomerular filtration rate less than 10 ml/min) in Erbil teaching hospital/ kidney unit. Samples taken to make a quantitative measurement of iron, total iron binding capacity, and ferritin, then calculating transferrin saturation by dividing iron to total iron binding capacity. The study parameters were correlated with different variables using t – test and chi square for statistical analysis.

Results: The patient's age range between (15 – 77) years, 42 male (52.5%) and 38 female (47.5%), mean age was 46 year. Mean serum iron 92.3 microgram/dl, mean total iron binding capacity 276 microgram/dl, mean transferrin saturation 33%, mean Ferritin level among male patients was 598.3 nanogram/ml and among female patients was 624.5 nanogram/ml, 62 patients (77.5%) had normal range of serum iron level, 12 patient (15%) had low serum Iron level, and 6 patients (7.5%) had high serum iron level. Regarding transferrin saturation results was as follows: 56 patients (70%) they had normal range, 16 patients (20%) had low level, and 8 patients (10%) had high level. Regarding results of ferritin level among male patients (42 patients) was as follows; 3 patients (7%) had normal level, 39 patients (93%) had elevated level, while results of ferritin level among female patients (38 patients) was as follows : all of them(100%) had elevated level of ferritin.

Conclusion: iron deficiency is an important contributing factor of developing anemia indialysis patients, and its identification and replacement is of crucial importance among these patients in order to correct anemia for better quality of life and avoidance of blood transfusion, and at the same time there must be caution about iron replacement in order not be iron overload that lead to adverse effect.

The response of the maxillary sinus mucus membrane to irrigation by a mixture of (Cefotaxime and hydrocortisone) versus normal saline in chronic sinusitis

Name: Mahmood Mohammed Ziad

Degree: Higher Diploma

Specialty: Otolaryngology

Date the debate: 25/3/2010

Supervisor: Asst. Prof. Farhad J. Khayat

Abstract

Background: Chronic rhinosinusitis is a group of disorders characterized by inflammation of the mucosa of the nose and paranasal sinuses of at least 12 consecutive weeks duration.

Objectives: The aim of the study is to make a comparison between medical effect of irrigation of maxillary sinus with application of Potent antibiotics (1gm Cefotaxime) and steroids(100 mg Hydrocortisone) versus Irrigation with normal saline only, thereafter identify its role regaining the mucocilliary clearance in the maxillary sinus

Design: Randomized analytic (Interventional) single blinded study.

Place and duration of the study

ENT outpatient department in Rizgary Teaching Hospital in Erbil during the period of January 2009 to July 2009

Patient and method: A total of 92 patient selected age 18-55 years were studied, history, local physical examination, CT scanning for confirmation of the diagnosis and then divided into 2 groups. The first group composed of 47 patients suffering from chronic rhinosinusitis undergo irrigation of the affected maxillary sinuses with a mixture of Steroid (Hydrocortisone) and antibiotic (1gm Cefotaxime) diluted in 500cc distal water weekly for 1 month compared with 45 patients(second group) undergo irrigation with Normal Saline only. Clinical symptoms are documented for rhinorrhea, facial pain, nasal congestion, smell...ETC by special questionnaire form prior to treatment and approximately 1 month after for follow-up.

Result: A total of 92 patient selected age 18-55 years were included in the study, all of them had signs and symptoms of chronic sinusitis, which confirmed by CT scanning, The incidence of Major and Minor symptoms declined by an average of (32.4%) from (58.4%) to (26.0%) by Maxillary sinus irrigation by Antibiotics +Steroid while it declined by an average of (24.0%) from (57.4%) to (33.0%) by Maxillary sinus irrigation with N/S.

Conclusion: Irrigation of the maxillary sinus with Mixture of (Hydrocrtisone +cefotaxime) is more effective than irrigation with Normal saline in reducing the sign and symptom of chronic Rhinosinusitis. As it treats the mucosa of the maxillary sinus and opens the osteomeatal complex.

Prevalence, Mode Delivery and Fetal Outcom in Cases of Eclamptic Fit

Name: Shelan Mahmood Sharif

Degree: Higher Diploma

Specialty: Obstetrics and gynecology

Date the debate: 27/10/2010

Supervisor: Shahla Kareem Mahmood

Abstract

Background: Eclampsia is a serious obstetric complication, particularly in developing countries associated with significant maternal and foetal morbidity and mortality.

Objective: To evaluate the prevalence, mode of deliveries and foetal outcome in cases of eclamptic fit in Erbil Maternity Teaching Hospital.

Study design and setting: This study is a clinical case control study carried out in the labour ward of Maternity Teaching Hospital in Erbil city/ North of Iraq/ Kurdistan region from first of October 2009 to the first of March 2010.

Patients and Methods: The sample size in the current study was 90 cases; 30 of them were cases of eclampsia who developed an attack of fit either antepartum, intrapartum or postpartum while the other 60 had been selected randomly as a control, delivered in the labour wards before and after delivering of eclamptic cases (and they were normotensive).

Results: The prevalence of eclampsia in this study was estimated to be 2.89/1000 deliveries. The mean maternal age in the case groups was (25.20± 6.8) while in the control group (27.5±6.5), and (53.3%) of eclamptic patients had no history of visits to the antenatal care units in comparison to the control groups (25%), there were no statistically significant differences between both cases and control group mentioned above. There were statistically significant differences in regard to the parity, gestational ages and mode of delivery. Antepartum eclampsia was found in 86.7% of eclamptic cases. There were six perinatal deaths (18.18%) with only one maternal death.

Conclusion: The prevalence of eclampsia was 2.89/1000 total deliveries in our study which was in agreement with the prevalence in other studies, and the majority was primigravida, there were 6 (18.18%) perinatal deaths with only one maternal death(3.33%).

Comparative study between flushed and non flushed central venous catheter related blood stream infections in intensive care unit patients

Name: Marwa Shamil Shukri

Degree: Higher Diploma

Specialty: Anesthesiology

Date the debate: 4/10/2010

Supervisor: Dr.Allaa M. Yousif

Abstract

Background: Prolong exposure to central venous access devices carries significant risk of device associated blood stream infection (BSI), which is associated with morbidity, added health care costs and attributable mortality.

Objectives: We aimed to determine the efficacy of vancomycin_ heparin flush solution for preventing the blood stream infection in intensive care unit patients being treated with central venous intravascular devices.

Design: Prospective randomized control study.

Place and duration of the study: Intensive care unit in Erbil Teaching and Hawler Private Hospitals In Erbil city / Iraq during the period of 1st September 2009 to 30th June 2010. Ethical clearance was obtained from the institution of high education of Hawler medical university for this Study purpose.

Patients and method: Sixty patients with central venous catheter were chosen in the intensive care department, evaluated according to blood culture results. The questionnaire was filled that included questions concerning the details for central venous catheterization. The inter relation between central venous catheter and other studied items were examined by X2tests.

Results: The study population consisted of 60 patients (males 42, females18) in intensive care units, aged between (10-70) years old (mean 40.07). Four patients are excluded due to different reasons. Fifty six blood culture are results, non care CVC (group A) n=28 the blood culture revealed as (20 Gram positive bacteria, 8 Gram negative bacteria), while care CVC (group B) n=28 the blood culture revealed as (21negative blood culture, 5 Gram positive bacteria, 2 fungal). There is statistically significant association between using antibiotic flush solution of vancomycin –heparin care and prevention the CVC related blood stream infection.

Conclusion: The use of VH flush solution significantly decreased the complications associated with the use of central venous catheter in intensive care unit patients, and would save significant health care resources.

A comparative study of cardiovascular response to tracheal intubation and laryngeal mask airway insertion

Name: Aryan I. Ahmad

Degree: Higher Diploma

Specialty: Anesthesiology

Date the debate: 2/10/2010

Supervisor: Dr. Allaa M. Yousi

Abstract

Hemodynamic changes are major hazards of general anesthesia and are probably generated by direct laryngoscopy and endotracheal intubation. We designed this study to assess the cardiovascular changes after either laryngeal mask airway or endotracheal tube insertion in the airway management of adult patients anesthetised with propofol, fentanyl and atracurium, our aim is to show which is superior laryngeal mask airway or endotracheal tube in producing less hemodynamic changes. Direct stimulation of the trachea appears to be a major cause of the hemodynamic changes associated with tracheal intubation during general anesthesia. In normotensive patients the use of laryngeal mask airway for the airway management during general anesthesia results in a smaller cardiovascular change than endotracheal tube. Fifty two adult patients aged 14-57 years, 25 patients in laryngeal mask airway group and 27 patients in endotracheal tube group, all of them are American Society of Anesthesiologists physical status class 1 scheduled for surgical operations that are in need of controlled mechanical ventilation. Mean blood pressure and heart rate were measured in different occasions, at instrumental insertion the means of heart rate and mean blood pressure in laryngeal mask airway group were (83.6 ± 12.55) & (79.28 ± 15) respectively, while means in endotracheal tube group were (103.44 ± 20) for heart rate & (99.67 ± 18.55) for mean blood pressure, results of P value was (0.000) for both heart rate & mean blood pressure, so we found significant differences in between the means, which mean that laryngeal mask airway has less hemodynamic instability effect than endotracheal tube

Prevalence, Mode of Delivery and Foetal Outcome in Cases of Umbilical Cord Prolapse

Name: Lava Othman Mohammed

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date the debate: 27/10/2010

Supervisor: Dr .Shahla Kareem Mahmood

Abstract

Background: Prolapse of the umbilical cord is an obstetric emergency demanding immediate attention and delay in management is associated with significant perinatal morbidity and mortality, due mainly to birth asphyxia.

The aim of our study: To determine the prevalence of umbilical cord prolapse.

Study design: Case control study.

Setting: Maternity Teaching Hospital-Erbil.

Period of study: From 1st October 2009 to 1st March 2010.

Patient and methods: Sample size of this study was 100 women, 40 cases were presented with umbilical cord prolapse and 60 cases were randomly selected as a control. Each maternal and fetal chart was reviewed for age, parity, gestational age, risk factors, intrapartum characteristics, time from diagnosis to delivery and fetal outcome.

Results: Prolapse of the umbilical cord complicated 0.38% of total birth and was more common among multiparous women (75.0%, $P < 0.001$). There was statistically significant difference between cases and controls in respect to gestational age ($P = 0.004$) and the following risk factors: Malpresentation ($P < 0.001$), Polyhydramnios ($P = 0.031$) and status of the membranes whether artificially or spontaneously ruptured ($P < 0.001$). The mean interval from diagnosis to delivery was 25.1 ± 6.4 minutes. Caesarean section was the recommended mode of delivery in cases of cord prolapse when vaginal delivery was not imminent (62.5% of umbilical cord prolapse case, $p < 0.001$). The newborns were delivered after umbilical cord prolapse graded lower Apgar scores less than 7 at 5 minutes (55.0%, $P < 0.001$) and had a perinatal deaths of 27.5%.

Conclusion: The prevalence of umbilical cord prolapsed was very low despite the widespread prevalence of its associated risk factors.

Risk of Respiratory Morbidity in Term Infants Delivered By Elective Caesarean Section versus Emergency Caesarean Section in Erbil, Iraq

Name: Raman Sherdil Saleem

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date the debate: 4/9/2010

Supervisor: Dr. Ghada Saadullah Al-Sakkal

Abstract

Background: There are increasing rates of neonatal respiratory complications after elective caesarean section, so elective caesarean section is discouraged before 39 weeks of gestation unless there is medical or obstetrical indication or evidence of fetal lung maturity.

Objective: This study was done to find the association between the time of caesarean section and neonatal respiratory morbidity, and to compare between elective and emergency caesarean sections with neonatal respiratory morbidity according to the gestational age.

Design: Descriptive comparative study.

Setting: This study was done in Maternity Teaching Hospital in Erbil City, Kurdistan, North of Iraq, for a period between 1st of November 2009 till 1st of April 2010.

Patients and methods: This study involved 240 pregnant women who underwent caesarean sections with gestational ages between 37-42 weeks. They were divided into two groups, Group 1 had elective caesarean section (120 pregnant women), and Group 2 had emergency caesarean section (120 pregnant women). Pregnant women with antenatal complication were excluded. Also intrauterine fetal anomaly and fetal death were excluded. The respiratory morbidity (transitory tachypnoea and respiratory distress syndrome) of newborns were compared by the type of caesarean section. The types and incidence of respiratory morbidity in both groups were studied according to gestational age.

Results: The two groups were comparable in respect to demographical characteristics including: maternal age, gestational age and number of pregnancy. An increased risk of respiratory morbidity was found in newborns

The Role of Fine Needle Aspiration Cytology in the Diagnosis of Intrathoracic Lesions

Name: Bawar H. Hussein

Degree: Higher Diploma

Specialty: Cardiovascular Surgery

Date the debate: 18/4/2010

Supervisor: Dr. Bashar Hanna Azar Saqat

Abstract

This study has been carried out to assess the value of fine needle aspiration cytology (FNAC) in the diagnosis of chest lesions. FNA specimens from 57 patients with suspected pulmonary neoplasms were subjected to immediate cytology assessment. Direct smears were prepared in the radiology department and fixed in ethanol alcohol in four slides. The cellular content was assessed and, if possible, a provisional diagnosis offered. A second FNA was requested if the initial aspirate seemed of doubtful adequacy.

The diagnostic accuracy was examined by review of clinical and radiological data in all patients. Complications of the procedure were identified during the clinical review. Four out of the 57 specimens were inadequate for diagnosis. Satisfactory diagnostic material was obtained in 53 patients on a single aspirate and following a second FNA in 4 patients. Of the 57 aspirates, 37 were malignant. Most of tumors occurred in the age ranged between (50-59) years old. The male constitute 2/3rds of malignant tumor. Adenocarcinoma constitutes the majority of primary lung cancer 61.8%, this is indicated the benefit of FNAC for the diagnosis of peripheral lesions of the chest, as this tumor tends to occur peripherally. All malignant diagnoses were confirmed on clinical and/or pathological review. FNA accurately distinguished primary small cell and large cell carcinomas in those patients with pathological follow up. The error has been tried to be reduced by sending the samples to two different laboratories. The complications were recorded in four (7%) patients, all of them, they developed pneumothorax; a chest drain was required in one patient. The others managed conservatively. In conclusion was Percutaneous FNA cytology provides safe, simple and accurate diagnosis in the investigation of chest lesions.

Comparison Two Different Regimen of Fluconazole the Treatment of Pityriasis Versicolor In Patients at Rizgary Teaching Hospital

Name: Sahar Fawzi Abduljabbar

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date the debate: 12/10/2010

Supervisor: Dr. Saba Ali Rashid

Abstract

Pityriasis versicolor is a common chronic disease caused by an over growth of the yeast fungus called Pityriopsisporum ovale and Pityriopsisporum orbiculare also called Malassezia furfur. P. ovale is a member of the normal flora of skin. This cause the patient no problems unless it starts to grow excessively. Fluconazole a synthetic bistriazole limits fungal growth (fungistatic) but depend on epidermal turn over to shed the still living fungus from the skin surface, many modalities of the treatment have been used to control this disease but often end with relapse.

The aim of the study was to compare the effectiveness and safety of fluconazole in the treatment of pityriasis versicolor with two different dose regimens. During this randomized comparative study 60 patients presented with pityriasis versicolor were included. Diagnosis was made clinically, using Wood's light examination and scraping of fungus for KOH preparation done for all cases. Data were collected from September 2008 through May 2009.

In this study the mean (\pm s.d) age was 22.8 (\pm 5.4) years (68.3%) patients were male and (31.7%) patients were female giving male: female ratio 2.2: 1. Patients were divided into 2 groups n=30 for each. In group A a cure rate of (70%) was obtained with the use of single dose 450mg of fluconazole. In group B a cure rate of (93.3%) was obtained with the use of double capsular dose 300 mg one week apart for 2weeks.

There was statistically significant difference between the two groups in mycological eradication (cure rate) after 4 weeks. Both treatment regimens proved to be safe. Mild side effects were reported in few patients.

This study concluded that pityriasis versicolor is a disease of young adults commoner in male than female, fluconazole was effective and safe in the treatment of extensive and recurrent cases of pityriasis versicolor a double casular weekly dose of fluconazole carried a higher cure rate than the single dose.

Mode of delivery and fetal outcome in abruptio placenta

Name: Shadan Sherwan Nasseh Al- Haidary

Degree: Higher Diploma

Specialty: Obstetric and Gynecology

Date the debate: 22/11/2010

Supervisor: Dr.Sirwa Rasool Al – Dabbagg

Abstract

Background: Abruptio placentae remain a major cause of perinatal morbidity and mortality globally, though of most serious concern in the developing world. As most known causes of abruptio placentae are either preventable or treatable, an increased frequency of the condition remains a source of medical concern.

Design: Across sectional study.

Patient and Methods: The present study was undertaken at Maternity Teaching hospital (labor ward) in Erbil city, Kurdistan region, North of Iraq. Performed over a period of five months from 1st October²⁰⁰⁹ till 1st March 2010. All patients presenting with antepartum hemorrhage due to abruptio placentae at any gestational age after 24 weeks and before delivery of fetus were included in the study. All the data collected through history, examination and investigations were recorded on a predesigned proforma. Data were analyzed using SPSS version18.

Results: A total of 70 cases of abruptio placentae were recorded out of 10363 cases (0.67 %) admitted for delivery during the study period, giving prevalence rate of 6.7 per 1000 total deliveries. Mode of delivery was vaginal in 17(24.3 %) cases, while caesarean section was performed in 53 (75.7 %) cases. Major complications were post partum hemorrhage in 13(18.6%) & disseminated intravascular coagulation 4 (5.7%). Adverse fetal outcome was noted in severe cases of abruption. Still birth occurred In 18 (25.7%) cases and one early neonatal death.

Conclusion: The prevalence of A.P was 6.7 / 1000 total deliveries, The study was associated with high perinatal mortality .

Prevalence and risk factors of diabetic retinopathy among a sample of diabetic pregnant women in Erbil city

Name: Lazha A. Talat Shareef

Degree: Higher Diploma

Specialty: Ophthalmology

Date the debate: 8/9/2010

Supervisor: Dr. Ahmed Kareem Al-Kuraishi

Abstract

Background: Diabetic retinopathy is an important complication of diabetes that may develop into sight threatening disease with a devastating visual impairment. Pregnancy in a diabetic woman brings about many changes that can lead to the development or worsening of diabetic retinopathy

Objectives: measure the prevalence of diabetic retinopathy among a sample of pregnant women with diabetes and to review the contribution of some risk factors to the establishment or worsening of retinopathy.

Subjects and methods: This case control study was performed in the period from December 2009 to May 2010 at the antenatal diabetic clinic and the ophthalmology counseling department in Erbil. Forty four pregnant women (cases) were interviewed, examined for the presence of retinopathy and compared with twenty non pregnant diabetic women (control).

Results: Of the 44 pregnant patients with diabetes, 7 patients (16.7%) were found to have retinopathy compare to 10 patients (50%) of control ($p=0.006$). The most common type of retinopathy was mild and moderate NPDR. The mean age of pregnant women with retinopathy was significantly higher than cases with no evidence of retinopathy (38.7 ± 5.5 versus 33.2 ± 4.9 , p value 0.012). There was a significant relation between number of deliveries and the presence of retinopathy ($p=0.021$). Around 72% of pregnant women with diabetes had no previous ophthalmologic examination.

Conclusions: pregnancy among women with diabetes can be associated with a transient increase in the risk of developing diabetic retinopathy. Increase ophthalmologic surveillance is needed during pregnancy.

Aerobic Bacterial Conjunctivitis in Patients attending Rizgary and Hawler teaching Hospital in Erbil

Name: Bzhar Mohammad Hamadamin

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the discussion: 7/8/2010

Supervisor: Dr. Eman H. Alwan

Abstract

Bacterial conjunctivitis is the result of bacterial overgrowth and infiltration of the conjunctiva! epithelial layer and sometime the substantia propria as well.

Patients and methods

The research is a prospective study conducted on 91 patients attending Rizgary and Hawler Teaching Hospitals from the period of November 2009 to May 2010, it included patients with signs and symptoms of bacterial conjunctivitis in general, of all age groups and from both genders.

Conjunctiva! cultures were obtained from patients who were clinically diagnosed as having bacterial conjunctivitis and there was no history of ocular antibiotic drop instillation, the result of cultures obtained after 3-5 days and analyzed by a bacteriologist, different bacteria were isolated and the data were analyzed using statistical package for social sciences (SPSS version 15).

Results

In this study the male's number (49) was higher than females (42) by a rate of (53.8%) to (46.2%). The frequency of bacterial conjunctivitis in patients aged under 4 years was (46.1%) which is significantly higher than other age groups.

In general the most common etiologic agents isolated in this study were *Staphylococcus aureus* 35.2%, followed by *Haemophilus influenzae* 26.4%, *Streptococcus pneumoniae* 23.1% , *Streptococcus viridians* 5.5%, *E .coll* 4.4%, *Staphylococcus epidermidis* 2.2%, *Moraxella catarrhalis* 2.2%, and lastly *Pseudomonas aeruginosa* 1.1%.

Conclusion

Bacterial conjunctivitis is more frequent in children than adults and the current study indicates that it is a common public health problem in our locality so it is very important to know the local etiology of this disease for proper management.

The Use of Diltiazem Ointment (2%) in the Treatment of Anal Fissure

Name: Qasim Burhan Abdulla

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the discussion: 2/10/2010

Supervisor: Dr. Tayeb S. Kareem

Abstract

Background: Many clinical trials established the role of local agents like I diltiazem ointment in the treatment of anal fissure. However no enough commercial preparations available, some other locally prepared ointments available that can be used in the treatment of anal fissure.

Objective: The aim of this study is to evaluate the effectiveness of diltiazem ointment use in anal fissure, and to monitor it's side effects.

Patients and methods: This study is a prospective uncontrolled clinical study in outpatient surgical departments in Erbil and Rizgary Teaching Hospitals, the study included 110 patients with anal fissure, all of them were treated with diltiazem ointment (2%) for 8 weeks, and they have been reviewed at the end of 1st ,2nd and 8th weeks to assess the efficacy of the drug in treating anal fissure (healing, symptoms) and evaluate the side effects of the drug, causes of stopping the drug administration and follow up the patient for reoccurrence rate after 6 months.

Results: At the end of the 8th week of treatment, pain was completely relieved in 49 (60.5%) patients, bleeding was absent in 59 (72.8%) patients, fissure heal in 68 (84%) patients. The 8 week course was completed in 81(73.6%) patients, and stopped in (26.4%) 29 patients, mainly because of the side effects of the drug 19 (65.6%) patients, non compliance 6 (20.6%) patients, and no response in 4 (13.7%) patients.

In general side effects of the drug was found in 52(47.4%) patients of those 40 (76.9%) suffered from headache, 8 (15.4%) from flushing, and 4 (7.7%) patients from skin excoriation, sphincter spasm disappeared in 80 (98.8%) patients.

Recurrence after 6 months was found in 11 (16.1%) patients, there was a strong positive relationship between the dose and duration of the drug administration and the healing rate.

Conclusion: This study shows that using of Diltiazem ointment 2% induce healing of anal fissure in within 8 weeks period.

Management of Amblyopia with Occlusion or Pharmacological Penalization of Primary School Children

Name: Abdulqadir Ali Hemmed

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the discussion: 16/8/2010

Supervisor: Senior Lecturer: Dr. Abdulmajeed A. Younis

Abstract

Background: Amblyopia is the unilateral or rarely bilateral, decrease of best corrected visual acuity in the absence of organic eye disease. This is a treatable problem. The causes are strabismic, anisometropic and (strabismic-anisometropic) mixed amblyopia. **Objective:** To prove the effect of occlusion or atropine on visual acuity (VA) improvement in the amblyopic children of 6 years and older.

Design: Prospective, nonrandomised, comparative clinical study.

Methods; Seventy five enrolled amblyopic children of 6 to 14 years old with mean age of (9.48 ± 2.55) years who had corrective spectacles only, no organic eye disease, underwent occlusion of the sound eye by patching (6 hour daily and / or drug penalization for 4 months).

Results: Forty two (56%) children out of (75) amblyopic children continued 4 month therapy follow up, there was VA improvement in 40 (95%) out of 42 amblyopic eyes. Ranged (1 to 3) line and mean of (1.52 ± 0.59) line and final mean logarithm of minimum angle of resolution (log MAR VA) of (0.30 ± 0.19) with $(P < 0.001)$ significant to $(P < .05)$. In 25 (59%) anisometropia amblyopic children VA improvement ranged (1 to 3) line and mean (1.72 ± 0.45) line and final mean log MAR VA of (0.21 ± 0.12) with $(P < 0.001)$ significant to $(P < .05)$. Improvement ranged (0 to 3) line and mean (1.27 ± 0.64) line in 11 (26%) mixed amblyopic children and final mean log MAR VA (0.46 ± 0.21) with $(P < 0.001)$ significant to $(P < .05)$. Improvement ranged (0 to 2) line and mean of (1.16 ± 0.75) line in 6 strabismus amblyopic children with final mean log MAR VA (0.40 ± 0.18) with $(P < 0.032)$ significant to $(P < .05)$. $(P \leq 0.718)$ is not significant to atropine and patching treatment groups.

Conclusion: Therapy improves VA in amblyopic children older than 6 years. After 12 years of age some children may still respond to therapy. Result was similar for atropine and patching treatment groups.

Surgical Management of Carpal Tunnel Syndrome by Mini Transverse Wrist Incision versus Traditional Longitudinal Technique

Name: Murshed Hamza Ahmed

Degree: Higher Diploma

Specialty: Orthopedic Surgery

Date of the discussion: 19/10/2010

Supervisor: Dr. Omar Ameen Saeed

Abstract

Objective: To evaluate the safety and effectiveness of a mini-transverse wrist incision technique for carpal tunnel release in comparison with a traditional open technique, which is still considered as the gold standard .

Methods: forty patients with a carpal tunnel syndrome were individually randomized into the trial (mini transverse wrist incision)(20 patients) and control group (traditional longitudinal technique)(20 patients). In the trial group, skin incision done at the level of distal wrist crease 1-1.5cm medial to the palmaris longus tendon (or medial to the midline of wrist in case of absent PL) & a 2nd incision (0.5cm) done in the palm. Skin incision in the control group began at the distal border of the carpal ligament, followed the longitudinal crease of the palm, and crossed the wrist in an oblique angle with ulnar deviation. Three months after surgery, the patients were asked about symptomatic relief and intervals between the operation and return to their daily activities and work, and examined for scar tenderness and esthetic outcome. Distal motor latency, conduction velocity, scar length, and operation time were measured.

Results: 90% of patient with control & 80% of the trial group were satisfied by symptomatic relief after the operation. There were no differences between the two groups in electrophysiological parameters. The scar length in mini transverse wrist incision technique was (1.4±0.17cm), & (5.15± 0.26cm) in the traditional one. Patients under the trial group returned significantly earlier to their daily activity.

Conclusion: mini transverse wrist incision is effective as traditional longitudinal technique in releasing idiopathic carpal tunnel syndrome but more difficult, & inability of full visualizing the tunnel carries the risk of neurovascular structures injury.

Evaluation and analysis of endoscopic finding of upper gastrointestinal tract in Erbil teaching hospital

Name: Suzan Hoshyar Qadir

Degree: Higher Diploma

Specialty: General Surgery

Date of the discussion: 2/10/2010

Supervisor: Dr Abdulqader M.Zangana

Abstract

Background: Upper gastrointestinal tract endoscopy is a visual examination of upper intestinal tract using lighted, flexible fiber optic or videoscop. Common reasons for upper gastrointestinal endoscope are epigastric pain, heart burn, vomiting, dysphagia and bleeding. The purpose of this study is to assess the indications for upper gastrointestinal endoscopy for patients referred to Erbil teaching hospital.

Aim: To review the indications and accuracy and to evaluate diagnosis made by oesophagogastroduodenoscopy.

Methodology: A prospective study carried out in the endoscopic unit of Erbil teaching hospital assessment of the indication for the esophagogastroduodenoscopy was undertaken for six month period from October 2009 to May 2010. The finding of oesophagogastroduodenoscope was evaluated.

Results: A total of 359 patients had upper gastrointestinal endoscopy with their age ranged between (15-80) year, 173(48%) were female while 186(52%) were males, male to female ratio 1: 1.075 (nearly equal). Eighty seven patients (24.5%) had Duodenal Ulcers. Sixty eight patients (19.2%) had biliary reflux and 55 patients (15.5%) had duodenitis. Forty eight patients (13.6%) had gastritis, 47 patients (13.5%) their oesophagogastroduodenoscope was normal, 28 patients (8%) had esophagitis, 8 patients (2.5%) had carcinoma of the stomach 3 patients (1.2%) had carcinoma of the esophagus, and 2 patients (0.8%) had prepyloric ulce

One patient each (0.4%) on account of bleeding duodenal ulcer, esophageal varices, gastric polyp.

Conclusion: In our study we found that a review of indications for referral for oesophagogastroduodenoscopy is similar to other countries where duodenal ulcer is more common in our country than in others, while its decreasing in other countries. Gastroscopy regarded as a useful and safe examination in patients with upper gastrointestinal complaints.

Factors Affecting the Outcomes of Patients with Posterolateral Congenital Diaphragmatic Hernia in Erbil City

Name: Wesam Amjad Boya Kaka

Degree: Higher Diploma

Specialty: Wesam Amjad Boya Kaka

Date of the discussion: 9/9/2010

Supervisor: Dr.Humam Shareif Alkhaffaf

Abstract

Background: Congenital diaphragmatic hernia is a complex congenital malformation with herniation of abdominal contents through the diaphragmatic defect in to the thorax. The incidence is one in every 2000-5000 live births, and postnatal survival ranging from 50 to 70%. Left sided hernias account for almost 80% in most reported series.

Objectives: The aim of this case series, cross sectional study is to analyze the clinical profile of cases of CDH, over the past 5 years, therefore to describe the factors affecting the outcome, and the survival rate among these patients, who were treated at our hospital, with neither ventilatory support, nor extracorporeal membrane oxygenation ,being used.

Patients and Methods: A retrospective and prospective study was carried out on patients with Congenital Diaphragmatic Hernia, admitted to the pediatric surgery department, in Rapareen Teaching hospital for pediatrics and pediatric surgery, from January 2005 - July 2010. They were 40 patients, 30males and 10 females. Age at presentation varies from 1-28 days, to more than 1 month, up to more than 2 years.

The commonest presentation was respiratory distress. Chest x –ray has been done for all of them, in addition to Echocardiogram and abdominal ultra sound to exclude associated anomalies. All patients had a left-sided posterolateral CDH. Preoperative stabilization, and delayed surgery, has been a satisfactory form of management in our series, which includes, continuous oxygen supply, insertion of NG tube, antibiotics. All underwent surgery for correction of the defect.

Results: 30 male and 10 females (3:1). All of the patients were full term with age at presentation varies from 1-28 days 19 (47.5%), 2-12 months 9 (22.5%), 1-2 years 6 (15%), more than 2 years 6 (15%).

The commonest presentation was shortness of breath and cyanosis (65%), followed by cough (62%). Initial resuscitation required, followed by surgical repair of the hernia for all the patients, within 1-3 days of admission.

Left subcostal incision has been done for all of them, small defect found in 12 patients, large (standard) defect in 25, while very large defect with lack of left hemidiaphragm occur in 3 cases. The hernial defect was corrected by primary repair, using 2/0 PDS continuous & interrupted double layer repair. Associated anomalies found in 45% of cases, the commonest was intestinal malrotation (17.5 %), followed by Cardiovascular (12.5%), & pulmonary hypoplasia in(10%). Most common post operative complications were, pneumothorax in 5 cases, wound infection in 5 cases, intestinal obstruction &/or paralytic ileus in 3 cases, and septicemia in 2 case. The overall survival rate was 87.5%.

Conclusions : The various factors affecting ultimate outcome & survival rate in our study were; age at presentation, respiratory status, associated congenital anomalies, size of the diaphragmatic defect, the magnitude of abdominal visceral herniation, and the development of post operative complications.

Use of intravenous hyoscine N-butyl bromide (buscopan) as labour accelerant in the first stage of labour

Name: Bafirkhan Abdulla Omer

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the discussion: 15/11/2010

Supervisor: Dr. Srwa Rassule Dabbagh

Abstract

Background: Hyoscine N-butyl bromide (HBB) acts by inhibiting cholinergic transmission in the abdomino-pelvic parasympathetic ganglia, thus relieving spasm in the smooth muscles of gastrointestinal, biliary, urinary tract and female genital organs, especially the cervico-uterine plexus and aiding cervical dilatation.

Aim of Study: The study was undertaken to observe the effects of (20) mg intravenous HBB as a labor analgesic and labor accelerant.

Study design and Settings: This prospective randomized case-control trial was carried out on (100) pregnant ladies with single live fetus in cephalic presentation, with spontaneous onset of labor, between (37-42) weeks of gestation, at the department of Obstetrics and Gynecology in Erbil Maternity Teaching Hospitals throughout the period (1st of October, 2009 to 1st of april, 2010).

Patients and Methods: Women were consecutively randomized into study (group I) and control (group II) groups, each with (50) patients, after excluding high risk factors like preeclampsia, ante partum hemorrhage, previous uterine scar, and any contraindications to vaginal delivery and medical risk factors like myasthenia gravis, mega colon, narrow angle glaucoma, mechanical stenoses in the gastrointestinal tract or paralytic ileus.

Group I received (20) mg HBB as a slow intravenous injection in the active phase of labor while Group II received nothing. Secondary outcome measures compared were progress of labor based on injection-delivery interval, mode of delivery and neonatal condition at birth.

Results: Mean duration of labor was (3.048 ± 1.094) hours in Group I versus (5.739 ± 1.64) hours in Group II with statistically significant difference (P value <0.001). Mode of delivery and neonatal outcome were comparable, No adverse maternal and neonatal effects were noted.

Conclusions: it is concluded that Intravenous Hyoscine N-Butyl Bromide shortens the duration of active phase of labor by (2) hours and (41) minutes with (90%) of women delivered within (6) hours, without any untoward short term fetal or maternal effects, so there is a distinct advantage in using hyoscine butyl bromide as an antispasmodic of choice cervical dilator for expediting the first stage of labor.

A randomized comparison of intravaginal misoprostol for labor induction versus expectant managements in post date pregnancy

Name: Hajar Mohammad Sharif

Degree: Higher Diploma

Specialty: Obstetric and Gynecology

Date of the discussion: 21/11/2010

Supervisor: Dr. Ghada Saadullah Alsakkal

Abstract

Background: Induction of labor for prolonged pregnancy is one of the commonest interventions in obstetrics, with up to 25% of pregnant women undergoing this procedure.

Objective: The aim of this study is to compare elective induction of labor by intra vaginal misoprostol with expectant management (serial antenatal monitoring) in women at 41 weeks and more gestation calculated by early gestational ultrasound.

Design and setting: This study was conducted as prospective randomized trial, in maternity teaching hospital in Erbil city, Kurdistan, Iraq . For a period between first of November 2009 till first of April 2010.

Patient and methods: This study involved 120 pregnant women with uncomplicated pregnancies, at gestational age of 41 weeks and more. The women were randomly assigned to undergo induction of labor or to have serial antenatal monitoring, and waiting for spontaneous labor unless there was evidence of fetal or maternal compromise. In the induction group, labor was induced by the intra-vaginal application of (50 microgram) misoprostol. Serial antenatal monitoring consisted of counts of fetal kicks, non-stress tests, and assessment of amniotic fluid volume. The outcomes parameters were, maternal complication, mode of delivery, number of emergency cesarean sections performed for abnormal fetal heart rate, weight of the baby, rate of neonatal morbidity and maternal satisfaction. Also the time interval between first visits of patient till delivery was recorded.

Result: The two groups were comparable with respect to maternal age, Gestational age in weeks and number of pregnancies. There were lower rates in the following parameters in the induced group compared with the women who were expectantly managed in the rate of cesarean (10 versus 32, $p=0.00$), meconium stained liquor (12 versus 30, $p=0.00$), APGAR Score < 7 in 5 minutes (3 versus 10, $p=0.015$), NCU admission (2 versus 16 $p=0.00$) and rate of emergency cesarean section performed for fetal heart rate abnormalities (2 versus 23, $p=0.00$) with higher rate of maternal satisfaction in induced group (54 versus 35, $p=0.00$)

Conclusion: Induction of labor with misoprostol in post term pregnancy decreases maternal and neonatal morbidity than expectant management. Rate of post partum hemorrhage, neonatal weight and rate of oxytocin augmentation is similar in both groups. There was higher rate of maternal satisfaction among induction group.

Key words: misoprostol, post-term pregnancy, induction of labor, antenatal fetal monitoring.

A Case Control Study on Lipid Profile in Diabetecs and non-diabetics at Rizgary Teaching Hospital

Name: Ala Sabir Salih

Degree: Higher Diploma

Specialty: Internal Medicine

Date of the discussion: 18/10/2010

Supervisor: Dr. Abdulaziz Yousif Mansoor

Abstract

Objective: To compare the lipid profile of diabetic patients included in the study with non-diabetics (controls).

Subjects and methods: A case-control study on two groups (diabetic and non-diabetic) was carried out at Rizgary teaching hospital from December 2009 to May 2010. The total sample was 100 human subjects (50 were type 2 diabetic , group 1), the remaining 50 were non-diabetic (group 2 :control) ,the two groups were selected according to inclusion and exclusion criteria, venous blood samples were taken from both groups after overnight fast for lipid profile (Total cholesterol, Triglyceride , High density lipoprotein cholesterol , Low density lipoprotein cholesterol) and fasting blood sugar , student's t test was used to compare between two means , chi-square test of association was used to test the association between diabetes and lipid profile .

Results : there was significant difference between the means of (Total cholesterol (195.42 mg/dl) , Triglyceride (200.52 mg/dl) , High density lipoprotein cholesterol (36.30 mg/dl), and Low density lipoprotein cholesterol (121.80 mg/dl)) of diabetics and the means of (Total cholesterol (162.04 mg/dl) , Triglyceride (108.78 mg/dl) , High density lipoprotein cholesterol (40.22 mg/dl) , and Low density lipoprotein cholesterol (98.30 mg/dl)) of controls . The frequency of high Total cholesterol , high triglyceride , and high Low density lipoprotein cholesterol were significantly higher in the diabetics than the controls , the frequency of low High density lipoprotein cholesterol was also higher in the diabetics than the controls.

Conclusion: diabetic patients had significantly higher mean levels of (Total cholesterol , Triglyceride , Low density lipoprotein cholesterol) than the non-diabetics , and significantly lower mean level of High density lipoprotein cholesterol than the non-diabetics .

Modes of Delivery among Women with Previous Single Lower Transverse Caesarean Section of Birth Interval Less than Two Years and their Fetal Outcome in Maternity Teaching Hospital

Name: Rand Abdul Ruhman Saleh

Degree: Higher Diploma

Specialty: Obstetrics & Gynecology

Date of the discussion: 4/9/2010

Supervisor: Dr. Serwa Rasool Al Dabbagh

Abstract

Background: Cesarean delivery is defined as the delivery of a fetus through a surgical incision through the abdominal wall and uterine wall.. Vaginal birth after previous single caesarean section is a safe option for many women if there is no obstetric complication.

Objective: To determine the mode of delivery among the women with previous single lower transverse. CS of birth interval between 11-23 months and their foetal outcome

Study design: Simple review of cases (pregnant women) that admitted in Maternity Teaching Hospital in Erbil Governorate- North of Iraq.

Time of study: From 1st Oct.2009- end of February 2010.

Patients and Methods: The study was done on 161 women had been admitted to the hospital, 86 women underwent trial of labour, 75 underwent elective CS.

Results: The number of women selected during the study period was 161 with previous one scar among the total delivery of 10360, which constituted 1.6% of the total deliveries. Among them, trial of labor was attempted in 86 women (53.4%) and others 75(46.6%) delivered by elective caesarean section mainly because of fetal distress, breech, and cephalopelvic disproportion. The number of vaginal deliveries was 47 constituted (54.7%) as a success rate. Emergency caesarean section was done in 39(45.3%). Total number of CS(emergent and elective CS) was 114(70.8%).

The factors that associated with increase chance of success of VBAC was previous history of vaginal delivery statistically highly significant (contingency coefficient 0.009), there was association between indications of primary CS and modes of delivery among the patients underwent trial of scar ,statistically significant (contingency coefficient 0.01).

All babies delivered were alive , no mortality and morbidity is seen among the newborns underwent trial of labour . Few complications among the women underwent trail of scar statistically significant 0.04. One case had incomplete ruptured uterus which is repaired represented 1.16%.

Conclusion: Success rate of vaginal birth after CS is still low. Short birth interval is not a barrier for vaginal delivery and the women who have had a previous single lower transverse CS should be considered for natural delivery for subsequent pregnancies with good monitoring if there are no obstetric problems.

How good is compliance with Surgical Antibiotic Prophylaxis Guidelines in Rizgary Teaching Hospital

Name: Mazin Abdulrahman Hajy

Degree: Higher Diploma

Specialty: General Surgery

Date of the discussion: 18/9/2010

Supervisor: Asst. Prod. Ali A. Al-Dabbagh

Abstract

Background: Clinical confirmation firmly established the efficacy of antibiotic prophylaxis in preventing surgical site infection. However excessive or incorrect antibiotic use increases costs and favours the emergence of antibiotic resistance. Several guidelines for antibiotic prophylaxis in surgery have been published. Unfortunately, adherence to guidelines is often poor.

Objectives: The aim of this study is to assess the degree of adherence to the recommendations of antibiotic prophylaxis guidelines practice in general surgery procedures performed at Rizgary teaching hospital in Erbil, Iraq.

Patients and methods: A total of 1387 consecutive general surgical procedures performed at Rizgary teaching hospital in a period of 6 month were observed. Questionnaires concerning demographic data, types of surgery and parameters of antibiotic prophylaxis (antibiotic choice, route, dose, timing of first dose, timing of operative redosing and duration of prophylaxis) were completed.

Results: Of 1387 patients, 703 (50.7%) underwent a clean and 684 (49.3%) underwent a clean-contaminated surgical operation. Although, 960 (69.2%) of procedures required prophylaxis, it was administered only in 149 (15.5%). It was inappropriately administered in 26 (6.1%) of 427 procedures in whom prophylaxis was not indicated. It was revealed that 123 (82.6%) out of 149 patients received antibiotic prophylaxis on time. Appropriateness of choice of antibiotic and redosing was not achieved for any study patients. Duration of prophylaxis was longer than 24 hours in all procedures.

Conclusion: Adherence to international antibiotic prophylaxis guidelines in terms of indications, dose and duration is far from optimal in Rizgary teaching hospital.

Keywords: Surgery, Antibiotic prophylaxis, Compliance.

Assessment of patients with Basal Cell Carcinoma Attending Rizgary Teaching Hospital in Erbil City

Name: Shanga Abdulkhaliq Salih

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the discussion: 28/9/2010

Supervisor: Dr. Saba Ali Rashid

Abstract

Background: Basal cell carcinoma is the most common type of skin cancer in humans, it represents 75% of malignant epithelial tumors, and the incidence is increasing in various countries. It usually occurs on the face of white individuals aged over 40 years, with history of repetitive exposure to sunlight.

Objectives: To define the socio-demographic characteristics of patients with basal cell carcinoma, to assess risk factors of its development and to describe clinical characteristics of the tumor.

Methods: A descriptive, case-review study of 100 patients with 123 histopathological proven tumors was performed among patients referred to Rizgary teaching hospital in Erbil city from September 2009 to June 2010. Data had been collected in a questionnaire form, each patient was assessed clinically, risk factors were identified and the characteristics of each lesion were described. The data were analyzed using statistical package for social science.

Results: Females were more commonly affected than males by a ratio of 1.5:1, mean age was 64.79 years ranging from 21-87 years, with the higher incidence in the eighth decade of life. History of chronic sun exposure through outdoor jobs (mainly farming), were recalled by the majority of patients, 84% of patients had skin type II and III. Five tumors had been developed on underlying melanocytic nevi, and one tumor in nevus sebaceous. The average number of tumors was 1.23 per patient, males recorded longer duration and larger size of their tumors, the most common anatomical site was the head and neck in 98.4 % (the nose in 41.45%), nodulo-ulcerative type was the commonest clinical type in 61% of BCC.

Conclusions: This study concluded that the clinical features of basal cell carcinoma in our study are similar to those reported in literature in many aspects. However other aspects such as gender distribution, low incidence of truncal site, higher number of pigmented lesions showed similarity to reports from Asians and Mediterranean region.

Role of Misoprostol in the Management of First Trimester Incomplete Abortion

Name: Dlovan Jamal Saeed

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the discussion: 24/11/2010

Supervisor: Dr. Sabat Barawi

Abstract

Background: Incomplete abortion is a big problem that should be effectively managed with safe and appropriate procedures.

Various methods have been described for management of incomplete abortion. These include: surgical evacuation, expectant management and medical treatment by misoprostol. Surgical evacuation which has been a traditional method of treatment till now. Expectant management and medical treatment, which reduces costs and complications (generated by surgery).

Objectives: To determine the percentage of cases of incomplete abortion which can be treated efficiently by misoprostol and to avoid surgical intervention and the acceptance of the method by our patients.

Patient and methods: 100 patients with first trimester incomplete abortion and were hemodynamically stable attended Maternity Teaching Hospital in Hawler/Kurdistan/Iraq between October, 1st, 2009 to March, 1st, 2010. They were assigned to receive misoprostol in dose of 400 microgram orally as a single dose.

The patients were seen again after one week and vaginal ultrasound was performed to assure that complete abortion had been achieved

Result: In total of 100 women, 93 patients had complete uterine evacuation without the need for surgical evacuation. Only 7 of 100 women ended with surgical evacuation.

The success rate were 62%, 93% after first, second dose of misoprostol respectively. The difference in response rate was related to the difference in endometrial thickness, gestational age (which was statically significant).

No serious complication reported like infection and heavy bleeding.

Conclusion: Misoprostol administered as 1-2 oral doses proved to be effective in the treatment of first trimester incomplete abortion.

Misoprostol reduces the rate of surgical evacuation of the uterus. It is highly preferred by the patients.

The Significance of Anti-CCP Antibody in Relation to Radiological Bone Erosion in Small Joints of Hands in Patients with Rheumatoid Arthritis

Name: Chra Kawa Hawezy

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the discussion: 20/9/2010

Supervisor: Dashty A. Al-Bustany

Abstract

The objectives are to investigate the relationship between anti-cyclic citrullinated peptide (anti-CCP) levels to radiographic damage in patients with rheumatoid arthritis (RA) and acting as a predictor, with the affect of duration to bone erosion, and specify gender variation in RA patient.

Method: hundred patients (83 females, 17 males) with RA were included in the Study, that attending routine out patient clinics and physiotherapy unit in Rizgary teaching hospital, between 1st Oct. 2009 to 31st June 2010, were fulfilling the 1987 revised ACR criteria, Anti-CCP antibodies were measured by enzyme-linked immunosorbent assay (ELISA), and X-rays of hands are taken for all patients, and its report written by an Experienced radiologist.

Results: anti-CCP was positive in (53) patients. Female to male ratio was 4.8:1, 63% Of patients are between 40-59 years of age. Bone erosion were significantly higher in anti-CCP-positive than anti-CCP-negative patients (p-value = 0.01).

There was a significant correlation between development of bone erosion and disease duration (p=0.06),

Conclusion: There was positive relationship between anti-cyclic citrullinated peptide (anti-CCP) levels to radiographic damage in patients with rheumatoid arthritis (RA) and it's a good predictor for joint distraction, and also their was a positive relation present between duration of disease and bone erosion .

Demographic Pattern of Children with Autism Spectrum Disorder in Kurdistan Region/Iraq

Name: Raizan Hussain Azez
Degree: High Diploma
Specialty: General Psychiatry
Date the debate: 1/9/2010
Supervisor: Dr.Sirwan K Ali

Abstract

Pervasive developmental disorders are characterized by marked impairments in reciprocal social interaction, communication and by the presence of repetitive stereotypic patterns of behavior and interests. The focus of this research is in the area of demographic pattern of children with Autistic Spectrum Disorders in Kurdistan-Iraq. Studies from many countries have reported an increasing prevalence of Autistic Spectrum Disorders in childhood, no similar study of demographic pattern of children with Autistic Spectrum Disorders in Kurdistan done previously.

The objective of this study is to compare the demographic pattern of Autistic Spectrum Disorders in Kurdistan with other countries and to know the diagnostic distribution of young children with Autistic Spectrum Disorders by medical specialty as the pediatrician supposed to be the first who encounter with the child, and the age the child was first diagnosed as early intervention will have a good impact on the child's future .

Design of the study: It is across sectional study, designed to find out the demographic features of Autistic Spectrum Disorders in Kurdistan/Iraq.

Patients and method: the informations were collected by direct interview using a semi structured questionnaire in the department of psychiatry / Erbil teaching hospital, from the period 10th Oct.2009 to 30th of May 2010, the tool that used was diagnostic and statistical manual of mental disorders fourth edition text revised criteria check list.

Results: In this research 140 children met the study criteria , 79 % were boys and 21 % were girls , 69 % were resided the urban area , 92 % were Kurd and 94 % were Muslims 42 % of children were from high socio economic status and 40 % from middle socio economic status. There was a delay in the age of diagnosis the mean age was 70.29 months. Half of the children had regression in the language and social skills(50%), mean age was 23.99 months, and most of the children were diagnosed by the psychiatrist (84.3%).

There were no influences of gender, residency, socioeconomic status, education of parents, and diagnosed by whom, upon the age of diagnosis.

The only significant relationships between the variables were the residency and socioeconomic status, were most of the children comes from high and middle socioeconomic status and live in urban areas.

The demographic feature of Autism Spectrum Disorder in Kurdistan/Iraq similar to that reported internationally with certain critical issues which is pertinent for Kurdistan remain.

Recommendations:to orient the physicians, especially the pediatrician about the disorder, where they are usually the fist who encounter with the children, and raising the awareness in the community, as early intervention and enrollment in the special education programs is important.

Keywords: pervasive developmental disorders, demographic patterns, Kurdistan region.

A Case –Control Study on Fetal and Maternal Outcome in Pre-eclamptic pregnant women Admitted to the Maternity Teaching Hospital in Erbil

Name: Niaz Abdulhameed Hamad

Degree: High Diploma

Specialty: Obstetrics and Gynecology

Date the debate: 4/9/2010

Supervisor: Dr. Sabat K. Barawi

Abstract

Background: Preeclampsia is a multisystem pregnancy-specific hypertensive disorder, characterized by the onset of hypertension and proteinuria after the 20th week of gestation, associated with significant morbidity and mortality in mother and neonate.

Objective: This study aims to compare fetal and maternal complications in preeclamptic pregnant with normotensive pregnant, and find the association between the severity and time of onset of pre-eclampsia (early or late) with these complications.

Design: Case – Control study.

Setting: Maternity Teaching Hospital in Erbil city, Kurdistan region, North of Iraq, for the period between November 1st, 2009 to April 1st, 2010.

Patients and methods: 130 preeclamptic women and 200 normotensive pregnant were assessed. Demographic characteristics Parity, gestational age, birthweight, Apgar score, maternal and neonatal complications were included as study variables and compared with the control group.

Results: The two groups were compared in respect to demographical characteristics which included: maternal age and parity. The birth weight was statistically significantly lower in women with preeclampsia (specially early onset) than in normotensive pregnant ($p < 0.001$). The mean Apgar score in neonates of the preeclamptic group at 5 minutes was lower than of normotensive women ($p < 0.00$) most common cause of intrauterine death was severity of preeclampsia and low birth weight of the fetuses. The incidence of maternal complications among the cases were significantly higher than in control group.

Conclusion: Maternal complications, low birth weight and low Apgar score neonates were more frequent in preeclamptic women than in normotensive pregnant.

Post-chemotherapy Febrile Neutropenia in Adult Patients with Hematological Malignancies attending Nanakaly Hospital in Erbil City

Name: Muhammad Ahmed Darwesh

Degree: Higher Diploma

Specialty: Clinical Hematology

Date of the discussion: 30/10/2010

Supervisor: Lecturer Dr. Ahmed K. Yaseen

Abstract

Background: Neutropenia can be defined as an absolute neutrophil count of less than 1500 cells/ μ l and can be graded as mild, moderate, severe and very severe neutropenia. Neutropenia can develop in one or more conditions including decreased bone marrow production, the sequestration of neutrophils and increased destruction of neutrophils in the peripheral blood. Febrile neutropenia poses a major challenge during treatment of hematological malignancies.

Objectives: Our objectives from this study were identification of neutropenia and its severity in patients receiving chemotherapy and its relation to the frequency of febrile episodes; elucidation of the clinical foci of infection and causative microorganisms in order to build up prophylactic and therapeutic plans to decrease the frequency and complications of febrile neutropenia; determination of the relationship between using of empirical antibiotics with the duration of febrile neutropenia and using of Granulocyte Colony Stimulating Factor with the duration of neutropenia and identification of the frequency of comorbidity status and mortality rate in febrile neutropenic patients.

Patients and Methods: The study population consisted of 55 patients with hematological malignancies who had been admitted to the Nanakaly Hospital between 1st September, 2009 and 15th May, 2010. The mean age of the patients were 32 years, ranging from 14-72 years. Thirty patients were males and 25 of them were females.

The frequency of fever among these patients has been registered according to the disease category and treatment protocols. The study outlines the main clinical and microbiological causes of febrile neutropenia with special emphasis on the clinical source of infection and types of cultures.

Results: Fifty Three febrile episodes occurred in 90 episodes of neutropenia. Clinical foci of infection were detected in 59% of febrile neutropenic episodes. Pneumonia was the commonest clinically documented infection. Microbiologically documented infections were detected in 26% of febrile neutropenic episodes. Gram negative infections predominated (*Escherichia coli*, *Pseudomonas aeruginosa* and *Klebsiella* species, were the major isolates). Granulocyte Colony Stimulating Factor was used in 57 neutropenic episodes. Neutropenia duration was (< 7 days) in 28 cases, (7-14 days) in 17 cases and (>14 days) in 12 cases. Empirical antibiotics were used in 77 neutropenic episodes (48 with fever and 29 without fever). Febrile neutropenia duration was (< 7 days) in 37 cases, (7-14 days) in 9 cases and (>14 days) in 2 cases. Medical comorbidities were detected in 19 patients in the form of organ failure, diabetes mellitus and hypotension. The overall mortality rate was 29 %.

Conclusions: The frequency of febrile neutropenia is directly related to the severity and duration of neutropenia. In febrile neutropenia, 85% have documented infections and 15% have unexplained fever. The spectrum of isolates from febrile neutropenic patients in our study shifts towards Gram-negative microorganisms. Higher mortality has been associated with a documented infection, either microbiologically or clinically.

Incidence, In-hospital complications of Acute Mitral Regurgitation in the early phase Of Acute Myocardial Infarction in Erbil Teaching Hospital

Name: Firaz Muhammad Mawlood

Degree: Higher Diploma

Specialty: Internal Medicine

Date of the discussion: 4/11/2010

Supervisor: Asst prof. Abdul Kareem A. AL-Othman

Abstract

Background: Acute mitral regurgitation is one of the mechanical complications of acute myocardial infarction is usually associated with left ventricular systolic dysfunction and left ventricular regional wall abnormality especially in those with moderate to severe regurgitation. The aim of the study was to detect the incidence and in-hospital complications of acute mitral regurgitation in early phase of acute myocardial infarction.

Patients and methods: The study sample consisted of 100 patients with 1st attack of acute myocardial infarction admitted to Coronary Care Unit in Erbil Teaching Hospital from October 2009 to May 2010. Patients with history of previous myocardial infarction, left bundle branch block, previous history of valvular heart disease, rheumatic heart disease, heart failure and renal failure were excluded from the study. The patients categorized into: group-I which represent those without mitral regurgitation; group-II represent those with mitral regurgitation and the latter categorized into group-IIA those with mild mitral regurgitation and group-IIB those with moderate-severe mitral regurgitation. Incidence and in-hospital complications of acute mitral regurgitation with its relation to patients' characteristics were analyzed by t test and chi square test using Statistical Package for Social Sciences (SPSS).

Results: The incidence of acute mitral regurgitation among patients with acute myocardial infarction was 33%, 14 patients (42.42%) had mild and 19 (57.58%) had moderate-severe mitral regurgitation. Group-II patients were older, their mean age was 65.4 ± 10.76 years which is higher than group-I mean age 56 ± 11 , p value=0.01. Male sex was more among group-II patients, 19 male (57.57%) and 14 female (42.42%) but without significant statistical association. The incidence of acute mitral regurgitation was higher among those with anterior wall myocardial infarction, 22 patients (37.9%) than those with inferior infarction 11 patients, (26.2%) but without significant P value. Acute mitral regurgitation was significantly associated with high incidence of left ventricular systolic dysfunction among group-IIA, 9 patients (64.28%) and group-IIB, 16 patients (84.21%) as compared with the incidence of among group-I, 12 patients (17.91%), $p=0.00$.

The incidence of left ventricular regional wall abnormality was higher among group- IIA, 7 patients (50%) and group-IIB, 9 patients (47.36%) as compared with group-I, 29 (43.28%) but without significant p value.

Conclusion: Acute mitral regurgitation is common in early phase of acute myocardial infarction and it is strongly associated with left ventricular systolic dysfunction and to a lesser extent with left ventricular wall motion abnormality, so the assessment of mitral regurgitation should be included in post myocardial infarction risk stratification.

Association Between Lifelong Daily Activities With Knee and Hip Osteoarthritis Among a Group of People Attending Outpatient Unit in Rizgary Teaching Hospital in Erbil City

Name: Avin Mohammed Arif Maroof

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the discussion: 9/2/2010

Supervisor: Dr. Dashty A. Al-Bustany

Abstract

Background: Osteoarthritis (OA) is the most common type of degenerative joint disease; predominantly involves the weight-bearing joints, most commonly the knee and hip joints; Mechanical factors play an important role in its pathogenesis. Osteoarthritis is a leading cause of chronic disability; that most commonly affecting the middle-aged and elderly, although younger people may be affected as a result of injury or overuse. Until recently there is no cure for Osteoarthritis, therefore broadening our knowledge regarding the aetiology of the disease could assist by identifying the preventable risk factors including the lifestyle and the effect of lifelong daily activities as part of mechanical risk factors.

Objectives: This research done to evaluate the association between the lifelong daily activities: sitting on the floor; squatting; knee bending; walking on flat ground; walking up/down hill; sitting in lotus posture; standing; carrying loads; climbing stairs; sitting on chair or sofa; and cycling, with hip and knee osteoarthritis.

Patients and Method: This is a compression case-control study; recruiting 101 male subjects with Knee and /or hip osteoarthritis and compared them with 100 controls of same gender, who visited the outpatient units of Rizgary teaching hospital over a period of six months starting on 1st November, 2009 were included in the study. The age range for the subjects of both groups is (35-50) years, with mean age \pm SD of (44.94 \pm 3.63) for the case group and (44.71 \pm 3.31) for the control group. All the included subjects were of normal BMI (any subject with BMI of $>25\text{kg/m}^2$ have been excluded); subjects with recognized evidence of predisposition to develop osteoarthritis of knee and hip has been excluded, The difference between comparable subdivisions of the studied subjects in relation to the duration of each of the 10 specified lifelong daily activities was tested by the Chi-square test concerning the association of each daily activity with Knee and Hip osteoarthritis.

Result: Association of five of the 10 specified lifelong daily activities shown to be statistically significant ($P < 0.05$), including: Squatting for >30 minutes/day, Sitting on the floor (>1 hour/day), Knee bending and crossed leg sitting postures (>1 hour/day), cycling (>30 minutes/day), and sitting on chair or sofa. While the entire first above four activities considered being risk factors for knee and hip osteoarthritis, sitting on chair or sofa (1-3 hours/day) had a relatively protective effect.

Conclusion: Our findings support the role of lifestyle in the pathogenesis of knee and hip osteoarthritis, the results in our study confirmed the associations between Squatting, Sitting on the floor, Knee bending and Crossed legs (lotus) posture, as risk factors for both the knee and hip OA; and cycling as an extra risk factor predisposing to Knee OA. While sitting on the chair or sofa as protective factor for both Knee and hip osteoarthritis.

Recommendation: Education is required on the preventable risk factors, including the lifelong daily activities that confirmed to associate with knee and hip osteoarthritis, and changing of the harmful habitual squatting and shifting to use western toilette models instead of the traditional oriental one. Cycling of >30 min/d better to be avoided and Further researches required to fill the gap in the aetiology of osteoarthritis.

Obstetric and neonatal outcome of babies weighing more than 4 kg at Maternity Teaching Hospital in Erbil city

Name: Ronak Abdulrahman Kadir

Degree: Higher Diploma

Specialty: Gynecology and Obstetric

Date of the discussion: 9/11/2010

Supervisor: Dr. Zainab Muhsen Zwain

Abstract

Background: Large size infants have become more prevalent during the last decades. Pregnancies with macrosomic infants are associated with increased risks of complications for both the baby and the mother.

Objectives: To determine the obstetric and neonatal outcome and related risk factors of babies weighing more than 4kg in Maternity Teaching Hospital, Erbil city, North of Iraq.

Study Design: A descriptive case control study was performed between 1st October 2009 -1st March 2010.

Patients and Methods: The study sample consisted of 129 cases of pregnant ladies with their newborn infants with birth weight >4kg. At the same period another 110 pregnant ladies with their newborn infants with birth weight between 2.5 kg and 4.00kg (formed the control group) were studied. The obstetrical outcome of both groups including risk factors, mode of delivery and the incidence of maternal and perinatal complications were compared.

Results: During the study period a total deliveries of about 10363 have occurred, there was about 410 newborns weighing >4kg, we studied on 129 cases excluding those women who did not screened for diabetes. Mean maternal age in study group was (30.34 ±5.977) while of the control group was (25.64± 6.373), Diabetes was present in 20(15.5%) patients among study group and in 6 (5.5%) patients of control group. Mean birth weight of study group was (4.5138 ±.40100 kg) (maximum, 6.00kg) and of the control group was (3.0945 ± .26050kg). The overall caesarean section rate was 51.16% for the study group (the main cause for caesarian section was cephalopelvic disproportion and poor progression of labour) while 49.9% for the control group. Among macrosomic neonates shoulder dystocia was found in 3 cases (2.32%) there was no any recorded case of humeral or clavicular fracture. There were 3 cases of fresh stillbirth. Maternal complications with vaginal delivery of macrosomic infants included a high incidence of lacerations requiring repair (41cases) with no recorded case of uterine rupture.

Conclusions: The macrosomic infants are more common in mothers who are obese, grandmultiparous and diabetic and are at increased risk for maternal and neonatal complications.

The benefit of using an intravenous infusion of mixture of soluble insulin in 50% dextrose in controlling diabetic patient's blood sugar during open heart surgery

Name: Hiwa M. Rahim

Degree: Higher Diploma

Specialty: Anaesthesiology

Date of the debate: 29/9/2010

Supervisor: Othman I. Abdulmajeed

Abstarct

The aim of this study is to compare the effect of the mixture of soluble insulin in 50% dextrose and the effect of mixture of the soluble insulin in 0.9% saline in controlling blood sugar of diabetic patients during open heart surgery.

Fifty adult patients aged 45-75 years, American Society of Anesthesiologists physical status class 3 and 4 scheduled for open heart surgery operations were clinically randomized to receive either 50 IU soluble insulin in 0.9% saline (group A, n=25) according to their blood glucose level or 50 IU soluble insulin in 50% dextrose (group B, n=25) 0.1ml/kg/hr.

The comparison between the two groups was based on four blood samples had been taken before induction of anesthesia, after induction, 30 minutes from establishing the full rate of bypass machine, and 30 minutes from off bypass. These results indicated that using a mixture of soluble insulin in 50% glucose water shows a positive effect in controlling blood sugar than in 0.9% saline in four blood sampling. The most significant result was the third sample which was 30 minutes from establishing the full rate of bypass machine.

The mixture of soluble insulin in 50% dextrose produced non significant changes (P value > 0.05) in mean blood glucose level at all times, but; the mixture of soluble insulin in 0.9% saline resulted in significantly reduction (P value \leq 0.05) in mean blood glucose level after induction of anesthesia, significantly increased 30 minutes from establishing the full rate of bypass machine, and significantly increased 30 minutes from off bypass. In four blood samples significant difference, steady blood glucose level have been obtained in the second and third samples by the use of 50 IU insulin in 50% dextrose compared to 50 IU insulin in 0.9 % Saline. 153.24 \pm 26.70, 140.36 \pm 22.49, 182.00 \pm 45.89 and 168.88 \pm 27.31 versus 155.48 \pm 27.29, 157.40 \pm 18.69, 155.32 \pm 23.96 and 154.44 \pm 31.94 at pre induction, after induction, 30 minutes from establishing the full rate of bypass machine, and 30 minutes from off bypass respectively. This study concluded that the mixture of soluble insulin in 50% dextrose is more effective in controlling of blood sugar of diabetic patients during open heart surgery, when compared to the mixture of soluble insulin in 0.9% saline.

Assesment of the relation between the state of the eye refraction and severity of diabetic retinopathy

Name: Siamak Babakhani

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 18/9/2010

Supervisor: Eman H.Alwan

Absract

INTRODUCTION:

Diabetes is a condition where the blood sugar level is higher than normal. The main ocular complications of diabetes mellitus are cataract and diabetic retinopathy.

MATERIAL AND METHODS:

A hospital based study carried out at the Ophthalmology Consultations Departments in Rizgari and Erbil Teaching Hospitals and Leyla Gasim Health Center in Hawler from March 2010-May 2010. It includes diabetic patients of any age group with 5 year history of DM or more who were examined for any evidence of diabetic retinopathy and whether they have ametropia or not. History of any risk factors were recorded. Visual acuity, visual refraction, slit lamp examination and fundoscopy were done for all patients.

RESULTS:

Out of 98 eyes of 49 patients, 50 eyes were found to have diabetic retinopathy. Myopic eyes were 19, hypermetropic eyes were 50 and 26 eyes were emetropic, in 3 eyes refractive error were undetermined. Diabetic retinopathy found in 17% of myopic eyes, 60% of hypermetropic eyes and 53% of emetropes.

Early results of Ponseti method in the treatment of Talipes Equinovarus

Name: Soran A. Ramadhan

Degree: Higher Diploma

Specialty: Orthopaedic Surgery

Date of the debate: 18/10/2010

Supervisor: Asst. professor. Abdulwahab Almkhtar

Abstract

Background The Ponseti method has become particularly popular as a result of published short and long-term success rates in the world. Unfortunately in our locality there were no such interest to it may be because of most families have no patience for serial casting and follow-up which is part of ponseti method.

Objectives The aim of this study was to evaluate the success of ponseti method in treatment of club foot in our community , also to analyze the early rate of recurrence and patient characteristics to identify factors which may be predictive for recurrence .

Methods. Ponseti technique of treatment was used on 29babies with 45clubfeet from June 2009 to May 2010 inclusive. A total of (45 clubfeet) were managed by serial manipulation and casting as described by Ponseti. Included initial correction of the deformity by serial casting, and minimal corrective surgery, more extensive surgery (postero-medial release) was reserved only for the resistant cases. Recurrence, was analyzed with respect to the severity at presentation, sex, family history of clubfoot, and the family compliance with use of post correction foot abduction bracing(FAB).

Results. Clubfeet correction were obtained in all but 2 feet about (96%)most of feet(25patient 37feet) required (3-7) casts for correction. Average time for full correction of the deformity was 38 days (range: 21-49). Only one patient (2feet,4%) required extensive corrective surgery. There were 10 patients (36%) relapses among these 10 cases 7 cases of them their parents did not comply with brace, while among the remaining cases18cases(64%) had no relapse only 2 cases were related to noncompliance of their parents with FAB.

Conclusions. The Ponseti method is a safe and effective treatment for congenital idiopathic clubfoot and decreases the need for extensive corrective surgery. This technique can be used in children up to 2.2years of age. Early recurrent cases can be treated conservatively as well. Relapses were related to noncompliance with the FAB, but were no relation between recurrence and other factors like (severity at presentation, sex, and family history).

The changes of bone and joint in diabetic foot

Name: Gelas Sidiq Mohammed

Degree: Higher Diploma

Specialty: Rheumatology & Medical Rehabilitation

Date of the debate: 5/12/2010

Supervisor: Dr. Dashty B. Dzay

Abstract

Background: Diabetic neuropathic osteoarthropathy occurs in patients with long standing diabetes. Patients may present with a hot, swollen, erythematous foot, clinically mimicking advanced infection. Less than 1% of diabetics will develop neuropathic osteoarthropathy.

Objective: This work aims to study the changes in bone and joint in diabetic foot and to identify the causes, relationships and risk factors.

Patients&methods: To achieve the objectives of this work, two groups of patients were chosen. The first group (case group) includes 100 diabetic patients, 77 of them were females and 23 were males who have feet pain, their mean age were 55.56 ± 9.60 years and mean duration of diabetes were 9.60 ± 5.65 years.

The second group (control group) includes 100 diabetic patients, 60 of them were females and 40 were males who have no feet pain, their mean age were 53.00 ± 13.69 years and mean duration of diabetes were 9.02 ± 5.13 years.

The study was conducted between November 2009 and April 2010 at Layla qasm diabetes out patient clinic in Erbil.

A detailed history was taken from each patient with clinical examination, investigation and radiological examination of both feet were done.

Results: patients older than 65 years, females, housewives, non compliant with treatment, family history of diabetes, prolonged duration of >10 years, autonomic neuropathy, high FBS and impaired renal function are more liable to have changes in bone and joint in diabetic foot, while there is no association with S.uric acid and ESR.

The main findings were sensory neuropathy, deformity, callus, ulcer, muscle wasting and limitation of movement of the mid tarsal and subtalar joints.

The main radiographic findings were osteopenia, calcaneal spur, hyperostosis of the shafts of the metatarsals and resorption of the tufts of the distal phalanges.

Conclusion and recommendations: Changes in bone and joint in diabetic foot are mainly the result of peripheral neuropathy, which in turn due to prolonged duration and poor control of diabetes. The main changes in bone and joint in diabetic foot were swelling, tenderness, deformity and limitation of movements. Therefore, good control of diabetes is the most important factor in reducing the changes in bone and joint in diabetic foot.

In addition, every diabetic patient should have examination of the feet at routine consultation for the diabetic state.

Effect of Pre-incisional Versus Incisional Injection of local Anesthetics (Lidocaine plus Bupivacaine) on Post Operative Pain Following Inguinal Repair in Children

Name: Amer Ibrahim Mihammad

Degree: Higher Diploma

Specialty: Pediatric Surgery

Date of the debate: 11/9/2010

Supervisor: Humam Al-Khaffaf

Abstract

Background and objective: local anesthetic wound infiltration has been used for the last 3 decades, alone or in combination with systemic analgesics or general anesthesia to maintain analgesia during or after surgical procedures. Some preferred infiltration before the procedure, 20 to 90 mins, but few were using insisional anesthetic infiltration alone or with other analgesics. our thesis is to study the use of incisional anesthetic infiltration and compare the results with previous studies, using a combination of a short plus long acting local anesthetics (Ledocain +Bupivacaine) plus vasoconstrictor (Epinephrine) in order to cover a pain free from the end of operation and lasting near 24 hour after surgery.

Patients and methods: Ninety six pediatric patients planned for unilateral inguinal herniotomy under general anesthesia, listed randomly in to 2 groups, patients of group 1 was giving a combination of a local anesthesia, before the end of the procedure, while patients of the second group was givinig the same compound but before starting operation. Scale FACES and (VAS) verbal analogue scale was used to compare post incision pain between the tow groups.

Results: Data collected in a questionnaire, and pain scores were estimated at recovery ward, and the result statistically analyzed and compared , which revealed a statistical difference between pain of the tow groups, and duration and frequency of pain scores were long and more in the second group using the compound before operation, and comfort were more among patients who have received incisional infiltration.

Discussion and conclusion: Incisional irifiltration with local anesthetics (specially the short onset and the long duration compound) is the easier and the best way to keep the patients post operatively at rest and pain free.

This method can be used for adults as well as children and for most kinds of surgery, decreasing post operative side effects, making surgery in the future related to pain free procedures.

Emergency Operations Intubation Using Suxamethonium versus Rocuronium

Name: Azhar Mohammad Azhar

Degree: higher Diploma

Specialty: Anaesthesia

Date of the debate: 4/9/2010

Supervisor: Rekawt F. Mohammad

Abstract

This clinical study of rocuronium versus suxamethonium was conducted in a randomized trial involving 50 patients undergoing emergency surgery under general anesthesia. Each of these drugs were given to 25 patients, and the intubating conditions were assessed at 60 seconds. The results obtained from the study showed that rocuronium has a rapid onset of action and the maximum effect is reached at vocal cord muscles at a rate similar to suxamethonium and at a more rapid rate than at the adductor pollicis muscle.

Acceptable (good to excellent) intubating conditions were present in all of 25 patients

(100 percent) at 60 seconds after administration of rocuronium and in all 25 patients (100 percent) had acceptable intubating conditions after suxamethonium administration. There was significantly higher percentage of excellent intubating conditions in suxamethonium group at 60 seconds 21 out of 25 patients (84 percent) who received suxamethonium had excellent intubating conditions as against 11 patients (44 percent) who receive rocuronium. The remaining 14 patients (56 percent) had good intubating conditions rocuronium group as against 4 patients (16 percent) in suxamethonium group. The intubating conditions were assessed according to the scoring system proposed by Cooper et al (14).

The onset time of maximal block as measured by complete suppression of train-of four stimulation of adductor pollicis was however significantly more in case of rocuronium (mean 100.24 s) than for suxamethonium (64s) by using Tof Watch.

This suggested that the maximal effect of rocuronium was similar to that of suxamethonium at the vocal cord muscles while it is slower at the adductor pollicis muscle. This can be attributed to the difference in muscle characteristics and vascularity of laryngeal muscles and adductor pollicis.

Hematologic Complications after Kidney Transplantation

Name: Fareed Tahsin Saber

Degree: higher Diploma

Specialty: Nephrology

Date of the debate: 23/11/2010

Supervisor: Dr. Safa Ezaddin Al- Mukhtar

Abstract

Background: Hematological complications are frequent in renal transplant patients. They might involve all types of the blood cell and can be triggered by a large number of factors which can cause bone marrow suppression or peripheral destruction. Hematological abnormalities may be mild reversible or severe and life threatening.

Objectives: To determine the types of hematological complications which might occur after renal transplantation in order to establish the appropriate medical management and to prevent further complication which consequently may lead to kidney rejection.

Design: Prospective study. Erbil Teaching Hospital-Nephrology and Dialysis Unit.

Setting Patient and Methods:- data were collected from 100 renal transplant patients by chart review regarding patients' demographics, and pre-transplant and post-transplant foil blood count.

Result: The incidence of hematological complications after kidney transplantation is common; among 100 transplanted patients 46 of them developed hematological abnormality, 67.3% from 46 patients developed 13% had pancytopenia, 10.8% had anemia with thrombocytopenia, 4.3% had leukopenia and 4.3% developed post renal transplantation erythrocytosis; no blood malignancy recorded.

Conclusion: hematological complications are common in post renal transplantation, and observation showed significant association between hematological abnormalities and immunosuppressant, acute and chronic rejection and systemic infection.

Radical Surgery Versus Conservative Management in cases of placenta accrete in Baghdad Teaching Hospital

Name: Suhair Mahmooof Al-Jmamaly

Degree: Hgher diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 2/11/2010

Supervisor: Dr. Ghada Saadullah Al-sakkal

Abstract

Objective: The aim of the study was to evaluate the management of placenta accreta in Baghdad teaching hospital.

Study design: Prospective observational stuy Patients and **method:** We reviewed cases of placenta accreta diagnosed in medical city between November 2009 to May 2010. Twenty-five cases of placenta accreta were treated out of 4661 deliveries (1/188 birth) admitted at medical city.

Results: Of the 25 cases of placenta accreta, 13 patients (52%) were by radical surgery (hysterectomy) and 12 patients (48%) underwent conservative treatment before surgery was used. Additional procedure (i.e. Internal iliac artery ligation) were required in 6 of 25 patients (24%) of both groups. Conservative treatment succeeded in avoiding hysterectomy in 8 out of 12 patients (66.6%). The postoperative morbidity was higher among the primary hysterectomy than the conservative group. There was one case of maternal death (4%) among the hysterectomy group.

Conclusion: Our results show that a policy of conservative treatment to be attempted in some cases of placenta accreta when facilities of blood and blood product transfusion are available and also re-operation can be done immediately at any time postoperatively.

Clinical Assessment of lichen Plannus in Patients Attending the Department of Dermatology & Venerology at Rzgary Teaching Hospital in Erbil City

Name: Tara Saeed Omer

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 28/9/2010

Supervisor: Dr. Intiha Mohammed Ridha

Abstract

Lichen Planus (LP) is a common, pruritic, inflammatory disease of the skin and mucous membrane. It has a world- wide distribution. The exact prevalence of LP is unknown but the over all prevalence is believed to be some what less than 1% of the general population. The average age of onset is about 40 years with slight female predominance. The aim of the study is to assess different clinical patterns and epidemiological aspects of LP in patients attending the out patient of dermatology and Venereology at Rizgary Teaching Hospital in Erbil city. During this descriptive study, 72 Lichen Planus patients were included Diagnosis was made clinically and confirmed by histopathological examination. Data were collected from. September 2009 to June 2010. Statistical package for social sciences (Version 17.0) and Microsoft excel had been used to analyse the data.

In this study LP was representing 0.49% of dermatological visits. The age of patients ranged from 7-72 years, mean age \pm SD was 36.7 \pm 15.04 years. The age groups most commonly affected were 20-29 years (27.7% of cases) and 40-49 years (25.1%). There were 40 (55.6%) females and 32 males (44.4%) giving a male to female ratio 0.8:1. Clinical examination revealed that the papular type was the commonest type in 52 cases (72.2%). The skin was the commonest site of involvement in 69 cases (95.8%), mucous membrane in 28 cases (38.8%) , nail involvement in 8 cases (11%), and hair in 4 cases (5.5%). The initial site of onset was the extremities in 52 (72.2%) cases. Pruritus was the chief complaint in 65 (90.3%) cases.

This study concluded that LP commonly seen in young and middle aged adults and slightly more common in females. Classical type was the commonest type and pruritis was the main complaint of patients.

Comparative Study of Topical 4% Potassium Hydroxide Solution Versus 1% Clotrimazole Solution in the Treatment of Pityriasis Versicolor In Erbil

Name: Hawzheen Sarkawt Muhammed

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 14-15-2010

Supervisor: Lecturer. Araz Hasan Mohammed

Abstract

Background Pityriasis versicolor is a common chronic superficial inflammatory disease caused by an overgrowth of the yeast fungus called Pityriopsisporum ovale and Pityriopsisporum orbiculare also called Malassezia furfur. P. ovale is a member of the normal flora of skin that cause no problem unless when grow excessively. Potassium hydroxide (KOH) solution is a strong alkali known to digest keratin; in dermatology it is used for diagnostic purposes, many modalities of the treatment have been used to control this disease.

Aims of study The aim of the study was to evaluate the effectiveness of topical 4% potassium hydroxide (KOH) solution in the treatment of pityriasis versicolor in comparison with topical 1% clotrimazole solution.

Methodology During this single blinded, randomized comparative therapeutic study 90 patients presented with pityriasis versicolor were included. Diagnosis was made clinically, Wood's light examination and scraping of fungi for KOH preparation done for all patients for confirmation. Data was collected from March 2014 through January 2015. Patients were divided into 2 groups: group A (4% KOH), includes 46 patients and group B (1% clotrimazole), and includes 44 patients. KOH was applied once daily, while clotrimazole solution twice daily for 2 or 4 weeks according to the response. Eighty two patients completed the study; forty two in group A & forty in group B.

Results In group A, 34 (81.0%), 6 (14.3%) and 2 (4.8%) patients showed complete, partial and no response respectively after 2 weeks. After 4 weeks, 40 (95.2%) patients showed complete response and 2 (4.8%) patients showed partial response. In group B, 16 (40.0%), 20 (50.0%) and 4 (10.0%) patients showed complete, partial response and no response respectively after 2 weeks. After 4 weeks, 36 (90.0%) patients showed complete response and 4 (10.0%) patients showed partial response.

There was a significant difference at 2 weeks of treatment. Group A showing a better response than group B ($p=0.02$). Itching, burning sensation, and erythema were detected in a few patients of both groups

Conclusion This study concluded that pityriasis versicolor is a disease of young adults commoner in male than female, topical 4% potassium hydroxide solution seems to act more rapidly than 1% clotrimazole solution for pityriasis versicolor

Impaired Glucose Tolerance among Patients with β -Thalassemia Major in Hawler Governorate

Name: Lana Saleem Kareem

Degree: Higher Diploma

Specialty: Pediatric

Date of the discussion: 8/2/2011

Supervisor: Dr.Mouroje H. AL Ani

Abstract

Back ground: Thalassemia is one of the commonest haemolytic diseases especially in the Mediterranean area. In spite of the use of the iron chelation therapy, serious complications due to iron overload still occur in the thalassemic patients. Endocrinal complications are among the serious complications of haemosiderosis, especially the development of diabetes.

Objectives: To detect the risk factors of impaired glucose tolerance in transfusion dependent β -thalassemic patients.

Materials and Methods: A Prospective study of a total of 50 transfusion dependent β -thalassemic patients (aged 10-15 yrs), 31 males and 19 females. All were subjected to history, examination and laboratory investigations: serum ferritin, hepatitis B and C markers, oral glucose tolerance test were recorded. from the 1st of January to the 31 of April 2010.

Results: The prevalence of impaired glucose tolerance was 26% (13 of 50) and there was no diabetes mellitus. The risk factors for impaired glucose tolerance were: total units of blood transfused/year ($p=0.004$) and age at starting iron chelation therapy ($p=0.046$).

Conclusions: Frequently-transfused patients with under or poor compliance with iron chelation therapy increase the risk of development of complications, including impaired glucose tolerance. Early starting of desferrioxamine therapy will prevent such complications.

Evaluation of Neonatal Respiratory Distress Syndrome in Erbil Maternity Teaching Hospital

Name: Loay Mohammad F.

Degree: Higher Diploma

Specialty: Pediatric

Date of the discussion: 21/2/2011

Supervisor: Asst. Prof. Abbas Al-Rabatti

Abstract

Neonatal RDS or hyaline membrane disease; is a syndrome caused in premature infant by developmental insufficiency of surfactant production and structural immaturity in the lung, some factors may play a role in the development of this disease such as gestational age, birth weight, maternal diabetes, cesarean section, and others, and this syndrome is one of the major cause of neonatal death all over the world.

Objectives: To assess the severity of RDS & mortality rate according to the GA, to outline the common maternal problems that lead to the development of RDS and to evaluate the radiological findings & common clinical predictors of neonatal RDS.

Patient and method: A descriptive study was conducted in the neonatal and premature baby unit in maternity teaching hospital in Hawler of 100 cases. The data were collected by the investigator directly from the mothers, direct physical examination of the babies, history taking, radiological finding with report, responsible pediatricians to fulfill a detailed questionnaire that contains information about risk factors, clinical picture, and outcome of the disease.

Result: Analysis of the risk factors revealed that gestational age less than 37 weeks is a significant risk in the development of RDS; also birth weight less than 2kg had a significant association role. The study revealed that the risk of RDS significantly increases with Apgar score less than 7. The data shows that radiological finding is important to diagnose and differentiate neonatal RDS.

The study demonstrates that the mortality rate is (24%) and high among low GA and birth weight less than 2 kg.

Conclusions: It can be concluded from this study that the risk of developing RDS and mortality rate increases at lower GA and birth weight. There was a non significant increase in the risk for RDS in male gender and cesarean section delivery, Highly confidence of chest x-ray in diagnosis of neonatal RDS, Clinical manifestations are highly significant in neonatal RDS, High causal association between low Apgar score and RDS and the risk of positive RDS increases with positive family history.

Relation between Size of Adenoid and Otitis Media with Effusion among a Sample of Primary School Age Children in Erbil City

Name: Lawan A. Talat Shareef

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the discussion: 2/2/2011

Supervisor: Assist. Prof. Farhad Jalil Khayat

Abstract

Background: The pharyngeal tonsil (adenoid) constitutes the upper portion of the Waldeyer's ring and is situated at the top of the nasopharynx, next to the auditory tube and choana. Hypertrophy of the adenoids and eustachian tube dysfunction are often considered to be causal factors for otitis media with effusion. There are many methods used to measure the size of adenoid such as lateral soft tissue X-ray of nasopharynx.

Objectives: This study aimed to evaluating the grades of adenoidal hypertrophy among school age children with otitis media and to search for the presence of an association between size of adenoid and occurrence of otitis media with effusion.

Subjects and Methods: In this cross sectional study, 17 primary schools were visited; all pupils from the first to the sixth year of elementary study were examined in the period from mid October 2009 to mid May 2010. A total 1,035 pupils were interviewed and those with positive findings that suggest otitis media with effusion were referred to the otolaryngology outpatient department to confirm diagnosis using further investigations such as tympanometry; and a pure tone audiometry was also used to assess the hearing threshold. Adenoid size was measured by adenoid/nasopharyngeal ratio on cervical lateral views of simple X-rays.

Results: Otitis media with effusion was found in 48 (4.6%) of the studied children. The most common type of tympanometry results seen among the children with otitis media was type B. Grade 3+ adenoid hypertrophy was mainly seen among patients having unilateral and bilateral otitis media with effusion, accounting for 16% and 37% of all cases of otitis media with effusion accordingly. Type B tympanogram was significantly associated with positive history of oral breathing in the studied children (p value < 0.05).

Conclusions: The study concluded that adenoid hypertrophy was associated with otitis media with effusion in school age children. The proportion of otitis media with effusion increases with the severity of nasopharyngeal obstruction by adenoid hypertrophy.

Assessment of the Two Different Methods of Episiotomy Suturing Technique after Delivery

Name: Shaema Khidr Ismael

Degree: Higher Diploma

Specialty: Obstetric and Gynaecology

Date of the discussion: 26/6/2011

Supervisor: Dr. Sabat Abdulkarim Barawi

Abstract

Background: Episiotomy is the surgical enlargement of the vaginal orifice by an incision of the perineum during the second stage of labor or just before delivery of the baby. For nearly 70 years, researchers have been suggesting that continuous repair techniques are better than interrupted suture methods.

Objectives of the study: To evaluate the repair techniques of continuous versus interrupted methods for repair of episiotomy regarding number of suture material used and time taken to complete the repair, estimation of the pain at (10 days and 3 months), necessity to remove the stitches, infection, dehiscence and dyspareunia.

Design and Setting: A randomized clinical trial. It was conducted in the labor ward in maternity teaching hospital in Erbil city through the period of 1st of May 2010 to 1st of December 2010.

Patients and methods: Participants were 300 women having episiotomy and were divided into two groups; (group A) includes 150 women, their episiotomies were repaired with interrupted suturing, (group B) includes the other 150 women their episiotomies were repaired with continuous non locking suturing technique. The suture material used was the same in both groups (polyglycolic acid), then follow up was done to evaluate complications in both group.

Results: At day 10 significantly fewer women reported perineal pain and pain during activities with the continuous than interrupted technique (48% vs 70.7%, $p < 0.001$), analgesia use up to 48hr was less in continuous technique (63.3% vs 85.3%). Wound dehiscence was significantly higher in interrupted technique (12.7% vs 5.3%) and no difference was found regarding wound infection. At 3 months satisfaction with repair was significantly higher in continuous technique (82.7% vs 68.7%) and no difference was seen in superficial dyspareunia. Need to suture removal was more in interrupted technique than continuous one (11.3% vs 2.7%). Continuous technique is faster and requires less suture material.

Conclusions: This study has shown that episiotomy repair using continuous suturing technique is superior to interrupted technique by causing less maternal morbidity, less time consuming and requires less suturing material.

The effect of intranasal splint on prevention of adhesion after septoplasty

Name: Abdulmajeed A. Yaseen

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the discussion: 27/6/2011

Supervisor: Asst Prof.Farhad Jalil Khayat

Abstract

Background: Septoplasty is one of the most common surgical procedures in the otorhinolaryngology, is performed for correction of the septal deviation. Intranasal adhesion is known as one of the complications following nasal surgeries, splinting the nasal cavity is usually done to prevent this complication.

Objectives: To determine the value of intranasal splints in preventing adhesion formation after septoplasty.

Patients and methods: This is a prospective study of 60 patients underwent septoplasty, 30 males and 30 females ranging between 18-38 years old , over a 6 month period between 1st August 2010- 31st January 2011 in Rizgary Teaching Hospital - Erbil city. Patients equally divided to two groups; septoplasty with splints 30 and without splint 30 patients.

Results: This study carried out on 60 patients; adhesion developed in 1(3.5%) patient of splinted group, while adhesions occurred in 3(10.0%) patients of non splinted group. In one (3.5%) of males adhesion developed while among the females 3(10.0%) had adhesions. Among the patients with Septal deviation to the right side in 1(3.0%) patient adhesion developed, while in patients with septal deviation to the left side 3(10.5%) patients had adhesion. Adhesions developed equally on the same and opposite side of the septal deviation.

Conclusion: There is no significant advantage of intranasal splints in prevention of adhesion and there is no significant influence of the gender and side of septal deviation on the adhesion formation .

KEY WORDS: Septoplasty, Intranasal splint and intranasal adhesion.

The Frequency of Thyroid Dysfunction in Rheumatoid Arthritis Patients

Name: Hekmat Salman Raheim

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the discussion: 23/6/2011

Supervisor: Dr.Dashty A.Al-Bustany

Abstract

Objective

Is to find the frequency of thyroid dysfunction in rheumatoid arthritis patients and its association with the severity of RA.

Method

hundred patients (83 females, 17 males) with RA were included in the study, who attended outpatient clinics and physiotherapy unit in Rizgary teaching hospital, from 1st of November 2010 to 31st of January 2011, Which fulfilling the 1987 revised ACR criteria. ESR,CRP,T3,T4,TSH,anti-thyroglobulin antibody ,and RF are measured for all patients.

Result

Out of this hundred cases of RA, 30 cases (30%) had thyroid dysfunction, 6 of these 30 had positive anti-thyroglobulin antibody, (6% of RA cases). There is no statistically significant difference in relation to age, sex, duration, severity of disease, and RF status.

Conclusion

Thyroid dysfunction is common disorder among RA patients; occur in both sex, different age group, independent on the duration; severity and RF status of the patients.

Carpal Tunnel Syndrome in Patients with Rheumatoid Arthritis Clinical and Electrophysiological Study

Name: Mahdi Khaled Qadir

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the discussion: 23/6/2011

Supervisor: Dr. Dashty A. Al-Bustany

Abstract

The objectives are to find out the frequency of CTS in RA Patient by clinical with NCS, and the effect of duration of the disease (RA) with CTS, and specify gender variation in RA patient.

Method: one hundred and eleven patients (100 females, 11 males) with RA were included in the Study; they were attending routine out-patient clinics and physiotherapy unit in Rizgary teaching hospital, between 1st Sep. 2010 to 1st April 2011, fulfilling the 1987 revised ACR criteria, all assessed clinically and by NCS for presence of CTS of both hands.

Results: 26 patients had clinical CTS. 33 had CTS by NCS. 24 had both clinical and NCS. 55% of patients were between 40-60 years of age. There was a significant correlation between clinical assessment and NCS ($p < 0.001$).

Conclusion: There was positive relationship between clinical features and NCS for diagnosis of CTS. There was no relation between occurrence of CTS and duration of the disease, age of the patient, gender, RF, CRP, family history, predominant hand, occupation and treatment.

Arthroscopic Management of Knee Disorders In Erbil Hospitals

Name: Srood Saliem Mattei

Degree: Higher Diploma

Specialty: Orthopedic Surgery

Date of the discussion: 14/6/2011

Supervisor: Dr. Zohair Mohsen Ahmed Al- Saffar

Abstract

Objective: To analyze and evaluate the findings of our twelve months arthroscopy practice starting February 1, 2010 till January 31, 2011 in the department of Orthopaedics in college of medicine, Hawler medical university covering patient underwent operation of arthroscopy for management of meniscal lesions within Erbil city hospitals, governmental and private.

Methods: This is a retro - prospective study of 160 patients who underwent knee arthroscopy for meniscal lesions at Erbil city hospitals. Patient ages ranged from 21 to 70 years old with an average age of 39.5 years.

Results: Arthroscopy was performed on 82 right and 78 left symptomatic knees of 113 males and 47 females, the etiology were classified as sport injury in 82 knees (51.25 %), falling 30 knees (18.75 %), traffic accident 17 knees (10.62 %), working accident 8 knees (5%) and un known 23 knees (14.37 %). Arthroscopic findings of patients were posterior horn tear of medial meniscus in 61 knees(38%), anterior horn tear of medial meniscus in 30 knees (18%), anterior and posterior horn tear of medial meniscus in 2 knees (1.25%), bucket handle tear of medial meniscus in 24 knees (15%), Degenerative tear of medial meniscus in 8 knees (5 %), and anterior horn tear of lateral meniscus 14 knees (8.75%) and posterior horn tear of lateral meniscus 3 knees (1.25%), bucket handle tear of lateral meniscus in 1 knee (0.6%) and tears involving both menisci in 6 knees (5.6%) and normal menisci in 11 knees (6.8%). Meniscal lesions were associated with complete tear of ACL in 12 knees (7.5%), partial tear of ACL in 30 knees (18%), partial tear of PCL in 3 knees (2%), complete tear of PCL in 4 knees (2.5%).

Tight and tethered plica was founded in 19 knees (11%) distributed as medial patellar plica in 13 knees, infrapatellar plica – ligamentum mucosum in 5 knees and suprapatellar plica in 1 knee.

Small tiny osteochondral bodies were found in 2 knees and in 1 patient there was cyst in lateral meniscus.

Conclusion: Arthroscopy should be considered the state of the art treatment in the management of knee disorder because of many advantages and few complication rate and arthroscopic partial menisectomy to be the definite means of therapy for the isolated meniscal lesion of the knee joint. Quick recovery and excellent early results after surgery are characteristics of the method.

Also arthroscopy is the method of choice in the diagnosis of knee disorders and preferable to be considered before MRI being a technique that allows therapeutical procedures at same time.

Key Word: Arthroscopy, Knee disorder.

Effect of Septoplasty on Inferior Turbinate Hypertrophy

Name: Hawar Mazhar Ahmad
Degree: Higher Diploma
Specialty: Otolaryngology
Date of the discussion: 27/6/2011
Supervisor: Asst. Prof. Farhad Jalil Khayat

Abstract

Background: Septal deviation is usually associated with compensatory hypertrophy of the contralateral inferior nasal turbinate. The current treatment of anterior septal deviation is septoplasty but there is controversy about turbinate surgery for the hypertrophied inferior turbinate[1].

Object: The aim of this study is to find whether the hypertrophied inferior turbinate is reversible by septoplasty alone or needs additional turbinate surgery.

Method: This prospective study done on 36 patients attended ENT department at Rizgary teaching hospital during the period from 1st August 2010 to 31st January 2011, their age ranged from 18-38year with septal deviation and inferior turbinate hypertrophy. All of them underwent septoplasty alone without turbinate surgery. The thickness of the hypertrophied inferior turbinate was measured before and after surgery by CT scan of paranasal sinuses coronal section.

Results: Septoplasty significantly decreased the thickness of the medial mucosa of hypertrophied inferior turbinate by 1.14mm at the anterior part, 0.75mm at the middle part and 0.59mm at the posterior part, and it decreased the thickness of the lateral mucosa as well but to a lesser extent.

Conclusion: Inferior turbinate hypertrophy, especially in the medial mucosa, reverses 4-6 months after septoplasty without turbinate surgery.

The role of Ultrasound versus physical examination in the management of Developmental Dysplasia of the Hip during the first six months of life.

Name: Hazhen Talat Mama

Degree: Higher Diploma

Specialty: Orthopedic Surgery

Date of the discussion: 16/6/2011

Supervisor: Dr. Las Jamal Khorsheed Hawezy

Abstract

Background: The hip joint is largely cartilaginous during the first six months of life. Therefore; Ultrasound (US) has been increasingly used for the initial diagnosis of Developmental Dysplasia of the Hip (DDH). Because the hip joint maturation is fastest during the first three months of life, early intervention provides a better prognosis. Hence, there is an important need for initial screening and early management of DDH.

Objectives: The aim was to assess the role of US versus physical examination in the initial diagnosis of DDH at the age of 0-6 weeks of life. As well as, to evaluate their roles in subsequent follow-up after a period of monitoring and/or intervention until the age of 6 months.

Patients and methods: 150 infants (5 days to 6 weeks of age; mean age was 4 weeks) underwent physical and US examination for DDH. The hips were classified according to the Graf technique and were followed-up prospectively by US and physical examination up to the age of 6 months to monitor the response to treatment.

Results: The mean age of babies at first examination was 4 weeks. Only 38.5% of DDH cases on US were found to have abnormal physical examination. There was a statistically significant association between DDH and the presence of risk factors (p value < 0.05). During 6 months of follow up, 30 cases of DDH were diagnosed. Healing of the joints with treatment occurred for all DDH cases but in different durations. No significant complications of treatment were reported by the age of 6 months.

Conclusions: Babies with normal hips on examination can have DDH on US. On the other hand, babies with normal hips on US scan can show clinical instability. US is the best and most practical screening tool available for the initial diagnosis of DDH. Furthermore, it can be successfully used for follow-up in order to show the response to treatment.

Keywords: Ultrasound (US); Developmental Dysplasia of the Hip (DDH); initial screening; management; physical examination; Graf technique.

Nail changes Psoriatic Patients Attending the Department of Dermatology and Venereology at Rizgary Teaching Hospital in Erbil City

Name: Luqman Jabbar Azeez
Degree: Higher Diploma
Specialty: Dermatology and Venereology
Date of the discussion: 21/5/2011
Supervisor: Dr. Saba Ali Rashid

Abstract

Psoriasis is a wide spread skin disorder in which nail involvement is a common symptom and may be found in up to 50% of psoriatics. Severe nail psoriasis can lead to functional and social impairment if left untreated. It can be a part of the clinical features of psoriasis, or a clinical form of psoriasis if only the nail is affected. The aim of this study was to estimate the proportion and types of nail changes in psoriasis, and to find the association of nail involvement with duration and type of skin lesion. This study is a descriptive, case review study of 170 psoriatic patients from 7 months to 80 years and of both sexes, referred to Rizgary teaching hospital from May 2010 to January 2011 were selected to assess the clinical patterns of nail changes in psoriasis. Nail changes was found in 42.35% of psoriatics, the mean age was 31.4 years, and M:F ratio was 1.7:1, with no significant difference between mean ages of both gender. Pitting was the commonest finding(72.2%), followed by subungual hyperkeratosis(47.2%). The mean duration of psoriasis in patients with nail involvement was more than of those without nail involvement(8.3 vs 3.7 years). The duration of skin lesion was more than 5 years in 61.5%, equal and less than 5 years in 33.9% of patients with nail involvement. The age at the onset of psoriasis was less than 30 years in 68%, equal and more than 30years in 32% of patients with nail changes. Nail changes was seen in 35.9% of children and pitting was the commonest(78.5%), followed by leuconychia(57.1%). Our conclusions was that nail changes was more frequent among males than females, Pitting was the most common finding, there was no relation between type of psoriasis and frequency of nail involvement, and fingernail more frequently affected than toenails.

Prevalence & Risk Factors for Genital Prolapse During Reproductive Age in Maternity Teaching Hospital

Name: Marden Mohammedamin Mohammedsaleh

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the discussion: 24/5/2011

Supervisor: Dr.Ghada Saadallah Al-Sakkal

Abstarct

Background: Genital prolapse is primarily a disease of the parous. The incidence of genital prolapse depends on numerous factors. Most etiologies of uterine prolapse are acquired and are therefore amenable to preventive measures.

Objective: The aim of this study was to determine the prevalence and the most common etiological factors in the development of genital prolapse in a sample of women during reproductive age.

Study design: Cross sectional study.

Setting: Out patient gynecological clinic in Maternity Teaching Hospital
Period of study: From 1st May 2010 to 1st February 2011.

Patient and method: (207) women attending gynecological out patient clinic were enrolled in this study. Questionnaires were given and pelvic examination was done. The pelvic organ prolapse quantitative examination (POP-Q) system was used as an assessment tool

Results: Prevalence of prolapse was 83.1% in studied sample. The risk of posterior vaginal descent is relatively higher than anterior vaginal descent in our cases. Stage 2 prolapse was more common compared to other stages.

Conclusions: Genital prolapse is common among women. Age is an important etiology. However, vaginal childbirth is one of the most important initiating factors. Excessive stretching, episiotomy, tearing, multiple deliveries and short birth spacing seem to be the main predisposing obstetric factors. Family history, obesity and heavy lift also play role in development of prolapse.

A Clinico-pathological Study of Ovarian Masses in Maternity Teaching Hospital

Name: Ahang Ismail Ali

Degree: Higher Diploma

Specialty: Obstetric and Gynecology

Date of the discussion: 26/6/2011

Supervisor: Asst Prof. Shahla Kareem Alalaf

Abstract

Background: Ovarian masses account for a significant proportion of gynecological morbidity and mortality. Ovarian carcinoma represent the sixth most common female carcinoma, and the fourth leading cause of death due to carcinoma in women.

Objectives: To evaluate the types of ovarian masses operated on in Maternity Teaching Hospital.

Design and setting: A cross sectional simple review study was performed in Maternity Teaching Hospital in Erbil city, Kurdistan, Iraq. From 1st of May to 1st of December 2010.

Patients and Methods: The study was done on 85 women with ovarian masses who operated on in Maternity Teaching Hospital. A detailed history was taken from all of them, which included presenting symptoms, age, parity, menarche, type of operation (cystectomy, oophorectomy or total abdominal hysterectomy with salpingo-oophorectomy) and histopathological finding of ovarian masses.

Results: The mean age of the women with ovarian masses who underwent laparotomy was 31.8 ± 10 . Sixteen (18.8%) cases were unmarried, 20 (23.6%) cases were nulliparous and 4(4.7%) cases were pregnant. The commonest symptom was abdominal pain (64.7%), while (3.5%) of patients were asymptomatic. The most common underlying pathology for ovarian mass in the present study was non-neoplastic cyst (37.9%), followed by benign ovarian neoplastic of which dermoid cyst 20 (23%) cases and serous cyst adenoma 16(18.3%).

Conclusion: Non-neoplastic and benign neoplastic masses are frequently encountered in all age groups, while malignant epithelial more in old age. Nulli parity and low parity are significant risk factors for ovarian masses. Age of early menarche is another important risk factor.

Prevalence of Sensorineural hearing loss among a sample of primary school children in Erbil city

Name: Otolaryngology

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the discussion: 14/2/2011

Supervisor: Assist. Prof. Farhad Jalil Khayat

Abstract

Background: Sensorineural hearing loss refers to disruptions in the sound transmission from the inner ear to the cortex of the brain, which may appear as a complication of childhood viral diseases that is unrecognized at low decibels until early adolescent age.

Objectives:

- a) To study the prevalence of sensorineural hearing loss among primary school children.
- b) To determine the proportion of children with sensorineural hearing loss that was previously unrecognized.
- c) Giving an idea regarding common causes and risk factors for sensorineural hearing loss in this age group.

Methods: A cross sectional study done in Erbil city from mid October 2009 to mid May 2010. Among 300 primary schools, 17 primary schools selected randomly from different areas. The participants included (1029) children from (6-12) years old age group and of both genders; (432) females & (597) males. Those considered to have hearing impairment by teacher suspicion were examined at school by otoscope and tuning fork of which those with positive findings suggestive of hearing impairment (165) referred to Rizgari and Hawler teaching hospitals for full ENT examination and investigations including pure tone audiometry and tympanometry.

Results: In this study out of 1029 primary school children 52 children (5.05%) discovered to have significant hearing impairment, and out of these 52 children with hearing impairment 37 children (71.15%) had conductive hearing loss, 12 Children (23.07%) had sensorineural hearing loss and 3 children (5.76%) had mixed hearing loss. Among those 12 children discovered to have sensorineural hearing loss, regarding degrees of severity among them 3 children (25, 00%) had mild sensorineural hearing loss, 5 children (41.67%) had moderate sensorineural hearing loss, 2 children (16.67%) had severe and another 2 children (16.67%) had profound sensorineural hearing loss. Sex distribution was equal among those 12 children with sensorineural hearing loss.

Conclusion: We conclude that the prevalence of SNHL in Erbil city was 1.2%, this low prevalence could be due to improvements in health care and the expansion of immunization programs.

Level of C-Reactive Protein as an Indicator for Prognosis of Premature Uterine Contractions

Name: Bayar M.Najat
Degree: Higher Diploma
Specialty: Obstetrics and Gynecology
Date of the discussion: 26/6/2011
Supervisor: Dr. Sabat A.M. Barawi

Abstract

Background: Maternal plasma C-reactive protein concentrations in pregnancy are increased over pre-pregnancy values and high concentrations have been associated with adverse pregnancy outcome. Premature uterine contractions can be predicted by elevated levels of C-reactive protein as a biomarker for high risk pregnancy that significantly affect the perinatal mortality and morbidity.

The objective of the study: Efficacy of the association between premature uterine contractions and elevated levels of C-reactive protein in the prediction of preterm delivery. This may ultimately be simple and cost-effective enough to introduce as a low-risk screening programme.

Study design: Case control study.

Setting: Maternity Teaching Hospital-Erbil/Kurdistan Region /Iraq.

Period of study: From May 1st, 2010 to December 1st, 2010.

Patients and methods: A Sample size of two hundred cases (n=200) taken hundred (100) of them were pregnant at 24+0 - 36+6 weeks presented with premature uterine contractions; the other hundred were control group at the same gestational age. Both groups were compared in their blood levels of a biomarker C-reactive protein and both groups were followed till delivery to define the rate of preterm delivery.

Results: Among 100 women with premature uterine contractions (93) had elevated blood level of C-reactive protein above normal value and 91% delivered before 37 weeks of gestation preterm babies, compared with a control group in which only (9) women had elevated blood level of C-reactive protein and only 8% of the group delivered preterm. These differences were statistically highly significant.

Conclusion: There is a significant association between elevated levels of C-reactive protein and preterm delivery in cases who presents with premature uterine contractions. Thus C-reactive protein can be used as a biomarker in prediction of preterm delivery when it is associated with premature uterine contractions. As well it can be used as a screening to detect cases that are at risk of preterm delivery.

Perception and Experience Regarding Menopause among Menopausal Women Attending Teaching Hospitals in Erbil City

Name: Gazang Najmaddin Mustafa

Degree: Higher Diploma

Specialty: Family Medicine

Date of the discussion: 19/6/2011

Supervisor: Dr. Jwan M. Zangana

Abstract

The timing of menopause, perception as well as menopausal symptoms varies between populations and within populations.

This study was carried out to assess women's perception and experience regarding menopause, to find out symptoms and mean age of menopause and to study sociodemographic characteristics of menopausal women and to find out its relationship with their age at menopause and their knowledge about menopause.

Over a period of eight months from 1st August 2010 to 1st April 2011 a descriptive cross sectional study were carried out at the outpatient departments of four teaching hospitals in Erbil city. A total of 500 menopausal women their age ranged from 40-60 years were interviewed using a specially designed questionnaire.

Mean age of menopause was 47.44 years with median age was 48 years, 4.4% had premature menopause and 23.6% had early menopause. The only factors that significantly associated with age at menopause were education and pattern of menstrual cessation and 93.4% of menopausal women were heard about menopause, 56.6% had prior knowledge of menopausal symptoms, cessation of menstruation was positive in 47.0% and 85.8% of women perceive menopause as natural condition while 14.2% perceived it as a medical condition. The most common menopausal symptoms were tiredness occurring in 83.2% followed by hot flushes 71.4% and night sweats 69.0%. Hearing about menopause was significantly associated with occupation. Knowledge about menopausal symptoms and awareness about hormone replacement therapy significantly associated with residence, occupation and education.

Most of menopausal women perceive menopause as natural condition and not aware about hormone replacement therapy and the mean age of menopause is comparable to that mean reported in other part of Iraq.

Prevalence and Risk Factors of Gallstone Disease in a Sample Of Patients Attending Rizgary Teaching Hospital – Erbil

Name: Tanya Izz Al Deen Ahmed

Degree: High Diploma

Specialty: Diagnostic Radiology

Date the debate: 13/6/2011

Supervisor: Professor. Mohammad Hassan Al Eshaiker

Abstract

Background and objectives: Gallstone disease is one of the commonest problems affecting the digestive tract. The primary objective is to determine the prevalence of gallstone disease in a sample taken in Rizgary teaching hospital, which may give an idea about the prevalence in Erbil governorate with secondary objectives of determining the correlation of age, gender, parity, obesity, family history, Oral Contraceptives, smoking and intraluminal septum to gallstones, the assessment of the common site of the gall bladder and the prevalence of silent and symptomatic gallstones.

Methods: A cross-sectional study was conducted on 1000 patients aged more than 20 years attending Rizgary Teaching Hospital, who were referred for ultrasound examination for any indication during the period between April 1, 2010 to January 1, 2011 (nine months) using ultrasonographic examination to identify the presence of gallstones. Data were collected from patients using specially designed questionnaire to determine whether the patient fits into the sample criteria or not.

The data were organized by dividing the patients into five age groups.

Results: The prevalence of gallstone disease in our sample was 22.3 % with a gender distribution of 17.6 % in males and 27.0 % in females. There was a statistically significant association between gallstones and age, female gender, parity, obesity, positive family history and the smoking in males, whereas, there was no statistically significant association between gallstones, Oral Contraceptives and smoking in females and the intraluminal septum in both genders.

Conclusions: gallstone disease is a common disease in the sample with a statistically significant association with advancing age, female gender, multiparity, obesity, positive family history and with smoking in males.

Key words: Gallstone, Sonographic examination, Body Mass Index (BMI), Oral contraceptives, Smoking and Positive family history.

A study on the comparison between nifedipine and hydralazine in controlling blood pressure in severe pre-eclampsia

Name: Mithaq Abdulla Hassan

Degree: High Diploma

Specialty: Obstetrics and Gynecology

Date the debate: 2011

Supervisor: Ass. Prof. Shahla Kareem Alalaf

Abstract

Background: Pre-eclampsia is one of the most serious and common complications of pregnancy. Nifedipine, a calcium channel blocker, and the vasodilator hydralazine have been both used as antihypertensive agents in this condition.

Objective: to compare nifedipine versus hydralazine as an antihypertensive drugs in control blood pressure in severe pre eclampsia and compare the side effects in both treatment groups.

Design and setting: This study was conducted as clinical comparative study in Maternity Teaching Hospital in Erbil city, Kurdistan region, North of Iraq. For period between first of May 2010 till first of December 2010.

Patients and methods: The sample size in this study was 69 cases of severe preeclampsia; 43 of them were treated by Hydralazine bolus intravenously 5mg and tablet 50mg, and 26 were treated by Nifedipine tablet 10mg.

Result: The two groups were compared with respect to number of doses, route of administration, mode of delivery, and neonatal outcome and their Apgar score. Effective control of blood pressure was achieved in Nifedipine group than Hydralazine group. Data analysis indicated significantly fewer dose administrations in the nifedipine group, initial effective control of blood pressure was significantly longer in the nifedipine group when compared with hydralazine. In addition, in neither group were there any serious adverse effects neither maternal nor fetal.

Conclusion: Nifedipine is more effective than hydralazine in controlling blood pressure in severe pre-eclampsia. It has the added advantage of being easily administered and with less side effect.

Prevalence of obesity among a sample of under 5 year Children in Erbil city

Name: Susan Saadallah Rasheed

Degree: High Diploma

Specialty: Family Medicine

Date the debate: 2/5/2011

Supervisor: Assist. Prof. Namir Ghanim AL-Tawil

Abstract

Over-weight and obesity in children is now considered an epidemic in several developed countries. A rapid increase in prevalence is also observed in several developing countries. The aim of this study is to find out the prevalence of obesity among children in Erbil City, and to study the association between obesity and some risk factors.

A cross-sectional study was conducted from April, 2010 to April, 2011, involving 600 children in age group 4-59 months, who attending PHC, in Erbil city. A sample formed was proportional to number of people residing in the catchments area, and a convenience sampling method used in selection of participants

A specially designed questionnaire was used for data collection, included sociodemographic characteristics of participants, Information about risk factors and maternal perception of obesity, obtained by direct interview. The measurements of height and weight were done for each child and for mothers. The Data collect included also information on socio-demographic and economic status of participants.

Results showed that the prevalence of obesity among children was 6.3% according to weight for height Z score (WHZ). The majority of the study population was of normal weight, while according to weight for age Z score (WAZ), only 3.8% were over-weight, and 2.7% were under weight. A statistically significant associations were found between obesity in children with family history of obesity and eating snacks between meals, while a statistic-non significant associations were found with, birth weight, main type of feeding during infancy, number of main meals, and frequency of snacks consumption per day, parental level of education, crowding index, and socioeconomic status.

This study concluded that, for the time being, obesity is not a major problem among under 5 years children. More emphases should be paid for prevention of obesity in our community in the future

Assessment of Prescription writing at Primary Health Care Centers and outpatients Clinics in Public and Private Sectors in Erbil City

Name: Roshna Sabir Salih

Degree: High Diploma

Specialty: Family Medicine

Date the debate: 21/6/2011

Supervisor: Asst. Prof. Namir Ghanim Al-Tawil

Abstract

Background and objectives: Prescription writing is a science and an art, as it conveys the message from the prescriber to the dispenser. It is considered to be a medico-legal document that should be written legibly, accurately and completely. The study aimed at screening of the prescriptions written by physicians for the essential elements of prescription.

Methods: This study was carried out in six primary health care centers (PHC) centers, three hospitals (Rizgary, Hawler and Rapareen teaching hospitals), and in three private pharmacies in Erbil city. A cross sectional study was carried out from 1st April, 2010 through 30th March, 2011. A convenience sample of 1124 prescriptions were collected from the selected health facilities and examined to record these informations: Prescriber's name and degree, telephone number and signature; patient's name, age, sex and weight; prescription date; drug name, formulation, strength, dose, frequency of administration, quantity prescribed, and instructions for patient use.

Results: Prescriber name was present on 76.0% of the prescriptions and prescriber address was present on 42.4% of the prescriptions. The name of the patient was present on 98.1% of the prescriptions, whereas the patient's age and sex were present in only 41.3% and 38.1% of the prescriptions respectively. The date of the prescription was provided on 96.1% of the prescriptions, the generic drug name was present only in 6.9% and brand name in 54.6% of the prescriptions. The diagnosis was present in 53.1%.

Conclusions: It was concluded that prescription writing quality in PHC centers, hospitals, and private sectors in Erbil city were deficient in certain aspects and improvement is required.

Socio-economic Factors affecting Utilization of Contraceptive Methods among Women in Erbil City

Name: Srusht Yousif Hammad

Degree: High Diploma

Specialty: Family Medicine

Date the debate: 15/6/2011

Supervisor: Dr. Sherzad Ali Ismail

Abstract

Background and objective: Contraceptive methods are, by definition, preventive methods to help women avoid unwanted pregnancies. In the context of family health, the family planning services should make available simple, effective and safe contraceptive methods. Contraceptive methods include all temporary and permanent measures to prevent pregnancy resulting from coitus. This study was carried out to assess the effects of socio-economic status on contraceptive utilization.

Subjects and Methods: This study is an interview based cross-sectional, descriptive study. Eight health centers in Erbil city were selected. The sample size was 400, included married women of reproductive age group (15-49 years) living with their husbands., duration of data collection was five months from 1st of September 2010 to 1st of February 2011, included information on socio-demographic and economic states.

Results: In this study, contraceptives users constituted (92.3%) of women attended primary health centers, among them loop was (38.5%). More than half of women aged above 30 years old, (29%) between (25-29) years old, (54.3%) of husband were between (31-45) years old and (36.3%) between (15-30) years old. It was found that (46.3%) of women and (46.8%) of husbands had completed primary schools, (82.5%) of women were unemployed and (17.5%) were employed. It is found that (91.4%) of working women were users, the mean \pm SD of family size was 5.97 ± 2.34 , (46.8%) of families with medium socio-economic state, (31.3%) with low socio-economic state and (22%) with high socio-economic state. It was found that there was significant statistical association between contraceptive use and age at marriage, occupation, age of husband, number of living children, crowding index and income / month.

In conclusion: The study was able to establish positive influence of some important socio-economic factors on the utilization of contraceptive methods.

Perinatal Outcome and Mode of Delivery in Breech Presentation in the Maternity Teaching Hospital in Erbil City

Name: Shilan Yousif Abdullah

Degree: Higher Diploma

Specialty: Family Medicine

Date of the discussion: 21/6/2011

Supervisor: Prof. Tariq Al-Hadithi

Abstract

Delivery of fetuses in breech presentation has been a subject of debate in obstetric. The objectives of this study were to determine the perinatal outcome and mode of delivery in breeches and its association with demographic characteristics of study sample. This case-control study was conducted at Maternity Teaching Hospital in Erbil city, from 1st April 2010 through 1st April 2011. The sample size which included was 238 singleton breech deliveries (cases) and compared with 238 singleton cephalic deliveries. Main outcome measures were: neonatal mortality and morbidity and 5 minute Apgar scores. Breech presentation represented 1.7% of all deliveries within the period of the study. Rate of Caesarean section was significantly ($P<0.001$) higher among breeches than cephalic (66.8% versus 45.0% respectively); 83.4% of cases were among primiparas breeches. There was a significantly higher perinatal mortality in vaginally delivered than a Caesarean section delivered breeches (16.5% versus 3.1%). Two cases of fresh stillbirth were reported among vaginal group (mean birth weight of the two fresh stillbirths were 3.85 kilograms). A significantly higher overall perinatal mortality was documented among breeches than cephalic; 7.5% versus 2.5% (at term 3% versus 0.4%). Furthermore, low birth weight, preterm breech deliveries and lack of antenatal care were significantly ($P<0.001$) associated with high perinatal mortality and morbidity among breeches. Higher neonatal morbidity, lower (5 minute) Apgar score and neonatal intensive care unit admissions were reported among breech than cephalic babies. In conclusion, vaginal delivery in breech babies was associated with high perinatal mortality and morbidity and Caesarean section was relatively safe method for primiparas breeches and those with birth weight above 3.5 kilograms.

Perception and Socio-Demographic Factors Influencing Birth Interval in a Sample of Women Attending Outpatient Clinics of Teaching Hospitals in Erbil City

Name: Aziza Sdiq Rasul

Degree: Higher Diploma

Specialty: Family Medicine

Date of the discussion: 20/6/2011

Supervisor: Professor. Tariq Al-Hadithi

Abstract

Background and objectives: Adequate child-spacing is considered a positive factor for the health of mothers and their children. This study was done to assess perceptions of women about birth spacing, determining the actual birth interval and associated socio demographic factors.

Methods: A cross-sectional study was done between April 2010 through to April 2011 on 500 mothers aged 15–52 years attending outpatient clinics of teaching hospitals in Erbil city. All had ≥ 2 children within the last 10 years prior to the study. Data was collected using a questionnaire including socio-demographic information, perception and practice of birth spacing.

Results: Only 25.6% preferred a birth interval of < 3 years, while the rest favored ≥ 3 years. Birth spacing preference was significantly associated with age at marriage. Nearly half were not aware about the mortality and morbidity risks associated with short interval. The mean birth interval of study sample was 32.95 \pm 18.36 months. In 65% of women the mean birth interval was < 3 years, and in only 29.6% it was between 3-5 years. Coitus interruptus constituted 26.4% of the methods of child spacing, followed by IUCD (12.4%) and then oral contraceptive pills (8.2%). Around two thirds of participants preferred a birth interval of ≥ 3 years, however, more than half of these had an actual mean birth interval of < 3 years.

Conclusion: The mean birth interval in Erbil city is comparable to that of neighboring countries, and that increasing age of woman, increasing education level of woman and husband and high socio-economic status of family are significantly associated with it.

Knowledge, Attitudes and Practices of Condom Use among Males in Erbil Governorate

Name: Aziz Suleman Ismael

Degree: Higher Diploma

Specialty: Family Medicine

Date of the discussion: 9/8/2011

Supervisor: Dr. Jwan M. Sabir Zangana

Abstract

Background: Globally, condoms are important method of family planning and prevention of sexually transmitted infections, especially human immuno deficiency virus HIV / acquired immuno deficiency syndrome AIDS. Family planning is a way of thinking and living that is adopted voluntarily, upon the basis of Knowledge, attitude and responsible decisions by individual and couple. Family planning saves lives of women and children and improves the quality of life for all. This study was conducted to assess knowledge, attitudes and practices of condom use among male in Erbil governorate, and associate the socio-demographic factors with condom use.

Subjects and methods: It is a cross-sectional, descriptive study conducted with randomly selected sample size of (600) male, aged (15-49 years) in 15 primary health care centers of Erbil city, periphery and Shaqlawa district, multi-stage cluster sampling was used. Duration of the study was one year from 1st of April 2010 to 1st of April 2011; data collection was carried out by close ended questionnaires through direct interview, Statistical Package for Social Sciences (SPSS), version 18 was used for data entry and statistical data analysis.

Results: In this study, only (25.8%) of respondents had enough knowledge about proper condom use and (9.4%) and (8.5%) of respondents aware about STIs and HIV respectively. Only (12%) of respondents had ever used condom, mainly for contraception, while (29.2%) would consider using them in future.

Conclusion: This study showed that the rate of condom use was low among studied sample, due to low level of knowledge about proper and effective use of condoms, low perception of risk of HIV and other STIs, misperceive harmful effect of condoms and use of other family planning method by respondents and their wives. This study was able to establish positive influence of some important socio-demographic factors on condom use.

Pattern of Primary Open Angle Glaucoma: Review on Cases Attending Ophthalmology Department at Rizgary Teaching Hospital

Name: Shwan Ismail Daham
Degree: Higher Diploma
Specialty: Ophthalmology
Date of the discussion: 8/4/2011
Supervisor: Dr. Abdul-Majid A. Yunes

Abstract

Background

Glaucoma refers to a group of diseases that have in common a characteristic optic neuropathy with associated visual field loss for which elevated intra-ocular pressure is one of the primary risk factors. The commonly accepted range for normal IOP in the general population is 10-21mmHg. Glaucoma is the second leading cause of visual loss in the world with Asian account for approximately half of the world's glaucoma cases. Open angle glaucoma starts in the middle age people. Primary open angle glaucoma is the most common variety of glaucoma and it's thought to have a hereditary predisposition. It is generally a bilateral disease although its severity may be asymmetrical in two eyes. POAG is characterized by adult onset (age 40 Y and above). An intraocular pressure more than 21mmhg. Open angle of normal appearance, glaucomatous optic nerve head damage and visual field loss.

The population risk factors for POAG vary greatly. Among the main risk factors for POAG are elevated IOP, age, sex, race and family history. Other associated risk factors include D.M., systemic hypertension, myopia, steroid therapy and trauma to the eye.

Objective of the study

The objective of the study was to study the pattern of POAG in the study sample attending ophthalmology department in Rizgary teaching hospital.

Patients and methods

This study is a review of cases done in the outpatient ophthalmic department in Rizgary Teaching Hospital in Erbil city in the period from April 2010 to October 2010. The study includes patients aged 40 year and older with a known history of primary open angle glaucoma. History taken from the patient, refraction and best corrected visual acuity, slit lamp examination, fundus examination and gonioscopy were done for all patients.

Results

150 patients participated in the study, 85(56.7%) patients were males and 65(43.3%) patients were females. Male to female ratio was about (1.3:1). Age ranged between (40-79) years the mean age was 57.9 ± 10.3 years. The frequency of patients according to age; was as follow 13(8.6%) patients were between 40 and 49 years old, 47 (31.3%) patients were between 50 and 59 years old, 69(46%) of them were between 60 and 69 years old and the remaining 21(14%) patients between 70 and 79 years old. The prevalence of POAG was 0.9%. Only 38(26.33%) patients gave positive family history for POAG and the remaining 112(74.67%) patients gave negative family history for POAG. Diabetes mellitus was found in 94(62.66%) of patients, 108(68%) patients had systemic hypertension, only (8%) of patients had myopia and 40 patients were previously using steroid.

Conclusions

Every person of 40 years of age and older should be screened for glaucoma routinely. There is a strong relationship between POAG and age, D.M. and systemic hypertension. The large majority of patients are unaware of the condition.

Comparative Study between Sonographic Features and Histopathology Diagnosis of Ovarian Cyst in Female Reproductive Age Group

Name: Tavga Omer Jaffer

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the discussion: 23/5/2011

Supervisor: Asst Prof. Saeed N. Younis

Abstract:

Background: Ovarian cysts present a special diagnostic challenge, in part because benign ovarian cyst greatly outnumbers malignant ones. Determination of a degree of suspicion for malignancy is critical step and is based largely on ultrasound appearance.

Objective: To determine the accuracy of sonographic assessment in distinguishing between benign and malignant ovarian cyst.

Patients and methods : Study design: cross sectional study

A convent sample taken from 65 women scheduled for surgery for ovarian cyst in Maternity and Rizgary teaching hospitals in Erbil city, were examined preoperatively by ultrasound, to differentiate between benign and malignant cysts based on sonographic morphology and color Doppler indices. Histopathological results were used as gold standard for the final diagnoses. The study was extended from June 2010 to December 2010.

Results:

From total 65 cases, 60 cases (92.3 percent) were benign and 5(7.7percent) were malignant. Using sonographic morphologic scoring of wall structure, shadowing, septa, and echogenecity with a score equal or more than 3 regarded as malignant. The accuracy, sensitivity, and specificity were 91percent, 100 percent and 90 percent respectively. Using ovarian artery doppler indices with resistive index less than 0.6 and pulsatile index less than 1 regarded as malignant, the results were statistically significant.

Conclusion:

Gray scale and Doppler sonographies are highly accurate and non invasive methods for discrimination between benign and malignant ovarian cysts.

Key word: ovarian cyst, tumor, ultrasound

Open versus Percutaneous Elongation of Tendo Achilles in Patients with Spastic Cerebral Palsy

Name: Haider K. Hussein

Degree: Higher Diploma

Specialty: Orthopaedic Surgery

Date of the discussion: 15/6/2011

Supervisor: Ass. Professor. Abdulwahab Almukhtar.

Abstract

Background: Equinus deformity due to contracture of triceps Surae is a frequent problem in Spastic cerebral palsy.

Objectives: to compare between the percutaneous and open methods of elongation of tendo achilles in spastic cerebral palsy children with equinus deformity of the foot, regarding technique of the operation, post-operative morbidity, complication rates and functional results.

Method: a prospective analysis of the status of (38) Spastic C.P. children with (48) feet diagnosed by clinical examination to have static equinus deformity sufficiently severe to need surgery. They are collected from Helena Center in between April/ 2010 - February/2011 and admitted to the department of Orthopedic in Hawler Teaching Hospitals and Helena Center for Surgery. Their age varied from 3-7 years with average of (4.5) years.

Deformity may be corrected by elongation of Tendo Achilles (E.T.A.). Patients are divided randomly into two groups. Two methods of lengthening are chosen, Percutaneous and open procedure and we tried to compare between the two. (24 feet) were corrected surgically by Percutaneous E.T.A. procedure; (24 feet) were corrected surgically by Open E.T.A. procedure.

Results: following-up of the cases ranged from (3-9) months with an average of (6) months combined with post-operative physiotherapy programs and night splint. However, after (6) months from the operation, patients of both groups were assessed by checking Gait pattern (including active plantar and dorsiflexion abilities), Parents satisfaction and the rates of occurrence of complications.

Conclusion: percutaneous E.T.A. results appear to be superior to the open method results, we found that percutaneous method has easier technique, less complication, patients and parents were more satisfied and sheared better functional results than that of open method, (95.8%) more improvement gait with percutaneous method in comparison with (79.2%) for open method.

Risk factors for duodenal ulcer perforation in Erbil city

Name: Kamaran Omar Issa

Degree: Higher Diploma

Specialty: General Surgery

Date of the discussion: 25/5/2011

Supervisor: Prof. Abdulqadir Maghdid Zangana

Abstract

Background: Perforated duodenal ulcer is one of the important surgical emergencies that need more attention to risk factors who has an effect in this disease.

Aim of the study: The aim of the study is to evaluate the probable risk factors for perforation of duodenal ulcer , highlighting any prevalent one in the occurrence of perforation in Erbil city- Kurdistan-Iraq.

Patients and Methods: A prospective study was performed on patients with perforated duodenal ulcer attending the emergency department of the major hospitals in Erbil city during a period (from Jan/ 2010 to Jan/ 2011). The risk factors studied included : stress , smoking , fasting , family history of duodenal ulcer , intake of non steroidal anti inflammatory drugs, alcohol , gender and age.

Results: The total number of patients was 55, 43 patients (78.2%) of them were males and 12 patients (21.8%) were females. Peak incidence for age group with perforated duodenal ulcer in males was fourth decade and eighth decade, also for females was sixth decade. The mean age group for males was 45.6 years and for females was 45.9 years. Most of the patients were in non-professional occupation groups. Most of the patients were blood group O. The duration of present illness in 34 (61.8%) patients was less than 12 hours. 39 (70.9%) patients had history of stress, 31 (56.4%) patients were smokers, 29 cases (52.7%) were non steroidal anti inflammatory drugs users, 24 patients (43.6%) had history of fasting at the time of perforation and just in one patient (1.8%) had history of chronic alcoholic.

Conclusion: Stress, smoking and fasting played a major rule as a risk factor in the occurrence of duodenal ulcer perforation. A high incidence of perforation occurs during the months of Ramadan fasting, especially those without or on irregular treatment. The incidence of asymptomatic patients who were fasting and under stress, which then perforated was high.

The Treatment of Colles' Fracture Immobilization with the Wrist Dorsiflexed Versus Ordinary Palmar Flexion

Name: Haval Sardar Abdulrahman

Degree: Higher Diploma

Specialty: Orthopaedic Surgery

Date of the discussion: 14/6/2011

Supervisor: Ass. Professor. Abdulwahab Almkhtar.

Abstract

Background: Colles' fracture is a common injury, however there is no agreement on the best position of immobilization with debate whether to immobilize the wrist in palmar flexion or dorsiflexion.

Objective: To evaluate the effectiveness of immobilization of wrist in dorsiflexed position in comparison with a traditional palmar flexion position, which is still considered as the current standard.

Methods: In a prospective study, 50 consecutive patients; 18 – 60 years (mean 46 years); 9(18%) males and 41(82%) females; with displaced Colles' fractures, in Erbil Emergency Hospital. They treated by closed reduction then plaster immobilization from April 2010 to February 2011. Two different positions of the wrist in plaster were randomly allocated: 25 wrists (18 right and 7 left) in dorsiflexion, and 25 wrists (19 right and 6 left) in palmar flexion. Follow-up cases range from 4-8 month with mean of (6) month at the Outpatient department and the results in the two groups were compared.

Results: Fractures immobilized with the wrist in dorsiflexion showed the lowest incidence of re-displacement 16%, especially of dorsal tilt, as compared to 37% in the palmar flexed group. and had the best early functional results; including individual movement of dorsiflexion, palmar flexion, supination, pronation and radial-ulnar deviation in comparison with the palmar flexed immobilized group.

Conclusion: After manipulation of a Colles' fracture, immobilization of the wrist in dorsiflexion would appear to provide better maintenance of reduction, early best functional results and better Patients satisfaction

Closed Flexible intramedullary nailing versus plate and screws fixation for unstable forearm fractures in children (5-15years)

Name: Karwan Ahmed Raouf

Degree: Higher Diploma

Specialty: Orthopaedic Surgery

Date of the discussion: 16/6/2011

Supervisor: Assistant Professor. Las Jamal Khorsheed

Abstaract

Objectives: This comparative study evaluated the results of closed flexible intramedullary nailing versus plating in the management of unstable, diaphyseal fractures of both bones of the forearm in children.

Methods: Records of 42 children with displaced fractures of the radius and ulna were comparatively reviewed. Group1; (21 patients), 15 boys (71.4%) and 6 girl (28.6%), (Mean age, 13 years) underwent open reduction-internal fixation with plates. Whereas, Group2; (21 patients),17 boys (81%) and 4 girls (19%) (Mean age, 11 years) underwent closed reduction- intramedullary fixation, Patients were followed up for 3 months. All patients had been initially treated with closed reduction and casting. Indications for operative intervention in pediatric age group in this study include failure of closed reduction, irreducible fractures and unstable fractures. Range of movements of the elbow, wrist, and forearm, as well as clinical and cosmetic results were compared.

Results: Both compression plating and flexible intramedullary nailing can be expected to yield excellent results and are appropriate for treating unstable pediatric forearm fractures. Flexible intramedullary nailing is a useful method to treat unstable forearm fractures in young children. Compression plating is a useful method to treat unstable forearm fractures in older children.

Conclusion: Both treatments achieved excellent clinical outcomes, but flexible intramedullary nailing resulted in better cosmesis, shorter operating times and easier hardware removal.

Blood glucose level during maintenance therapy for children acute lymphoblastic Leukemia

Name: Naska Nariman Othman

Degree: Higher Diploma

Specialty: Pediatrics

Date of the discussion: 17/9/2011

Supervisor: Asst Prof. Mouroge H. AL Ani

Abstract

Background: Acute Lymphoblastic Leukemia is generalized neoplastic proliferation, rapid or slow, of one of the Leukocytopoietic tissue often associated with abnormal white cell count. It is most common form of childhood cancer as it accounts alone of about 35% of all paediatric cancers.

Objectives: to investigate fasting blood sugar during therapy for childhood ALL.

Materials and Methods: A Prospective study of a total of 50 Acute Lymphoblastic Leukemia patients (aged 2-10 yrs), 30 males and 20 females. All were subjected to history, examination and laboratory investigations: Fasting Blood sugar, hepatitis B and C markers, and liver function test. The patient were submitted for investigation from the 1st of August to the 31 of December 2010.

Results: Nineteen of 50 children (38%) with acute lymphoblastic leukemia receiving maintenance therapy consisting of daily oral 6-mercaptopurine and weekly oral methotrexate developed hypoglycemia (blood glucose level <70 mg/dl) without symptoms during over night fasting. Correlation of hypoglycemic group show negative correlation between frequency of blood transfusion and low blood sugar($r = -0.0374$). But significant difference between male and female in respect to dose of MTX ($p = 0.040$).

Conclusions: From our present study, we can prove that overnight fasting hypoglycemia is an adverse effect of chemotherapy for ALL. Liver dysfunctions are associated with hypoglycemia. Reduced hepatic stores or impaired hepatic glycogenolysis may partly explain hypoglycemia. The effects of 6MP and MTX on hepatic gluconeogenesis need further investigation.

The Prevalence of Skin Disorders in Diabetic Patients Attending Layla Qasim Diabetic Center in Erbil City

Name: Saz Shwan Rasheed

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 18/5/2011

Supervisor: Dr. Intiha Mohammed Ridha

Abstract

Diabetes mellitus is the most common endocrinal disease that is characterized by metabolic abnormalities and long term complications involving the eyes, kidneys, nerves, blood vessels and skin. The aim of this study was to estimate the prevalence of skin disorders with their clinical patterns in a sample of diabetic patients in Layla Qasim diabetic center in Erbil city, and determine their association with different demographic and disease (Diabetes mellitus) characteristics. In this descriptive cross sectional study 550 diabetic patients with either Type 1 or Type 2 diabetes of all age groups and both sexes were included. Diagnosis of skin disorders was made clinically, while laboratory tests and biopsy done for selected cases. Data were collected from August to December, 2010. Statistical package for social sciences and Microsoft Excel had been used to analyze the data. In this study, the prevalence of cutaneous manifestations of diabetes was (37.1%), among skin diseases infections were most frequently encountered (93.6%). The female diabetic patients had significantly higher prevalence of skin diseases (41%) as compared to males (27.1%). The majority of diabetic patients with skin diseases were within the 5th and 6th decade of life. 181 diabetics with skin disorders (88.7%) had poor glycaemic control versus 23(11.3%) with good glycaemic control. In conclusion skin involvement in diabetes is not uncommon and cutaneous infections were most commonly found, however skin diseases is more common in female diabetics and in those with poor glycaemic control.

Risk Factors Assessment of Angiographically Defined Coronary Artery Disease at Cardiac Center in Erbil City

Name: Mariwan Haweel Saka
Degree: Higher Diploma
Specialty: Interventional Cardiology
Date of the debate: 8/9/2011
Supervisor: Dr. Mothefar Abdulrahman Barzani

Abstract

Introduction: Age, male gender, diabetes mellitus, hypertension, cigarette smoking and family history of premature coronary artery disease are major factors for coronary artery diseases. This study was performed to detect the correlation between major coronary risk factors and the angiographically documented coronary artery disease.

methods: This study is a descriptive cross-sectional study based on review hospital records of 310 consecutive (male and female) patients who underwent angiography in cardiac center in Erbil city. Data were collected by a questionnaire that was used to record patient's demographic profile, coronary factors and number of involved vessels in angiography and the severity of stenosis in percentage. Data analysis was made through SPSS version 15 (SPSS Chicago, Illinois USA), Chi-square test and logistic regression were also for data analysis.

Results: The sample included 175 (56.5%) male and 135 (43.5%) female, and mean age \pm SD were 57.9 \pm 11.2. Of the 310 patients, 215 (69.4%) had evidence of coronary artery disease on coronary angiography, and 95 (30.6%) normal coronary angiography. Male gender, age, diabetes, and smoking were strongly associated with angiographically documented coronary diseases, while the association of hypertension and family history were statistically significant. Only male gender was strongly associated with severity of coronary artery diseases.

Conclusion: In our study, the angiographic extent of coronary artery disease was found to have the strongest positive correlation with male gender and the test with hypertension. In terms of coronary artery disease positivity, the most important predictive factors were age and smoking status. Hypertension and family history of premature coronary artery disease did not prove to be either a significant predictor of coronary angiography or an important determinant of coronary artery disease severity.

Angiographic Findings in Patients with Complete Left Bundle Branch Block at Hawler Cardiac Center

Name: Salah Hassan Yousif

Degree: Higher Diploma

Specialty: Interventional Cardiology

Date of the debate: 5/10/2011

Supervisor: Dr. Mohammed Hasan Alwan

Abstract

Objectives: The goal of this study was to determine the association of complete left bundle branch block (LBBB) with its risk factors, site and severity of coronary artery disease (CAD).

Background: Left bundle branch block increases the risk of cardiac mortality, and prognosis is primarily determined by the underlying coronary disease. Because the presence of LBBB makes the noninvasive identification of CAD less informative, patients with LBBB often are referred for coronary angiography to assess the presence and severity of CAD.

Methods: A total of 150 consecutive patients with complete LBBB admitted in the coronary care unit of Hawler cardiac center were enrolled from the age of 27 to 81 years with the mean age of 59.32 ± 10.5 . Male 84 (56%), Female 66 (44%). History, basal investigations echocardiography and virology screen were performed. Coronary angiography done for all patients for different reasons of presentation.

Results: Hypertension found in 83 (55.3%), DM in 44 (30%), smoker 27 (18%), Critical CAD 70 (46.7%), Left ventricular systolic dysfunction (LVSD) 50 (33.3%). Old ages, Diabetes Mellitus (DM), LVSD and male sex were more associated with critical CAD.

Conclusions: In our study complete LBBB was more common in old, male and hypertensive patients. In DM, male and old age group was significantly associated with CAD. With Left anterior descending artery being the most common artery involved.

Immediate and intermediate results of patients ductus arteriosus transcatheter clouser in Kurdistan (Multicenter experience)

Name: Aso faeq Salih

Degree: Higher Diploma

Specialty: Peadiatric Cardiology

Date of the debate: 18/9/2011

Supervisor: Dr. Abass Abdulqader Al-Rabaty

Abstract

Background: Patent ductus arteriosus (PDA) is abnormal vascular communication between aorta and pulmonary artery and it is a common congenital heart anomaly seen in pediatric practice forming 5-10% of all congenital heart defects .A retrospective study to review our experience and determine the efficacy and safety of transcatheter PDA closure in different age group and have the procedure replaced the conventional surgical closure of the PDA in the majority of the cases.

To assess the results and outcomes of early experience Transcatheter closure of patent ductus Arteriosus in all three cardiac centers in Kurdistan, using the Amplatzer Duct Occluder type I and II (ADO), and Cook coil for the first time in Kurdistan.

Patients & Methods: A total of three hundred and nine patients which include (228 females & 81 males) were diagnosed to have PDA , between March 2008 to February 2011 in all three cardiac centers in Kurdistan namely (Hawler , Sulaimany and Duhok cardiac centers) , where they underwent Transcatheter closure of the PDA with ADO type I and II. The common ages on closure was 1-5 years (range 5.5 months to 32 years), and weight ranged from 6kg to 58kg. We retrospectively analyses medical records, echocardiography, angiographic and hemodynamic data and follow up results of the patients.patients included in the study was according to standard recommendation for transcatheter closure of PDA , in which ages was above 6kgs with no pulmonary hypertension , interrupted IVC and the anatomy feasible for closure.

Results: Among 309 cases did cath procedures, the ratio of female to male ratio was 2.6:1 and the age of doing PDA closure at time of procedure was between 5.5months to 33 years , the mean age is (6.3 +/- 6.5 years)and the weight range between 6kg and 58 kg , mean of (11.5+/- 7.5 kg). .The most commonly used device is Amplatzer I PDA device with high closure success rate of 97.1% after 6 and 12 months follow up and the first cases of Amplatzer II PDA Device closure done in Iraq and Kurdistan. There was immediate & complete closure in 271 on angiography. Complication was noted as embolized PDA device to right pulmonary artery (RPA) in two patients, one of them retrieved by cath and other one by surgery.

Conclusion: Transcatheter Amplatzer duct occluder is safe and effective in closing PDA in most patients with PDA even large as much as 10 mm and new Amplatzer PDA II device allows small delivery sheath in which can be done for children with less than 6kg with less complications .

Prevalence of Diabetic Maculopathy among Diabetic Patients In Erbil City

Name: Saadi Salh Mustafa

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 20/6/2011

Supervisor: Dr.Abdulmajeed Abdulqadir

Abstract

Background and objectives: Diabetic maculopathy is considered as a sight threatening condition among diabetic patients. This study was done to findout prevalence of diabetic maculopathy among diabetic patients and it's association with certain demographic and epidemiological variable and to findout pattern of leakage by flourescein angiography.

Methods: This prospective study was performed in the period from June 2010 to December 2010 at Erbil teaching hospitals. 200 patients were examined for the presence of diabetic maculopathy. All patients had dilated fundus examination and flourescein angiography were done for those patients who had diabetic maculopathy.

Results: Out of 200 diabetic patients, 30 (15%) patients had diabetic maculopathy; among them, 22 patients (73.3%) had unilateral eye involvement and 8 patients (26.7%) had bilateral eye involvement. Duration of diabetes, types of treatment, and compliance to treatment were statistically significant associated with diabetic maculopathy ($p < 0.05$). More than half of patients with diabetic maculaopathy (52%) had diffuse macular leakage by flourescein angiography and 20% cystoid macular leakage and 28% focal macular leakage.

Conclusion: Prevalence of diabetic maculopathy in Erbil city was high among diabetic patients in both type1 & type2. Serious national efforts should be directed towards increasing primary prevention through regular ophthalmic examinations and good control of blood glucose, lipid profile and blood pressure in diabetic patients.

Risk factors of birth asphyxia among newborn admitted to neonatal care unit in Maternity teaching Hospital in Erbil City

Name: lana Ahmad Sabir

Degree: Higher Diploma

Specialty: Pediatrics

Date of the debate: 7/12/2011

Supervisor: professor. Abbas Abdilkadir Al- Rabaty

Abstract

Background: World Health Organization definition of birth asphyxia : infant was not able to cry after birth and either not able to breath after birth or not able to suckle normally after birth. Asphyxia is a risk factor that is very often related to neuro-developmental issues in high risk infant and equally affects preterm and term infants, however its outcome on the developed brain differs from the outcome on the preterm lin. In preterm infants asphyxia usually exerts hemorrhagic ischemic event and riventricularleukomalacia. In term infants, asphyxia leads to cerebral edema and atrophy the brain, which may later lead to hypoxic ischemic encephalopathy (HIE)

objectives: Our goal was to identify maternal and infant risk factors for birth asphyxia in neonatal care unit in maternity teaching hospital in Hawler Governorate to measures for the prevention of the disability resulting from birth asphyxia.

patients and Methods: Data were collected prospectively during 8 months, total of 1264 life birth infants were admitted in neonatal care unit in maternity teaching hospital in Hawler Governorate, from the first of May 2010 till the end of December)10 and 323 new born infants had birth asphyxia, 75 chosen cases (48 males and 27 les) who were delivered with delayed crying after birth for more than 1 minute And low APGAR score (<7). Detailed maternal history was taken, regarding their age, parity, gestational age, complications. Severe asphyxia was detected when APGAR score 0-3 at 10 min. (other causes of CNS depression have been excluded le infant remains hypotonic for at least several hours and the presence of neonatal azures.

A general physical examination was conducted which included temperature, heart rate, respiratory rate, any apparent physical abnormality, weight, length and head circumference. Gestational age of the new born was assessed. Detailed systemic ion was also performed. Special attention was given to the examination of central nervous system.

Results: The incidence of birth asphyxia is higher in multipara (57.3%) and maternal jje 18-35years old, fetal presentation at delivery (30% presented with meconium), APGAR score, male gender(64%) and fetal condition after admission (RDS 13.3%) is also a risk factor. Most of cases of birth asphyxia had poor outcome (48.7% if cases died). APGAR score is widely used criteria for diagnosis of birth asphyxia.

Conclusion: Birth asphyxia was more common in males. Most of the asphyxiated babies presented during first hour of their life. Prolonged labor, of more than 12 hours of period was an important risk factor of birth asphyxia. Most of asphyxiated baby had an APGAR score below 7. The common clinical features with asphyxiated babies presented with respiratory distress and meconium staining.

Comparison for the Outcome in Twin Pregnancies: Spontaneous Versus Iatrogenic Conception

Name: Hero Muhamed Ahmed

Degree: Higher diploma

Specialty: Obstetrics and Gynaecology

Date of the debate: 25/6/2011

Supervisor: Dr. Ghada Alsakkal

Abstract

Background One of the most problematic issues of infertility treatment is the high incidence of multiple pregnancies which accounts nearly 40% of all twins. However, there is a widespread belief that the obstetrical and perinatal outcome of pregnancies caused by assisted conception is substantially worse when compared to natural conception. Many studies document these associations in singleton pregnancies raised the question whether there are similar associations among twin pregnancies. **Objective:** To compare maternal complications and the perinatal outcome of twin pregnancies in natural conception versus iatrogenic conception.

Study Design: comparative study.

Setting: Maternity Teaching Hospital, Hawler, Iraq.

Period of the study: From May, 1st, 2010 to February, 1st, 2011.

Patients and methods: The cases were (50) twin pregnancies who conceived with help of drugs and assisted reproductive technologies (n=50) with (70) twin pregnancies who conceived spontaneously (n=70). They were delivered during the period of the study. The available clinical information of maternal demographic features, obstetrical complications and mode of delivery for both groups were compared. Fetal outcome which includes birth weight, Apgar score, admission to neonatal care unit, congenital anomalies and perinatal outcome also were compared.

Results: The proportion of nulliparae and the percentage of women who delivered before 37 weeks' gestation was higher among twin pregnancies who conceived with the help of drugs and assisted reproductive technologies, when compared to naturally conceived twins with statistically significant p values. Moreover the mean maternal age and mean gestational age at time of delivery was younger among iatrogenic twin conception than among spontaneous twin pregnancies ($p < 0.01$). The incidences of preeclampsia, pregnancy induced hypertension and uterine bleeding were higher in twin pregnancies who achieved with the help of drugs and assisted reproductive technology compared to naturally conceived twins with statistically significant p value (0.04). However the rate of fetal death, gestational diabetes mellitus and caesarean section were higher among iatrogenic twin pregnancies but did not reach statistically significant value. Correspondingly, in iatrogenic twin conception, the mean birth weight of both twins was lower; more neonates weighed $< 1,500$ g, more had Apgar scores of < 7 at 1st minute and 5th minutes, more were admitted to the neonatal care unit all these outcome parameters had significant p value when compared to same parameters of the naturally conceived twins.

Conclusion: We conclude that twins conceived by aid of fertility drugs and ART are at a significantly higher risk for some obstetrical complications, prematurity and associated neonatal morbidity and mortality than spontaneously conceived twins.

Pseudoexfoliation Syndrome, its impact on trabecular meshwork and intra-ocular pressure in Erbil city

Name: Maad Najem Abdullah
Degree: Higher Diploma
Specialty: Ophthalmology
Date of the debate: 25/2/2011
Supervisor: Lecturer Dr. Ahmed Kareem Joma

Abstract

Background: Pseudoexfoliation syndrome is characterized by flakes of granular material at the pupillary margin of the iris and throughout the inner surface of the anterior chamber. It is also associated with secondary open-angle glaucoma, known as pseudoexfoliation glaucoma.

Aim and Objective: There are lack of established information or published researches as guidelines to assess the degree of pigmentation in trabecular meshwork and its effect on intra ocular pressure among patient with pseudoexfoliation syndrome in Erbil city or any other province in Iraq. Review the contribution of this pigmentation as a risk factors in the elevating the IOP.

Subjects and methods: A cross sectional study was performed from July 2010 to February 2011 at the ophthalmology counselling department in Erbil. Conducted on 112 patients with pseudoexfoliation syndrome.

Results: After excluding 12 patients, a total of 100 pseudoexfoliation syndrome patients were examined, the mean age was 68.6 years, a 66% of those with pseudoexfoliation syndrome were females and 34% were males. Pseudoexfoliation syndrome was bilateral in 77% and unilateral in 23% of cases. The number of none affected eyes were 23 eyes with mean intraocular pressure 14.7 mmHg. Of 177 eyes with pseudoexfoliation syndrome, the mean intraocular pressure is 22.7 mmHg which change significantly ($p \leq 0.05$) with degree of pigmentation at 12 o'clock of trabecular meshwork .the pigmentation classify into (less than 2+),(2+ or 3+), and(4+ or more), with mean intraocular pressure 15.7 mmHg , 21.7 ,and 24.6 mmHg respectively.

Conclusion: Pseudoexfoliation Patients are at increased risk of developing higher intraocular pressure and glaucoma, the main risk factor was the degree of pigmentation within the angle and not the amount of pseudoexfoliation material.

Cardiac Biomarkers and Other Parameters In Risk Stratification Of Patients With Acute Coronary Syndrome

Name: Ibrahim Bilal Wahhab
Degree: Higher Diploma
Specialty: Interventional Cardiology
Date of the debate: 17/5/2012
Supervisor: Dr.Osama Hassan Ahmed

Abstract

Background: Acute coronary syndromes, which include unstable angina and myocardial infarction with or without ST-segment elevation, are life-threatening disorders that remain a source of high morbidity and mortality despite advances in treatment. Nearly 1.5 million hospital discharges involve patients with acute coronary syndromes. According to statistics from the American Heart Association, approximately 18% of men and 23% of women over the age of 40 will die within 1 year of having an initial recognized myocardial infarction [1].

Several studies have found that many non invasive tests (WBC, blood sugar, creatinin, LDL cholesterol, cardiac troponins, CK-MB, electrocardiography and echocardiography) are useful in risk stratification of patients with acute coronary syndrome and can predict the presence of complex lesions in coronary angiography [8,9,10,12,13,14,19,20].

Objectives: risk stratification of patients with acute coronary syndromes using TIMI scoring; and to find how the non-invasive tests (WBC, blood sugar, creatinin, LDL cholesterol, cardiac troponins, CK-MB, electrocardiography and echocardiography) will predict the results of coronary angiography.

Study design: Review of cases.

Setting: Hawler cardiac center.

Period of the study: 1st of January 2009 till 1st of January 2010.

Patients and methods: One hundred seventy three patients with acute coronary syndromes who were admitted to this hospital during the mentioned period were included in this study; the mean age was 60.45 ± 11.47 years, the proportion of males (114/173) was higher than the proportion of females, male: female ratio was 1.93:1.

TIMI (thrombolysis in myocardial ischemia) risk scoring is used to risk stratify patients with UA/NSTEMI into mild, moderate and high risk patients; then the coronary angiographic result of these low, moderate and high risk patients were reviewed to find how frequent each group of these patients have complex (type C) lesion on coronary angiography.

Also the coronary angiographic result of those patients who had increased level of the noninvasive tests (blood sugar, WBC, creatinin and troponins and CK-MB) were reviewed to find whether the high level of these tests can predict complex (type C) lesion on coronary angiography.

Results: There is association between ECG (ST deviation), echocardiography (ejection fraction) and high level of WBC, Troponins and CK-MB (but not high FBS, creatinin and LDL-Cholesterol) with the lesion complexity during coronary angiography.

Conclusion: TIMI risk scoring is useful in risk stratification of patients with ACS; and ECG (ST deviation), echocardiography (ejection fraction) and high level of WBC, Troponins and CK-MB can predict the result of coronary angiography.

Erbil Cardiac Centre Experience in Pulmonary Balloon Valvuloplasty, Results and Outcome

Name: Nadine Abdulrazzak Mohmood

Degree: Higher Diploma

Specialty: Pediatric Cardiology

Date of the debate: 20/12/2012

Supervisor: Dr. Mudhafar Abdulrahman Habeeb

Abstract

Background & objectives: Pulmonary stenosis is the second common congenital cardiac malformation. Balloon pulmonary valvuloplasty represents the standard of management in moderate to severe valvular pulmonary stenosis. This study aimed to assess the outcome of balloon pulmonary valvoplasty and assess its successful predictors.

Patients & method: A case series (case follow-up) study was carried out on a total of 88 patients (47 male 41 female) with moderate - severe congenital valvular pulmonary stenosis aged 24 days – 45 years who were treated with balloon pulmonary valvoplasty in surgical specialty hospital / cardiac centre in Erbil and were subjected to detailed history taking, full clinical examination, electrocardiogram, Chest roentgenogram and echocardiography. Balloon pulmonary valvoplasty was indicated when a peak-to-peak gradient across the pulmonary valve of ≥ 50 mmHg. Full echocardiographic evaluation was done in a follow up visits. Suboptimal outcome was defined when the peak instantaneous systolic pressure gradient was more than 36mmHg.

Results: A significant reduction of right ventricular systolic pressure after the procedure from a mean of 105.34 ± 33.72 mmHg to a mean of 58.16 ± 19.5 mmHg was observed as well as a significant reduction in trans-valvular pressure gradient from a mean of 86.13 ± 33.76 down to a mean of 34.62 ± 21.09 mmHg ($p=0.001$). The immediate success rate was achieved among 75.86%. Dysplastic pulmonary valve, higher initial right ventricular systolic pressure, transvalvular systolic gradient, and a lower residual transvalvular gradient post valvoplasty were predictors of successful valvoplasty.

Conclusion: Balloon pulmonary valvoplasty is an effective and safe procedure for the treatment of pulmonary valve stenosis.

Maternal And Fetal Outcomes Among Pregnant Women Over 90 Kilogram Delivered At Maternity Teaching Hospital In Erbil City.

Name: Dlovan Sherko Omer

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 24/5/2012

Supervisor: Professor Tariq Al-Hadithi

Abstract

Background and Objectives: Obesity is rapidly increasing in most populations of the world including Erbilcommunity. Maternal obesity adversely impacts pregnancy outcome.The aim of the study was to determine the effects of maternal obesity (> 90 kg) on maternal outcome, obstetrical complications and fetal outcome.

Methods: A cross-sectional study was done between1stApril 2011 through 31st March 2012. A sample of 600 singleton pregnant women with gestational age over 24 weeks(excluded miscarriages) attendinglabour room, in Maternity Teaching Hospital in Erbil/Kurdstan region north of Iraq was selected.Women werecategorized as follow: Women weighing ≤ 90 kg and Women weighing > 90 kg. Data were obtained from women in labor room; the hospital record of the mother was reviewed and careful history and physical examination were done for all patients in the study using a questionnaire coveringsocio-demographic information, pre-existing medical history, antenatal care, mode of delivery,fetal outcome andmaternal outcome.

Results: pregnant women of >90 kg had a significantly higher rates of pregnancy induced hypertension 25.0%, gestational diabetes 13.0%, oligohydramnios 12.7%, polyhydramnios 10.7%, ante-partum hemorrhage 8.3%, preterm delvery 20.7%, Caesarean section delivery 49.3%, fetal death 1.7%, macrosomic baby 17.0%, prematurity 14.7%, congenital malformations 3.3%, with significant high rate of admission to neonatal care unit 18.7%, and significant early neonatal death 4.0%.

Conclusion:Obesity in pregnancy is significantly associated with maternal coplications like pregnancy induced hypertension, gestational diabetes milletus, poly hydramnios, oligo-hydramnios, ante-partum hemorrhage, preterm delivery, and fetal complications like fetal death, macrosomia, congenital malformations.

The Relation between Telogen Effluvium and Iron Status in Adult Menstruating Female Patients Attending Department of Dermatology and Venereology At Rizgary Teaching Hospital in Erbil City

Name: Musher Ibrahim Abdullah

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 1/10/2012

Supervisor: Dr. Intiha Mohammed Ridha

Abstract

Background: Telogen effluvium is a very common and distressing condition characterized by sudden, diffuse hair loss, usually seen 2-3 months after triggering factors. Low iron stores are considered a possible cause of telogen effluvium in women.

Objective: To evaluate the association between telogen effluvium and iron status in adult females and to find-out the most common triggering factors.

Patients and Methods: This case-control study, conducted in department of dermatology and venereology at Rizgary teaching hospital in Erbil city. The study included 125 adult females, their age ranged from 15-45 years (mean 25.52 ± 6.7 years). They were 74 female patients complaining of hair loss and 51 healthy female controls. All women were interviewed and clinically examined. The hair pull test was additionally utilized as part of the physical examination for the assessment of hair loss. Serum ferritin levels, serum iron, total iron binding capacity, and hemoglobin were estimated for the case group and controls and statistically compared. Some other investigations were done in selected cases as indicated.

Results: The mean serum ferritin and serum iron was statistically significantly lower in patients than in controls (14.82 vs. 39 ng/ml; $p < 0.0001$ and 59.9 vs. 80.9, $\mu\text{g/dl}$; $p = 0.002$, respectively). Total iron binding capacity was not significantly higher in patients than in controls (370 vs. 362 $\mu\text{g/dl}$; $p = 0.123$). The mean hemoglobin were similar in both groups and there was not statistically significant ($p = 0.239$). Post-partum telogen effluvium was the most common triggering factors comprised 30 (40.5%) patients.

Conclusion: There was a significant association between telogen effluvium and serum ferritin, therefore serum ferritin levels may be of value in the evaluation of adult menstruating females with telogen effluvium.

Preoperative Informed Consent of Patients Undergoing General Surgery in Rizgary Teaching Hospital in Erbil

Name: Wahbia Omer Rasul

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 26/5/2012

Supervisor: Professor Tariq Al-Hadithi

Abstract

Background and objectives: Informed consent is regarded as a pillar of medical ethics. It works as a safeguard of patient's rights and minimizes the chances of legal action against the physician in case of any complication arising from the proposed therapy. This study was done to assess the current preoperative informed consent practice, factors associated with informed consent of patients undergoing general surgical procedure in Rizgary Teaching Hospital in Erbil.

Methods: A cross-sectional study was done between February 1st, 2011 through April 1st, 2012 on 500 patients aged 1-73 years old having elective surgical procedure at Rizgary Teaching Hospital. Data was collected using a questionnaire including socio-demographic information and questions related to informed consent.

Results: There was no proper consent form available at the hospital. Majority of the patients (83.6%) received information about their operation only few patients received information about risks and complications of procedure and anesthesia in verbal form. Still (70.3%) were satisfied with the information provided. There was a significant association between educational level of patient and type of surgery with the informed consent.

Conclusion: There is inadequate system of informed consent at Rizgary Teaching Hospital in Erbil. However, majority of the patients still feel satisfied with the information provided. The most important factors associated with the informed consent were the patient's level of education and type of surgery.

Cutaneous Manifestations in Patients with Chronic Kidney Disease on Hemodialysis in Erbil Cty

Name: Eman Hasan Rasool

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 2/10/2012

Supervisor: Dr. Saba Ali Rasheed

Abstract

Background and Objectives: The cutaneous disorders are the common problems in patients with chronic kidney disease stage 5 on maintenance hemodialysis. The current study aimed to evaluate the frequency of skin and nail changes among hemodialyzed patients attending dialysis unit in Erbil city and determine their association with demographic and disease characteristics.

Patients and methods: In this cross sectional study patients with chronic kidney disease stage 5 on regular hemodialysis of all age groups and both sexes were included. Diagnosis of skin and nail changes was made clinically, while biopsy done for selected cases. Data were collected from August to December 2011. Statistical package for social sciences had been used to analyze the data.

Results: Among 107 patients studied, 105 (98%) patients had at least one type of skin changes and 100 (93.4%) patients had at least one type of nail disorder. Skin discoloration was the most common skin change and absent lunula was the most common nail change. The mean duration on hemodialysis was higher among patients with pruritus and extensive skin wrinkling than those without these skin changes.

Conclusion: At least one cutaneous manifestation was found among patients with end stage renal disease on hemodialysis. The most common skin change was skin discoloration and absent lunula was the most common nail change.

Preoperative Informed Consent at the Maternity Teaching Hospital in Erbil City

Name: Aveen Omer Qadir

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 19/6/2012

Supervisor: Dr. Sherzad Ali Ismail

Abstract

Background and objective: Informed consent in medicine is the process by which a fully informed patient can participate in choices about his / her health care. This study was done to describe the informed consent in terms of women's' attitude and the process of performing it, distinguish factors associated with it, and satisfaction of patient with preoperative informed consent procedure.

Methods: This is a quantitative, descriptive, theory building study, based on survey of women undergoing surgical operations in Maternity Teaching Hospital, sample size was 400, the study lasts from 1st of April 2011 to 31 of March 2012, and duration of data collection was five months, including information on socio-demographic and socioeconomic state.

Results: In this study, It is found that (98.2%) of patient receive oral preoperative information, only (3.5%) of the patients received information about risks of operation, and (5%) of patients were informed about postoperative complication. (15%) of patients received information about alternative treatment. Although all of the patients were informed about the type of anaesthesia but none was given any hint about risks of anaesthesia. More than half of the patients (51.7%) not satisfied with the amount of information, and (58.5%) of patients prefer to have more information about operation. (59.5%) of the patients signed the consent form.

Conclusion: informed consent process was below the desire and need of our patient. most of the patients not satisfied with amount of information, they prefer to have more information about operation. Age of patient and educational level are significantly associated with patient's attitude to informed consent process.

Etiology of Hirsutism and Associated Clinical Findings in Patients Attending Rizgary Teaching Hospital In Erbil City

Name: Bahar Hama Ameen Saleem

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 9/5/2012

Supervisor: Dr. Intiha Mohammed Ridha

Abstract

Background: Hirsutism is one of the most common disorders affecting women during the reproductive years.

Aim: The aim of this study was to find etiology of hirsutism and their associated clinical features, and comparing clinical features of etiologic groups in patients attending the department of dermatology and veneriology at Rizgary Teaching Hospital in Erbil city.

Method: In this descriptive cross sectional study 100 patients with hirsutism aged 16-39 years were included. Diagnosis of hirsutism was made by a score of ≥ 8 according to modified Ferriman & Gallwey scale. Hormonal evaluations: LH, FSH, serum prolactin, serum testosterone, Dehydro- Epiandrosterone Sulfate and abdominal and pelvic ultrasound was done for the patients. Data were collected from 1st of April to 31, December, 2011. Statistical package for social sciences and Microsoft Excel had been used to analyze the data.

Results: In this study, the commonest cause of hirsutism was polycystic ovary syndrome (57%), idiopathic hirsutism was the next most common cause in (36%) of the patients, and hyperprolactinemia in (7%). Association of hirsutism score, BMI and clinical signs of hyper androgenism was statistically not significant among etiological groups.

Conclusion: polycystic ovary syndrome was the commonest cause of hirsutism and there was no association between severity of hirsutism, obesity, clinical sign of hyperandrogenism and etiology of hirsutism. Obesity is significantly associated with severity of hirsutism.

Assessment of thyroid function among transfusion- dependant thalassaemic in Erbil city

Name: Fayzeh Mohamed Hussein
Degree: Higher Diploma
Specialty: family medicine
Date of the debate: 24/6/2012
Supervisor: Dr. Noori Abdulla Khider

Abstract

Background and objectives: β -thalassaemia major may results in many endocrine complications. Hypothyroidism is one of these complications. The aim of this study was to evaluate thyroid function among β thalassaemia major patients in Erbil city. B.....

Methods: a cross-sectional study was carried out in Erbil city from 1st April 2011, through 31st of March 2012 on 78 β -thalassaemia major patients, registered at Erbil thalassaemia center . A questionnaire used for data collection. The levels of T3, T4, and TSH hormones were assessed by ELISA technique . SPSS version 18 used for data entry and analysis.

Results: The mean levels of thyroid hormones; T3 and T4 were significantly lower ($P<0.001$) among thalassaemia patients, while the mean TSH level was higher ($P=0.003$) compared to the control group. Nineteen patients (24.3%) had hypothyroidism, of these, 2 patients (2.5%) had overt hypothyroidism (low T4, and high TSH) and 17 patients (21.8%) had subclinical hypothyroidism (normal T4 and high TSH). They were heavily iron overloaded (mean S. Ferritin =5250 ng/ml) and were suboptimally transfused (mean pretransfusion Hb=8.2 g/dl). There was significant relation between the frequency of hypothyroidism and the pretransfusional haemoglobin level and the frequency of blood transfusion (p value=0.008 and 0.03 respectively), while no significant relation between frequency of hypothyroidism and level of serum ferritin, age, sex, age at first blood transfusion or spleen status was noted. .

Conclusion: Impaired thyroid function is frequent among our thalassaemia major patients and this necessitates regular follow up and early commencement of chelation therapy to prevent such complication.

(400 µcg) Versus (600 µcg) Sublingual Misoprostol In The Management Of First Trimester Incomplete Miscarriage

Name: Mina Jalil Mustafa

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 9/10/2012

Supervisor: Dr. Eshraq Mahmood Shaker

Abstract

Background: Various methods has been described for management of first trimester incomplete miscarriage, the active methods are: surgical methods which are highly effective methods but are associated with anesthetic and surgical risks. Medical methods by Misoprostol had been shown to be effective, acceptable and widely used treatment for incomplete miscarriage.

Objectives: To compare the efficacy, patients' acceptability and the side effects following the sublingual administration of single dose of 400µcg with single dose of 600µcg of misoprostol in the treatment of first trimester incomplete miscarriage.

Patients and methods: This study was conducted as a case comparable study from 1st April 2011 to 1st February 2012 in Maternity Teaching Hospital in Erbil city/ Kurdistan region / Iraq, and included 120 patients with incomplete miscarriage at a gestational age \leq 12 weeks. They were randomly received either single dose of 400µcg or 600µcg of misoprostol sublingually. Patients returned for follow-up and re-evaluation of abortion status after 7 days. Patient with a continues incomplete miscarriage underwent surgical evacuation.

Results: The success rate in the first and second group was 90% and 91.7% respectively and patients' acceptability in the first and second group was 96.7% and 95% respectively with no statistical significant difference between both groups. Gastrointestinal side effects like nausea and diarrhea were more in the second group.

Conclusions: This study proved that a single dose of 400 µcg sublingual misoprostol is better than single dose of 600 µcg sublingual misoprostol in the treatment of first trimester incomplete miscarriage, with fewer side effects and more acceptable by patients.

Variation in Macular Thickness in Healthy Eyes with or without Myopia using Optical Coherent Tomography

Name: Sami Jalal Abdulsamad

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 3/6/2012

Supervisor: Dr.Eman H.Alwan

Abstract

Background and Objective: Age, gender, axial length, and ethnic differences in macular thickness seem to exist. Our aim to report normal macular thickness measurement in healthy Iraqi eyes using Optical Coherence Tomography mapping software.

Method: The macula of one hundred fifty (150) healthy subjects underwent a complete ophthalmic examination including Optical Coherence Tomography. Macula mapping scan 6mm in length and centered on the fovea were obtained using the Optical Coherence Tomography retinal thickness was automatically calculated by (OCT) mapping software.

In this cross-sectional study, OCT parameters of macular thickness were analyzed with baseline variable including age, gender and axial length

Results: Mean central Foveal thickness (mean thickness in central 1000 μm diameter area) on the (OCT) were 217 μm and mean macula thickness in 6mm diameter were 245 μm Macular thickness measurement were thinnest at the center of the fovea, thickest within 3 mm diameter of the center, and diminish toward the periphery of the macula. The temporal quadrant was thinner than the nasal quadrant. No correlation found between macular thickness and age ($r=-0.61$, and p value=0.461. The difference between male and female was significant. ($p<0.05$)

The macula thickness was significantly less in eyes with axial length more than 24mm(physiological myopia) and more in eyes with axial length less than 24mm. ($p<0.05$)

Conclusions: The macular thickness have a significant correlation with gender and axial length. This normal data base of macular thickness by (OCT) in Iraqi eyes may be a useful guideline for further research and management of glaucoma and macular diseases.

Clinicopathological Study of Colorectal Cancer in Erbil Governorate

Name: Bestoon Saifaddin Hasan

Degree: Higher Diploma

Specialty: Clinical Oncology

Date of the debate: 21/11/2012

Supervisor: Abdul Mune'm Ahmad Mahdi

Abstract

Background: Stage at diagnosis for colorectal cancer is the most important prognostic factor. It is the best tool for predicting outcomes, selecting patients for various therapies. Tumor grade, histological type, tumor location are the other important prognostic factors.

Objectives: In this study we try to know the stage at which majority of cases present in together with other important clinical and pathological features of the disease.

Methods: 100 cases of colorectal cancer were reviewed from both Rizgari teaching hospital and Nanakali hospital for blood diseases and cancer. Staging done using histopathology information and metastatic workup, the TNM staging system from American Joint Committee of Cancer is used. The outcomes of interest were stage at diagnosis, tumor location, histologic type, grade, age at diagnosis and sex variation.

Results: Male to female ratio was 1:1, about 33% of patients presented at stage III. 27% of patients had stage IV disease. 19% of cases had right colon, 39% left colon, 37% had rectal disease and 5% had disease in the transverse colon. The peak age at diagnosis was 60-70 years. 23% of cases were under 40 years of age.

Conclusions: The percentage of metastatic disease is acceptable by comparison with worldwide statistics. Young patients diagnosed at earlier stages than olds. The incidence is high among young age group when it is compared with worldwide statistics. The percentage of rectal cancer is high.

A comparative study of acute myocardial infarction in patients who are below 45 years of age versus who are above 60 years of age in Erbil City

Name: Ahmad Rasul Hama

Degree: Higher Diploma

Specialty: Internal Medicine

Date of the debate: 6/11/2012

Supervisor: Dr. Omer Kadir Surchi

Abstract

Background: Acute myocardial infarction in young patients has different characteristics from that in older. The purpose of the present study was to assess presenting symptoms, risk factors, type of Myocardial infarction whether ST segment elevation myocardial infarction or Non-ST segment elevation myocardial infarction, echocardiographic findings, Outcomes and complication of Myocardial infarction of young patients compared to old patients.

Methods: A case control study was conducted involving 102 patients which included 51 patients below 45 years and 51 patients above 60 years of ages with clinical diagnosis of AMI in Erbil city from first of May of 2011 till first of February of 2012. The difference in clinical presentation, risk factors, type and site of MI, echocardiographic finding, complication and outcome were analyzed between two groups.

Results: Chest pain was the most common presentation in both age groups, atypical presentations were more prominent in old age groups. Shortness of breath (15.7%) was the most common atypical presentation of Acute Myocardial Infarction in the elderly.

Compared with the elderly patients, the risk factors such as high Triglyceride (64.5%) and High Body Mass Index (51.0%) were more frequently found among young patients. Hypertension (66.7%) was more common risk factor in old patients. No significant difference regarding other risk factors as Diabetes Mellitus, Smoking, alcohol and Family history are found among both age groups. Inferior wall Myocardial Infarction (58.8%) was more common among young patients while Anterior wall Myocardial Infarction (54.9%) was more common among old patients.

Regarding complications there was no statistical difference in Arrhythmias, Heart Block, Cardiogenic Shock and Pulmonary Edema, while Heart failure (64.7%), low EF (66.0%), and MR (43.1%) were more common in old patients.

Conclusion: Smoking was the major risk factor for both age groups. High Triglyceride and High Body Mass Index were significant risk factors for young age Myocardial Infarction patients, while Hypertension was significant risk factor in old age Myocardial Infarction patients. Inferior wall Myocardial Infarction is more common among young patients while anterior wall Myocardial Infarction is more common among old patients. Heart failure was the most common complication of old Myocardial Infarction patients.

The Effect of Intra-umbilical Injection of Misoprostol in the Management of Retained Placenta

Name: Sheelan Sadraddin Rajab

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date of the debate: 30/10/2012

Supervisor: Assist.prof. Shahla Kareem Al-alaf

Abstract

Background: Retained placenta is one of the complications of third stage of labour that should be managed promptly as it may cause severe bleeding, infection, and maternal morbidity and mortality.

Objectives: To determine the effect of intra umbilical injection of misoprostol in the management of retained placenta, to estimate the amount of blood loss, time interval from intra umbilical injection until placental delivery, and side effects of misoprostol.

Patients and methods: A clinical comparable study was conducted on forty-fives women delivered vaginally in maternity teaching hospital from the period of 1st April 2011 to 1st March 2012 in whom the placenta failed to separate after 30 minutes of fetal delivery. Twenty-three women received intra umbilical misoprostol, and 22 women received intra umbilical normal saline.

Results: From 23 women in misoprostol group, in 1 woman the cord was ruptured so excluded in the analysis, the placenta was separated in 21 (95.5%) women and failed to separate in 1 (4.5%) women. Of 22 women in normal saline group, in 16 (72.7%) women the placenta was separated, and failed in the remaining 6 (27.3 %) women with a p value comparison between the two groups (0.021), RR= 0.42 and 95% CI = (0.29-0.61) which is statistically significant. The mean amount of blood loss in misoprostol group was 104.86 ± 33.5 ml, and mean amount of blood loss in N/S group was 234.59 ± 100.69 ml with a p value of 0.001, and 95% CI = (84.06-175.38) which is statistically significant. The mean time of placental separation in misoprostol group was 13.63 ± 5.29 minutes and mean time of placental separation in N/S group was 18.93 ± 5.89 minutes with a p value of 0.95, and 95% CI = (1.60-9.001) which is statistically not significant.

One case of misoprostol group developed shivering that could be attributed to a side effect of misoprostol.

Conclusion: Intra umbilical injection of misoprostol enhancing delivery of retained placenta reduces the duration of placental separation and the amount of blood loss with little side effects.

Causes and operative findings in penetrating abdominal trauma victims in Erbil city

Name: Zirak Zrar Hamadameen

Degree: Higher Diploma

Specialty: general surgery

Date of the debate: 14/10/2012

Supervisor: Prof. Abdulqadir Maghdid Zangana

Abstract

Background: Penetrating abdominal trauma is a common casualty condition that can damage intra-abdominal organs and may end with a high risk of morbidity and mortality depending on the organ involved and the causative agent.

Aim of the study: The aim of this study was to find out the common causes of penetrating abdominal injuries and operative findings in this locality of the world.

Patients and Methods: This is a prospective study of a total 54 patients with penetrating abdominal injuries admitted to the emergency and casualty hospitals in Erbil city from February 2011 to March 2012. Four patients had been excluded from the study because they were treated conservatively. Patient's age, gender, type of penetrator, operative intra-abdominal and associated extra abdominal injuries had been recorded.

Results: Most of the patients were young males in third decade of life (42%), their ages ranging from 7 to 67 years; mean age was 27.22 years, male 92% and female 8% (male to female ratio was 11.5:1). The causes of penetration in 70% of the cases were due to gunshot, 16% stabbing and 14% caused by shell injuries. The commonest organs injured were the colon (44%) and small intestine (42%). In 64% of the cases more than one abdominal organ were injured. In one case (2%) there was no intra-abdominal organ injury. Mortality was 2% during their stay in hospital.

Conclusion: Gunshot injury was the commonest cause of penetrating abdominal traumas. Colon and small bowel were the commonest intra-abdominal injured organs. In most of the patients more than one intra-abdominal organ were injured.

Evaluation of Non-Enhanced Spiral Computed Tomography versus Intravenous Urography in Renal Colic

Name: Diryaz Hamad Khoshkani

Degree: Higher Diploma

Specialty: Diagnostic Radiology

Date of the debate: 2/7/2012

Supervisor: Dr.Salah Muhammad Abdul-Rahman

Abstrct

Background and objectives: Intravenous urography had been the major imaging modality for the evaluation of urinary system in past decades. Its protocol has been well established and physicians are all familiar with its images. With introduction of non-enhanced spiral computed tomography; it revolutionized the imaging evaluation of acute flank pain. The objective is to replace the intravenous urography by non-enhanced computed tomography in investigation of renal colic.

Methods: From May 2011 to January 2012, eighty patients presenting to Rizgary and Rozhalat Emergency Hospitals with suspected acute renal colic were collected, they undergo non-enhanced spiral computed tomography and intravenous urography which was requested by urologists after abdominal and pelvic ultrasound result. The main outcome measures were diagnostic utility, incidence of alternative diagnoses, and requirement for further imaging, length of hospital stay and urological intervention rate.

Results: All the patients had renal colic. From total (80) patient (62 of them 77% were male and 18 of them 23% were female ratio of male to female was 3.4:1), (43) patient has left side renal colic and (25) of them right side and (12) patient presented with bilateral renal colic. (25%) they had previous renal stones. Only (22) ureteric stones and (15) renal stones were diagnosed by intravenous urography while non-enhanced computed tomography diagnose all ureteric stones which were (46) and all renal stones (34).

Conclusion: Non-enhanced spiral computed tomography was more accurate than intravenous urography in making a definitive diagnosis of ureteric and renal calculus. Calculi were missed in some patients in the intravenous urography films because of small size, radiolucent and obscuring by bowel gases. So non-enhanced spiral computed tomography provided greater diagnostic utility.

Prevalence of osteoporosis in kidney transplanted patients in Erbil

Name: Shirwan Omer Muhammad Amin

Degree: Higher Diploma

Specialty: Nephrology

Date of the debate: 4/11/2012

Supervisor: Dr.Safa'a E. Almkhtar

Abstract

The aim of this study is to determine the prevalence and risk factors of osteoporosis after kidney transplantation.

Patients and method; this study was carried out during the period from (february2011 to January 2012) at nephrology and dialysis department in Hawler teaching hospital.

A total of 63 outpatient renal transplant recipients (38 males and 25 females) were studied for osteoporosis who had stable allograft function (defined by serum creatinine < 2mg/dl).

The following risk factors for low bone mineral density(BMD) were obtained from patient records: age, gender, duration of chronic renal failure, type of dialysis, time on dialysis, cumulative steroid and cyclosporine-A dose which was calculated starting from date of transplantation to the time of evaluation of BMD.

At the time of the bone examination, serum creatinine, calcium, phosphates were measured.

BMD of the first, second, third, and fourth lumbar vertebrae and left or right femur neck was measured using dual-energy x-ray absorptiometry (DEXA) .

Result; Osteoporosis was observed in 23.8% of studied patients, and osteopenia in 50.8%.

Results were expressed as Z scores relative to mean normal values for subjects of the same age and gender and as T scores for sex matched young adults. Pre-transplant measurement of bone densitometry was not performed.

Rate of osteoporosis was significantly higher in those patients who had BMI less than 25 kg/m². (P < 0.001).

Patients with osteoporosis had more exposure to steroid than those without osteoporosis.

Age, sex, duration of transplantation, time on dialysis, and cyclosporine cumulative dosages, had no significant relationship with bone loss in any of regions. Also calcium, phosphate, BUN and creatinine had no relation with osteoporosis in different regions.

Vaginal Misoprostol for termination of pregnancy in cases of intrauterine Fetal Death at gestational ages of 24-32 week

Name: Media Mohammad Ziad

Degree: Higher Diploma

Specialty: obstetrics and Gynecology

Date of the debate: 19/6/2012

Supervisor: Dr. Ghada Saadullah Al-Sakkal

Abstract

Background: Intra uterine fetal death is a stressful situation for the woman ,her family members, and for the health professionals providing care.

Objectives: To evaluate the efficacy and safety of 200 µg Misoprostol vaginally when inducing labour in mid trimester intrauterine death.

Patient and Method: A hospital based Clinical Trial conducted Maternity Teaching Hospital in Erbil city, Kurdistan region during the period from 1st of April 2011 till 1st of March 2012. Sixty women with intra uterine fetal death with gestational ages from 24 to32 weeks were included in the study. Intra uterine death was confirmed by ultra sound. Only women who were not in labour were included in the study. Induction of labour was performed by inserting misoprostol tab (200 µg) 6hourly vaginally.

A chart was arranged for timing of starting induction, observation and follow up.

Results: The mean time from induction till efficient uterine contractions was (5.8±6.4) hours while the mean time from induction till complete delivery was (11.4±6.7) hours. Side effects of misoprostol appeared as allergy in 1.7 %, Post Partum Haemorrhage in 3.3% and retained Placenta in 3.3% of all included cases. No any other complications were recorded. There was no any statistically significant correlation between the number of doses required for development of efficient uterine contractions and gestational age.

Conclusion: Misoprostol 200 µg vaginally is efficient for successful induction of labor in third trimester intrauterine death with least side effects on the mother

Knowledge and Practice Regarding Women Attending Breast Cancer Early Detection and Screening Unit in Erbil City toward Mammography and Breast Self Examination

Name: Qaneaa Abdulla Majeed

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 25/6/2012

Supervisor: Dr. Sherzad Ali Ismail

Abstract

Background and objectives: Breast cancer is the commonest malignant tumor in females and it's a leading cause of cancer death in females in both developed and developing countries. Control of breast cancer morbidity and mortality is through early detection and this is by breast awareness which consists of Breast Self-Examination (BSE), clinical breast examination (CBE), and screening mammography. This study was carried out to assess the knowledge and practice of BSE and mammography among women and their association with some related factors.

Subjects and Methods: It's a descriptive, quantitative, hospital based survey conducted in Maternity Teaching Hospital in Erbil city. The sample size was 400, all age groups are including in this study, duration of data collection was five months from 1st August, 2011 through 1st January, 2012, a self administrated questionnaire that include information on socio-demographic and economic states was used.

Results: The age ranges between (15-67) years old with mean±S.D=36.16±10.023, (83.5%) are married. It's found that (75.8%) of them heard about BSE and (71.3%) of them heard about mammography, (23%) got information from TV, (35%) from health workers including doctors, (94.8%) of study sample reported BSE important for early detection of breast cancer. Regarding practicing, it's found that (58.3%) of women practicing BSE and only (29.5%) did it regularly, however only (2.5%) of study sample did mammography. There was significant statistical association between BSE and mammography knowledge with occupation, residency, level of education and socioeconomic status of women, also there was significant statistical association between BSE and mammography practice with the above factors.

Conclusion: This study was able to establish association of some important socio-demographic factors on practicing of BSE and mammography, so we recommended mammography as a screening test to be implemented in our region.

Knowledge & Practice of Diabetic Patients Regarding Diabetes Mellitus in Erbil City

Name: Treeska Kamal Khurshid
Degree: Higher Diploma
Specialty: Family Medicine
Date of the debate: 18/10/2012
Supervisor: Samir Mahmood Othman

Abstract

Background and objectives: Diabetes Mellitus is a major health problem with individual, social and economical consequences. Knowledge and practice information are effective in providing baseline for evaluating intervention program. This study was conducted with the aim to know the level of Knowledge and practice of diabetic patients regarding diabetes mellitus, to aid in future the development of program and techniques for effective health education.

Methods: A cross-sectional study was carried out from April 2011 to April 2012, involving 400 diabetic patients, aged 18-75 years old that attending (Shahid Layla Qasm) health center seeking in Erbil city for diabetic care. An individual selected by convenience sampling method and information from each subject was collected by using specially designed questionnaire. The questionnaire included socio-demographic characteristics and other questions related to the knowledge and practice about diabetes mellitus. Statistical package for social science (SPSS) version 18 was used for data entry and analysis.

Results: Out of 400 study subject, (35%) were males and (65%) were females, with mean \pm standard deviation of age of 50.4 ± 10.3 years old and more than 60% of participants were housewife and about 46% were illiterate. The mean \pm standard deviation of diabetes duration was 82.5 ± 66.7 months. The overall mean \pm standard deviation of knowledge and practice scores was 12.7 ± 5.2 and 3 ± 1.1 respectively. The proportion of acceptable knowledge and practice about diabetes among participants was (52.3% and 53.3 respectively) and they were significantly declining with advanced age and significantly associated with family income, occupation and educational level. There was a statistically significant association between knowledge and practice in which 100% of people with good knowledge about diabetes had acceptable practices.

Conclusions: The knowledge and practices about diabetes among diabetic patients in Erbil city was acceptable.

Intravenous fluid administration after major abdominal operations

Name: Dawan Jamal Hawezy

Degree: Higher Diploma

Specialty: General Surgery

Date of the debate: 10/5/2012

Supervisor: Assist. Prof. Ali Al-Dabbagh

Abstract

Background: There is a marked variation in postoperative fluid prescriptions, errors may contribute to postoperative morbidity. However, there are few data regarding the overall incidence of fluid associated morbidity in postoperative patients.

Objectives: To analyze the various maintenance fluids therapy regimes in postoperative period for patients who underwent major abdominal surgeries, and to identify the level of awareness of fluid and electrolyte balance among junior physicians.

Patients and Methods: Data regarding fluid and electrolyte prescriptions, fluid balance were prospectively collected in surgical departments from 354 patients representing 1429 patient days of intravenous fluid therapy. Questionnaire is designed by the researcher to assess the knowledge of junior physicians of general surgery about daily fluid and electrolyte requirement and uses of intravenous fluid in their daily practice. The responses of which were recorded and analyzed.

Results: A six month prospective study of intravenous fluid and electrolyte prescriptions on post-operative surgical patients for major abdominal operations, revealed wide variability in fluid and electrolyte prescription. Volume prescriptions were between 2-3 liters in 94% of patient days, sodium prescription varied, with only 29.3% within normal daily requirements, and potassium was added infrequently; 85% of patient days received no potassium, 11% received it but in low amount, of 41 patterns of fluid prescription; dextrose saline 2 liter was the commonest (15.3%), the recommended regime of dextrose water 2 liters with normal saline 1 liter, which is near to normal daily requirement, was infrequently prescribed.

Only half of junior physicians knew the daily requirement of sodium, 17(53%) knew normal daily potassium requirement, and only 14 juniors out of 32 (43.75%) knew the average intravenous fluid rate required for the first 24 hours; the overall knowledge of junior physicians on the fluid and electrolyte therapy was 46%.

Conclusions: there was no correlation between amount supplied with the weight, serum electrolyte investigations, or any ongoing losses. The normal daily requirement of water and electrolyte was rarely prescribed as maintenance fluid therapy. Junior physicians overall knowledge of fluid and electrolyte balance appears to be unsatisfactory.

Key words: Fluid therapy, intravenous fluid; post-operative period.

Cicatricial Alopecia: A Clinical and Histopathological Study of Patients Attending the Department Of Dermatology and Venereology at Rizgary Teaching Hospital in Erbil City

Name: Hussein Mahmood Mohammad

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 1/10/2012

Supervisor: Dr. Saba Ali Rashid

Abstract

Background: The term cicatricial or scarring alopecia implies the potential of permanent destruction of the hair follicle, most likely as a result of irreversible damage to epithelial hair follicle stem cells in the region of the bulge. Cicatricial alopecia may result from a disease that affects the follicles primarily or a disease process external to the follicle that damages them secondarily.

Aim: The aim of this study was to correlate the clinical features and histopathological findings in patients with primary cicatricial alopecia.

Methods: A descriptive, case-review study was performed on 42 patients with cicatricial alopecia attending the outpatient-clinic of Dermatology and Venereology at Rizgary Teaching Hospital in Erbil city during the period between 1st of March 2011 and 30th of November 2011. Diagnosis was made clinically and confirmed by histopathological examination.

Results: In this study, females were more commonly affected than males by a ratio of 2:1, the ages at onset of patients ranged from 17-62 years with a mean age of 35.07 years. The age group most commonly affected was 4th decade in 38.1% of patients. The underlying diseases in descending order were: 40.5% had CCLE, 28.6% had LPP, 19% had pseudopelade of Brocq, 7.1% had FD and 4.8% had acne keloidalis nuchae. From a histopathological point of view, lymphocytic cicatricial alopecia was more common among middle aged women whereas the neutrophilic type was more prevalent among middle aged men. The ratio of lymphocytic to neutrophilic cicatricial alopecias was 7.4:1.

Conclusions: This study concluded that an accurate diagnosis of cicatricial alopecia is achieved through careful clinicopathologic evaluation. We suggest that a scalp biopsy is mandatory in all cases of primary cicatricial alopecias.

Asociacion of Estrogen, Progesterone and Her-2/Neu Receptors with Breast Cancer in Erbil City

Name: Sami Ahmed Mohamed

Degree: Higher Diploma

Specialty: Medical Oncology

Date of the debate: 17/11/2012

Supervisor: Dr. Ahmed Khudhair Yassin

Abstract

Determination of receptor status of estrogen (ER), progesterone (PR) and HER-2/neu is an important primary assessment at the time of a breast cancer diagnosis. They are helpful in selecting the patients most likely to receive benefit from hormone therapy, and provide prognostic information's on recurrence and survival since their expression is related to the degree of the tumour differentiation. HER-2/neu receptor status is also important as it is known to be a prognostic as well as predictive marker in both node-negative and node-positive patients. This study aimed at assessing the hormone receptor status among patients with breast cancer; confirming immunohistochemical (IHC) results of HER-2/neu receptor positivity by Fluorescence in-situ hybridization (FISH) and studying relation of the latter receptor to disease stage and status of nodal involvement.

Over a period of 8 months from May 2011 to January 2012, 200 untreated patients with breast cancer were studied in both Rizgary Teaching hospital and Nanakaly hospital, their hospital records were reviewed. In addition to the basic data, type of cancer, stage of the disease and lymph node involvement status, hormone receptor status of ER, PR and HER-2/neu were evaluated. HER-2/neu positive results were further confirmed by FISH. Data analysis was done using SPSS version 18.

The mean age of patients was 45 years with high number (80; 40%) of patients fall within age range of 40-49 years. Invasive ductal carcinoma constituted 97% of tumour types. At time of diagnosis, largest proportion of patients (92; 46%) had stage II cancer. 115 cases were ER receptor positive, 114 were PR receptor positive and 64 were HER-2/neu receptor positive. 43 patients had the three receptors positive and 46 others were triple negative. HER-2/neu receptor was expressed by immunohistochemistry in 90 samples, of those 64 (71.1%) turned positive by FISH. significant relation was found with nodal involvement by cancer, but No significant relation was found between HER-2/neu receptor positivity and stage of cancer.

Our patients were younger than in western world and few proportions of our patients had early diagnosis. FISH test is superior to IHC for HER-2/neu receptor detection. HER-2/neu related to nodal involvement but not to disease stage.

Sensitivity and specificity of Phalen's test and Tinel's test in patients with Carpal Tunnel Syndrome

Name: Shorsh Ahmad Mohamad

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 18/6/2012

Supervisor: Dr.Khalid A.O.Al-Dabbagh

Abstract

Background: Phalen's test and Tinel's tests are classically associated with carpal Tunnel Syndrome, the clinical usefulness of clinical provocative tests including Phalen's and Tinel's tests varies depending on their sensitivity and specificity the objectives of this study are to determine the sensitivity and specificity of the Phalen's and Tinel's tests in the diagnosis of Carpal Tunnel Syndrome and to analyse how such factors as patient's age and duration of symptoms influence these parameters.

Method: one hundred cases (90 females and 10 males) who fulfilled the NIOSH criteria for diagnosis of Carpal Tunnel Syndrome attending physiotherapy unit in Rizgary teaching hospital and one hundred control (90 females and 10 males) who were healthy asymptomatic volunteers during 1st may 2011 to 1st February 2012 were included, both groups assessed by Phalen's and Tinel's tests.

Result: among one hundred cases, 78(78%) cases had positive phalen's and 66(66%) cases had positive tinel's test while 6 (6%) controls had positive phalen's and 23(23%) controls had positive tinel's test, the resulting specificity and sensitivity of Phalen's test 94% and 78% respectively while specificity and sensitivity of Tinel's test 77% and 66% respectively also there is significant association between duration of symptoms and Tinel's test result.

Conclusion: Phalen's test is more specific and sensitive than Tinel's test so it is essential for confirmation of diagnosis of Carpal Tunnel Syndrome particularly when Nerve conduction study is not available

Frequency of Disseminated Intravascular Coagulopathy In Newly Diagnosed Patients With Hematological Malignancies Attending Nanakaly Hospital

Name: Reving Reber Akram

Degree: Higher Diploma

Specialty: Clinical Hematology

Date of the debate: 22/10/2012

Supervisor: Kawa Mohamad Amin Hassan

Abstract

Background: Disseminated intravascular coagulation significantly contributes to the bleeding and thrombotic complications in patients with hematologic malignancies. As shown in other cancer settings, an underlying condition activation of the coagulation system leading to a pro-thrombotic state disseminated intravascular coagulation is detectable. A variety of disease- treatment-related factors may affect this condition, enhancing the risk thrombosis or of bleeding and further triggering mechanisms of disseminated intravascular coagulation in this setting. The diagnosis of disseminated intravascular coagulation relies on clinical signs and symptoms, identification of the underlying disease and the results of laboratory testing.

Objective: The aim of the study to find out the incidence of disseminated intravascular coagulopathy in hematological malignancies before introduction of chemotherapy and show the clinical impact of disseminated intravascular coagulopathy on presentation with assessment of clinical importance of global haemostatic tests on the basis of international society on thrombosis and haemostasis scoring system.

Study design: prospective case series study.

Setting: consultation and emergency rooms in Nanakaly hospital of Blood Diseases and Cancers.

Method: seventy cases had been allocated during one year with direct interviewing and usage of questionnaire and taking of blood samples from the patients, we collected the data and analyzed.

Results: Eighteen percent of studied patients had overt disseminated intravascular coagulopathy in their presentation before starting chemotherapy.

Significantly, the haemostatic measures were higher in overt disseminated intravascular coagulopathy cases than non-overt disseminated intravascular coagulopathy cases incidence of disseminated intravascular coagulopathy cases in acute promyelocytic leukemia's patients ($p < 0.0001$) and higher (77%, $p < 0.05$). There were significant correlations between international society of thrombosis and haemostasis score and Hb ($r = -0.29$, $p < 0.02$) and time Most of Disseminated intravascular bleeding and occurred in acute promyelocytic leukemia whom D-Dimer results were markedly elevated (67%, $p < 0.05$). rarely with thrombosis (100%, 69%, and 7% respectively). Most of mortality coagulopathy cases were clinically manifested with anemia and ($r = 0.68$, $p < 0.0001$). bleeding

Conclusion: Disseminated intravascular coagulopathy is not uncommon in of

Global hematological malignancies coagulopathy side by side with clinical manifestations and medical history. haemostatic tests are helpful for diagnosis of disseminated intravascular chemotherapy.
Starting before

Clinical Evaluation of Childhood Psoriasis

Name: Alan Dara Omer

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 1/10/2012

Supervisor: Dr. Intiha Mohammed Ridha

Abstract

Background: Psoriasis is a common skin disease in children with about one third of all patients having onset of disease in the first or second decade of life. Psoriasis in children has been reported to differ from that among adults being more frequently pruritic; plaque lesions are relatively thinner, softer, and less scaly; face and flexural involvement is common and guttate type is the characteristic presentation.

The aim of this study : To estimate proportion of childhood psoriasis and to study clinical types of psoriasis, presenting sites, and to define gender ratio, familiar incidence, age of onset, possible triggering factors.

Patients and Methods: This study is a descriptive, case review study of 89 psoriatic child patients from 6 months to 18 years and of both sexes, referred to Rizgary teaching hospital from March 2011 to December 2011 were selected to assess the clinical patterns of psoriasis in children.

Results: There were 41 (46.1%) male and 48 (53.9%) female, making a male: female ratio of 0.8:1, mean age was 8.65 years with no significant difference between mean ages of both genders. Classical plaque psoriasis was the most frequent clinical presentation in (37.1%) patients. The scalp was the most common initial site affected (33.7%), followed by trunk (28.1%). Nail involvement was observed in (36%) patients, pitting was the most common nail change (50%). Trauma (injury) was the most common precipitating factor, occurring in (27%) of patients. Pruritus was the most frequent symptom, reported by (42.7%) patients. A positive family history was present in (27%) patients.

Conclusion: Childhood psoriasis was more common among age group 6-10 years old and slightly more common among female, there was no statistically significant difference between age at onset of psoriasis and family history.

Value of Breast Imaging In Women with Painful Breast

Name: Tavry Hassan Fahmi

Degree: Higher Diploma

Specialty: Radilogy

Date of the debate: 12/11/2012

Supervisor: Asst. Prof. Saeed N. Younis

Abstract

Background: Breast pain is one of the most common breast disorders experienced by women; however the value of breast imaging in these cases is not well defined.

Objective: To determine the value of breast imaging in patients with localized or diffuse pain in the breast in which physical examination shows no abnormalities.

Patients and methods: Study design: cross-sectional study.

A convenient sample taken from 70 women with a painful breast(s) referred to the radiology department of Rizgary teaching hospital in Erbil for radiological breast imaging because of pain alone during the period between June 2011 to February 2012. Mean patient age was 46.9 years ranging from 35-70 years.

Results: Radiological examination of the painful breast(s) showed the following: normal findings in 47 (67.2 %) women, benign abnormalities in 19 (27.2 %); mainly small cysts or mastopathy), abnormalities that were probably benign in 3 (4.2 %), suspicious findings in 1 (1.4 %), and no malignancy. Conclusion:

Breast imaging in women who present with pain alone is of value only in providing reassurance – no abnormalities were usually found in the painful area, radiological abnormalities classified as benign do not generally have any clinical consequences, and the prevalence of cancer is low in these women.

Key message: The particular value of breast imaging in patients with breast pain alone is reassurance.

Assessment of Health Behaviors of a Group of Myocardial Infarction Patients Admitted to Teaching Hospitals in Erbil City

Name: Aras Sulaiman Haris khano

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 18/6/2012

Supervisor: Dr. Jwan M. Sabir Zangana

Abstract

Background: Coronary arteries diseases and the ensuing myocardial infarction are among the most common causes of death in human beings in many countries around the world including Iraq. Changing health behaviors such as balancing the diet, having regular exercises, quit smoking, and stopping alcohol intake are among the solutions for preventing, caring, curing and returning the patient to the physical, mental and social status he/she had before being afflicted by the disease. This study was done to assess health behaviors of MI patients after recurrent MI attack.

Method: it is a hospital based cross-sectional study, conducted in Erbil city involved three hundred patients that had recurrent MI attack. Data are collected from 1st of July 2011 to 30th of January 2012, by using questionnaire through direct interview. Statistical package for social sciences (SPSS) version 18 was used for data entry and analysis.

Results: The non smoker rate increased from 72.3% before MI to 89.7% after MI. There was little change in those that take alcohol before and after MI events (before MI 6.7%; after MI 5.3%). There was no significant change in number of those that did exercise (before MI 7.3%; after MI 9%). There was a significant change in food control behavior after MI event (11% before MI increased to 67.7% of patients that adopted a controlled food behavior after MI). And majority of patients have unhealthy body mass index.

Conclusion: Results provide important new information on health behavior changes among those with chronic disease (MI) and suggest that intensive efforts are required to help initiate and maintain lifestyle improvements among this population

Relation of Maternal Age with Pregnancy Outcome among Women Attending the Maternity Teaching Hospital in Erbil City

Name: Umama Mohammad Sadik Ali
Degree: Higher Diploma
Specialty: Family Medicine
Date of the debate: 21/5/2012
Supervisor: Professor Tariq Al-Hadithi

Abstract

Background and objectives: At both end of the reproductive years maternal age impacts pregnancy outcome. This study was done to assess the effect of maternal age on obstetrical outcomes, mode of delivery and fetal outcomes.

Method: A cross-sectional study was done between 1st April 2011 through 31st March 2012. A sample of 1100 singleton pregnant women with gestational age over 24 weeks attending labour room in the Maternity Teaching Hospitals in Erbil city was selected and categorized as women aged ≤ 19 years, 20-34 years and ≥ 35 years. Data was collected using a questionnaire, included socio-demographic information, pre-existing medical history, obstetrical outcomes, antenatal care, fetal outcomes and mode of delivery.

Results: the age range of total sample was 14-49 years; with a mean \pm SD of 27.93 ± 8.40 . Women aged ≥ 35 years old had significantly a higher rate of pregnancy induced hypertension 23.8%, gestational diabetes 6%, antepartum hemorrhage 5.3% polyhydramnios 12.5%, malpresentation 8.5%, delivering by Cesarean section 46.8% and dead fetus 4.5%. Around 19% of neonate of older age women were admitted to NCU with no statistical significant. While teenagers showed a higher rate preterm labour 18.3%, low birth weight 10.7%, anemia 54% and postpartum hemorrhage 5.7%. Inadequate antenatal care was more common in teenagers 29%.

Conclusion: maternal outcomes including (pregnancy induced hypertension, gestational diabetes, antepartum hemorrhage, polyhydramnios, malpresentation, and preterm labour), mode of delivery, and fetal outcomes including (fetal death and low Apgar score in 5 minutes) are significantly associated with age.

Assessment of Antenatal Care Program in Prevention and Treatment of Anemia among Pregnant Women in Erbil City

Name: Awat Faqi Ahmmed Sabir

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 16/10/2012

Supervisor: Lecturer Khalis Bilal Muhammed Ali

Abstract

Background and Objectives: Anemia is the most common medical disorder of pregnancy has a negative impact on the immune system, physical work capacity, cognitive performance and national socio-economic development.

The current study aimed to find out the prevalence rate of anemia and asses the antenatal care services regarding prevention and treatment of anemia among pregnant women who attend antenatal care units in Erbil city.

Subjects and methods: Descriptive cross sectional study, it was conducted during the period of August 2011 up to February 2012, and the sample consisted of pregnant women in their third trimester of pregnancy attending primary health care centers. Data collected through a questionnaire and by reviewing antenatal cards. The hemoglobin level of <11 gm/dl considered as anemic. Each antenatal care unit was assessed in respect of adequacy of structures (trained staff, equipments and supplies) and the quality of services provided to the client in respect of anemia management, the collected data was analyzed using SPSS version 18.

Result: The study project consist of 400 pregnant women, their ages ranged from 15 years to 44 years (mean \pm standard deviation 26.68 \pm 5.917 years). The point prevalence rate of anemia was 55.5%.

The prevalence rate of anemia was high among the age group < 20 years, and the age group of \geq 40 years, crowding index, dietary habit, gravidity, consumption of iron-folate supplements and getting iron from private sectors, the availability of specialist and monthly screening for anemia by Hemoglobin level measurement were significantly associated with prevalence rate of anemia.

Other factors like educational levels, occupation and time of first visit to antenatal care unit were found to have no significant affect on prevalence of anemia.

In the five selected antenatal care units lack of trained staff, equipments used in Hb level measurement, shortage of iron-folate tablets and educational aids were observed. Inadequate availability of iron-folate tablets and inadequate counseling of pregnant women about issues related to anemia had a negative impact on the prevalence of anemia.

The prevalence of anemia among pregnant women was affected by some socio-demographic variables and by quality and quantity of the antenatal care services that offered to the pregnant women in the antenatal care units.

Complications Rate after Delivery with Episiotomy versus a Non-Surgical One

Name: Akar Ali Jalal

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 24/10/2012

Supervisor: Dr. Sabat A.M. Barawi

Abstract

Background: Episiotomy was introduced as an obstetric procedure more than 200 years ago. However it became a common practice only from the beginning of 20th century. It was then thought that all primigravida should receive an episiotomy to protect fetal head and pelvic floor. Recent studies of episiotomy have found that its harm is more than benefit to mothers. **Objective:** To find out the rate and severity of complications in two groups of primigravida with episiotomy and those without episiotomy and to evaluate whether episiotomy practice is a procedure for protection of perineum or not.

Study design: Randomized Clinical Trial study.

Setting: Maternity Teaching Hospital-Erbil/Kurdistan Region/Iraq.

Period of study: From May 1st, 2011 to February 1st, 2012.

Patients and methods: A sample size of 600 cases was taken. Participants were pregnant ladies in their first pregnancy with term, singleton, and vertex presentation, divided into two groups. Episiotomy was performed in 300 of them while the other 300 were treated without episiotomy. Both groups were followed up for three months postpartum to define the rate of complications.

Results: A significant difference in severity of perineal pain was found in episiotomy group than non-episiotomy one (P value <0.001). Perineal laceration (especially third degree tear) was lower in non episiotomy group (0.3% vs 2%). Episiotomy group had higher rate of dyspareunia (53.3% vs 12.7%) and significantly lower pelvic floor muscle strength than non-episiotomy group. There was no significant difference in Apgar score of neonates in both groups ($p > 0.05$).

Conclusion: Routine use of episiotomy associated with a greater incidence of severe perineal laceration with no short term benefit for protection of maternal pelvic floor. Moreover, its use implies a poorer sexual function.

The Impact of Migraine on Certain Aspects of Quality Of Life in a Group of Women in Erbil City

Name: Lana Farhad Shakir

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 24/6/2012

Supervisor: Dr. Jwan M. Sabir Zangana

Abstract

Background and objectives: migraine is a primary headache disorder with, almost certainly, a genetic basis. Adults with migraine describe episodic attacks with specific features including headache which is moderate or severe in intensity, one-sided and/or pulsating, aggravated by routine physical activity and of a duration ranging from hours to 2-3 days, nausea is the most characteristic associated symptom of migraine. Episodic migraine is classified as migraine with aura or without aura. Migraine afflicts approximately 15% of women and 6% of men. The onset of migraine is early in life—approximately 25% beginning during the first decade, 55% by 20 years of age, and more than 90% before age 40. This study is done to assess the effect of migraine on work, school performance, household work, family, leisure and social activities of the Migraineurs, to assess the level of migraine impact and associated disability in the Migraineurs and to find out the association between migraine disability and general impact with the sociodemographic profile of the migraineurs.

Patients and Methods: A cross-sectional study was done between April 2011 to April 2012 including 309 migraineurwomen aged 15–45 years attending outpatient neurology clinic of Rizgary teaching hospital in Erbil city. The migraineurs were either untreated or unsuccessfully treated for migraine. Data was collected using a questionnaire including socio-demographic information and two other validated questionnaires which are (Migraine disability assessment questionnaire) and (the headache impact test questionnaire) used to assess headache disability and impact on quality of life respectively.

Results: About 81.7% of the Migraineurs suffered from severe disability during migraine attacks, and 84.5% of the Migraineurs suffered from very severe impact of migraine. Migraine disability and impact were significantly associated with most of the sociodemographic characteristics of the Migraineurs. Each migraineur had missed a mean \pm S.D of (3.68 \pm 3.401) days in the last 3 months from work or school and the mean \pm S.D of days of decreased productivity at work or school were (8.23 \pm 6.113) in the last 3 months. The mean \pm S.D of severity of headaches that the women suffer from were (7.68 \pm 1.997) on a scale of 0-10, and the mean \pm S.D of the days in which women have headaches in the last 3 months were (28.63 \pm 12.235). Significant association presents between grades of migraine disability and both of severity and number of days of headaches.

Conclusion: severe impact and disability revealed in more than three quarter of the women, and these are significantly associated with most of the sociodemographic characteristics of the Migraineurs and with the severity and number of days of headaches.

Effects Of Preceding Angina Pectoris In Patients With First Attack St-Elevation Myocardial Infarction On In-Hospital Outcome

Name: Diyar Mohammed Mousa

Degree: Higher Diploma

Specialty: Internal Medicine

Date of the debate: 5/11/2012

Supervisor: Dr. Abdulkareem A. Al-Othman

Abstract

Background: ischemic preconditioning is an experimental technique for producing resistance to the loss of blood supply and thus oxygen to tissues of many types, it is an intrinsic process whereby repeated short episodes of ischemia protects the myocardium against a subsequent more prolonged ischemic insult.

Aim of the study: The purpose of this study was to assess the early in-hospital complications of patients with acute myocardial infarction having preceding angina pectoris with those having no preceding angina.

Patients and methods: This observational study is conducted at Coronary Care Units of Hawler and Rizgary Teaching Hospitals from 1st / February /2011 to 28th /February / 2012. One hundred patients with first ST segment elevation myocardial infarction were enrolled in this study, their age ranged from 37 to 80 years (mean age is 59.4 years). Early in-hospital complications are defined as death or pulmonary edema, cardiogenic shock, complete heart block, arrhythmias, left ventricular systolic dysfunction or ischemic mitral regurgitation. Two dimensional echocardiography have been done for all patients to assess left ventricular systolic function and to detect ischemic mitral regurgitation. Patients were divided into two groups:

Group A: patients with first attack STEMI preceded by angina (stable or unstable angina), (28patients).

Group B: patients with first attack STEMI without preceding angina (stable or unstable angina), (72 patients).

Results:No significant difference was noted between group A and B in relation to age, gender, hypertension, diabetes mellitus, dyslipidemia , obesity , smoking , alcoholism apart from family history of ischemic heart disease. The in-hospital mortality was higher in group-B as compared with group-A, but without statistically significant p-value. Also heart failure, cardiogenic shock, arrhythmias, complete heart block, left ventricular systolic dysfunction and mitral regurgitation were higher in those patients with first attack ST segment elevation myocardial infarction without preceding angina (stable or unstable angina).

Conclusion:Previous angina (stable or unstable) before first acute ST segment elevation myocardial infarction seems to confer protection against early development of heart failure and left ventricular systolic dysfunction.

Relationship between knee osteoarthritis and menopause

Name: Hana Abd Alghany Jabbar

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 19/10/2012

Supervisor: Ass.Prof: Dashty A. Al-Bustany

Abstract

Background: Knee osteoarthritis is one of the major causes of pain and physical disability in older adults. A recent World Health Organization report on the global burden of disease indicates that knee osteoarthritis is likely to become the fourth most important cause of disability in women, and the eighth most important cause in men. Sex differences in OA prevalence suggest that sex hormones or alterations in reproductive hormone concentrations that occur with menopause contribute to osteoarthritis pathology.

Objectives:

1. To evaluate the relation between menopause and knee OA.
2. To estimate the role of serum estradiol change on clinical and radiographic presentation of the females with knee OA.
3. To estimate the role of age at menopause and years since menopause on the development of knee OA.

Patients And Methods: This is a comparative case-control study recruiting female patients attending Rizgary teaching hospital\Erbil from 1\5\2011 to 1\2\2012.

The cases were 100 females at menopausal stage (which was determined according to the definition of menopause which includes any female patient with cessation of menstruation for a consecutive 6 month).

The control group involved 100 females at their pre menopausal age (which is defined as the age between 40 year till cessation of menstruation for consecutive 6 month).

A specially designed questionnaire was prepared and all participants were asked according to this questionnaire which included all needed history information and physical examination with lab and radiological finding.

Exclusion criteria include the predisposing factor for knee osteoarthritis, cases with induced menopause and females with history of premature menopause (menopause before the age of 40) were excluded.

All patients were assessed clinically by examination of the knee joint, by lab investigation and estimation of s.estradiol done for all participants

Radiological examination done for participant for both knee joint in anteroposterior and lateral views.

Results: Association between menopause and radiographic knee osteoarthritis shown to be statistically significant ($p < 0.05$), while association between menopausal decline of serum estradiol and knee osteoarthritis (clinical and radiographic) shown to be statistically none significant ($p > 0.05$), for the association of pain reports at menopause the association was none significant statistically but it was significant for the association of reports of stiffness < 30 minute and Crepitus.

There was statistically significant association between report of symptoms and radiographic knee osteoarthritis.

There was statistically none significant association between self reported physicians diagnosed knee osteoarthritis and menopause, between years since menopause and radiographic knee osteoarthritis, between age at time of menopause and radiographic knee osteoarthritis.

Conclusion:

1. The assumed relation between the decrease of the serum level of estradiol level and knee OA was not observed in our study.
2. Being menopause is a risk factor for the development of knee OA with out its relation to the female's hormonal aspect.
3. The study has confirmed that there is association between reports of stiffness < 30 min and Crepitus in menopausal females.
4. The study shows that being menopause after the age of 50 and the prolongation of the fertile period is not protective against development of knee OA

Recommendations:

1. Future study for the same purpose should be done with larger sample size to achieve more statistically satisfied results
2. Further studies needed to search for estrogen gene-related disturbance, and their association with severe osteoarthritis (OA) of the lower limb.

Prevalence of Metabolic Syndrome among Patients with Type 2 Diabetes Mellitus in Soran District

Name: Karwan Jamal Hamad

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 24/6/2012

Supervisor: Assist.Prof.Namir G.Al-Tawil

Abstract

Background: In most people with type 2 diabetes, there is a multiple set of risk factors that commonly appear together forming what is now known as the Metabolic Syndrome.

Objectives: To assess the prevalence of the metabolic syndrome, proportion of components of metabolic syndrome and socio-demographic characteristics of metabolic syndrome in patients diagnosed with type 2 diabetes in Soran city.

Methods: A cross sectional study was carried out during six months. A sample of 230 patients with type 2 diabetes mellitus attending the outpatient clinic of Soran hospital, were screened for the metabolic syndrome. A brief history was obtained and their anthropometric indices measured. Fasting samples of plasma glucose, triglycerides, and HDL cholesterol were measured. The prevalence of metabolic syndrome obtained based on the American Heart Association and presence of at least 2 of the following: systolic blood pressure ≥ 130 mmHg and/or diastolic blood pressure ≥ 85 mmHg or on treatment for high blood pressure, triglycerides ≥ 150 mg/dl, and HDL cholesterol < 40 mg/dl in men and < 50 mg/dl in women.

Results: The mean age of the patients was 58.73 years. The mean duration of diabetes was 7.05 years. The prevalence of metabolic syndrome among diabetic patients was 79.1%. The prevalence was higher in women (82.2%) compared to prevalence (74.7%) among men. The prevalence of increased WC in patients who have metabolic syndrome was 83%; of hypertension, 68.1%; of elevated serum triglyceride, 84.1%; and of reduced serum HDL cholesterol, 81.3%. The highest proportion (28.4%) in males was that of subjects with two components of the metabolic syndrome while for females the highest proportion was those with four components (39.3%).

Conclusion: This study showed that the prevalence of metabolic syndrome is high (79.1%). Prevalence is almost higher in women compared to men. All the risk factors were significantly more prevalent in women as compared to men.

Conservative Management versus Immediate Caesarian Section in Patients with Placenta Praevia before 36 Weeks

Name: Salwa Asmar Hassan

Degree: Higher Diploma

Specialty: Obstetric and Gynaecology

Date of the debate: 12/11/2012

Supervisor: Dr.Ghada Saadullah Alsakkal

Abstract

Background: Expectant management of placenta praevia allows pregnancy to continue and gives time for better development of fetus, thus less complications of prematurity, it also gives time to use acorticosteroids. While active management involves termination of pregnancy immediately by caesarian section to prevent maternal blood loss.

Objectives:To compare maternal and fetal outcomes when cases of placenta praevia between 28-36 weeks of pregnancy are managed actively versus conservatively.

Design and setting: This clinical comparable study was conducted at Maternity Teaching Hospital in Erbil, from May first 2011 until February first 2012.

Patients and methods: There was 60 women with placenta praevia at gestational age between 28-36 weeks, half of them treated actively and half of them treated conservatively.

Results:There was insignificant difference between both groups in demographic characteristics and maternal outcomes. While fetal outcomes there was significant difference in viability. In active group, 80% of women had alive babies, 6.7% had stillbirths and in 13.3% the babies died in early neonatal period. In conservative group, 100% of women had alive babies. (p-value =0.024). Rate of admission of neonates to neonatal intensive care unit, in active group was 73.3% and in conservative group was 46.7% .(P-value=0.035). When neonates followed up after one week, in active group 84.6% improved and 15.4% deteriorated. In conservative group all neonates were (100%) improved.(p- value =0.04).

Conclusion: Expectant management is superior to active management in terms of reduction in perinatal morbidities and mortalities, which are the main complications of placenta praevia due to prematurity.

Causes of Intestinal Obstruction in Erbil Emergency Hospitals

Name: Dler Shina Othman

Degree: Higher Diploma

Specialty: General Surgery

Date of the debate: 8/10/2012

Supervisor: Prof. Abdulqadir Maghdid Zangana

Abstract

Intestinal obstruction is an emergency condition associated with high morbidity and mortality that requires early identification and intervention.

Objective: To find out the common causes of intestinal obstruction, in Erbil city and compare it with other similar studies.

Patients and Methods: This study included all the patients visited emergency Erbil city hospitals over 1 year period ,(53) patients admitted with the clinical diagnosis of acute intestinal obstruction,50 cases followed by surgery were included in the study and three patients were excluded from the study because they were managed conservatively.

Results: Post- operativeintestinal obstructiondue to adhesions were reported in 17 patients (34%) , obstructed hernias were reported in 16 patients (32%), neoplasia were reported in 11 patients (22%) ,volvulus were reported in3patients(6%), Gallstone ileus was reported in 1 patient(2%),intussusceptions was reported in 1 patient(2%)and Gastrointestinal tuberculosis was reported in 1 patient(2%).

Conclusion: Adhesions and obstructed inguinal hernias remain the leading causes of acute intestinal obstruction in this study.

Prevalence of Hypertensive Retinopathy among Sample of Adult Hypertensive Patients Attending Rizgary and Hawler Teaching Hospitals

Name: Khalid Waleed Said

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 1/11/2012

Supervisor: Ahmed Kareem Joma

Abstract

Background: hypertension affects multiple organs in the body including the eye which is one of the target organs, retinal blood vessels can be directly identified by ophthalmoscope.

Objectives: to find out the prevalence of hypertensive retinopathy among sample of adult hypertensive patients.

Methods: This prospective study was performed in the period from April 2011 to December 2011 at Erbil teaching hospitals. 200 patients were examined for the presence of hypertensive retinopathy. All participants visited the consultation clinics underwent complete history and eye examination after dilating the pupil with 1% tropicamide eye drops. Grading of hypertensive retinopathy at the time of examination was done according to the Scheie classification.

Results: Out of 200 hypertensive patients, 97 (48.5%) patients had hypertensive retinopathy, 42 (50.6%) were males 55 (47%) were females, mean age was 56 ± 10.7 years, mean duration of hypertension was 7.59 ± 6.27 years, 56.7% of patients with positive family history of hypertension showed retinopathy, 25.5% of patients with retinopathy were classified as grade I, 22% as grade II, 1% as grade III, Duration of hypertension, age of patient, family history of hypertension, and compliance to treatment were statistically significant.

Conclusion: Prevalence of hypertensive retinopathy in Erbil city was high among hypertensive patients, these results from uncontrolled hypertension in both gender and in all age groups and it increase with duration of the disease.

Risk Factors for Placenta Praevia after 32 Weeks Gestation at Maternity Teaching Hospital in Erbil City, a Case Control Study

Name: Dilveen Abdulaziz Sarhan

Degree: Higher Diploma

Specialty: Obstetrics and Gyneacology

Date of the debate: 23/10/2012

Supervisor: Dr. Zainab Mohsin Zwain

Abstract

Background: Placenta previa is an obstetrical complication in which the placenta is close to or covering the cervix. It is a leading cause of antepartum hemorrhage. Ultrasound has now become the gold standard for the evaluation of the cases with suspected placenta praevia.

Objective: The aim of this study is to identify the risk factors and the complications of placenta praevia and prevalence of placenta praevia.

Design and setting: Case control study has been carried out at Maternity Teaching Hospital in Erbil, Kurdistan governmental region. The study extent from the first of April 2011 to the first of February 2012.

Patients and method: Hundred cases of women were confirmed to have placenta praevia by Ultrasound beyond 32 weeks gestation. These cases were compared with 100 controls randomly selected.

Results: Prevalence of placenta praevia in our study were 5/1000 deliveries. Comparing the cases with the controls, there were statistically significant differences between them. The differences between them include maternal age, parity, preterm delivery, previous cesarean section, previous dilatation and curettage, low birth weight, perinatal mortality, units of blood transfusion and maternal complications (placenta accreta, hysterectomy). However, our study did not show any statistically significant difference between cases and controls regarding history of previous abortion, education, antenatal care, smoking habit, postpartum haemorrhage, and multiple gestations. No maternal deaths were reported among cases and controls during the period of the study.

Conclusion: The risk of placenta praevia is increased with the number of prior cesarean deliveries.

Recommendation: This study provides another reason for reducing the rate of primary cesarean delivery and advocating vaginal birth for women with prior cesarean delivery. Cesarean hysterectomy was only performed in placenta accreta cases.

Outcome of ventilation tube in otitis media with effusion

Name: Salah Abdulwahid Sleman

Degree: Higher Diploma

Specialty: otolaryngology

Date of the debate: 11/11/2012

Supervisor: Dr.MoyaserAbdulrahmanYaseen

Abstract

Background: Otitis media with effusion (OME), or 'glue ear', is a common disease in children, defined as middle ear fluid for more than 3 months. The hearing loss associated with OME is the main symptom that requires treatment. Surgical treatment with grommet (ventilation tubes) is widespread but controversial.

Objectives: to evaluate the effect of the grommet insertion surgery on hearing level in patients with OME and the complications of the surgery.

Methods: A prospective study, evaluated 90 ears (50 patients) with OME who attended Rizgary teaching hospital otolaryngology outpatient clinic who were candidates for grommet insertion surgery, during a period from 1st March 2011 to 1st March 2012. Their ages ranges from 4-12 years old. All of them underwent the operation. All the patients had their tympanometry and pure tone audiogram and all of them were followed up by PTA and tympanometry postoperatively for six months, at one month, three months, and six months after the operation.

Results: Hearing was statistically significantly better after the surgery, one month, three months and six months after the surgery, and with few complications.

Conclusions: Grommet insertion surgery is effective in reduction of the air bone gap associated with OME during the 6 months after the operation and is associated with little complications.

Key words: ventilation tube, otitis media with effusion

Proportion of Cervical Dysplasia in Pap smear Of Women Attending Colposcopy Unit in the Maternity Teaching Hospital in Erbil City

Name: Venus Abubaker Mohammed

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 4/1/2012

Supervisor: Dr. Serwa Rasull Aldabagh

Abstract

Background and Objective: Cervical dysplasia is a precancerous condition , if not detected early or if left un treated, it may progress to cervical cancer, so its early detection is important by cervical smear to reduce both incidence and mortality rates from invasive cervical cancer. The aim of this study is to determine the proportion of cervical dysplasia in Papanicolau smear of women attending colposcopy unit in Maternity Teaching Hospital in Erbil.

Design and setting of Study: Across sectional hospital- based study done on referral women from private clinic and outpatient clinic to colposcopy unit in Erbil Maternity Hospital.

Methods: The study was carried out from 1st of March 2011 to 1st of March 2012; the study sample included 414 referral women to colposcopy unit. Women aged 20-64 years were interviewed using a questionnaire form designed by the investigator. Papanicolau smear was done for each woman.

Results: Fifty percentage of the result showed dysplasia ranging from (ASC-US 32.6%, mild dysplasia 15.0% , moderate dysplasia 1.9%, sever dysplasia 0.5%). 44.5% of them did papanicolau smear for the 1st time. There were highly significant correlation between cervical dysplasia and patient age, multiparity, level of education, type of contraception and duration of marriage with (p-value <0.05), while no significant association found between dysplasia with age at marriage and socioeconomic status (P value > 0.05).

Conclusion: The high proportion of cervical dysplasia in our study indicates that papanicolau smear is an important dependable screening test for detection of precancerous condition.

Brain Computed Tomography Findings in a Sample of Patients with Chronic Headache

Name: Vian Abdul-Kader Ali

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the debate: 27/6/2012

Supervisor: Dr. Medya Bahaa Aldeen Ahmed

Abstract

Background: Chronic headache is a common reason for requesting brain CT scans in our hospital outpatients. There is debate regarding such CT outcomes, whether concerns should be raised regarding overuse of neuroimaging, particularly CT scans, in chronic headache, taking in consideration the potential risk of cancer from exposure to unnecessary ionizing radiation.

Objective: To recognize the diagnostic yield of brain CT scans performed for chronic headache in outpatients and the clinical relevance of the findings.

Patients and methods: Study design: cross sectional study. A convenient sample was collected representing 200 outpatient brain CT scans performed for patients with chronic headache in radiology department of Rizgary and Hawler teaching hospitals in Erbil city from July 2011 to February 2012. The sample included both genders and all were ≥ 15 years old. Data were collected from direct interviewing questionnaire, CT findings reported by specialist radiologists and the requisition forms of patient.

Results: From total of 200 cases, 188 (94%) were reported as normal, 12 (6%) were diagnosed with CT findings, from these 2 (1%) were diagnosed with findings potentially related to headache. CT referrals in most scans were ordered by neurologists 133 (66.5%) and other specialists 28(14%).

Conclusion: Because of the potential risk of cancer from exposure to ionizing radiation, efforts should be made to avoid brain CT scanning for headache when no associated sign or symptoms the likelihood of serious illness is low.

Key word: Computed Tomography, Headache, Radiation risks.

Comparative Study between Coblation and Dissection Tonsillectomy in Children

Name: Halmat Salh Mhamad

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the debate: 11/11/2012

Supervisor: Assist. Prof. Farhad Jalil Khayat

Abstract

Background: Tonsillectomy is one of the most commonly performed surgical procedures in otolaryngology (1). There are several operative methods currently in use, but the superiority of one over another has not been clearly demonstrated.

Objective: to compare intraoperative efficiency and postoperative recovery between dissection and coblation tonsillectomy.

Patients and methods: This is a prospective study of 120 patients underwent tonsillectomy, they were equally divided to two groups; coblation tonsillectomy 60 and dissection tonsillectomy 60 patients, age ranging between 3-13 years old, over a 6 months period between 1st August 2011- 31st January 2012 in Rizgary Teaching Hospital - Erbil city..

Results: duration of operations were significantly shorter for the coblation group versus the dissection group (11min vs. 21.78 min, $P < 0.001$). Intraoperative blood loss was statistically lower for the coblation versus the dissection group (19.17 ml vs 80.92 ml, $P < 0.001$) There was statistically significant difference in daily pain scores and return to normal diet and activity between the two groups (mean 4.73 day for coblation vs 7.52 day for the dissection).one patient (1.7%) in coblation group developed secondary bleeding, statistically it was not significant ($p = 1.0$).

Conclusions: Coblation tonsillectomy offers better operative speed, intraoperative hemostasis, less postoperative pain scores and faster recoveries than dissection tonsillectomy.

Key Words: Adenotonsillectomy, pediatric coblation tonsillectomy, cold dissection tonsillectomy.

Role of Ultrasound in Evaluation of Patients with Right Iliac Fossa Pain

Name: Soran Sdeek Ahmed

Degree: Higher Diploma

Specialty: Clinical Radoiology

Date of the debate: 22/10/2012

Supervisor: Dr. Salwa A. AL-Najjar

Abstract

Objectives;

1. To assess the effectiveness of abdominal ultrasound in the diagnosis of majority of patients with right iliac fossa pain and to decrease the rate of negative appendectomy. And perforation rates as the appendicitis is the major cause of the right iliac fossa pain.
2. To determined that ultrasound could eliminate any additional tests the patients have to undergo to obtain final diagnosis as it provide fast, inexpensive, safe procedure with no risk of radiation to patients.

Methods; from April 2011 to February 2012. Study setting included 120 patients with right iliac fossa pain attending the three emergency Hospitals in Erbil city Iraq East, West and Central emergency hospitals whom they referred for abdominal and pelvic ultrasound examination they were examined with low frequency, curve probe of 3.5MHz and with a linear high probe frequency of 7.5MHz ultrasound machine, Siemens type G50 version 2011 ,medison type SA8000 version 2009 and Philips type HDXE version 2010 follow up to confirm the diagnosis within 3 days from their admission .Statistical data were collected from patients using specially designed questionnaire .

Results; Confirm ultrasound is a safe and reliable method in the diagnosis of majority of cases with acute right iliac fossa pain with sensitivity of(90.3%)and specificity of (94.7%)that can minimize the rate of negative appendectomy and perforation rates as appendicitis is the major cause of right iliac fossa pain and eliminate any additional tests .

Conclusions; Acute right iliac fossa pain is common presentation of acute abdomen which represents about 50% of them .Ultrasound is safe and reliable investigation for diagnosis of majority of cases among acute appendicitis is commonest cause of the pain in our sample.

Estimation of serum Zinc level in Children with cancer In Nanakaly Hospital

Name: Dawan Dlshad Rafiq

Degree: Higher Diploma

Specialty: Pediatrics

Date of the debate: 10/10/2012

Supervisor: Assist. Prof. Mouroge H. AL Ani

Abstract

Background: Cancers have an adverse effect on the nutritional balance, also cancer therapy with chemotherapy and radiation therapy potentially damage the nutritional state. Accumulation of free radicals has been occurred in cancers, zinc is one such essential element that prevents the formation of free radicals by its antioxidant activity which prevent oxidative stress. Zinc is essential for cell growth, development and differentiation. Severe zinc deficiency depresses immune function. Zinc may function therapeutically in leukemia by augmenting L-asparaginase in killing leukemic cells and by stimulating cell mediated immunity.

Objectives: to compare serum zinc level between children with cancer and control group, and to evaluate the effect of chemotherapy on serum zinc level in children with cancers.

Patients and methods: A prospective case control study was performed in Nanakaly hospital in the period of six months from the beginning of august 2011 to the end of janeuary 2012. Thirty children of newly diagnosed cancers between the age 6 month to 15 years of both sexes were enrolled in this study. Another sample of 30 healthy children matched for age and gender, without history of chronic disease or history of taking multivitamins and zinc supplementation therapy were taken as control group. The serum zinc levels were measured in both cases and controls.

Results: The study was shown a significant difference in values of serum zinc level between cancer cases and controls (P-value <0.05). The mean of serum zinc was lower in cancer cases (70.57µg/dl) in comparison to controls (86.6µg/dl). The study also shown a significant difference in values of serum zinc level in cancer cases before receiving chemotherapy and after one month of receiving chemotherapy (P-value <0.05). The mean of serum zinc in cancer cases after one month of receiving chemotherapy was (61.16µg/dl).

Conclusion and Recommendation: Children with malignancy have a great risk of zinc deficiency, and serum zinc level has a significant relation with chemotherapy, so supplementation of zinc with chemotherapy is recommended.

Resting Electrocardiogram Changes In Patients with Ischemic Versus Non Ischemic Heart Failure

Name: Rovana Yaqub Shaba Khorany

Degree: Higher Diploma

Specialty: Internal medicine

Date of the debate: 6/5/2012

Supervisor: Dr. Mohammed Hasan Alwan

Abstract

Background & Objectives The electrocardiogram was the first test used in patient with cardiac disease it was easy, cheap, available, noninvasive test. Heart failure was associated with increase morbidity and mortality world wide. Differentiating ischemic from nonischemic left ventricular dysfunction is important prognostically and therapeutically but might be difficult clinically, the goal of this study was to find electrocardiographic differences of dilated cardiomyopathy (DCM) and ischemic cardiomyopathy (coronary artery disease with left ventricular systolic dysfunction).

Result: There were no electrocardiogram changes that were specific for any of the two groups, but clinical data like age, hypertension & diabetes were more in ischemic cardiomyopathy with significant p value < 0.05 only T inversion on electrocardiograms were significant in Ischemic versus dilated cardiomyopathy.

Conclusion: ECG was abnormal in all patients with DCM & ICM but there was no pathognomonic features for Ischemic or dilated cardiomyopathy.

Correlation between Central Corneal Thickness and Intraocular Pressure in a Sample of Patients in Erbil Population

Name: Muhammed Muneeb Ahmed

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 12/6/2012

Supervisor: Dr.Eman Hussein Alwan

Abstract

Background and objectives : Central corneal thickness can have a substantial impact on the reliability of intraocular pressure measurement . This study was done to explore the relationship between central corneal thickness and intraocular pressure in a sample of Erbil population and to formulate recommendations for its application in clinical practice as well as future research.

Methods: This is a cross sectional study, that included 200 eyes conducted at Erbil Teaching Hospital and Rizgari Teaching Hospital for six months. All patients underwent a comprehensive assessment including medical and ophthalmic history and detailed ophthalmic examination. Intraocular pressure was measured with Goldman Applanation Tonometer and central corneal thickness with ultrasonic Pachymeter.

Results: The mean central corneal thickness in male eyes was $532.2 \pm 27.1 \mu\text{m}$ and $536.4 \pm 36.6 \mu\text{m}$ in female eyes. Mean intraocular pressure in male eyes was $12.6 \pm 2.83 \text{mmHg}$ and $13.18 \pm 2.81 \text{mmHg}$ in female eyes. There was a strong positive significant correlation between intraocular pressure and central corneal thickness in normal subjects (Pearson correlation coefficient $r=0.794$, $p<0.001$). However no statistically significant correlation was found between age and intraocular pressure ($r=-0.053$, $P=0.457$), also no significant correlation was found between age and central corneal thickness ($r=0.023$, $P=0.746$).

Conclusion: Thick corneas lead to an overestimation of intraocular pressure; therefore measuring central corneal thickness is essential for proper interpretation of intraocular pressure readings.

Incidence and Probable Risk Factors of Stillbirth in Maternity Teaching Hospital in Erbil City

Name: Shahla Abd Alrahmman

Degree: Higher Diploma

Specialty: Obstetrics and Gyneacolog

Date of the debate: 6/11/2012

Supervisor: Assist.Prof. Shahla Kareem Al alaf

Abstract

Background: Stillbirth is death of fetus in utero, it is a devastating experience for the mother and of concern in clinical practice. About 3.2 million SB occur worldwide every year.

Objectives: To determine the incidence, probable risk factors & association of Stillbirth with different variables in Maternity Teaching Hospital in Erbil city.

Patients & methods: A case control study, was Conducted in Maternity Teaching Hospital in Erbil city, Kurdistan region north of Iraq ,from first of April to thirty first of December 2011.Three hundred seventy nine women had stillbirth, as cases and 758 women had alive babies, as control.

Results: The incidence of stillbirth during the period of the study was 20.4 per1000 of total birth. Macerated stillbirth was about four times higher than the fresh stillbirth.

There were statistically significant differences between the cases and controls in relation to: maternal age(≥ 35 years), level of education, history of antenatal care visits, parity, medical diseases of the mother, congenital anomalies of the newborn, weight and gestational age of the newborn, and history of previous stillbirth.

The probable causes of stillbirth: 65.4% were unexplained stillbirth, maternal medical diseases, fetal congenital nomalies &preterm labour, antepartum heamorrhag fetal asphyxia, less frequency, cord prolapse, malpresentation ,& obstructed labuor .

Conclusion: the incidence of stillbirth was high in maternity teaching hospital. Advanced maternal ages, low educational level, poor antenatal care, increase parity, maternal medical diseases (hypertension and diabetes), fetal congenital anomalies, and history of previous stillbirth were risk factors for stillbirth.

Prevalence of Asymptomatic Renal Stone Detected By Ultrasonography among Patients Attending Out Patient Clinic in Rizgary Teaching Hospital

Name: Shelan Jalal Abdullah
Degree: Higher Diploma
Specialty: Clinical Radiology
Date of the debate: 3/11/2012
Supervisor: Dr. Ayad Faraj Rasheed

Abstract

Back ground & objectives: Urolithiasis is the third most common urological disease affecting both males & females.

The primary objective is to determine the prevalence of asymptomatic renal stone in a sample taken in Rizgary teaching hospital which may give an idea about the prevalence in Erbil governorate with secondary objectives of determining the correlations of silent renal stones with some important risk factors including age, gender, residency, occupational environment, family history, quality & quantity of water intake, tea, cola & red meat consumption.

Methods: a cross-sectional study, carried out in Erbil from May 2011- Jan. 2012 involving 300 patients who underwent an abdominal diagnostic ultrasonography in ultrasonographic outpatient clinic at Rizgary Teaching Hospital in Hawler/Kurdistan Region/Iraq. The sample was collected conveniently.

Data was collected by using specially designed questionnaire by direct interview with the patients.

The subjects' diet was assessed by semi-quantitative food frequency questionnaire.

Results: the prevalence of silent renal stone was 4%. There was statistically significant association between silent renal stones with age, residency, occupational environment, excessive tea & cola consumption.

There was no statistically significant association between silent renal stones with gender, family history quantity & quality of water intake & red meat consumption.

Conclusion: asymptomatic renal stones have relatively high prevalence on ultrasound screening test with mean age of stoned population 38 years.

Evaluation of Serum Lipid profile in Breast Cancer Patients

Name: Raman Tharwat Abdullah

Degree: Higher Diploma

Specialty: Medical Oncology

Date of the debate: 13/11/2012

Supervisor: Dr. Jangi Shawkat Muhialdin

Abstract

Background: Cholesterol and triglycerides are important lipid constituents of the cell. They play key roles in many vital physiological functions. Cholesterol is vital in the maintenance of the structure and functional integrity of all biological membranes. It is also involved in various other biological functions including; cell growth and division of both normal and malignant tissues, the activity of membrane bound enzymes, stabilizing the DNA double helix and precursor for synthesis of many sex hormones. There are so many known risk factors for breast cancer development but the role of serum lipid profile and BMI have not been studied in our region.

Objective: To find out the effect of serum lipid profiles and BMI on breast cancer risk and their association with menopausal status and hormone receptors in breast cancer patient.

Methods: This study was carried out at Rizgary Teaching Hospital/ Oncology Department from May 2011 to February 2012. In this study, 200 consented women comprising 100 breast cancer patients (24 pre-menopausal with 76 post-menopausal) and 100 controls (23 pre-menopausal and 77 post-menopausal) with similar age range (35-74) were assessed for lipid profile and BMI.

Results: There was high level in BMI ($P < 0.001$), serum cholesterol ($P < 0.001$), triglyceride ($P < 0.001$) and low density lipoprotein (LDL-cholesterol) ($P < 0.001$) in patient with breast cancer patients compared to the controls. While, there was no difference between high density lipoprotein (HDL-cholesterol) ($P = 0.338$) in breast cancer patients compared to the controls.

Conclusion: This study confirms the association between dyslipidemia, BMI and increased breast cancer risk.

The frequency of Pathergytest in Behçet disease in Erbil City

Name: Hoshmand MohammedGaznai

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 21/6/2012

Supervisor: Dr. Dashty A. Al-Bustany

Abstract

Background: Pathergy reaction is a phenomenon appear after a trauma to the tissue in patients with Behçet's disease, and it can be induced by inserting a needle to the skin. Pathergy test is characteristic for Behçet's disease and it included in many diagnostic and classification criteria forBehçet's disease.

Method: Pathergy test was performed for 39 patients diagnosed as Behçet's disease according to the international study group criteria of Behçet's disease and for 39 healthy volunteers by inserting a 22 gauge needle perpendicularly in previously cleansed skin to the depth of 0.5 cm, the presence of erythematous papule or pustule after 48 hours considered positive.

Result: Pathergy test was positive in 41% of patients with Behçet's disease, while it was negative in all healthy control. It was positive in 50% of patients with active Behçet's disease and only 18.2% of patients with inactive Behçet's disease.

Conclusion: Pathergy test is highly specific for Behçet's disease and its sensitivity is higher during active disease.

Factors Associated With Uncontrolled Hypertension in a Group of Hypertensive Patients

Name: Bushra Baker Khidder

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 14/6/2012

Supervisor: Dr. Kameran Hassan Ismail

Abstract

Background and objectives: Hypertension forms a major public health problem in the world, and many randomized trials showed that hypertension control is associated with a decrease in incidence of stroke and coronary heart disease. This study was carried out to identify the prevalence and associated factors with uncontrolled hypertension.

Methods: A cross sectional study was carried out. A convenience sample of 400 hypertensive patients was included in this study attending outpatient clinics at Rizgary teaching hospital in Erbil city. This study was extended from 1st April 2011 through 31st March 2012. Collection of data was conducted over a period of eight months.

Results: prevalence of uncontrolled hypertension was (58.8%). The prevalence of uncontrolled hypertension among males hypertensive patients were 61.8% and among females were (57.5). The Logistic regressions analysis of uncontrolled hypertension revealed that uncontrolled hypertension were statistically significant association seen with rented house (OR=2.275), current smoker (OR=8.77), regularity of treatment (OR=0.296), exercise (OR= 0.414) and type of antihypertensive drugs: diuretics (OR=11.938), ACEI (OR=7.907) beta blockers (OR=7.096), and CCB (OR=7.169).

Conclusions: More than half of the hypertensive patients were uncontrolled. The factors associated with uncontrolled hypertension were smoking, renting house, lack of exercise, family history of hypertension, irregularity of treatment and non adherence to diet regimen.

Prevalence of Diabetic Retinopathy in First 5 Years of Discovered Diabetic Patient Attending Rizgary and Erbil Teaching Hospital

Name: Barzan A. Ahmed
Degree: Higher Diploma
Specialty: Ophthalmology Surgery
Date of the debate: 8/10/2012
Supervisor: Ahmed Kareem Joma

Abstract

Background and objectives: This study was done to find out prevalence of diabetic retinopathy among diabetic patients of newly diagnosed in first 5 years of diabetes mellitus and its relationship with certain clinical and biochemical variables.

Method: The data was collected from June 2011 –January 2012 to evaluate the prevalence of diabetic retinopathy among patients of newly diagnosed in first 5 years of diabetic age of both type 1 & type 2 diabetes mellitus in Erbil population who are attending the hospitals. A sample of 180 diabetic patients was collected. We did fluorescein angiography and ocular coherence tomography for those cases with diabetic retinopathy.

Results: a total of 180 diabetic patients were recruited, the over all prevalence of diabetic retinopathy was 5.6%, the mean age was 43.78 ± 17.77 years, 97(53.9%) were female and 83 (46.1%) were male. Neovascularization at disc and New vessels else where was detected only in one case (0.55%).The presence of diabetic retinopathy was more in male , significantly related to the age of patients and smoking. Visual acuity was normal in most patients, but in those with more severe retinal lesions tend to have worse visual acuity.

Conclusion: Prevalence of diabetic retinopathy in Erbil city was 5.6% among diabetic patients in both type1 & type2. Serious national efforts should be directed towards increasing primary prevention through regular ophthalmic examinations and good control of blood glucose, lipid profile, blood pressure and habits in diabetic patients.

Urinary Incontinence in a Convenience Sample of Kurdish Women in Erbil

Name: Arazoo Mohammed Zyad Sabr
Degree: Higher Diploma
Specialty: Obstetrics and Gynecology
Date of the debate: 13/11/2012
Supervisor: Dr. Sabat Abdulkarim Barawi

Abstract

Background and Objectives: Urinary incontinence is a problem which gets increasing attention. It may greatly influence a number of areas that are important for quality of life. In addition there is an associated morbidity as skin irritation, candidiasis, cellulitis, urosepsis, sleep disturbance...etc. Therefore, it is the focus of modern gynecology in western countries and its treatment has some burden on economy. The incidence of urinary incontinence depends on numerous factors. Most etiologies of urinary incontinence are acquired and are therefore amenable to preventive measures. Up to the researcher's knowledge till now, there is no any published article in Kurdistan/Iraq figure out the size of this problem. The aim of this study was to estimate and uncover the size of urinary incontinence problem among Kurdish women aged 20-70 years old and to determine the frequency of specific types of it.

Method: It is a descriptive, cross sectional study, conducted at Erbil Maternity Teaching Hospital, from 1st May 2011 to 1st February 2012, including five hundred women attending Maternity Teaching Hospital as a companion of patients were enrolled in this study. We used a questionnaire with direct interview for collecting data.

Results: Frequency of urinary incontinence among the study sample was 43.6% and stress incontinence was the most frequent type.

Conclusions: Urinary incontinence was more prevalent than was expected. Stress incontinence is the most prevalent type. Urinary incontinence is regarded as a taboo by the patient, thus health promoters have to be active to ask about it to uncover the problem.

Prevalence of Dry Eye in Diabetics among Sample of Patients Attending Rizgary and Hawler Teaching Hospitals

Name: Zana ghany Hameed

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 11/10/2012

Supervisor: Dr.Abulmajeed abdulqadir

Abstract

Background: Dry eye is a disorder of the tear film due to tear deficiency or excessive evaporation which associated with symptoms of ocular discomfort. There are significant associations between dry eye and environmental factors, autoimmune and chronic diseases like diabetes mellitus(DM) and Rheumatoid disease.

Objectives: To study the prevalence of dry eyes in DM among patients attending Erbil Teaching Hospitals in Erbil city.

Methods: A hospital based cross-sectional study of 195 diabetic patients who presented to the department of ophthalmology, Rizgary and Hawler Teaching Hospitals, Erbil; from Feb. 2011 to Dec. 2011 was conducted. Detailed diabetic history was recorded. Assessment of anterior segment via slitlamp biomicroscopy was done. The examination for dry eye included Schirmer`s test, Tear break-up time(TBUT), fluorescein dye

Result: From total 195 patients, eighty one (41.5%) of them had dry eye. The prevalence of dry eye among older ages (≥ 60 years) was (49%), which was higher than younger ages (< 60 years). Dry eye had higher percentage in males than females (44.7%) and (39.1%) respectively. Those who had DM for (< 10 years) recorded (36.6%) dry eyes, however, those who had DM for (≥ 10 years) showed (50.7%) dry eyes. On the other hand the controlled group (HbA1c $< 7\%$) had lower prevalence than those of uncontrolled one (HbA1c $\geq 7\%$) with a percentage of (38.5%) and (48.3%) respectively.

Conclusion: There was a high prevalence of dry eyes among diabetic patients in Erbil city. Also there was no statistical significant difference between male and female. And the sensitivity of TBUT test was higher than Schirmer`s test for diagnosing dry eye.

Patterns of Referral System in Erbil City: A Cross Sectional Study

Name: Eman Najdat Mohammad

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 13/6/2012

Supervisor: Assist. Professor Namir Al-Tawil

Abstract

Background and objectives: Referral system is one of the strategies for ensuring the best use of hospital resources and health care services. Objectives of the study were: to find out the main reasons of patients referral and their opinion about it; to assess consultants view about referral; and causes of direct attendance.

Methods: A cross sectional study was carried out during 12 months (1st of Apr. 2011 till end of Mar.2012). One thousand patients attending seven consultation units in two tertiary hospitals in Erbil city were involved in the study. A review of the information on the referral paper was done, patient satisfaction with referral was inquired and specialist doctors' evaluation of the referral was obtained in addition to evaluation of main causes of direct attendance.

Results: The rate of referral with paper in the two selected hospitals was 81%. The name of the referring doctor was absent or unclear on 61.9% of referral papers, and a reason for the referral was absent on 84.1%. Only 5.4% of papers contained the provisional diagnosis. Main cause of direct attendance was that patients don't trust the PHCCs doctor. Patient satisfaction with the referral was 80.1%, and the highest rates of dissatisfaction were because of drug unavailability in hospitals. Specialist doctors considered 55.1% of all referrals as inappropriate and the need for further treatment was the main reason for indicated referrals. There was significant association between type of referral and some factors like: hospitals, consultation units, age, and residency of patients.

Conclusion: The rate of patient's referral with paper was high with half of the referrals being inappropriate. In general the referral paper did not provide essential information, such as the name of the referring doctor and the reason for referral, and main reason of patient's dissatisfaction was drug unavailability in hospitals.

Prevalence of posterior vitreous detachment detected by ultrasound in a sample of patients in Erbil city

Name: Hussein Ismail Abdulghani

Degree: Higher Diploma

Specialty: Diagnostic Radiology

Date of the debate: 14/10/2012

Supervisor: Dr. SamiiaAbdulrahman Rashid

Abstract

Background and objectives: Posterior vitreous detachment is one of the common findings in the eye. The primary objective is to determine the prevalence of posterior vitreous detachment in a sample of patients taken in Rizgary Teaching Hospital, which may give an idea about the prevalence in Erbil government with secondary objectives of determining the correlation of age, gender, smoking, blurring of vision, floaters, flashes of light, diabetes mellitus, hypertension and vitreous opacities to posterior vitreous detachment.

Methods: A cross-sectional study was conducted on 150 patients attending Rizgary Teaching Hospital radiological department, who were referred for ultrasound examination for any indication other than eye problem during the period between May 2011 - January 2012 (eight months period) using ultrasonographic examination to identify the presence of posterior vitreous detachment. Data were collected from the patients using specially designed questionnaire to determine whether the patient fits into the sample criteria or not. The data were organized by dividing the patients into three age groups.

Results: The prevalence of posterior vitreous detachment was 19.3 % with gender distribution of 18.0 % in males and 20.2 % in females. There was statistically significant association between posterior vitreous detachment and age, blurring of vision, floaters, Diabetes mellitus and hypertension, whereas, there was no statistically significant association between posterior vitreous detachment, gender, smoking and vitreous opacities.

Conclusion: Posterior vitreous detachment is a common finding in the community, with statistically significant association with advancing age, blurring of vision, floaters, Diabetes mellitus and hypertension.

Key words: Posterior vitreous detachment, eye, B - scan, ophthalmic ultrasound.

Causes and Operative Findings in Victims of Blunt Abdominal Trauma in Erbil City

Name: Sarwar Musleh Mustafa

Degree: Higher diploma

Specialty: General Surgery

Date of the debate: 18/6/2012

Supervisor: Ass.Prof. Tayeb S. Kreem

Abstract

Background and Objectives: Blunt trauma to abdomen is a common occurrence in everyday practice world widely and associated with the higher rates of morbidity and mortality. The aim of this study was to find out the commonest causes of blunt abdominal trauma, intra-operative findings, and the rate of each intra-abdominal organ injury.

Patients and methods: A prospective study of 50 victims with blunt abdominal trauma who attended the emergency hospitals in Erbil between 1st May 2011 to 31st January 2012. The information about demographical features, clinical findings, cause of trauma, operative findings and procedures were recorded.

Results: the total number of the patients was 50 victims, 76% were male and 24% were female. The commonest cause of blunt abdominal trauma was car accident (68%). The most common injured intra-abdominal organ was spleen (48%) and 2nd commonest organ was liver(28%) , and then small bowel (20%), large bowel (12%), pancreas (10%), kidney (6%), diaphragm rupture(4%), stomach(4%), urinary bladder(2%) and mesenteric injury was(10%).

Conclusion: blunt trauma accounts for majority of civilian trauma, and caused usually by road traffic accidents, motorcycle accident, fall from height, sports, the most common organ vulnerable to be injured by blunt trauma was spleen and liver.

Quantitative Assessment of Retinal Thickness in Diabetic Patients with and without Clinically Significant Macular Edema Using Optical Coherence Tomography in Erbil Teaching Hospital

Name: Karzan Ashqi Ahmed
Degree: Higher Diploma
Specialty: Ophthalmology
Date of the debate: 13/10/2012
Supervisor: Dr. Ahmed Ismail Abdulghani

Abstract

Background: The development of Macular edema, in diabetic retinopathy, is the most common cause of visual impairment diabetic patients. Therefore; the close objective examination required for serial assessment and evaluations of the retinal thickness.

Objectives: To assess the retinal thickness by using OCT in diabetic retinopathy, with and without Clinically Significant Macular Edema (CSME), and to correlate retinal thickness at the central fovea with visual acuity. In addition to find out and compare associated factor between the two groups with and without CSME.

Patients and methods: 100 eyes with diabetic retinopathy were included in the study each subject underwent ophthalmological examination and OCT scan. Fifty eyes were diagnosed with CSME, (group one) and the other fifty eyes were diagnosed without CSME (group two). All eyes were scanned for computing retinal thickness, with radial lines centered on the central fovea. The macula was divided into 3 regions, including a central disc (500 μm in radius), and a middle (1000 μm) and an outer ring (2000 μm).

Results: Mean age were 55.84 years in group one with CSME and 54.98 years in group two without CSME. The comparison of macular thickness between two groups were statistically significant ($p=0.009$). The foveal thickness mean \pm SD was $426.40 \pm 146.85 \mu\text{m}$ in group one with CSME, and $267.20 \pm 26.48 \mu\text{m}$ in group two without CSME; there were statistically significant difference ($p<0.001$), and the foveal thickness was correlated with logMAR visual acuity $r = 0.596$, was statistically highly significant ($p<0.001$).

Conclusions: OCT is the most practical screening tool currently available for detection of retinal thickness and macular edema in diabetic retinopathy especially those patients have diabetes for more than five years duration, and its potential as an indicator in the early finding of intraretinal abnormality, since by clinical examination, stereoscopic funduscopy and angiography may looks quite normal.

Keywords: Optical Coherent Tomography (OCT); Diabetic retinopathy; clinically significant macular edema (CSME).

Right Ventricular Diastolic Dysfunction in Patient with Systemic Hypertension: An Echocardiographic Study

Name: Nasih Abdulla Hussein

Degree: Higher Diploma

Specialty: Cardiology

Date of the debate: 2012

Supervisor: Dr. Mudhafer Abdulrahman Al-Barzani

Abstract

Background: consistent evidence shows an impact of systemic hemodynamic overload on the right ventricle, but its functional and structural consequences have received little attention. It was shown that right ventricular filling parameters undergo a series of changes in systemic hypertension and these parameters are closely related to left ventricular filling parameters and correlate with right ventricular wall thickness and left ventricular mass index.

Aims: To determine the effect of systemic hypertension on the right ventricular diastolic function.

Study design: Case-Control study

Setting: Rizgary teaching hospital and emergency cardiac center in Erbil.

Period of the study: From 1st May 2011 to 1st February 2012. Patients and methods: Thirty five (11 females) uncomplicated, untreated hypertensive patients or previously treated but they were uncompliant with their treatment with mean age (42.9 ± 8.4 years) were compared with thirty five (11 females) normotensives of comparable age (37.7 ± 9.3 years). They underwent standard Doppler echocardiography and pulsed tissue Doppler of left ventricular lateral mitral annulus and right ventricular lateral tricuspid annulus.

Results: Most hypertensive patients demonstrated an increased in right ventricular wall, left ventricular posterior wall and interventricular septum thickness with greater left ventricular mass index in comparison to normotensives and this difference was significant ($p < 0.05$).

Standard Doppler showed significant difference between hypertensives and normotensives regarding parameters of the right ventricular diastolic filling. Decrease peak E velocity and E/A ratio with increase E deceleration time. All these reflect impaired right ventricular relaxation. Also showed lower mitral inflow E/A and both longer deceleration and isovolumic relaxation times in hypertensives.

Standard Doppler peak E and E/A ratio were related to interventricular septal thickness ($r = -0.38$, $p < 0.05$ and $r = -0.34$, $p < 0.05$ respectively). No correlation between right ventricular filling parameters and right ventricular wall thickness or left ventricular mass was found.

Among tissue Doppler right ventricular indexes, Em/Am ratio had significant negative association with right ventricular wall thickness ($r = -0.410$, $p < 0.05$), and septal thickness ($r = -0.461$, $p < 0.05$), right ventricular RTm related positively to right ventricular wall thickness ($r = 0.373$, $p < 0.05$) and to septal

thickness ($r=0.542$, $p<0.05$). Both right ventricular Em/Am and RTm were associated to left ventricular mass index ($r= -0.407$, $p<0.05$, $r= 0.349$, $p<0.05$, respectively)

Conclusions: This study demonstrates that right ventricular diastolic function impaired in systemic arterial hypertension.

Prophylactic versus Postoperative Antibiotics in Septoplasty

Name: Sherzad Awla Ahmad

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the debate: 16-11-2013

Supervisor: Assistant Prof. Said Mustafa Jaf

Abstract

Background: Septoplasty is one of the most common procedures worldwide in ENT clinics. The use of antibiotics in septoplasty is a common practice among most ENT surgeons; however there are few studies proving the efficacy, which is considered unnecessary by some others.

Objective: To compare the efficacy of prophylactic versus postoperative antibiotic use in septoplasty and strengthen the evidence base for antibiotic use in septoplasty.

Patients and methods: This is a single blind prospective study done on 90 patients underwent septoplasty, they were equally divided into two groups; Group A (45 patients) and Group B (45 patients), age ranging between 17-49 years old, over a 6 months period from 1st August 2012 to 31st January 2013 in Rizgary Teaching Hospital /ENT department-Erbil city.

Results: No significant differences were observed in reduction of infection rate between Group A and Group B. No any significant statistical difference found concerning pain, fever, purulent discharge, and bleeding. Two of the patients (one from each group) developed septal hematoma.

Conclusions: The incidence of infection after septoplasty are rare and if occurred most are minor in nature. The outcome of postoperative antibiotic use does not outweigh that of a single prophylactic dose of antibiotic. No significant statistical difference found in comparing severity of septal deviation to infection rate.

Key Words: Septoplasty, infection, prophylactic antibiotics

The Management Options for Avascular Necrosis of Femoral Head in Skeletal Mature Patients

Name: Mustafa J. Ibrahim

Degree: Higher Diploma

Specialty: Orthopedic Surgery

Date of the debate: 11-11-2013

Supervisor: Assistant Prof. Las J. Khorsheed

Abstract

Background: this study evaluated the results of core decompression and total hip arthroplasty in management of avascular necrosis of femoral head in adults.

Methods: A retrospective study performed in Erbil Teaching Hospital at Orthopedic department and other hospitals in Erbil from January 2012 to March 2013, on 22 patients (28 hips) who underwent surgery for Osteonecrosis of femoral head. In the total of 22 patients there were 8 females and 14 males with a mean age of 43 years (range from 23-64 years), the mean time from the beginning the symptoms till surgery was one year (ranging from 10 to 14 months). In 6 patients both hips received surgery making a total of 28 hips. The group with Ficat stage I,II and III underwent core decompression while the group with Ficat IV was treated by total hip arthroplasty.

Results: Osteonecrosis still a challenging disease because the exact etiology is still unknown and in most cases the cause is idiopathic. In most patients there is delay in presentation and diagnosis which may affect the prognosis after surgery. Out of 28 hips that had surgical management, 3 hips (15%) developed complications, one complication occurred after core decompression, while two complications happened in those patients treated with THA

Conclusion: In spite of different technique applied for treatment of osteonecrosis of femoral head still the progression of collapse of the necrotic segment of femoral head is unpredictable after many.

Key word: Osteonecrosis, core decompression and total hip arthroplasty

Prevalence of Breast Feeding Inrural and Urban Settings in Erbil Governorate

Name: Bnaw Abdulkhalik Ghareeb

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 26-10-2013

Supervisor: Dr. Noori Abdulla

Abstract

Background: A large number of researches have shown that breastfeeding is optimal for infants and mothers; the need to promote breastfeeding is unquestionable for the health and development of infants. The aim of this study was to find out the prevalence of breast feeding in both urban and rural settings.

Method: A cross sectional study was carried out from April 2012-April 2013 involving 500 women delivered babies aged between 4 to 11 months during the time of study in Erbil Governorate. A convenience method was used in sample selection both in rural and urban settings. Mothers were directly interviewed in the primary health centers of Mala Fandi, Brayati and Newroz in Urban setting, and for Rural areas Jezhnican Afandi, Khasro Gaznayee and Baranti selected at the time of their visit to child vaccination on Sunday and Wednesday.

Results: From 500 infants included in this study only 107 (21.4%) of them were exclusively breast fed in all age groups, among 84 infants of 6 month age only 16 (21.6%) of them were exclusively breast fed. Even when combined with mixed feeding among all infants was 285 children (57%) and was less prevalent in urban than rural (48.4% , 65.6% respectively) P value (<0.001), education had negative impact on breast feeding (71.9% of illiterate were breast fed their infants while 47.6% of the higher educated group) P value (<0.001). Baby refusal was the main cause for non-breast-feeding (35.3%). The breastfeeding was even less prevalent among those who delivered by caesarian section (51.2%) while those delivered by normal vaginal delivery were (60.1%).

Conclusion: Breast feeding was poorly practiced in Erbil Governorate and was even worse in urban than rural areas. Education, young age mother, caesarian mode of delivery and primipara had negative impact on breast feeding.

Effect of Early Elective Cesarean Delivires on Early Neonatal Outcome in Maternity Teaching Hospital-Erbil

Name: Srwa Hamza Ismail

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 29-10-2013

Supervisor: Assistant professor. Selwa Elias Yacoub

Abstract

Background and objectives: Earlier timing of elective cesarean section (C/S) is more evident to adverse neonatal outcomes even those of completed 37 weeks and less than 39 weeks gestational age. This study was achieved to assess the effect of gestational age considered at time of elective C/S on early neonatal out comes.

Method: A prospective cohort study had been conducted between May 1st 2012 through March 31st 2013. All singleton pregnant women aged 15-49 years assigned to be delivered by elective cesarean section at 34-41^{+6 days} weeks of gestation who attended the Maternity Teaching hospital in Erbil city during the study period and agreed to be included in the study were enrolled. A structured questionnaire was formulated and utilized for collecting data. The pregnant women were classified into three groups in regard to their gestational age: late preterm (34-36^{+6days}) weeks, early term (37-38^{+6 days}) weeks and term (39-41^{+6 days}) weeks and their neonatal outcomes were studied accordingly.

Results: Elective cesarean section found to be conducted mostly (54%) at term and that at early term (38.4%) while those of lat preterm representing (7.6%) only. Among the adverse neonatal outcomes that found to be significantly associated with early timing of elective C/S, mostly those of late preterm were, early neonatal death (2.8%), low birth weight (7.2%), APGAR score <7 at 5 minutes (6%), RDS (7.7%) and admission to neonatal care unit (14.5%).

Conclusion: Early timing of elective C/S found to be associated with many adverse neonatal outcomes revealed in early neonatal death, low birth weight, RDS, low APGAR score in 5 minute, admission to NCU, and neonatal jaundice.

Evaluation of Tissue Expanders for Reconstruction of Post Burn Scars In Erbil City

Name: Jan Mustafa Shawkat

Degree: Higher Diploma

Specialty: Plastic and Reconstructive Surgery

Date of the debate: 31-10-2013

Supervisor: Dr. Sabir O. Mustafa

Abstract

Background: tissue expansion was first used by Neumann in 1957, and then it gets its wide range of application in reconstructive surgery since the technique was popularized by Radovan in 1982. Tissue expansion is one of the most important armamentaria in the post burn scar reconstruction.

Aims: To evaluate the effectiveness of tissue expansion in reconstruction of post burn scars.

Patients and methods: This prospective study was done on 30 patients in Rizgare teaching hospitals, and followed up in outpatient clinic from February 2012 to March 2013. Regardless to the scar shape, size and site all patients are included in this study who requiring placement of tissue expanders for the goal of reconstruction of the scar (some patients require more than one expander).

Results: twenty five (25) cases (83.33%) are completely reconstructed with one or more expansion. The remaining 5 cases (16.67%) were benefited from reduction in the percentage of scar. complication rate was (23.33%), (20%) as minor complications and (3.33%) as major complications.

Conclusion: This study has demonstrated that the uses of tissue expanders with expansion technique; in treatment of burn scars is a very useful and effective method with a high success rate; the obtained tissue after expansion is of same texture and quality that not obtained by conventional methods, with the advantage of minimal donor site morbidity.

Key words: Tissue Expansion, Post Burn Scar, Reconstruction.

Prevalence of Thyroid Dysfunction in Patient with Atrial Fibrillation Admitted To Coronary Care Unit in Erbil City

Name: Rahel Ismail Rasul

Degree: Higher Diploma

Specialty: Internal Medicine

Date of the debate: 11-9-2013

Supervisor: Dr.Abdulaziz Yousif Mansoor

Abstract

Background: Atrial fibrillation is a common arrhythmia nowadays in the world as well as in our country and is the common cause for hospitalization. It occurs frequently in patients with thyrotoxicosis, The prevalence of thyroid dysfunction in patients with AF is 0 to 24%, a wide variation that is attributed to the different methodologies applied.

Objectives: In this study our aim was to evaluate the prevalence of thyroid dysfunction in patient with (AF) who attended at a cardiac emergency room, using thyroid stimulating hormone (TSH), triiodothyronine (T₃) and thyroxine (T₄) determination.

Patients and method: A cross sectional study included a total of 120 patients with AF (69(57.5%) females and 51(42.5%) males) who attended at cardiac emergency room in Erbil teaching hospital between august 2012 to February 2013, in which a standardized questionnaire applied, 12-leads ECG and transthoracic echocardiography, and T₃, T₄ and TSH estimation were done for all patients

Result: Among these 120 patients, 15.8% had altered thyroid function test: 11.66% had hyperthyroidism (overt and subclinical), 4.17% had hypothyroidism (overt and subclinical).

Conclusion: High prevalence of thyroid dysfunction in this study(15.8%), especially hyperthyroidism, was found in patients with AF.

A Prospective Comparison of Primary Wound Closure with Tissue Adhesive versus Suture Material

Name: Rasim Yousif Marben

Degree: Higher Diploma

Specialty: Plastic and Reconstructive Surgery

Date of the debate: 13-11-2013

Supervisor: Dr.Jalal Hamasalih Fattah

Abstract

Back ground:

Nowadays the final outcome of wound closure using tissue adhesives and sutured is making a real competition for better results. Cosmetic outcome regarded as the second most important goal that the surgeon taken in his consideration after functional improvement, and is regarded the first demand for the patient.

Objectives

To make a comparison between two closure methods (tissue adhesive versus suture material) in the form of cosmetic outcome, complication and patients' satisfaction.

Method

A prospective comparable study was conducted during one year at Rizgary Teaching Hospital and emergency department at West Erbil Emergency Hospital in Erbil city. A sample of 105 patients collected, method of closure was selected alternatively between tissue adhesive and suture material, analyses for cosmetic outcome, complication and patients' satisfaction results done. Forty four wounds closed by octylcyanoacrylate (OCA) and 61 wounds closed by suturing. Complication recorded, satisfaction obtained from patient and the outcome grading of resultant scars done by plastic surgeon.

Results:

A proportion of 25% of complications were found in OCA group and 18% in suturing method, i.e. the majority of both groups developed no complications, the p value was 0.387 which is insignificant. From 61 patients those sutured (88.5%) were satisfied and from total 44 patients those closed with OCA ,(86.4%) were satisfied, the p values was insignificant (0.740), for the cosmetic outcome those wounds closed with OCA; (77.3%) of them got excellent score, (20.5%) got accepted score and (2.3%) got bad score while wounds those closed with suturing (80.3%) got excellent score and (19.7%) got accepted score group, the p value was 0.686 which is insignificant.

Conclusion:-

Octylcyanoacrylate is effective and reliable in skin closure for emergency and elective surgical wounds, yielding similar cosmetic results to standard suture. OCA is faster than standard wound closure by suture materials and offers several practical advantages over suture repair for patients.

Key Words: Laceration, tissue adhesives, 2 octylcyanoacrylate, dermabond, skin closures.

Determinants of Utilization of Antenatal Care Services in Erbil City

Name: Asmar Aziz Dhahir

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 23-10-2013

Supervisor: Assistant Professor .Jwan M. Sabir Zangana

Abstract

Background and objectives: Antenatal care is the care of the woman during pregnancy. This study was done to determine the factors affecting utilization of antenatal care among reproductive age group women (15-49) years in Erbil city.

Method: A cross-sectional study was done between 1st April 2012 till 1st April 2013 in Erbil city at two places (Birth & death certification register center & Maternity Teaching Hospital). A sample of 500 women among reproductive age group (15-49) years was collected by using questionnaire through direct interview. Statistical package for social sciences (SPSS) version 18 was used for data entry and analysis.

Result: This study revealed that antenatal care service utilization in the study area was 82.4%. However, from those who attended antenatal care service 45.8% started antenatal care visit during the first trimester of pregnancy and 41% had less than four visits. Women's education and occupation, socioeconomic state, number of children, Tetanus toxoid vaccine, distance to antenatal care service and knowledge about alarming sign & symptom of pregnancy were major predictors of antenatal care service utilization.

Conclusion: Nearly 41% of women did not receive adequate number of visits as recommended by the World Health Organization. Women's education and occupation, socioeconomic state, number of children, Tetanus toxoid vaccine, distance to ANC service and knowledge about alarming sign & symptom of pregnancy are significantly associated with rate of receiving antenatal care.

Age and Gender-Related Biometric Changes in Normal Hemitropic Eyes

Name: Wafaa Abidalkareem Aljbory

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 30-10-2013

Supervisor: Dr.Eman Hussein Alwan

Abstract

Background and Objective: - Ocular biometric parameters (axial length, anterior chamber depth, and lens thickness) seem to be influenced by age, sex, and refractive errors. The aim of this study is to determine age and gender-related changes of ocular biometric data in normal emmetropic eyes, and if these changes are differ between male and female, and between the two eyes. Other objective is to measure the mean value of axial length, anterior chamber depth, and lens thickness in the population of Hawler city in Iraqi Kurdistan region.

Material and Methods: - This cross-sectional study was conducted on 125 subjects (250 eyes) with no ocular pathology. A-scan biometric measurements including axial length, anterior chamber depth, and lens thickness were assessed in both eyes, for each subject having a spherical equivalent in the range of -0.75 D to +0.75 D.

Results: - In this study the mean axial length=22.73 mm, the mean anterior chamber depth=2.19 mm, and the mean lens thickness =3.91mm. Also we see that the anterior chamber depth is significantly decreased with age ($p < 0.001$), and the lens thickness significantly increased with age ($p < 0.001$). On the other hand the axial length was significantly longer in males when all male and female subjects were compared ($p < 0.05$), and no difference was found in all biometric data between the two eyes.

Conclusions:-The distributions of axial length, anterior chamber depth, and lens thickness are reported for the first time in Iraqi subjects who live in Hawler city. Anterior chamber depth and lens thickness significantly change with advancing age in normal eyes. The age related ocular biometric changes are the same in both genders.

Key words:- axial length, anterior chamber depth, lens thickness, biometric data, sex and aging.

The Cervical Spine Involvement in Rheumatoid Arthritis and its Correlation with Disease Activity

Name: Gasheen Abdilwahid Hawezy

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 8-10-2013

Supervisor: Dr.Niaz J. Al- Barzinjy

Abstract

• **Background and Objective:** to estimate the prevalence of cervical spine involvement in the rheumatoid arthritis patients who reported to the hospital and to correlate the different factors reflecting the disease severity with the involvement of cervical spine.

• **Material and Methods:** X-rays of cervical spine in 100 consecutive cases of RA who fulfilled the 1987 revised criteria for the classification of Rheumatoid arthritis and 2010 Rheumatoid arthritis classification criteria for RA were done. X-ray of cervical spine in the antero-posterior with open mouth and lateral views with the neck in neutral position and in flexion were taken. In addition X-rays of hands were also taken.

Result: the abnormalities in cervical spine due to RA were found in 21 cases (21%). They were odontoid erosions in 21 cases (21%), anterior atlanto-axial subluxation in 18 cases (18%), lateral subluxation in 2 cases (2%) and no posterior subluxation. No patient had neurological deficit. There was a statistically significant correlation of cervical spine involvement with, DSA28, joint deformities, rheumatoid factor (RF) positivity and erosions in X-rays of hands. **Aim:** to study frequency of cervical spine subluxation in patients with rheumatoid arthritis (RA) and its correlation with the clinical and laboratory markers of the disease severity.

Conclusion: The involvement of cervical spine in RA is common. RA Patients with cervical spine involvement had higher disease activity. Anterior atlantoaxial subluxation was the commonest type of atlantoaxial subluxation.

Key Words: Cervical spine, Rheumatoid arthritis, Atlanto axial subluxation.

Harmonic Scalpel Hemorrhoidectomy versus Milligan- Morgan Hemorrhoidectomy

Name: Arsalan Khalid Hussein

Degree: Higher Diploma

Specialty: general surgery

Date of the debate: 28-102013

Supervisor: Assist. Prof. Tayeb S. Kareem

Abstract

Background: Hemorrhoids and their related symptoms are one of the most common diseases affecting human. In general for grade III and IV hemorrhoids, hemorrhoidectomy is the most preferred treatment. The main problem with hemorrhoidectomy is postoperative pain. Many different techniques were utilized in order to decrease postoperative pain, bleeding and stricture development. Harmonic scalpel is a new generation cauterization device that uses vibration technology.

Aim of the study: to compare operation time, bleeding, pain level and early postoperative complications after harmonic scalpel hemorrhoidectomy and Milligan-Morgan hemorrhoidectomy.

Methods: Eighty patients with grade III and IV hemorrhoids admitted to Rizgary and Erbil Teaching Hospitals from March 2012 to March 2013 where prospectively enrolled in this study. The first group underwent operation by harmonic scalpel (40 patients) and second group underwent operations by Milligan-Morgan (40 patients). Operation time and blood loss were recorded during the operation. The post operative pain and early complications were recorded at 1, 3 and 14 day in both groups.

Results: Operation time was shorter in the first group but was not significant. Bleeding volume was significantly lower in the first group than the second group. Pain scoring was significantly lower in the first group during the first 14 days. There was no difference in the incidence of the early postoperative complications in both groups.

Conclusion: Harmonic scalpel hemorrhoidectomy is an easy and effective procedure with less blood loss than Milligan-Morgan operation. The postoperative pain is significantly lower in harmonic scalpel group.

Clinical and Mycological Study of Tinea Pedis in Patients at Rizgary Teaching Hospital in Erbil City

Name: Nazaneen Sadik Samael
Degree: Higher Diploma
Specialty: Dermatology and Venereology
Date of the debate: 17-6-2013
Supervisor: Dr. Saba Ali Rashed

Abstract

Background: Tinea pedis is a common and frequently recurring dermatophytic infection, which is extremely difficult to eradicate. There are numerous factors that help fungi to adhere to and penetrate the skin. One major factor is the increasingly widespread use of shoes made exclusively of artificial fibres, which prevent the foot from perspiring properly.

The aims of this study: To evaluate demographic, clinical patterns and the main causative agents of tinea pedis in our population.

Patients and methods: A descriptive cross sectional study was conducted on 75 patients of tinea pedis attending the out patient clinic of Dermatology and Venerology Department in Rizgary Teaching Hospital in Erbil city during the period between April 2012 and January 2013.

Results: Forty one patients (54.7%) were females and 34 patients (45.3%) were males, male: female ratio of 1:1.2, mean age was 37.8 ± 12 years. Moccasin type tinea pedis was the most frequent type accounting (41.3%) patients. The main predisposing factors of the disease were frequent wash 68 (90.6%), occlusive shoes 64 (85.3%). Mycological examination revealed 38 (50.7%) positive direct microscopic examination while cultural examination revealed 43 (57.3%) positive cultures. Three species were identified, and *Trichophyton rubrum* was the most commonly isolated dermatophytes accounting (55.8%) of the patients, followed by *T. mentagrophytes* (30.3%) and *Epidermophyton floccosum* (13.9%).

Conclusions: Tinea pedis was more common in the age group (33-44) years and slightly more common among female, moccasin type was most common among age group (21-32) years.

Central Corneal Thickness and Axial Length in a Sample of Erbil Population

Name: Ari Hassib Muhammad
Degree: Higher Diploma
Specialty: Ophthalmology
Date of the debate: 30-10-2013
Supervisor: Dr.Ahmed Kareem Joma

Abstract

Background and objectives : A thin central cornea thickness has been reported to be a risk factor for developing primary open-angle glaucoma among ocular hypertensive eyes. This has led to a hypothesis that thinning of the cornea may be an indication of generalized weakness of the ocular integument associated with longer eyes with a thin scleral bed of lamina cribrosa . This study was done to explore the relationship between central corneal thickness and axial length in a sample of Erbil population and to formulate recommendations for its application in clinical practice as well as future research.

Methods: This is a cross sectional study, that included 260 eyes of 130 patients conducted at Erbil Teaching Hospital and Rizgari Teaching Hospital for six months. All patients underwent a comprehensive assessment including medical and ophthalmic history and detailed ophthalmic examination. Axial length was measured with A-scan ultrasound biometry and central corneal thickness with ultrasonic Pachymeter.

Results: The mean Central corneal thickness \pm SD was $542.8 \pm 36 \mu\text{m}$ in male eyes and $530.1 \pm 32.5 \mu\text{m}$ in female eyes . The mean axial length \pm SD was $23.38 \pm 1.1 \text{ mm}$ in male eyes, $23.15 \pm 1.2 \text{ mm}$ in female eyes. Central corneal thickness was not correlated with Axial length (Pearson correlation coefficient $r = 0.037$, $p = 0.558$). The Central corneal thickness was thicker in male than in female ($p=0.003$). Significant correlation was found between central corneal thickness and age, corneal thickness was less in older ages ($r = 0.277$, $p<0.001$).

Conclusion: Central corneal thickness and axial length of the eye are two independent measurements, thin corneas are not related to longer eye. Central corneal thickness decrease with increasing age, and corneal thickness is higher in men compared with women.

Key words: Central corneal thickness, axial length, age, sex.

Comparison of Oral Azithromycin Pulse Therapy with Daily Doxycycline in the Treatment of Moderate acne Vulgaris

Name: Esra Mohammed Taha

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 16-6-2013

Supervisor: Dr. Intiha Mohammed Ridha

Abstract

Introduction: Acne vulgaris is the most common dermatological disorder in adolescence. Treatment is essential to prevent physical and psychological scarring. Oral antibiotics are the most widely administered drugs which are prescribed as systemic therapy for treatment of moderate acne vulgaris.

Aim: The aim of this study is to evaluate the efficacy and tolerability of oral azithromycin pulse doses with oral doxycycline in moderate facial acne vulgaris.

Method: A twelve weeks opened label randomized comparative study was carried out in 70 patients of moderate acne vulgaris in which sixty two patients completed the study and they were divided into two groups. Group I included 33 patients received 500 mg azithromycin capsule three consecutive days per week for twelve weeks and group II included 29 patients administered doxycycline 200 mg/day on the first day followed by a maintenance dose of 100 mg/day for twelve weeks.

Results: The results obtained from oral azithromycin therapy when compared with oral doxycycline showed that there was statistically no difference ($p > 0.05$) between the two drugs in response at end of 12 weeks. The overall efficacy measured in terms of mean percent reduction of the severity of condition was up to 76.39% with group I compared to 78.17% with group II ($p = 0.49$).

Conclusion: The conclusion from the present study is that oral azithromycin as effective as doxycycline for the patients suffering from moderate facial acne vulgaris, and its benefits may be further extended to its high tolerability by the patients and less frequent side effect.

Effectiveness of Topical Intranasal Corticosteroids Spray In Treatment of Otitis Media with Effusion in Children

Name: Ahmad Jamal Aziz

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the debate: 23-10-2013

Supervisor: Assist.Prof. Arsalan A. Mustafa Shem

Abstract

Background

Antimicrobial treatment of Otitis Media (OM) reduces some complications but some of chronic complications and specially Otitis Media with effusion (OME) seem to increase. Theoretically the usage of nasal corticosteroid sprays may prevent this problem by reducing the local inflammation around the Eustachian tube; this study aimed at evaluation the role of nasal corticosteroid spray as an adjuvant for the treatment of OME.

Method:

In a randomized, prospective clinical trial, 2 group of 72 patients (total 131 ears) who had OME were recruited. A questionnaire including patients' characters, history, complaints, urologic examination, and the report of tympanometry was filled for all before and after treatment . We administrated a period of 4 weeks of Amoxi-clav, systemic and local decongestant for both group with adding mometasone nasal spray for test group.

Result:

Out of 72 patient with bilateral or unilateral OME (131 ears of OME) with mean age of 8.27#3.61 ranging from 3-14 years, thirty three ears of test group (49%) and 29 ears (45%) of controls had an improvement in their symptoms or their tympanogram($p > 0.05$)

Conclusion:

We concluded that the administration of nasal mometasone spray as an adjuvant for the treatment of OME will not improving the result of treatment.

Keyword:

Otitis Media with Effusion (OME), Middle Ear Effusion (OME), mometasone Spray, Nasal Corticosteroids.

Comparison of Intralesional Pentostam versus Cryotherapy in the Treatment of old World Cutaneous Leishmaniasis

Name: Laween Khasrow Dizayee

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 21-6-2014

Supervisor: Dr.Intiha M. AL-Mously

Abstract

Back ground & objective: Leishmaniasis is a public health problem .The treatment of cutaneous leishmaniasis (CL) is difficult, and a variety of modalities have been proposed. A simple, effective, non invasive therapeutic approach is required for the treatment of cutaneous leishmaniasis

Method :This study discuss the effectiveness of liquid nitrogen cryotherapy in comparison to intralesional Sodium stibogluconate in treating CL. Cryotherapy was used to treat 25 patients. A maximum of seven applications, using a double freeze-thaw cycle, were performed in each patient at 1-week intervals. Intralesional Sodium stibogluconate was used to treat 25 patients weekly over a period of 7 weeks.

Results: the 25patients whoe have been treated with cryotherapy, 26% (13 persons) were cured , and the treatment failed in 16% (8 persons), the another 25 whoe have been treated with intralesional sodium stibogluconate ,42% (21 persons)were cured ,and the treatment failed in 4% (2 persons) . Higher incidance of inflamtion and blister in cryotherapy (58%-80% respectively) in comparison to lower incidance of these side effects in intralesional Sodium stibogluconate therapy (42%-20%)

Conclusion Intralesional Sodium stibogluconate is a highly effective and well tolerated , with minimal side effect

The Incidence and Causes of Delayed Graft Function and Acute Allograft Dysfunction at Erbil Nephrology Center

Name: Majid Tallat Muhammed

Degree: Higher Diploma

Specialty: Nephrology

Date of the debate: 29-6-2014

Supervisor: Dr. Safa Ezaldeen

Abstract

Background. Delayed graft function (DGF) and acute allograft dysfunction are manifestation of acute kidney injury (AKI) which is unique to the transplant process.

Patient and Methods

We reviewed 185 living donor kidney transplants carried out consecutively at the Erbil nephrology center to determine the incidence and causes of acute allograft dysfunction and (DGF), in which (DGF) is defined as the necessity for dialysis during the first week after transplantation or failure to reach a normal serum creatinine level < 1.5 mg/dl within the first week post transplantation, while acute allograft dysfunction is defined as an increase of serum creatinine > 1.5 mg/dl post kidney transplantation, providing that the allograft function was initially normal after kidney transplantation.

Results.

Allograft dysfunction (acute allograft dysfunction & DGF) diagnosed in 23 patients (12.4%) at whom 16 were male (62.7%) and 7 of were female (30.4%) their mean age were 37.3 ± 1.4 years and the mean of body mass index were 25.8 ± 1.8 kg/m², just three of them were live related kidney transplant (13%). All the patients underwent dialysis before transplant except two whom transplanted preemptively (8.6%). The histological analyses shows that acute tubular necrosis (ATN) is the most common cause of allograft dysfunction (7 patients 30%).

Conclusion.

DGF and acute allograft dysfunction are most common complications post kidney transplantation and their incidence are low in live donated kidney transplant.

Doppler Evaluation of Ovarian Hemodynamics in Different Phases of Menstrual Cycle in a Group of Normally Menstruating Females

Name: Zena Hashim Muhy Al-Deen

Degree: Higher Diploma

Specialty: Radiology

Date of the debate: 20-9-2014

Supervisor: Dr. Medya B. Ahmad

Abstract

Background: Duplex ultrasound is a noninvasive method which is used to evaluate the cyclical hemodynamic changes that occur in the normal ovary during menstrual cycle, and provides numerical indices such as resistive index(RI) and pulsatility index(PI),that can be used in the evaluation of the ovary. Both indices show significant changes during different phases of menstrual cycle in active ovary .

Objective: To establish a baseline of normal ranges for PI and RI (2D color Doppler indices) during different phases of menstrual cycle in a group of normally menstruating women of our population.

Subjects and methods : This is a longitudinal observational study. The study was conducted at the Radiology Department of Rizgary Teaching Hospital, Erbil city, Iraq, from June 2013 to February 2014. Variable ovarian Doppler Indices where calculated for 50 normally menstruating women.

Results: In the active ovary: PI and RI normal ranges were as following:

Early follicular phase; PI(6.10-8.38) and RI(0.88-1).

Late follicular phase ; PI(2.15-2.67) and RI(0.63-0.83).

Early luteal phase; PI(0.72-1.22) and RI(0.58-0.78)

Late luteal phase; PI(0.9-3.02),and RI(0.79-0.99)

Significant changes noted in values of PI and RI during different phases of menstrual cycle .The least value was during the early luteal phase.

In the inactive ovary, normal range were PI(5.93-8.23) and RI(0.88-1) throughout the cycle, no significant changes were noted during different phases of menstrual cycle .

Conclusion: Normal range of PI and RI of ovary in our population :

PI maximum = 8.38, minimum = 0.72

RI maximum =1, minimum = 0.58

Screening of G6PD Deficiency in Cord Blood for Newborns Delivered In the Maternity Hospital in Hawler Governorate

Name: Avan A. Ramadan

Degree: Higher Diploma

Specialty: Pediatrics

Date of the debate: 20-5-2014

Supervisor: Prof. Abbas Al-Rabaty

Abstract

Background: Glucose -6- phosphate dehydrogenase(G6PD) deficiency is a commonly occurring genetic enzyme disorder known to affect hundreds of millions of individuals worldwide, causing the most devastating potential complication in the newborn (acute hemolytic crisis), which may result in kernicterus.1

Objectives;

1. To determine the frequency of G6PD deficiency in both male and female population.
2. The significant relation between the overall prevalence of G6PD deficiency with the history of consanguinity and family history of G6PD deficiency.
3. To determine the outcome in G6PD deficient neonates

Methods and Materials; this study was prospective and undertaken from the 1st of February to the 21st of the same month, 2013. A total 500 newborn delivered in the Maternity Hospital at Erbil city were screened for the qualitative measurement of G6PD activity by a commercial kit (KIMI,Pajouhan). The sample of cord blood in heparinized tube was transferred to the lab within 2 hour of delivery. The results were interrupted as sufficient or deficient.

Result; of the 500 newborns screened, 36 neonates were found to have G6PD deficiency (21 males, 15 females). The overall frequency of G6PD deficiency was 7.2%. Frequency in male population was 4.2 % (21 out of 251 male neonates) and in female population was 3.0 % (15 out of 249 female neonates). The male to female ratio was 1.4:1. The enzyme activity was interpreted as sufficient or deficient, with normal blood film of all deficient neonates.

Conclusion; Routine neonatal screening in Erbil, with this relatively high prevalence of G6PD deficiency 7.2 % (4% male, 3.2% female) is justified and meets the World Health Organization recommendation.

Mode of Delivery and Fetal Outcome in Severe Oligohydramnios in Term Pregnancy

Name: Ahang Abdulrahman Muhammad

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date of the debate: 7-6-2014

Supervisor: Dr. Ishraq Mahmood Shakir

Abstract

Background: Oligohydramnios is associated with increased pregnancy complications, it is secondary to either an excess loss of amniotic fluid or decreased urine production and or excretion by the fetus.

Oligohydramnios is a complication of (3.9%) of all pregnancies, while severe oligohydramnios complicates (0.7%) of all pregnancies. There is greatest relationship between sonographically detected oligohydramnios and perinatal morbidity and mortality. Fetal prognosis depends on causes, severity of oligohydramnios and gestational age at which oligohydramnios have been diagnosed.

Objectives: This study was carried out to assess fetal outcome in severe oligohydramnios in term pregnancy (birth weight, obvious congenital abnormalities and admission to NCU). And the association of severe oligohydramnios with mode of delivery.

Design and setting of the study.: Hospital based case control study was conducted on pregnant women at term who attended labor room in Maternity teaching hospital in Erbil city.

Patients and methods: The study was carried out from 1st March 2013 to the 30th. November 2013; the study sample included 200 pregnant women with gestational age from 37 completed weeks till 41 weeks (depending on ultrasound of maternity teaching hospital). 100 of them with severe oligohydramnios and the other (100 cases) were with normal amniotic fluid index (control group). They were interviewed using questionnaire.

Results: There was no significant difference between severe oligohydramnios and control group in regard to maternal age (P-Value was 0.239). Primigravidas are more risky to develop oligohydramnios(46%)and there was significant differences between severe oligohydramnios group and control group

A Comparative Study of The Level of Awareness between Propofol anhiopental Induction for Caesarean Section by using Bispectralindex (Bis) Monitoring.

Name: Alaa Mohammed Tawfeeq Pasha

Degree: Higher Diploma

Specialty: Anesthesia

Date of the debate: 19-6-2014

Supervisor: Dr. Bnar Halko Ahmed Shawki

Abstract

Background: Awareness and recall, though not common, are the major hazards of general anesthesia, especially in Cesarean section (C/S) because of the absence of benzodiazepine and opioids for a significant time during anesthesia. In this study, the Bispectral Index (BIS), and hemodynamic parameters were examined to evaluate the depth of the routine general anesthetic technique in C/S.

Methods: This study was carried out on 50 parturient patients undergoing elective C/S. A standardized anesthetic technique was applied: induction with Thiopental (5 mg/kg) and propofol (2.5 mg/kg), rocuronium as long acting muscle relaxant as well as maintenance with O₂ and isoflurane or sevoflurane. Monitoring with electrocardiogram (ECG), blood pressure, heart rate and BIS.

Results: The groups were comparable with respect to age, weight and gestational age. The patients in group 1 (Propofol group) had significantly lower levels of bispectral index values during intubation; 51.8 vs. 70.08 in group 2 (Thiopental group), (P=0.00) and uterine incision; 50.4 vs. 72.0 in group 2 (P=0.00).

Conclusion: Anesthesia induction with propofol in a dose of 2.5 mg/kg maintains lower levels of heart rate, mean blood pressure and BIS level till delivery when compared with thiopental in a dose of 5 mg/kg.

Magnetic Resonance Imaging Findings of the Cervical Spine in Patients with Neck Pain

Name: Rahmattulla Muhammad-Rusdhi Ubaid

Degree: Higher Diploma

Specialty: Radiology

Date of the debate: 28-9-2014

Supervisor: Dr. Salwa A. Al-Najjar

Abstract

Background: Neck pain is one of the most common symptoms in the general population; several work-related and individual factors have been verified as being related to neck and shoulder pain, but the role of pathology visualized by magnetic resonance imaging remains unclear.

Objectives: To determine the value of magnetic resonance imaging in patients with neck pain and to evaluate the age -dependent occurrence of cervical spondylosis and to correlate some risk factors as gender, occupation, body mass index, exercise of the neck and smoking with cervical spondylosis.

Patients and methods: This descriptive cross sectional study involved 100 patients with neck pain referred to the radiology department of Rizgary teaching hospital in Erbil for Magnetic Resonance Imaging examination of the cervical spine during the period between June 2013 to February 2014.

Results: The mean (\pm SD) age was 40.19 ± 10.44 years (age range of 21 to 70 years), 60 patients were women and 40 patients were men. Cervical MR images were normal in 41 (41%) patients and showed degenerative findings in 59 (59%) patients. Disc bulge was the most common degenerative abnormality, seen in 44 (44%) patients. MRI findings were most common at the C5/6 level. Significant association found between the abnormalities on MRI and the age, type of occupation , exercise of the neck and radicular pain but no association found with gender, BMI and smoking.

Conclusion: MRI is valuable in the early detection of the degenerative changes of the cervical spine. Likewise age, occupation and history of exercise of the neck were closely associated with abnormalities on MRI.

Trans-Septal Suture Method versus Intranasal Silicone Splint in Septoplasty

Name: Dashti Ali Hasan

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the debate: 19-6-2014

Supervisor: Dr. Abdulkhaliq Karim Amin

Abstract

Background: Septoplasty is one of the commonest nasal surgeries performed by otolaryngologist. Silicone is the most common material used for nasal splints. Trans-septal suturing technique has been described to approximate the mucosal flaps after septal procedures to reduce the complication rate; however there are few studies proving the efficacy.

Objective: This study is to elucidate the efficacy of trans-septal suture method in preventing complications, discomfort and pain in comparison with intranasal splinting using silicone plates after septoplasty.

Patients and methods: This is a prospective study of 59 adult patients underwent Septoplasty, between August 2013-January 2014 in Rizgary Teaching Hospital - Erbil city. Patients were divided into 2 groups; trans-septal suture and silicone, 29 and 30 patients respectively. Visual analogue scale was used to evaluate postoperative pain, bleeding, post-nasal drip, dysphagia and sleep disturbance for three days. Epiphora and septal hematoma are also evaluated. Septal perforation, crustation, and adhesion were evaluated at 4th postoperative week.

Results: The severity of pain and post nasal drip were significantly lower in trans-septal suture group than silicone group ($P < 0.05$). The septal hematoma and septal perforation were not seen in the study. No any significant difference found concerning epiphora, crustation and adhesion.

Conclusion: we conclude that, suturing can be used safely in septoplasty specially when the septal deformity is not so complicated.

Key Word: Septoplasty, trans-septal suturing, silicone.

Association of Lichen Planus Andhepatitis C Virus Infection in Erbil City

Name: Shaima Aazan Shareef
Degree: Higher Diploma
Specialty: Dermatology and Venereology
Date of the debate: 22-6-2014
Supervisor: Dr. Saba Ali Rashed

Abstract

Background: Lichen planus is a relatively common, pruritic, chronic inflammatory mucocutaneous disease with unknown cause, and is considered a manifestation of cell-mediated immune response. Hepatitis C virus (HCV) has been associated with lichen planus in different geographic locations.

Objective: To determine the association between lichen planus and hepatitis C virus (HCV) infection.

Patients and methods: This cross-sectional study, conducted in department of dermatology and venereology at Rizgary teaching hospital in Erbil city. The study included 65 patients of lichen planus, 40 (61.5%) female and 25(38.5%) male were diagnosed on the basis of the usual clinical features and if necessary confirmed by biopsy (histological finding) in some patients. The patients were screened for the presence of anti-HCV antibodies by third generation ELISA, serum aspartate aminotransferase (AST) and alanine aminotransferase (ALT). We used the results from screening of blood donors for anti HCV (at Howler's Bank of Blood) for comparison as general population.

Results: All the patients with LP had negative results for anti HCV antibody, but 38 (0.2%) among 17621 volunteer blood donors were positive for HCV antibody. In 4 patients (6.2%) serum aspartate aminotransferase (AST) levels were higher than normal and in 3 patients (4.6%) serum alanine aminotransferase (ALT) levels were higher than normal.

Conclusion: Based on our result, anti –HCV antibody testing is not necessarily required in LP patients with no risk factor for HCV infection in Erbil city.

Cutaneous Manifestation among Patients with B-Thalassemia Major

Name: Sayran Izzaddin Kerim Jabbar Abstract

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 17-6-2014

Supervisor: Dr. Kawa Muhamedamin Hasan

Abstract

Background and Aim

Thalassemia is the most common genetic disorders worldwide. The combination of regular blood transfusions and chelation therapy has dramatically increased the life expectancy of thalassemic patients into the 4th to 5th decades of life, on the other hand, frequent blood transfusion and later because of iron overload also led to many complications. This study was conducted to evaluate cutaneous manifestation among Beta thalassemia patients.

Patients and method

This descriptive cross-sectional study was conducted on 176 patients with Beta thalassemia major on blood transfusion registered in Thalassemia Center in Erbil city. Diagnosis of skin, nail, and oral mucosa was made clinically. Laboratory results and treatment types were recorded from the chart. Data collected from Apr, 2013 to Jan, 2014. Statistical package for social science (SPSS) software was used for data entry and analyzing.

Results

All patients had at least one cutaneous manifestation. Pallor (75%), xerosis (73.9%) and jaundice (61.4%) were the most common skin findings. Freckles (67%) were the most common hyperpigmentation disorder and periorbital hyperpigmentation (1.1%) was the least one. Gingivitis (14.2%) and white streak on the nail (39.5%) was the most common mucosal and nail manifestation. Xerosis was common in patients with deferoxamine than with deferasirox. The mean serum ferritin level was significantly higher in patients with xerosis, pallor, hyperpigmentation, and jaundice than without it. HCV commonly presented among patients and had significant association with skin changes ($p < 0.05$).

Conclusion

The prevalence of cutaneous disorder is common in patients with Beta thalassemia major. Hepatitis C is common among patients and had association with skin changes. Therefore careful pre transfusion screening, regular transfusion checking for effectiveness of therapy and comprehensive care can make difference.

The Effect of Adenoid Size on Tympanometric Finding in Children

Name: Bashir Jalal Jamil

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the debate: 30-6-2014

Supervisor: Professor. Farhad Jalil Khayat

Abstract

Background: There are controversial reports regarding the effect of adenoid size on middle ear conditions. Enlarged adenoid size may cause nasopharyngeal obstruction or may act as a reservoir for infection and cause tympanometric changes.

Objective: This study was conducted to determine the correlation between adenoid size and tympanometric findings in children.

Subjects Methods: In this prospective study, 71 children who visited Rizgary teaching hospital for adenotonsillectomy and aged 3-10 years old, between August 2013 to January 2014. Questions about upper airway obstruction symptoms were directed to parents and patients. Then, tympanometry and lateral neck X-ray were done for each case. Tympanometric type A and C1 were considered normal while B & C2 as abnormal. Adenoid size was measured by using adenoidal/nasopharyngeal ratio (A/N ratio).

Results: Among 71 children (142 ears), in 20 cases (40 ears) of gross adenoid enlargement, Tympanometry was found to be normal in 75% and abnormal in 25%. In 28 cases (56 ears) with moderate adenoid enlargement showed 78.6% normal and 21.4% abnormal. While 23 cases (46 ears) had minimal adenoid enlargement in which tympanometry study showed 91.3% normal and 8.7% abnormal.

Conclusion: The study showed that enlargement of adenoid size in children had effect on tympanometric changes. The incidence of abnormal tympanometry was higher with the increased adenoid size.

Keywords: Adenoid, adenoid hypertrophy, tympanometry and lateral neck radiograph.

Association of Rheumatoid Factor Isotopes with Bone Erosion and Disease Activity in Patients with Rheumatoid Arthritis in Erbil City

Name: Karzan Sardar Lattif

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 24-6-2014

Supervisor: Dr.Shwan Qadir Media

Abstract

The objective of this study is to analyze the association of different rheumatoid factor isotypes (IgM, IgG and IgG) with radiographic bone erosion and disease activity.

Methodology: The study included eighty patients with RA who were fulfilling the 1987 revised ACR criteria and the 2010 American College of Rheumatology/European League Against Rheumatism classification criteria for rheumatoid arthritis. Blood samples collected from each participants and titer of rheumatoid factor isotypes (IgG, IgM and IgA) were analyzed by ELISA. The conventional radiograph was used for assessment of structural bone damage (erosion) in both hand with multiple projection and DAS28 used as a parameter for measuring disease activity. Then association of RF isotypes with bone erosion and disease activity were studied.

Results: In our study, there was a statistically significant (p-value 0.029) positive correlation between the presences of bone erosion with serum levels of IgA RF isotypes, also the significant associations were found regarding bone erosion with IgG and IgM rheumatoid factors, but the association was more strong with IgA as Phi and Cramer's V test was =0.589 and the data showed that there were no significant associations between IgA and IgG rheumatoid factors with DAS28 p-value 0.266 ,and 0.49 respectively, while IgM RF level in the serum had weak association with DAS28 to the extend if on average for every 1IU/ml elevation in IgM level, only 0.005 DAS28 score will increase, p-value=0.03.

Conclusion: positivity of all three serotypes was observed in patients with bone erosion, with a higher rate for IgA serotype which is strongly associated with bone erosion. Apart from IgM positivity which has weak association, both IgA and IgG RF do not correlate with disease activity

Keyword: rheumatoid arthritis, rheumatoid factor isotypes, bone erosion, disease activity

Effects of Cigarette Smoking On Perinatal Outcome

Name: Bayan Mohammad Saleh

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 8-6-2014

Supervisor: Dr. Zainab Mohsin Zwain

Abstract

Background: Maternal cigarette smoking during pregnancy is associated with a variety of obstetric complications including spontaneous abortion, placental abruption, growth restriction, preterm prelabor rupture of membranes, preterm birth, miscarriage and stillbirth, resulting in increased perinatal morbidity and mortality.

Objective: The aim of the study was to determine the effects of maternal cigarette smoking on perinatal outcome.

Patients and methods: Case control observational study has been carried out at Maternity Teaching Hospital in Erbil city, Kurdistan Region , Iraq. The study extent from first of April 2013 to first of January 2014. A sample size of two hundred women were participated in the research, hundred women were pregnant ladies who were admitted in the delivery room and were smoker with any number of cigarette smoking per day and compared with randomly selected hundred ladies who were not smoker, and all followed up until time of delivery and followed up newborns until seven days after delivery.

Results: Comparing both groups, there was statistically significant difference between them in maternal age, socioeconomic state, level of education, history of miscarriage and premature rupture of membrane, however, our study did not show any statistically significant difference in both groups regarding antepartum haemorrhage , ectopic , mode of delivery, apgar score and congenital anomaly.

Conclusion: Smoking during pregnancy associated high rate of spontaneous miscarriage, premature rupture of membrane and smokers are mostly older age with higher parity, low socioeconomic state and lower education than nonsmokers .

Prevalence of Clopidogrel Resistance in Patients with Acute Coronary Syndrome in Erbil City

Name: Fadi Estifan Shamoon

Degree: Higher Diploma

Specialty: Internal Medicine

Date of the debate: 11-06-2014

Supervisor: Dr.Abdulaziz Yousif Mansoor

Abstract

Background: Clopidogrel is the cornerstone of treatment for patients with Acute Coronary Syndrome. Some patients who displayed no response to clopidogrel were considered resistant to treatment. Clopidogrel resistant assessed by a laboratory test P2Y12 (Verify Now) assay which done to patients with Acute Coronary Syndrome on 75mg clopidogrel single daily dose.

Objectives: This study was undertaken to detect the prevalence of failure to reach therapeutic target of clopidogrel by P2Y12 (Verify Now) assay.

Patients and method: A cross sectional study included a total of 100 patients with Acute Coronary Syndrome who attended Surgical Specialty Hospital-cardiac centre in Erbil city who were on 75mg Plavix (Sanofi Aventis) single daily dose between April 2013 to February 2014 [68 cases males and 32 cases females] , a standardized questionnaire arranged , 12-leads ECG and estimation of Troponin T- hs , Ck-MB and P2Y12(Verify Now) assay for all patients on admission , a loading dose of 300-600 mg of clopidogrel were given to resistant cases and evaluation performed at 3 months for patients who were suffered a new cardiovascular events.

Result: Among 100 patients 44% had resistance to clopidogrel , P2Y12 (Verify Now) assay was repeated after prescription loading dose of 300-600mg clopidogrel to resistant cases revealed 8 cases(18.18%) were remained resistant [6 males and 2 females] ,36 cases(81.81%) were respondent [21 males and 15 females], at 3 months evaluation showed 13 cases [10 males and 3 females] presented with new cardiovascular events who were on chronic use single daily dose of 75mg clopidogrel

Conclusion: High prevalence (44%) of clopidogrel resistant was found in this study in patients who were on single daily dose of 75mg plavix, post loading dose of 300-600mg plavix revealed that most of resistant patients were respond [36 cases responded , 8 cases remained resistant].

keywords: clopidogrel, acute coronary syndrome, drug resistance, P2Y12 assay.

Quantitative Assessment of Macular Thickness in Glaucomatous Human Eye using Optical Coherence Tomography

Name: Diyar Ajeel Ismail
Degree: Higher Diploma
Specialty: Ophthalmology
Date of the debate: 18-5-2014
Supervisor: Dr.Eman Hussein Alwan

Abstract

Background: Glaucoma can cause thinning in RNFL in the macula, Therefore; a close objective examination required for serial assessment and evaluations of the macular thickness.

Objectives: To measure macular thickness in glaucomatous patients & to specify significant difference & association between macular thickness in glaucoma & in normal person. In addition to determine the changes in macular thickness in glaucomatous patient.

Patients and methods: 181 eyes of (40 normal & 60 glaucomatous patients) were included in this study, each subject underwent detailed ophthalmological examination and OCT scan. All eyes were scanned for computing macular thickness, with macular map using ETDRS chart (6x6mm) centered on fovea. The macula was divided into 9 sectors, including fovea 1mm, inner ring 3mm & outer ring 6mm.

Results: Mean age were 42.05 years in normal group and 58.05 years in glaucomatous group. The comparison of macular thickness between the two groups in all sectors except fovea were thinner in glaucoma group ($p < 0.005$) & there was more in female than male in all sectors except in TOM. The difference between glaucoma patient & normal person NFL was higher in TOM (27.11 μm) while in fovea was the lowest (4.32 μm).

Conclusions: Progressive RNFL thinning in macular could represent surrogate biomarker for detecting progressive glaucomatous structural change over time & then OCT is a critical aspect in diagnosis, monitoring & management of glaucoma.

Keywords: Glaucoma, Macular thickness, Optical Coherent Tomography (OCT).

Frequency and Grading Of Carotid Artery Stenosis in Ischemic Stroke Patients by Using Carotid Doppler Ultrasonography

Name: Nihad Jalil Esmail

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the debate: 4-9-2014

Supervisor: Dr. Salah M. Abdul-Rahman

Abstract

Background: Duplex ultrasound is inexpensive, non-invasive and can provide functional and anatomical information about vessel stenosis and plaque morphology in ischemic stroke patients. Color duplex flow ultrasonography has thus become the most widely used noninvasive method of assessing extracranial cerebro-vascular occlusive disease.

Objective: To determine the frequency, grading of carotid stenosis and measuring intima media thickness of extracranial carotid arteries in ischemic stroke patients .

Patients and methods : This is a Cross sectional study , conducted in Rizgary Teaching Hospital / Radiology Department in Erbil from June 2013 to March 2014 , carotid doppler was done for 60 patients with ischemic stroke .

Results: From 60 patients, 24 patients (40%) had presented with ICA stenosis , (21.6%) had mild stenosis , while (13.4%) had moderate stenosis , (3.3%) had high stenosis , while only (1.7%) diagnosed as preocclusion grade by duplex ultrasonography.

Conclusion: Carotid sonography is a unique imaging method for the investigation of carotid abnormalities. Noninvasive, accurate, and cost-effective as it provides morphologic and functional information. It is increasingly becoming the first and often the sole imaging study before other invasive or endarterectomy, whereas costly and invasive procedures are reserved for special cases.

Key word: Duplex Ultrasound, Carotid stenosis, Ischemic Stroke .

The Rate and Aetiology of Primary Postpartum Haemorrhage during First Six Hours after Vaginal Delivery

Name: Prshing Bakr Maulud

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 22-6-2014

Supervisor: Dr. Kamelia Boya Shabo

Abstract

Background and Objectives: Primary postpartum haemorrhage is one of the leading causes of maternal morbidity and mortality worldwide.

The objective: is to determining the frequency of postpartum haemorrhage, identification of risk factors, review the clinical aspect with evaluation of treatment measures used.

Patients and methods: This study is Cross sectional descriptive study carried out in the labour ward of Maternity Teaching Hospital in Erbil city/ Kurdistan region. From April 1st, 2013 to February 1st, 2014. A sample size of 400 cases was taken, include patients who developed postpartum haemorrhage within first six hours after vaginal deliveries of term singleton babies at the hospital. Exclusion criteria include previous uterine scar, multiple pregnancy, breech delivery placenta praevia, intra uterine fetal death, preterm delivery, delivery outside the hospital, coagulation abnormality. Data was collected by using a questionnaire including socio-demographic information, amount of blood loss, causes of postpartum haemorrhage and treatment methods.

Results: The rate of postpartum haemorrhage during the study period was 2.6 %. Uterine atony (52.8%) was the major cause, traumatic lesions of genital tract in (39.7%), retained placenta in 28 (7%). Major risk factors identified were multiparity (68.8%), antepartum haemorrhage (8.3%), pregnancy induced hypertension (16.3%) and previous postpartum haemorrhage (27.5%), macrosomia in (18%), Uterotonics was widely used as first line of management. Internal iliac ligation in 2 (0.5%), hysterectomy was done only in 2 (0.5%) of patients. Blood transfusion done in 36.8 % of cases

Patterns of Infertility among Couples Attending Ivf Centre in Maternity Teaching Hospital in Erbil

Name: Avesta Seerwan Ahmed

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 25-6-2014

Supervisor: Dr.Samir Mahmood Othman

Abstract

Background and objectives: infertility is not merely a health problem; but it is a matter of feeling social injustice, inequality and deprivation. An understanding certain socio demographic, clinical characters and causes of infertility among couples are important for better understanding and improving management of this problem. This study was first aimed to assess the clinic-epidemiological pattern of infertile couples. Next, to find out the association of infertility with various socio-demographic characteristics of study sample.

Methods: This record review study was carried out from March 2013 through April 2014. This study retrospectively reviewed convenience sample of 1158 medical records for infertile couples attending infertility center in Maternity hospital in Erbil city. SPSS version 19 was used for data entry and analysis.

Results: Out of 1158 infertile couples 727 (63%) had primary and 431 (37%) had secondary infertility, the age range of wife was 15-48 years with mean \pm Sd of 31.25 ± 7.0 years and age range of husbands was 17-71 years with mean \pm Sd of 35.28 ± 8.0 years. The range of duration of infertility was 1-27 years with mean \pm Sd of 6.2 ± 4.8 years. The percentage of primary infertility was significantly highest (91.5%) among women aged less than 20 years, while secondary infertility was highest (48%) among age group 40 year and more. A statistically significant association was found between type infertility among couples and certain surgical and diagnostic procedures. Abnormal seminal fluid analysis parameter was significantly observed among primary infertile husband. Among wives infertility factors the hormonal disorder constituted 48%

Conclusion: Primary infertility was more prevalent among the study sample. There was significant association between age and certain socio-demographic characteristics with infertility type.

Transient Ischemic Attack In Erbil a Prospective Study

Name: Srwa Saeed Khidr

Degree: Higher Diploma

Specialty: Neurology

Date of the debate: 29-9-2014

Supervisor: Asst. Professor. Aso Sheikhbzeni

Abstract

Background and objectives: Transient ischemic attack is a neurological emergency, as 15-30% of stroke in the United States is preceded by TIA, in this study we aimed to evaluate the risk factors of TIA, assessment of all patients with diffusion weighted MRI to exclude cerebral infarction and initiation of early treatment to prevent stroke.

Method: During eight month's period, 80 patients with TIA who attended Rozhhalat emergency department and the neurology out-patient clinic in Rizgary teaching hospital in Erbil were studied; detailed history was taken and a thorough physical and neurological examination carried out. All patients were studied with CBP, ESR, chemistry panel, ECG, Echocardiography, head CT scan and DWI of the brain, carotid doppler and connective tissue study were done accordingly. All patients were treated with antiplatelet or anticoagulant accordingly, and received statin drug.

Results: The mean age of TIA in our locality was 56.63 ± 11.63 years; the most common risk factor was hypertension (53.75%), DWI showed ischemic lesions in 15 patients.

Conclusion: In our locality TIA affect younger people than other localities. Hypertension was the most important risk factor and unilateral weakness was the most common symptom.

DWI of the brain is more sensitive than conventional brain MRI in detecting ischemic changes in patients with TIA.

Clinicopathological Pattern of Cervical Swelling in Erbil City

Name: Rewan Hussein Hassan

Degree: Higher Diploma

Specialty: General Surgery

Date of the debate: 12-10-2014

Supervisor: Prof. Abdulqadir Maghdid Zangana

Abstract

Background:

Swelling in the neck is one of the common clinical presentations. Presence of a neck mass poses a diagnostic dilemma for the physician. A great number of disease manifests as a palpable and /or visible swellings in the neck. These may be congenital/developmental, inflammatory/ reactionary or neoplastic (primary/secondary). All case of neck swelling diagnosed after a comprehensive history and a thorough clinical examination of the neck. Further evaluation is done by hematological, and imaging technique. Diagnosis is confirmed by Cytological and histopathological examination of the specimen.

Aims:

- To find out the commonest cause of neck swelling in our locality.
- To make a correlation between clinical and pathological findings.

Patient and Methods:

A prospective study of a total 100 patients with neck swelling attending Rizgary and Erbil teaching hospital from March 2013 to February 2014. Patients aged between 1 to 90 years were included in the study and both sexes, the male, female ratio was 1:1.17. Excluding thyroid swelling and pathological procedure were Fine needle aspiration cytology and Histopathological examination.

Results:

Out of 100 cases of neck swelling, 28% were reactive lymphoid hyperplasia, 14% were tuberculosis, 14% were malignancy (primary and secondary) and the rest were miscellaneous.

Conclusions:

It is concluded that the neck swellings are very common conditions in daily hospital attendance. The present study reveal that the age of patient is important beside the exact site of the mass. Fine needle aspiration cytology or tissue biopsy are mandatory to confirm the diagnosis.

Key words: Neck swelling, Fine Needle Aspiration Cytology (FNAC) and Histopathology.

Impacts of Obesity on Intra-Operative complications of Elective Laparoscopic Cholecystectomy

Name: Dara Zeyad Mustafa

Degree: Higher Diploma

Specialty: general surgery

Date of the debate: 24-6-2014

Supervisor: Assistant Prof. Ali A. Al-Dabbagh

Abstract

Background:

During laparoscopic cholecystectomy, there may be undesirable complications intra-operatively and/ or post-operatively.

The aim of this study is to assess the impact of obesity on intra operative complications of elective LC, and to show which of them more informative, BMI or Central circumference, in assessing this impact.

Method:

A Prospective study of a total 121 cases with gallstones were collected from March 2013 to march 2014 they underwent laparoscopic cholecystectomy, creating two groups with equal numbers from them (BMI =121 & Central Obesity =121) then each of them subdivided into three subgroups, regarding BMI (N=45, OW=30, O=46) and regarding Central Obesity (N=26, OW=31, O=64) according to their BMI and waist circumference. The primary end points were duration of operation, and intra-operative complication rate.

Result:

In the 121 patients (22.3%) males and (77.7%) females were (44.4%) of males and (28.7%) of females developed intra-operative complications.

Mean longest duration of operation in BMI group was in OW group (37.55±17.09 min.) and in central obesity group was in N group (37.15±19.87min.)

While longest median duration of operation in BMI group was in OW (40 min.) and in central obesity group was the same in all groups (30 min.).

Regarding conversion to open procedure in BMI group, there was no correlation between BMI and conversion to open procedure, the conversion rate was the same between BMI groups (P value =0.9) and in central obesity group also there was the same result.

VII

There was no correlation between BMI group with intra-operative complication rate, the complication rate was the same between BMI groups (P value =0.6). Over all complications of BMI group (P value =0.08) and central obesity (P value =0.25) i.e. complications rate was the same between groups in both BMI and central obesity groups.

Conclusion:

Obesity has no adverse impacts on the patients undergoing elective laparoscopic cholecystectomy and there was no differences in patients with central obesity or increased BMI regarding the complications.

Weight Reduction Seeking Behavior among Sample of Inpatients in Erbil Teaching Hospital

Name: Nariman Smael Khidhr

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 20-10-2014

Supervisor: Assistant Professor. Sherzad Ali

Abstract

Background and objectives: Obesity is one of the leading preventable causes of death worldwide; also it increases the risk of many physical and mental conditions. Diet programs may produce weight loss over the short term but maintaining this weight loss requires doing physical exercise and continues on a low calorie diet. The aim of this study is to determine the weight reduction seeking behaviors of patients admitted to Erbil Teaching Hospital.

Methods: It is a descriptive cross sectional study, conducted in Erbil teaching hospital in Erbil city, involved 220 overweight and obese patients over 18 years old admitted to internal medicine wards for different medical purposes. Data were collected from 1st of October 2013 to 30th of January 2014 using interviewer-administered questionnaire.

Results: In this study, 14.6% of males and 18.8% of females were overweight and 85.4% of males and 81.2% of females were obese. Among all, 33.2% of them attempted to lose weight, (31.9% females and 35.3% males), male more attempted to lose weight than female. The most frequent method used for weight reduction was low carbohydrate diet 68.5% followed by other methods, like 12.3% increased physical exercise, 11% used herbal, and 8.2% used medication. There was a significant association (p value =0.014) between methods used for weight reduction and duration, 78.1% of them succeeded and 21.9% of them did not succeeded in weight reduction. Among those attempted to reduce their weight, 79.5% were satisfied, while only 20.5% were unsatisfied with the application methods.

Conclusions: Results provide new information on weight reduction seeking behavior among a sample of patients, one third of overweight and obese patients have tried to lose weight and utilized many methods such as changing diet, increasing exercise, medication and herbal, and suggest that intensive efforts are required to help initiate and maintain lifestyle improvements among this population.

Local Injection of Bupivacaine Hydrochloride to Reduce Post Operative Pain in Obstetrical and Gynaecological Surgical Incision

Name: Shelan Ahmed Saleh

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 18-6-2014

Supervisor: Assistant Professor. Sabat A. M. Barawi

Abstract

Back ground: Obstetrical and gynaecological surgical wounds were associated with significant post-operative pain.

Objectives: To study the efficacy of Bupivacaine, when used as local infiltration at the site of the surgical wound, in decreasing post-operative pain.

Patients and Methods: A Random, comparative study was conducted on 800 woman admitted to Maternity Teaching Hospital for either Caesarean section or any gynaecological abdominal surgery. Women were divided in two groups by systematic random sampling (400 each) where one group was treated traditionally and the other group was designed to receive 10 ml of 0.25% Bupivacaine at the site of the incision after skin closure. Degree of pain was assessed by using defence and veterans pain rating scale (0-10) on the operation day, first, second and third post-operative day. The amount of systemic pain-killer used on the first three post-operative days was recorded. Duration of confinement to bed, first uprising time post operation, women satisfaction and complication rates were compared in both groups.

Results: The P-value was <0.05 between two groups regarding the age, types of anaesthesia, occupation, the first uprising time in hours post operatively, confinement to bed in number of hours per day, woman satisfaction to post-operative pain management, the mean pain severity, the type of pain-killers were received on the operation day, first, second and third post-operative day and amount of pain-killer were received on first three days after operation.

Conclusion: Injection of Bupivacaine into the surgical incision may reduce post surgical pain after gynaecological and obstetrical operation thus less demand of pain-killers and confinement to bed. It also helps early mobilization and increased patient satisfaction.

A Comparative Study of two Different Protocols for Post- Operativenoxaparine as Prophylaxisof Venous Thrombo-Embolism

Name: Raghdaa' Hussein Taqi

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 23-6-2014

Supervisor: Assistant Professor. Sabat A. M. Barawi

Abstract

Background: Enoxaparin is a class of [medication that](#) could be used as prophylactic agents in conditions when there is risk of venous thromboembolism (deep vein thrombosis or pulmonary embolism).

Objective: To assess the cost/ effect of two different protocols of enoxaparin as prophylaxis in decreasing the incidence of postoperative pulmonary embolism and deep vein thrombosis in patients at moderate or severe risk to develop such complications.

Patient and Methods :A comparative study of two different protocols for post-operative enoxaparin as prophylaxis of venous thromboembolism was conducted at Maternity Teaching Hospital in Erbil city/ Kurdistan/ Iraq, between April 1st 2013 and January 1st 2014. Four hundred patients who were at risk for developing venous thromboembolism divided randomly to two groups, group-A (200 patients who received the prophylactic dose of enoxaparin (40 mg) for seven days) and group-B (200 patients who received the same dose but for one day).

Results: Postoperative outcome showed that there was no statistically significant difference between group A and group B in relation to infection, hematoma, wound dehiscence and re-admission to the hospital. Regarding patient satisfaction there was statistically significant difference between the two groups with higher percentage of unsatisfied patients in group-A. For deep vein thrombosis, pulmonary embolism and death; it was statistically not applicable. About cost of the treatment in each group, was \$38.50 per patient for group A and \$5.50 per patient for group B. The total cost for 200 patients in the group-A was \$7.700 while 200 patients in the group-B were treated for \$1.100. There was no statistical

Association of Interleukin-1 and Interleukin-6 with Disease Activity in Rheumatoid Arthritis in Erbil

Name: Halala Jamal Rashid Hawezy

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 22-6-2014

Supervisor: Assistant professor .Dashty A. Al-Bustany

Abstract

Interleukin (IL)-1 and Interleukin (IL)-6 play a major role in local and systemic manifestation of rheumatoid arthritis.

Aim: This study was performed to determine whether the serum concentrations of interleukin (IL)-1 and interleukin (IL)-6 are elevated in patients with rheumatoid arthritis (RA) and to investigate the relationship between IL-1 and IL-6 cytokine levels and disease activity in RA patients.

Materials and Methods: We collected serum sample from 90 patients with RA, and we assessed the clinical parameters of disease activity, including the 28-joint disease activity score (DAS28), erythrocyte sedimentation rate (ESR) and C-reactive protein (CRP) levels. Serum concentrations of IL-1 and IL-6 were measured using an enzyme-linked immunosorbent assay (ELISA). **Results:** Serum concentrations of IL-1 and IL-6 cytokines were significantly elevated in patients with RA compared to normal serum value ($p < 0.05$) and there was a significant association between serum IL-1 and IL-6 with level of ESR, CRP and with DAS28 ($p < 0.001$).

Conclusion: The serum concentrations of IL-1 and IL-6 cytokine were significantly elevated in patients with RA, and they have positive correlation with DAS28.

Key Words: Rheumatoid arthritis, interleukin-1, interleukin-6 and 28-joint disease activity score.

Prevalence of Dyslipidemia and Its Association with Disease Activity in Patients with Rheumatoid Arthritis in Erbil City

Name: Shnow Burhan Hameed

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 16-6-2014

Supervisor: Dr.Niaz J.Al-Barzinjy

Abstract

The objectives are to measure Prevalence of Dyslipidemia in patients with Rheumatoid Arthritis compared with healthy control peoples and to find out correlations between Dyslipidemia and disease activity in patients with Rheumatoid Arthritis.

Methodology: A total of one hundred female patients with RA were included in the study, they were attending routine out-patient clinics and hematological department in Rizgary teaching hospital who fulfilling the 1987 revised American College of Rheumatology (ACR) and 2010 American College of Rheumatology/European league against Rheumatism classification criteria for RA and one hundred healthy female age-matched controls. Fasting lipid profiles of cases and control were estimated after an overnight fast of 12 hours. Association between lipid profile and disease activity using disease activity score DAS 28, inflammatory markers (CRP and ESR) was also determined.

Results: RA patients showed a higher prevalence of associated dyslipidemia (47%) in comparison to control (5%) p- value 0.004.

Our result showed a significant reduction in serum high density lipoproteins (HDL) p-value 0.04, with significant elevation of serum total cholesterol, triglyceride, low density lipoprotein and very low density lipoprotein p-value 0.001,0.004,0.04and 0.05 respectively in comparison to controls. There was a significant relation between disease activity score 28 and s. HDL p-value 0.001 and there was a significant relation between ESR and TG p-value 0.05.

Conclusion: Dyslipidemia are frequent among the patients with rheumatoid arthritis and highly associated with active RA. Serum HDL significantly reduced while other parameters of lipid profiles significantly increased in comparisons to control.

Key word: rheumatoid arthritis, dyslipidemia, disease activity.

Echocardiographic Evaluation of Kidney Recipients Pre and Post Transplantation Erbil Centre for Kidney Transplantation

Name: Osama Sameer Mahdy

Degree: Higher Diploma

Specialty: Nephrology

Date of the debate: 29-6-2014

Supervisor: Assist .prof. Hussein Yousif Senjari

Abstract

Background: Cardiac disorders are very common in individuals with chronic kidney disease and are associated with morbimortality.

Objective: To evaluate, by means of transthoracic echocardiography, the morphological heart alterations after the first three months of kidney transplantation.

Methods: This prospective study evaluated 53 patients with chronic kidney disease, immediately before and three months after kidney transplantation, using Doppler echocardiographic study. The left ventricular systolic and diastolic function parameters were analyzed.

Results: The mean age was 34.4 years and 30% of patients were female. We observed a reduction in left ventricular diastolic diameter (52.53 to 50.25 mm, $p = 0.021$) after kidney transplantation. The ejection fraction increased three months after kidney transplantation compared to basal assessment (70.8% vs. 64.7%, $p < 0.05$). The prevalence of LV diastolic dysfunction decreased (58% vs. 32%, $p = 0.02$), the prevalence of LVH decreased (68% vs. 40%, $p = 0.019$) and the prevalence of mitral regurgitation decreased (77% vs. 34%, $p = 0.002$) three months after kidney transplantation.

Conclusion: Kidney transplantation resulted in significant alterations in Doppler echocardiographic parameters of LV systolic and diastolic function in patients with chronic kidney disease.

Keywords: Kidney diseases / complications; kidney failure, chronic; kidney transplantation / mortality; echocardiography doppler.

Anemia of Chronic Disease and Iron Deficiency Anemia among Patients with Rheumatoid Arthritis and its Association with C - reactive protein and ESR and Disease Activity Score in 28 Joints

Name: Lara Hanna Rahim

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 1-3-2014

Supervisor: Assistant professor. Dashty A. Al-Bustany

Abstract

The objectives are to find the prevalence of anemia in rheumatoid arthritis patients and to detect which types of anemia is common, and the effects of anemia on the disease activity reflect by 28-joints (DAS28) score.

Method: This prospective study involved 108 patients with RA (92females, 16males); they were attending routine out-patient clinics and physiotherapy unit in Rizgary teaching hospital. Complete blood picture was done for every patient, acute phase reactants: CRP, ESR, ferritin for anemic patients was measured. Anemia was defined as a hemoglobin (Hb) less than (12 g/dl) for women and < (13.5 g/dl) for men according to WHO criteria. Iron deficiency anemia was defined as (microcytic hypochromic anemia and decreased serum iron and ferritin), Anemia of chronic disease was defined as (normocytic normochromic anemia with normal serum ferritin level).

Results: Fourty one patients with RA had anemia during their course of the disease, 26 were found to be having Anemia of chronic disease and 13patients were found to be having Iron deficiency anemia, remaining 2 patients suspect thalassemia trait. In anemic RA, the mean DAS28 and SD was 5.03 ± 1.47 . while in non anemic RA, the mean and SD of DAS28 was 3.88 ± 1.17 . P value was < 0.001 .

Conclusion: Anemia was frequent among RA patients and ACD was the most common type of anemia. It was concluded that patients with anemia tend to have more severe disease. There was positive relationship between DAS28 score and CRP in anemic group.

Oral versus rectal misoprostol in the prevention of postpartum hemorrhage after vaginal delivery

Name: Trefa Mala Fattah

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 8-6-2014

Supervisor: Assistant professor.Ghada Al-Sakkal

Abstract

Background :Post partum haemorrhage is one of the top three causes of maternal death worldwide. Prostaglandin E1analogue has been suggested as an alternative of the routine prophylactic oxytocic agents in the prevention of primary post partum haemorrhage.

Objectives: To compare the effectiveness of misoprostol (600mcg)when administrated orally with same dose administrated rectally for prevention of primary post partum haemorrhage.

Patients and methods: This study was conducted as a randomized controlled trial at Maternity Teaching Hospital, Erbil city, Iraq, from the 1st of April 2013 to the 1st of January 2014. A total of 400 women were randomly assigned into two groups;to receive 600 mcg orally misoprostol tablets (200 patients) or 600mcg rectal misoprostol tablets (200 patients) , immediately after placental delivery. Total amount of blood loss, the need for additional uterotonic agents, change in Hb and PCV level from admission to 24 hours after delivery and side effects of misoprostol were all assessed. P value<0.05 is significant.

Results: In this study we had no case of primary post partum haemorrhage.The mean±SD blood loss was 95.536±68.195 in group1 versus 85.678±49.464 in group 2, this difference was statistically not significant.We did not need to use additional agents in both study groups.There was no statistically significant difference in Hb level change and PCV% change, but there was highly significant difference among study groups regarding side effects of misoprostol(mild to moderate pyrexia, mild, moderate to sever shivering, nausea, vomiting and abdominal pain)which were frequently seen in the oral group .

Conclusion:Oral misoprostol (600mcg)when given immediately after placental delivery for prevention of primary PPH has comparable effect on blood loss, to the same doses given rectally . Although the adverse effects were more frequently seen in oral group, but they were mostly mild, transient and self limiting.

Hearing Evaluation in Relation to the Site and Size of Tympanic Membrane Perforation

Name: Dlnya Anwer Qader

Degree: Higher Diploma

Specialty: Otolaryngology

Date of the debate: 15-9-2014

Supervisor: Assistant Professor .Moyaser Abdulrahman Yaseen

Abstract

The tympanic membrane (TM) serves as a key component of the tympano-ossicular system for sound transmission.

Perforation of the TM is common in an otologic practice, can vary in size and position and result from various causes such as trauma and otitis media. Perforations of the TM can result in a conductive hearing loss (CHL) that ranges from negligible to significant loss.

Objectives:

To evaluate and analyse the hearing loss in relation to site and size of tympanic membrane perforation.

Patients and Methods:

To determine the accurate size of TMP we used digital camera assisted by rigid endoscopic ear examination and re-analysed by calculating the percentage of TMP area to the total area of the TM. Patients were divided into four grades according to size; grade I (small for TMP less than 25% of TMS), grade II (medium for TMP between 25% and 50% of the TMS), grade III (large for TMP between 50% and 75% of the TM surface and grade IV: total for TMP more than 75% of the TMS).

According to site perforations were divided into anterior and posterior group; and according to duration into group A (<1 month), group B (> 1 month and <2 months), group C (> 2 months and < 3 months), group D (3-6 months) and group E (> 6 months). Hearing loss was measured in each case with pure tone audiometry. Data were analysed statistically using SPSS version 10.0. The p value <0.05 is considered to be statistically significant.

Results:

Hearing loss increased as the perforation size increased [grades I vs. II, grade II vs III, grade I vs. III ($p < 0.001$)]. Hearing loss was more in posterior quadrant perforation than anterior quadrant perforation and difference was significant statistically ($p 0.021$). PI perforation cause more hearing loss than AI perforation and this was statistically significant ($p 0.011$).

Conclusions: A linear relationship between the size of a perforation and the conductive hearing loss does exist. There is definitely a difference in mean hearing loss for anterior perforation and posterior perforation. So effect of site on the hearing loss was substantial.

Keywords: Hearing loss, Perforation, Tympanic membrane

Mode of Delivery and Fetal Outcome in Women with Diabetes Mellitus

Name: Evan Siamand Hamad

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 22-6-2014

Supervisor: Dr. Serwa R. Al-Dabagh

Abstract

Background: Diabetes mellitus is a common clinical syndrome characterized by hyperglycemia caused by absolute or relative deficiency of insulin. This medical condition can affect pregnant women and associated with poor maternal and fetal outcome. Strict glycemic control before and throughout pregnancy will improve outcomes in both mother and baby. The prevalence of diabetes in women of reproductive age is increasing as a consequence of population aging, lifestyle changes and increased obesity rates.

Objective: To assess maternal and fetal outcome in pregnancies complicated by diabetes mellitus and compare it with control group.

Design and setting: A hospital based, case control study was conducted at Maternity Teaching Hospital in Erbil city, the capital of Kurdistan region, North of Iraq. The duration of study was from first of March to thirty of November 2013.

Patients & method: The sample size included 200 pregnant women who were admitted to the labor room. 100 pregnant women with diabetes mellitus (as a case group) at gestational age ≥ 24 week and 100 pregnant women without diabetes mellitus (as a control group) with same gestational age.

Result: There were statistically significant difference between cases and controls in relation to maternal age, parity, gestational age, positive family history of DM in first degree relative, previous history of big baby, presence of preeclampsia and polyhydramnios in current pregnancy. Rate of cesarean section was high 74% in diabetic patient compared to 33% in the control group. There was statistically non significant different between cases and controls in relation to weight of neonate ($P= 0.061$) and presence of congenital anomaly ($P= 0.212$). There were 5 cases of congenital anomaly among diabetic group and only one case in control group. Although there was statistically no significant difference in relation to perinatal mortality but the rate was higher among diabetic group 12 cases (5 macerated stillbirths, 2 fresh stillbirths and 5 early neonatal deaths) compare to 5 cases in control group.

Conclusion: Pregnancy outcome in DM was still unsatisfactory in term of high maternal, fetal and neonatal complication. Caesarean section was the commonest mode of delivery. Preconceptual counseling and adequate control of blood sugar before and during pregnancy has been associated with improved maternal and perinatal outcome.

Efficacy of Cryotherapy in the Treatment of Actinic Keratoses

Name: Media Azad Hameed

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 7-6-2014

Supervisor: Dr.Shahrayar Mamand Nanakaly

Abstract

Actinic keratosis is a common premalignant lesion. It is very common in patients with light skin color and significant sun exposure. Cryosurgery with liquid nitrogen is commonly used to treat actinic keratosis, but there have been few studies examining the true rate of cure in every day dermatologic practice.

Objectives: To determine the efficacy of cryosurgery as a treatment for AK in every day dermatologic practice in Rizgary Teaching Hospital in Erbil city.

Methods: A prospective, uncentered study was performed. patients with AK greater than 3mm in diameter on the face and scalp were recruited. Eligible lesion received a single freeze-thaw cycle with liquid nitrogen given via spray device and were reviewed 3 month later. The key to this study was first to use the timed freeze – thaw cycle technique, with freeze time (10s), the second one was that the freeze of each lesion needed to include a 1-2 mm rim of surrounding normal tissue. Treated lesions were assessed as complete response or non complete response. The adverse events, complications and cosmetic outcomes were examined and recorded.

Results: 106 adult patients from the community were recruited. The overall individual complete response rate was 94.3%. The main adverse events were pain, edema, erythema, which were mild and well tolerated.

Long-term complications after 3-months follow up included hypopigmentation (32.1%), hyperpigmentation seen in (18.9%), scar formation (1.9%) and atrophic scar formation (17.0%). Cosmetic outcomes were good to excellent in (81.1%).

Conclusions: Cryotherapy is an effective treatment of AK with a high cure rates however a number of complications were recorded such as pigmentary change and scar formation, which should be considered and clarified for patients before starting the treatment.

Pattern of Cystoid Macular Edema in Erbil

Name: Muhsen Ahmmed Ali Al-jubouri

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 22-6-2014

Supervisor: Dr. Ahmed Kareem Joma

Abstract

Background and objectives: Cystoid Macular Edema (CME) in its various forms can be considered one of the leading causes of central vision loss in the developed world. It is not a disease itself, It represents a common pathologic sequel of the retina and occurs in a variety of pathological conditions such as, diabetic retinopathy, central or branch retinal vein occlusion, intraocular inflammation and following cataract extraction. This study was done to investigate the pattern of CME in patient attending Erbil Teaching Hospitals.

Methods and Materials: This is a hospital base prospective study that included 61 patients (75 eyes) conducted at Erbil Teaching Hospital and Rigor Teaching Hospital for six months. All patients underwent a comprehensive assessment including medical and ophthalmic history and detailed ophthalmic examination including slit lamp examination, intraocular pressure measurement (IOP), Best corrected visual acuity (BCVA), dilated fundus examination and Optical Coherence Tomography (OCT) examination.

Results: of the 61 patients 32 (52.5%) were females and 29 (47.5%) were males. The mean age (56.4 ± 10.8) years. Out of the 75 eyes included in the study, 41 eyes (54.66%) had diabetic retinopathy, 10 (13.34%) eyes had CME following cataract operation (Irvine-Gass syndrome), 8 eyes (10.67%) had BRVO, 6 eyes (8%) were had CRVO, 5 eyes (6.66%) had Age related Macular Degeneration, 3 eyes (4%) with uveitis, and 2 (2.67%) had Retinitis Pigmentosa. The average macular thickness was (415.6 ± 107).

Conclusions: Diabetic retinopathy is the most common predictive factor of CME, followed by cataract surgery. CME is more severe in diabetic retinopathy, CRVO and after cataract surgery.

Correlation of Carotid Artery Intima-Media Thickness and Luminal Diameter to Body Mass Index and Cardiovascular Risk Factors in Adult Population

Name: Sarbast Abdulla Mahmuud
Degree: Higher Diploma
Specialty: Clinical Radiology
Date of the debate: 7-9-2014
Supervisor: Dr. Sameeah A. Rashid

Abstract

Background and Purpose: B-mode ultrasound is a widely used technique in clinical practice for the measurement of extracranial Carotid intima-media thickness and is increasingly used as a surrogate marker for atherosclerosis. We aimed to study the correlations between carotid artery intima-media thickness and luminal diameter with body mass index and the classic cardiovascular risk factors.

Subjects and Methods: An observational cross sectional study on 150 adults was performed. Subjects were classified according to body habitus in to different body mass index groups and were evaluated for traditional cardiovascular risk factors. Intimal-medial arterial wall thickness and luminal diameter of the extra cranial carotid arteries were measured by B-mode real-time ultrasound of the extracranial carotid arteries, and correlated to body mass index and cardiovascular risk factors.

Results: The mean carotid intima-media thickness was (0.76 ± 0.24 mm) and increased from 0.72mm in the normal to 0.92mm in the extreme obese, indicating significant correlation with body mass index ($p = 0.04$). The correlation between BMI and carotid luminal diameter was not significant ($p = 0.3$). There were significant correlation between carotid intima-media thickness with hypertension, diabetes, high cholesterol and triglyceride levels and exercise while no significant association between intima-media thickness and luminal diameter with subjects' risk factors like family history of stroke and ischemic heart diseases, alcohol intake and smoking were detected.

Conclusions: Obesity, hypertension, diabetes mellitus, high cholesterol and triglyceride level have great impact on carotid intima media thickness which is a strong marker for early atherosclerosis.

Association of Helicobacter Pylori Infection with Chronic Urticarial in Erbil: A Case Control Study

Name: Faeza Rasul Mohammed

Degree: Higher Diploma

Specialty: Dermatology & Venereology

Date of the debate: 13-5-2014

Supervisor: Assistant Professor .Khalis Bilal Mohammed-Ali

Abstract

Background and objectives: Chronic urticaria is one of the most frequent skin diseases and still its etiology is recognized only in a minority of cases. Some recent studies point to infections due to H. pylori as being of major importance in the pathogenesis of chronic urticaria. This study was carried out to find out the association of H. pylori with chronic urticaria.

Subjects and methods: A case control study conducted in Rizgary teaching hospital in Erbil city within period of 1st April 2013 to 1st January 2014. The study included cases with chronic urticaria and controls that are free from features of chronic urticaria with age and sex matching. The data collected through direct interview and recording of results of laboratory investigations in a specially designed questionnaire for this purpose. Enzyme linked immunosorbent assay test was used for detection of H. pylori antigen in the stool sample. SPSS was used for data analysis. P value of ≤ 0.05 was considered as statistically significant.

Result: In this study 55 cases and 55 controls were enrolled, their age ranged from 13 to 65 years. Stool for H. pylori antigen test in 69.1% of cases and in 29.1% of controls were positive, with odds ratio of 4.77 of cases to controls and this difference was statistically highly significant ($P < 0.001$). The mean age & SD of positive H. pylori patients were 30.7 ± 12.6 years, with male to female ratio 1:2.8. The highest rate of positive H. pylori was among those with duration of urticaria from 2-12 months.

Conclusion: There was strong association between H. pylori and chronic urticaria. H. pylori eradication therapy may have a role in treating patient with chronic urticaria.

Assessment of serum total testosterone level in young females with acne vulgaris

Name: Fatin Qaraney Fattah
Degree: Higher Diploma
Specialty: Dermatology and Venereology
Date of the debate: 9-6-2014
Supervisor: Dr.Yousif Baha-addin Ahmad

Abstract

Background: Acne vulgaris is a chronic inflammatory disease of the pilosebaceous unit, characterized by comedones, papules, pustules and nodules. Acne affects primarily the face, neck, upper trunk. Acne typically begins at puberty and it is often the first sign of increased sex hormone production. In all women with acne the possibility of hyperandrogenic state should be considered.

Objectives: To determine the relationship between abnormal serum testosterone level and severity of acne in young females, and if there is association of acne with other virilising signs.

Methods: IT was a case - control study carried out from April 2013 to January 2014 in the consultation department of Dermatology and Venereology at Rizgary Teaching Hospital in Erbil city. Sixty females were considered group A(case group with acne) and 60 females were considered as group B (control group without acne).

Results: In our study serum testosterone level was higher among patients with acne compared to the control group in which mean serum testosterone level was 0.51 ng/ml \pm 0.27 among case group and mean serum testosterone level was 0.31 ng/ml \pm 0.12 among control group and the p-value was <0.05, indicating a significant difference between the two groups. Serum testosterone was significantly higher among 13 cases (21.7 %) and among the control none had elevated testosterone level. In fact 13females (21.7%) of controls were below normal level. Also hirsutism was found in 40 cases (33.3%), irregular cycle was found in 28 cases (23.3%), androgenic alopecia was found in 35 cases (29.2%), acanthosis nigricans was found in 18 cases (15%).

Conclusion: There is a significant association between serum testosterone and acne vulgaris in female patients. Testosterone levels should be measured in patients with acne who are resistant to treatment.

Pattern of Viral Warts in a Sample of Children in Erbil City

Name: Nafal Elham Ibrahim

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 4-9-2014

Supervisor: Assistant Professor. Jwan M. Sabir Zangana

Abstract

Background and objectives: Viral warts represent a common dermatological disease encountered in daily practice. The aim of this study was to review the pattern of different types of viral wart in a sample of children aged (4-12) years in Erbil city.

Subjects and Methods: A descriptive cross-sectional study was done between March 2013 through April 2014 in the outpatient clinics of dermatology and venereology at Rizgary Teaching Hospital in Erbil. A sample of 300 children aged (4-12) years from both gender with different types of wart were collected by using especially designed questionnaire through direct interview. Statistical package for social sciences (SPSS version 19) was used for data analysis.

Results: Common warts were the most common type (57.3%) followed by plane warts (14.7%) and plantar warts (12.7%). Dorsum of the hands were the most common sites involved. (55.3%) of children were female. Children aged (8-12) years constituted about 52.7% of the cases. Complaint was present in 50.3% of cases. Annoyance was the most common complaint (16.7%).

There was statistically significant association between clinical types of viral wart and age, sun exposure, presence of complaint and types of complaint.

There was no statistically significant association between clinical types of viral wart and gender, socioeconomic state, body mass index percentile, use of public swimming pools, walking barefoot at home and practicing sport barefoot.

Conclusion: Common warts were the most common type of viral warts among school aged children on the dorsum of their hands, with the complaint of annoyance in most of them, which associated significantly with sun exposure and their age.

Association of Intraocular Pressure with Cataract Surgery

Name: Zed Janan Petris

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 5-6-2014

Supervisor: Dr. Ahmed Ismail Abdulgani

Abstract

Background: -Cataract and glaucoma are first and second leading

Causes of blinding world wide, they are common co-morbidities. Cataract surgery is frequently performed in patients with glaucoma .There are many reasons to consider cataract extraction in glaucoma patients. These individuals derive great visual benefit from the increased acuity and improved contrast sensitivity provided by a clear artificial lens. An improvement in vision allows for more accurate visual field monitoring, and a clear optical pathway enhances the quality and reproducibility of optic nerve imaging.

The objective of study:- It was to determine if there is an association between IOP with cataract surgery in human eyes by monitoring changes in intraocular pressure in a patients who undergone cataract surgery in Hawler Teaching Hospital in Erbil.

Patients and Methods:- This cross-sectional study was conducted on 71 subjects undergone cataract surgery in Hawler teaching hospital in Erbil city in a period between (April 2013 and April 2014). Full ophthalmic examination including intraocular pressure measuring was done to every participant before cataract surgery, 1 week and 1 month after surgery.

Results: - Paired samples t test shows statistically highly significance difference (p value less than 0.001) between mean IOP measurements before, 1week and 1 month after cataract surgery (p value of<0.05 is regarded as statistically significant with 95% Confidence Interval of the Difference). The average decrease in postoperative IOP from preoperative IOP during 1 month was 2.02mm Hg (12.39%).

Conclusions:-Cataract surgery decrease intraocular pressure and can considered as effective way to manage patients with a concurrence of glaucoma and cataracts.

Keywords:- Intraocular pressure, Cataract surgery

Quality Of Life of Adolescent Patients with Thalassemia Major in Erbil Governorate

Name: Govand Saadadin Sadraldeen

Degree: Higher Diploma

Specialty: Family Medicine

Date of the Debate: 29-9-2014

Supervisor: Dr. Ali Shakir & Dr. Noori Abdulla

Abstract

Background: Morbidity and mortality related to thalassemia have been reduced significantly with modern medical treatment, and quality of life should now be considered an important index of effective health care, it focuses on the individuals' own views of their well-being and assesses other aspects of life, giving a more holistic view of well-being.

Methods: It is a center based cross-sectional study, conducted in Erbil city involved two hundred sixty patients that have thalassemia major. Data were collected from 1st of July 2013 to 30th of January 2014, by using questionnaire through direct interview. The questionnaire was written in English language, basically prepared and developed on the basis of previous survey to assess patients' quality of life with some modifications. Statistical package for social sciences version 18 was used for data analysis.

Results: In this study, although there was a difference when we compared various health's related quality of life scores with various clinical characteristics, however we found that the mean physical functioning score compared to house ownership (2.58 ± 0.24) with p value 0.001 and the mean psychological score compared to Age onset of anemia < 2 years old (2.53 ± 0.29) with p value 0.027 are statistically significant.

Conclusions: The present study showed that the majority of factors non-significantly affected the health related quality of life scoring only frequency of blood transfusion, and possession of car had significant association when compared in two median categories. House ownership, age at onset of anaemia had a significant association, but only in the physical and psychological scoring respectively.

Evaluation of Ultrasonography and Fine Needle Aspiration Cytology Finding Of Solid Thyroid Nodules

Name: Dler Ali Hasan

Degree: Higher Diploma

Specialty: Radiology

Date of the debate: 20-10-2014

Supervisor: Dr.Ayad Faraj Rasheed

Abstract

Background and aim: Although nodular thyroid disease is relatively common, thyroid cancer is rare and accounts for less than 1% of all malignant neoplasm. The aim of this study is to assess ultrasonographic diagnosis of malignant solid thyroid nodule in comparison with fine needle aspiration cytology findings.

Patient and method: This cross sectional study was done at Rizgary teaching hospital from June 2013 to March 2014. Sonographic scans of 41 palpable and non palpable solid thyroid nodules were done. If even one of malignant sonographic features was present, the nodule was classified as malignant. The final diagnosis of a lesion as benign or malignant was confirmed by fine needle aspiration cytology findings. The sensitivity, specificity, positive predictive value, negative predictive value, accuracy and Kappa test were then calculated.

Results: Among 41 solid thyroid nodules 11 lesions were classified as positive considering the sonographic characteristics and 13 of them were proved to be malignant on fine needle aspiration cytology. The sensitivity, specificity, positive predictive value, negative predictive value and accuracy based on our sonographic classification method were 80.6%, 64.3%, 52.4%, 90%, and 70.7%, respectively and it was concluded that there is extremely statistically significant moderate degree of agreement between ultrasound and fine needle aspiration cytology for diagnosis of malignant thyroid nodules.

Conclusion: Ultrasound is valuable for identifying many malignant thyroid nodules. No single ultrasound criterion is reliable in differentiating all benign from all malignant thyroid nodules. Fine-needle aspiration cytology should be performed on thyroid nodules classified as positive, regardless of palpability

Cup Disc Ratio of Healthy eyes In Erbil city

Name: Abubakir Dhahir Tawfeeq

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 20-10-2014

Supervisor: Dr. Ahmad Ismail Abdulgani

Abstract

Background and objectives: cup to disc ratio is used as part of assessment and follow up for glaucomatous patients, this study was done to specify cup to disc ratio of study population and to recognize association between cup to disc ratio and other demographic variables, like; gender and age groups in a sample of normal population in Erbil city.

Methods: this is a cross sectional study, that included 128 eyes conducted at Hawler Teaching Hospital for seven months. All participants underwent comprehensive assessment including medical and ophthalmic history and ophthalmic examination. Intraocular pressure was measured with Goldman Applanation Tonometer. Clinical assessment of cup to disc ratio, assessment of optic nerve parameters including vertical cup to disc ratio, horizontal cup to disc ratio, cup area, disc area and cup area to disc area ratio using optical coherence tomography (OCT RS -3000)

Results: the mean cup area to disc area ratio in males was 0.24 ± 0.16 and in female was 0.21 ± 0.14 , the mean cup area to disc area ratio by optical coherence tomography was 0.27 ± 0.20 . The mean of horizontal cup to disc ratio and vertical cup to disc ratio were 0.58 ± 0.18 and 0.39 ± 0.17 respectively, while clinically 0.24 ± 0.16 and 0.22 ± 0.14 respectively, there was moderately significant correlation coefficient between clinical mean and optical coherence tomography mean cup to disc ratio, while there was statistically significant difference in horizontal and vertical cup to disc ratio clinically and using optical coherence tomography machine. There was statistically significant increase in cup to disc ratio with age. There was statistically significant difference in mean cup area to disc area ratio and vertical cup to disc ratio between males and females.

Conclusion: There is moderate agreement between clinical evaluations of cup area to disc ratio and optical coherence tomography, so clinical method is a good method for assessing cup to disc ratio, although clinically there was under estimation of some parameters related to the optic nerve head.

The Effect of Metoclopramide on Post-Tonsillectomy Vomiting

Name: Fuad Ahmad Khorsheed

Degree: Higher Diploma

Specialty: Orthopedics

Date of the debate: 12-8-2014

Supervisor: Dr. Youssef Rashid Mohammed

Abstract

Background:

Tonsillectomy is still a commonly performed surgical procedure in otolaryngology and followed by many complications. Nausea and vomiting forms most morbidity posttonsillectomy and can be very distressing, results in delay hospital discharge and increase hospital coast , metoclopramide can be used preoperatively (as antiemetic) to decrease intensity of postoperative emesis.

Objective:

The aim of this study is to detect the rule of metoclopramide in the prevention of postoperative tonsillectomy nausea and vomiting.

Patients and methods :

This is a comparative study carried out on (200) patients in Rizgary Teaching Hospital- Erbil from August 2013 to January 2014 to determine the benefits of peroperative metoclopramide (intravenously) as reducing post-tonsillectomy nausea and vomiting. The patients were divided into two groups, studied group (100 patients) who received metoclopramide preoperatively (0.2mg/kg body weight) and control group (100 patients) who did not receive the drug. Different age groups (both children and adults) were included, and the patients were followed for the first and second 24 hours after operation for any occurrence of nausea and vomiting.

Results:

There were significant results regarding nausea and vomiting between the studied group and those controlled group in the first 24 hours postoperatively, with significant statistic values. The adverse effects were minimal with one incidence of extrapyramidal symptom in the studied group.

Conclusion :

Metoclopramide worthy to be used during tonsillectomy operation to control the post-tonsillectomy nausea and vomiting unless there is a definitive contraindications for its use.

Keyword

Tonsillectomy, Metoclopramide, Adenotonsillectomy, Post-tonsillectomy nausea and

A Comparative Study between Intramedullary Nailing Versus Plating for the Treatment of Diaphysis Non United Fractures.

Name: Mohammed Ahmed Muhi Aldeen

Degree: Higher Diploma

Specialty: Orthopedics

Date of the debate: 18-9-2014

Supervisor: Dr. Youssef Rashid Mohammed

Abstract

Background: Nonunion is one of the serious complications of fractures and it occurs when the fracture has little or no potential to heal . Operative treatment is usually the treatment of choice for established nonunion fractures and this can be either with intramedullary locking nails, plates and screws, or ilizarov technique.

Objective: The aim of this study is to assess the value of union among patients complaining of nonunion fractures treated by intramedullary nailing or plating as regard rate of union and complications, and reporting important risk factors affecting outcome.

Material and Methods: This retrospective comparative study conducted Between march 2013 and February 2014 in Erbil Teaching Hospital, West Erbil Emergency Hospital and private hospitals . 30 patients with history of nonunion fractures treated by either intramedullary nailing or plate and screw were followed up until union occurred(3-6)months. Group 1:(15patients)male(10)female(5)(mean age,34.87±13.061)years treated by locked plate with bone graft.Group2(15patients)male(11)female(4)(mean age,43.87±16.656)years treated by locked intramedullary nailing with or without bone graft. The results of both groups regarding union were compared.

Results: All patients in both groups had union as a final outcome after procedure of fixation, the time of union ranged between (2-5) months , the mean time of union for patients treated with plate and screw was(3.60) months and was less than that for patients treated with intramedullary nails which was(4.13) months, this difference was clinically significant. The period of follow up was between(3-6) months.

Conclusion: Locked Plates & screws and intramedullary locked nails have a good final outcome regarding union for nonunion fractures treated by these procedures of fixation, but union in patients treated with locked plate and screws was faster than patients treated with locked intramedullary nails.

Keywords: Nonunion fractures, intramedullary nailing, plate&screw.

Treatment of Acute Abscesses in the Casualtydepartment

Name: Lezan kh.Muhedeen

Degree: Higher Diploma

Specialty: general surgery

Date of the debate: 3-5-2015

Supervisor: Dr. Nooraddin Ismail

Abstract

Study objective: Emergency department visits for skin and soft tissue infections are increasing with the discovery of community-acquired -resistant *Staphylococcus aureus*. Whether abscesses treated surgically also require antibiotics is controversial. There are controversy evaluating the need for antibiotics in acute abscess management. We determine the benefits of antibiotics in surgically managed acute abscesses.

Methods: This was a double-blind, randomized, controlled trial. patients were randomized to receive 10 days of placebo or trimethoprim-sulfamethoxazole after incision and draining. Follow-up consisted of a visit/call at 10 to 14 days. Primary outcome was treatment failure at the 10-day follow-up. Secondary outcome was new lesion development at the 10- day follow-ups. Noninferiority of placebo relative to trimethoprim-sulfamethoxazole for primary and secondary outcomes was assessed.

Results: One hundred sixty-one patients were enrolled, with 12 lost to follow-up. The failure rates were 5.26% (n4/76) and 4.11% (n3/73) in the placebo and antibiotic groups, respectively, yielding a difference of 1.15, with a 1-sided 95% confidence interval (CI) (1.15% to 6.8%). Noninferiority was established with an equivalence threshold of 7%. New lesions occurred at the 10-day follow-up: 19 on placebo (26.4%) and 9 on antibiotics (12.9%), yielding a difference of 13.5, with 95% 1-sided CI (13.5% to 24.3%). At the 3-month follow-up, 15 of 52 (28.8%) in the placebo group and 13 of 46 (28.3%) in the antibiotic group developed new lesions. The difference was 0.58, with 95% 1-sided CI (0.5% to 15.6%).

Conclusion: Antibiotics are not required for pediatric skin abscess resolution. Antibiotics may help prevent new lesions in the short term, but further studies are required.

Serum Ferritin Level and Its Relation Hemoglobin Level among Sample of Pregnant Women in Maternity Teaching Hospital Erbil City

Name: Layla Mohamed Salih

Degree: Higher Diploma

Specialty: Family Medicine

Date of the debate: 21-6-2015

Supervisor: Assistant Professor. Jwan M. Sabir Zangana

Abstract

Background and objectives: Anemia is the most common medical disorder of pregnancy, which has a negative impact on the immune system, physical work capacity, cognitive performance and national socio-economic development. The aim of this study was to determine and identify correlation between serum ferritin and hemoglobin level in sample of pregnant women attending Maternity Teaching Hospital in Erbil city.

Materials and methods: A descriptive cross-sectional study was conducted during the period of March 2014 up to April 2015 at the Maternity Teaching Hospital in Erbil city, Kurdistan region/ Iraq. A convenience sample of 300 pregnant women at their second and third trimester had been included in this study. Data collected by using especially designed questionnaire through direct interview and then blood samples were taken from all participants to measure their serum ferritin and hemoglobin level. Anemia defined by hemoglobin level less than 11 gm/dl or hematocrit less than 33%, and iron depletion by serum ferritin less than or equal to 30 ng/ml.

Results: In the current study 300 pregnant women participate, with age range 16 to 45 years. The prevalence of anemia according to the hemoglobin level was 44%, hematocrit 45.7% and prevalence of low ferritin was 69%. Among those who had hemoglobin less than 11 gm/dl, 70.5% had low ferritin. No association was found between serum ferritin and hemoglobin level.

There was statistically significant association between serum ferritin level and parity, hypertension, infection, peptic ulcer disease, iron treatment.

Other factors like socioeconomic state, birth space, gestational age, diabetes, hypothyroidism, smoking, dietary habits and drinking tea were found to have no significant effect on serum ferritin level.

Conclusion: The current study showed high prevalence of iron depletion. Moreover, the hemoglobin level was not all time good indicators for low ferritin level. So must be measuring serum ferritin level of pregnant women to identify type of anemia and then treat the patient accordingly.

Application of Modified Thyroid Imaging Reporting and Data Systems in the Evaluation of Thyroid Nodules

Name: Basan Jamal Ahmed Harris

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the debate: 12-11-2015

Supervisor: Assistant Professor. Sameeah A. Rashid

Abstract

Background and Objectives: the initial step in the assessment of thyroid gland is ultrasound, the acronym thyroid imaging reporting and data system (TIRADS) has been inspired from breast imaging reporting and data system (BIRADS) to standardize reporting and facilitate communication between radiologist and clinicians and determine when fine needle aspiration to be performed? We aimed to determine the correlation between modified thyroid imaging reporting and data system criteria (TIRADS) for ultrasound detected thyroid nodule and fine needle aspiration cytology (FNAC) results.

Patients and methods: This cross sectional study was carried out in Rizgary teaching hospital (Erbil, Kurdistan region-Iraq) from July 2014 - February 2015. Subjects were initially scanned for detection of thyroid nodule, and then were classified according to modified TIRADS; the risk of malignancy of each category was identified and correlated with fine needle aspiration cytology. The threshold for statistical significance was set at 0.05.

Results: A total of 152 patients were eligible with a female predominance accounting for 84% of the patients and a mean age of 42 ± 12.6 years. There was a significant statistical relationship between TIRADS and FNAC results, all TIRADS 2(100%), TIRADS 3(96%) and TIRADS 4A(85%) scoring turned benign on FNAC. TIRADS 4B (29%) and TIRADS 5(100%) were malignant on FNAC. The indeterminate result on FNAC accounted for (3.8%) on TIRADS 3, (5.1%) for TIRADS 4A, and (28.6%) on TIRADS 4B. High suspicious result on FNAC accounted for (10.3%) on TIRADS 4A & (7.1%) on TIRADS 4B.

Conclusions: There is a statistically significant association between modified TIRADS classification and FNAC results, which make it applicable in clinical practice and cost effective in managing thyroid nodules.

The Diagnostic Value of Combined Ultrasound and Plain Abdominal X-Ray and Excretory Urography in the Evaluation of the Urinary Calculi in Adult Population

Name: Karwan Taha Ahmed

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the debate: 20-6-2015

Supervisor: Dr. Medya Bahaa Aldeen Ahmed

Abstract

Background and objectives:

Excretory urography had been the major imaging modality for the evaluation of the urinary system in past decades. Its protocol has been well established and clinical physicians are all familiar with its images. The objective is to measure the diagnostic validity of ultrasound and excretory urography in the hope of omitting unnecessary excretory urography and to determine whether ultrasound with plain abdominal radiography could help to replace the excretory urography in the diagnosis of urinary calculi in adult population.

Patients and methods:

A prospective study was performed from May 2014 to January 2015 on 100 randomly selected patients, presenting to Rizgary Teaching Hospital with suspicion of urinary calculi, all patients underwent a real time ultrasound examination of the urinary tract followed by an excretory urography. The diagnostic validities were recorded and compared for each modality.

Results:

All the patients had urinary calculi. From a total of 100 patients 59 of them (59%) were males, 41 of them (41%) were females, ratio of male to female was 1.4:1, mean age was 35 years and the patients ages ranged from 20–66 years. Ultrasound was found to be reliable in detecting renal and vesical calculi but weak in detection of uretric calculi, however the detection rate is raised when ultrasound was combined with plain abdominal radiography, also ultrasound detects several unsuspected abnormalities which would not have been shown by excretory urography.

Conclusion: We concluded that most cases of urinary calculi (except mid uretric calculi) could be detected by ultrasound and plain abdominal radiography as primary investigation in patients with clinical suspicion of urinary calculi which can be safely done and hence minimizing the exposure of the patient and medical staff to excessive radiation.

Outcome of Corneal Collagen Cross-Linking In Keratoconus Patients in Erbil.

Name: Muhammad Mustafa Anwar

Degree: Higher Diploma

Specialty: Ophthalmology

Date of the debate: 27-7-2015

Supervisor: Lecturer. Ahmad Ismail Abdulghani

Abstract

Introduction: Keratoconus is a disease characterized by progressive corneal thinning and associated with myopia and astigmatism, the shape of the cornea change from sphere to conical shape result in blurring of vision. Corneal collagen cross-linking will stop the progression of keratoconus

Objectives: To report the visual, refractive and topographic outcome after Transepithelial or epithelial removal corneal collagen crosslinking in keratoconus patients.

Patient and Methods: A convenient sample of 45 eyes with keratoconus in different age (men and women) were included, 25 eyes under went Trans-epithelial and 20 eyes epithelial removal corneal collagen crosslinking. Detailed ophthalmic examination done for all patients which include, Uncorrected visual acuity, best-corrected visual acuity, SE, cylinder, K, CCT, topographical parameters, slit-lamp biomicroscopy finding of cornea and IOP were performed before cross-linking, first, second, and third month after crosslinking.

Results: There were significant differences in mean values between preoperative UCVA (0.29 ± 0.18) and three month postoperative (0.38 ± 0.17) ($p < 0.003$), preoperative BCVA (0.56 ± 0.25) and three month postoperative (0.65 ± 0.19) ($p < 0.01$) in TE procedure, Preoperative UCVA (0.36 ± 0.19) and three month postoperative (0.43 ± 0.24) ($p < 0.001$), preoperative BCVA (0.47 ± 0.22) three month postoperative (0.77 ± 0.22) ($p < 0.01$) in ER procedure. There were significant differences in mean values between preoperative (42.99 ± 1.7) and three month postoperative (42.11 ± 1.2) in TE type of CXL regarding peripheral zone ($p < 0.001$). In TE CXL KPI significantly decreased at third month ($p < 0.03$). In ER CXL KProb decreased at third month ($P < 0.001$).

Conclusion: Collagen crosslinking is safe and good option for stopping the progression of keratectasia in patients with keratoconus. Improvement in UCVA and BCVA with stability in refraction and topographic parameters indicate that

Neonatal Outcomes in Elective Repeated Cesarean Section at Term Gestation

Name: Vian Sheekhoo Ali

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 14-6-2015

Supervisor: Lecturer. Ishraq Mahmood Shakir

Abstract

Background: There are increasing rates of neonatal respiratory morbidity after elective repeated cesarean section. Elective cesarean delivery before 39 weeks of gestation is associated with increased risk of adverse respiratory outcomes, Neonatal Intensive Care Unit admission rate and longer hospitalization time.

Objectives: To compare neonatal outcomes in elective repeated cesarean section at different gestational ages (37- 42 weeks), and find out the association between the time of cesarean section and neonatal morbidity.

Patients and methods: This study was conducted as cross-sectional study from July 2014 to February 2015 at the Maternity Teaching Hospital in Erbil City, Kurdistan Region of Iraq. The convenient sample size included 200 pregnant women who were admitted to Maternity Teaching Hospital for elective repeated cesarean section, and gestational age was determined by last menstrual period and first trimester ultrasound.

Results: The rates of elective repeated cesarean section before 39 weeks was 81.5% compared with 39 weeks of gestation was 18.5% and during this study, there were no births by Elective Repeated Cesarean Section at ≥ 40 weeks.

The rate of the neonatal care unit admission were 21%,11.1% at 37- 38 weeks of gestation, respectively and there was no admissions at 39 weeks of gestation. Compared with deliveries at 39 week, cesarean deliveries before 39 weeks of gestation had significant higher risk of admissions to the Neonatal Care Unit. There were five neonatal deaths at 37-38 weeks of gestation.

Conclusions: This study concluded that delaying elective repeated cesarean delivery until 39 weeks will decrease the incidences of neonatal morbidity and mortality.

Fetal and Maternal Outcome in Vaginal Delivery after a Previous Cesarean Section

Name: Reem Khaleel Saeed

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 24-6-2015

Supervisor: Lecturer Zainab Mohsin Zwain

Abstract

Background: The trial of labor after previous cesarean is a controversial issue in obstetric, and is an important strategy to limit repeat cesarean sections and their complications.

Objectives: Determine fetomaternal morbidity in trial of vaginal delivery after cesarean section with those ending in an emergency second cesarean section.

Design and setting: A case control study conducted at Maternity Teaching Hospital in Erbil city, Capital of Kurdistan Region, Iraq. The duration of study was from January 2014 to January 2015.

Patients and methods: the study included two hundred patients (100 full term pregnant women with history of previous one cesarean section as a study group) and (100 of women with vaginal delivery without history of cesarean section as a control group).

Results: Out of (100) study group cases, (26) women underwent cesarean section, while (11) women in the control group ended up with an emergency caesarean section. The difference was significant (P-value of <0.001).

Only two cases in control group and none in study group had post partum hemorrhage. The difference was statistically non significant (P=0.090).

The rate of neonatal respiratory distress in the study group, was (17%), not significantly different from that of control group (11 %).

Age, BMI, gestational age, interval since last cesarean section, gravidity, parity, miscarriage rate were not significantly different,

Conclusions: The success rate of Trial of Labor after Cesarean Section in this study was 74% making this an acceptable option in properly selected and carefully monitored patients with previous one cesarean section since there was no record for maternal or fetal mortality.

Efficacy of Bronchial Brush Cytology in Bronchoscopic Evaluation of Bronchopulmonary Lesions

Name: Aree Omer Abdulla

Degree: Higher Diploma

Specialty: E.N.T

Date of the debate: 7-6-2015

Supervisor: lecturer Bashar Hanna Azar

Abstract

Background: Fiberoptic bronchoscopy is the most commonly used method for diagnosing lung cancer. Several techniques such as biopsy, bronchial brushing and bronchial washing are traditionally used together because of their combined high diagnostic value.

Objective: To evaluate the efficacy of bronchial brush (BB) cytology in comparison to bronchial wash cytology (BW) in the diagnosis of bronchopulmonary lesions.

Methods: Totally 1691 patients (77% males and 23% females) were investigated for suspected lung cancer between January 2000 and December 2010 in Rizgary Teaching Hospital in Erbil, Kurdistan. The age of patients varied between 11 to 100 years. Flexible bronchoscopic samples of bronchoalveolar lavage (wash) and bronchial brush cytology were taken and processed as per standard procedures of cytology.

Results: Mean age was 62.2 ± 0.35 for the male patients and 57.5 ± 0.77 for female patients. We found that 92.5% of the male patients and 54.1% of the female patients were smokers. Clinical findings and bronchoscopy examination showed that 693 patients had lung cancer, 83.7% of them were males and only 16.3% were female patients, with male to female ratio approximately 5:1.

Pulmonary cytology from BB and BW is valuable tool in the diagnosis of lung malignancies and has been used in the present study. Complete cytological results were available from 1074 patients. Cytology revealed 19% cases of malignancy and 10% were diagnosed as atypical/suspicious. Benign and inadequate (hypo cellular specimens) were 74% and 7.2% respectively. Interestingly, it has been found that 57% of the malignant samples were from BB cytology compared to 43% from BW cytology. Further, it was found that atypical/suspicious and hypo cellular samples from BB cytology were 20% and 9%, respectively, compared to 80% and 91% respectively, from BW cytology ($p < 0.001$). BB cytology showed 65% sensitivity, 90% specificity and 71% accuracy, while BW cytology showed 48.5% sensitivity, 81% specificity and 68% accuracy. Positive predictive value and negative predictive value from BB cytology were 95% and 44.3% respectively, while the values for BW cytology were 62% and 71% respectively. The most common type of tumors found in this study was squamous cell carcinoma.

Conclusion: Bronchial brush cytology was superior to bronchial wash cytology in the diagnosis and morphological typing of lung cancers

Vaginal Versus Abdominal Hysterectomy for Indications Other Than Uterine Prolapse

Name: Parween Qadir Faqi Abdullah

Degree: Higher Diploma

Specialty: Obstetrics and Gynaecology

Date of the debate: 8-6-2015

Supervisor: Assistant Professor. Sabat A. M. Barawi

Abstract

Background: Hysterectomy is the second common major gynaecological surgery performed all over the world after caesarean section thus quality in its performance is a major concern.

Objectives: To observe, compare and determine the outcome of vaginal versus abdominal hysterectomy in terms of post-operative complications, morbidity and patient satisfaction in women with benign uterine conditions and without genital prolapse.

Materials and methods: A prospective comparative study was done at Maternity Teaching Hospital and Zheen International Hospital in Erbil City, conducted from January 1st, 2014 to February 1st, 2015. Designed to include 40 women who underwent vaginal hysterectomy (VH) and 50 women who underwent abdominal hysterectomy (AH). Indications for operations were similar in both groups. The different parameters were compared in the two groups to determine the outcome in both groups.

Results: The P-value between two groups regarding the age, BMI, marital status, types of anaesthesia, occupation and weight of uterus was =0.105 there was no difference between two group. While p- value was <0.001 when the two groups were compared regarding duration of operation, amount of blood loss, intra and post-operative complications, days of hospital stay, post operative pain scoring and lastly complications even three months post-operatively.

Conclusion: Vaginal hysterectomy is relatively safe to perform and is associated with quicker recovery, shorter hospitalization, less blood loss and less operative and post-operative morbidity.

Some Hormonal Changes in Children with Acute Lymphoblastic Leukemia in Nanakali Hospital

Name: Siamand Yahya Salim
Degree: Higher Diploma
Specialty: Pediatric Hematology
Date of the debate: 29-6-2015
Supervisor: Prof. Mouroge H. Al Ani

Abstract

Background:

Hormonal disturbances are among the most frequently reported complications in childhood leukemia survivors, especially those receiving combined chemotherapy and radiotherapy. Growth hormone deficiency, thyroid dysfunction, obesity are frequent endocrine problems occurring after treatment of patients with acute lymphoblastic leukemia.

Objectives:

To assess thyroid function test, growth hormone provocation test, insulin like growth factor 1, body mass index and obesity in patients treated for acute lymphoblastic leukemia (ALL) in maintenance phase in Nanakali hospital in Erbil city.

Patients and methods:

A case-control study was conducted on thirty patients with ALL (18 male and 12 female) during the maintenance therapy at Nanakali hospital in Erbil city from the September 1st 2014 to the 1st of March 2015. Those diagnosed as ALL were on treatment for one year as a maintenance therapy, they are matched for sex and age with thirty patients visiting routine out-patient clinic at Raparin teaching hospital who were seen for various medical problems except; any form of malignancy, chronic illness, failure to thrive or any growth problem.

Growth parameters as weight, height were measured, body mass index (BMI) was calculated using computer program of the Centers for disease Control and Prevention (CDC), A sample of blood was taken for estimation of thyroid stimulating hormone (TSH), free thyroxin (FT4), free triiodothyronine (FT3), insulin like growth factor 1 (IGF1), and growth hormone as base (GH 0 min). Then clonidine 0.15mg/m² orally then after 90 minutes second sample of blood was taken for growth hormone (GH 90 min).

Results:

We found that thyroid stimulating hormone (TSH) was significantly high in high risk group of patients with the mean level of 5.67 mU/L in compare with median and low risk groups where the TSH level was 1.96 and 2.09 mU/L respectively with the (P – value = 0.001). Growth hormone provocation test shows mean GH level was

significantly high in control group with the mean level of 11.401 ng/ml in compare with the patient group with the mean level of 8.404 ng/ml (P-value = 0.02).

Conclusion:

We concluded that although the TSH levels within normal range in both groups, the level of mean TSH was higher in high risk group of ALL patients . GH level in both groups was within normal range, however the baseline mean GH level was higher in patient group and 90 min. after stimulation the mean GH level was higher in control group.

Normal Values for Renal Parenchymal Thickness in Adults with Normal Kidneys As Measured By Ultrasound in Erbil City

Name: Mohammed Rashid Mustafa

Degree: Higher Diploma

Specialty: Clinical Radiology

Date of the debate: 21-9-2015

Supervisor: Lecturer.Edris J. Ahmed

Abstract

Background and objectives: Renal parenchymal thickness is an important parameter used in the diagnosis and follow up of renal diseases. However, while making decisions, clinicians must be aware of the dependence of these dimensions on the ethnicity of the individual. There is no established nomogram for parenchymal thickness in our population.

The objective of this study to determine the ultrasound normative values of renal parenchymal thickness among adults and correlate them with age and weight, height and body mass index .

Patients and Methods: : This is a Cross sectional study , conducted in Rizgary Teaching Hospital / Radiology Department in Erbil from March 2014 to March 2015 . Parenchymal thickness was sonographically measured in 100 individuals. Analysis was done for differences due to age, gender and laterality. The correlation of renal dimensions with anthropometric parameters like weight, height and body mass index was analyzed.

Results: The average renal parenchymal thickness is 17.4 ± 3.08 mm for the right kidney and 19.6 ± 3.07 mm for the left kidney. Right and left renal parenchymal thickness exhibited negative correlation with height, weight and body mass index and negative correlation with age. No significant difference in mean renal parenchymal thickness of both kidneys found between genders ($p > 0.05$). The mean renal parenchymal thickness of the left kidney was found to be statistically higher than that of the right kidney ($p < 0.05$).

Conclusions: The mean renal parenchymal thickness of the left kidney was found to be statistically higher than the mean renal parenchymal thickness of the right kidney . No differences in mean renal parenchymal thickness exist between men and women.

Dyslipidemia in Patients with Ankylosing Spondylitis and Its Association with Disease Activity in Erbil City

Name: Twana Kakamad Kurdi

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 18-6-2015

Supervisor: Assistant Professor. Dashty A. Al-Bustany

Abstract

Background: Ankylosing Spondylitis (AS) Is A Chronic Idiopathic Inflammatory Disease Primarily Affecting The Skeleton. The Hallmark Of Skeletal Involvement Is Axial Disease, Which Is Characterized By Inflammation Of The Sacroiliac Joints And Spinal Structures. Patients With Ankylosing Spondylitis Have Been Reported To Show Early Features Of Atherosclerosis.

Objective: The Objective Of This Study Was To Find Out The Association Between Dyslipidemia And Disease Activity In Patients With Ankylosing Spondylitis.

Materials And Methods: A Total Of Fifty Patients With Ankylosing Spondylitis Were Included In The Study, They Were Attending The Out-Patient Unit Of Rheumatology And Physiotherapy Department In Rizgary Teaching Hospital Who Fulfilled The 1984 Modified New York Criteria For Ankylosing Spondylitis And Fifty Age And Sex-Matched Controls. Fasting Lipid Profile Of Patients (Cases) And Controls Were Estimated After An Overnight Fasting For 12 Hours. Association Between Lipid Profile And Disease Activity Using BASDAI Was Also Found.

Results: Our Results Showed A Significant Reduction In The Level Of Serum High Density Lipoprotein (S. HDL), P-Value Was 0.001 With Significant Elevations In The Levels Of Serum Triglyceride (S. TG), Serum Total Cholesterol (S. TC), Serum Low Density Lipoprotein (S. LDL) And Serum Very Low Density Lipoprotein (S. VLDL). P-Value = 0.005 , 0.02 , 0.02 And 0.005 Respectively In Comparison To Controls

Assessment of Infertile Couples after Intrauterine Insemination Using Different Ovarian Stimulation

Name: Azheen Ismail Haji

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 15-6-2015

Supervisor: Assistant Professor. Ghada S. Al-Sakkal

Abstract

Background: Intrauterine insemination (IUI) and control ovarian hyperstimulation (COH) have been widely utilized as the treatment for infertile couples. At the present time, there are different protocols and medications for COH that need to be evaluated for their potential therapeutic effect following IUI.

Methods: This study involved 185 couples with female partners underwent COH with clomiphene citrate (CC) plus follitropin alfa (protocol one), letrozol plus follitropin alfa (protocol two), or cetrorelix plus follitropin alfa (protocol three) followed by one IUI trial.

Objective : Find out IUI outcomes in infertile women undergoing different COH protocols.

Main outcome: clinical and biochemical pregnancy in infertile women hyperstimulated with different COH protocols.

Results: Protocol two produced higher pregnancy rate than protocol one or three in infertile women with or without PCOS ($p>0.08$). The LH level at day two of the menstrual cycle showed a negative correlation with the biochemical pregnancy in PCOS women hyperstimulated with protocol one ($r= -0.98$, $P=0.02$) or two ($r=0.98$, $P=0.01$). Interestingly, although the increases in the endometrium thickness resulting from protocol three did not improve the pregnancy outcomes, it did when resulting from protocol one or two ($P<0.05$). Finally, protocol two was more effective in overweight/obese women or women younger than 35 years whereas protocol three was more effective for women older than 35 years ($P>0.05$).

Conclusion: It is concluded that administration of letrozole plus follitropin alfa improves the pregnancy rate better than other tested protocols in in infertile women with or without PCOS. Moreover, predicating the pregnancy outcomes using the endometrium thickness is subjective to the type of COH utilized. Letrozole or cetrorelix plus follitropin alfa might be good type of COH for overweight women or women older than 35 years, respectively. Further evaluations for these findings using larger sample size are required to confirm these findings

Effect Of Delayed Versus Early Umbilical Cord Clamping On Neonatal Outcome and Iron Status at Four Months of Age

Name: Shaymaa Imad Barzani

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the debate: 3-10-2015

Supervisor: Assistant Professor. Ghada Saadullah Alsakkal

Abstract

Background: Delayed or early clamping of the umbilical cord might have different effect on infants iron and hemoglobin concentration four months after birth.

Objective: To investigate the effects of delayed umbilical cord clamping, compared with early clamping, on infant iron status at Four months of age.

Design and setting: A hospital based, study was conducted at Maternity Teaching Hospital in Erbil city, the capital of Kurdistan region, Iraq. The duration of study was from third of January 2014 to forth of February 2015.

Material & method: The study enrolled four hundred full term infants born were born from a low risk pregnancy. Two hundred Infants were randomized to delayed umbilical cord clamping(group 2) and two hundred infants to early clamping of the umbilical cord .The main goal is to measure Hemoglobin and iron status at four months of age based on serum ferritin levels, neonatal anemia, early respiratory symptoms, polycythemia, and need for phototherapy.

Result: Three hundred twenty one infant completed the trial. There was insignificant difference between both groups in demographic characteristics of the mother and baseline characteristics of the infants. There was no significant differences between groups in postnatal respiratory symptoms, polycythemia, or hyperbilirubinemia, ten in group 1 (2%) and fourteen in group 2(3.5%) need admission to NICU. In full term infants delaying clamping of the umbilical cord had significant effects on iron status at Four months with higher serum ferritin concentration, less iron deficiency, and similar effects on all measured indicators of iron status except hemoglobin which have no significant difference between the two groups [P value 0.071].

Conclusion: In the population studied in this thesis, term infants born after an uncomplicated pregnancy by healthy mothers, delayed cord clamping improved iron stores and prevent iron deficiency anemia at four months of age

Ultrasonic Measurement of Carotid Intima-Media Thickness in Diabetic Patients

Name: Mazen Abdulrahman Younus

Degree: Higher Diploma

Specialty: Clinical radiology

Date of the debate: 13-15-2015

Supervisor: Professor. Saeed N. Younis

Abstract

Background And Objectives: B-Mode Ultrasound Is Inexpensive , Non-Invasive Technique For Measurement Of Extracranial Carotid Intima-Media Thickness , It Is Increasingly & Widely Used As Asurrogate Marker For Atherosclerosis. The Aim Of This Study Is To Determine The Correlation Between Carotid Intima-Media Thickness And Diabetes , By Performing Measurement Of Intima-Media Thickness In Diabetic Patients And Study Various Atherosclerotic Risk Factors In Diabetic Patients & To Determine The Predictive Value Of Carotid Intima-Media Thickness As An Indicator Of Early Atherosclerosis .

Patients And Methods :The Research Design Is Cross-Sectional Study ,Conducted In Rizgary Teaching Hospital/Radiology Department On 100 Adult Diabetic Patients, Including Both Sexes, The Examination Done By A Single Radiologist ,Using PHILIPS Ultrasound Machine ,Measuring Intima-Media Thickness Of Both Right And Left Carotid Arteries ,Measurement Taken At Multiple Levels(Common Carotid ,Bifurcation And Internal Carotid) ,Maximum Value At Each Level ,Then Mean Of Them Was Recorded .

Results : The Mean Of Carotid Intima-Media Thickness In Diabetic Patients Was $(0.9611 \pm 0.226 \text{ Mm})$, So It Is Increased Which Provides Significant Relation Between Diabetes And Carotid Intima-Media Thickness , There Were Significant Relationship Between Carotid Intima-Media Thickness And Age,Gender ,Hemoglobin A1c ,Body Mass Index, Exercise, Hypertension,High Cholesterol,High Triglyceride ,Stroke , Ischemic Heart Disease And Duration Of Diabetes ,While No Significant Relation Between Carotid Intima-Media Thickness With Smoking And Type Of Treatment Of Diabetes .

Conclusion : Diabetes,Age,Obesity,Hypertension, High Cholesterol And High Triglyceride Have Significant Effect On Carotid Intima-Media Thickness Which Is A Good Indicator For Early Atherosclerosis .

Key Word : B-Mode Ultrasound , Carotid Intima-Media Thickness, Diabetic Patient .

Incidence and Predictors of Femoral Access Site Complications after Invasive Coronary Procedures in Erbil Cardiac Center

Name: Omer Ahmad Hatam

Degree: Higher Diploma

Specialty: Clinical and Interventional Cardiology

Date of the debate: 13-10-2015

Supervisor: Mudhafar Abdulrahman Habeeb

Abstract

Background: coronary catheterization grows rapidly and vascular access site complications are great source of morbidity following catheterization procedures.

Aim: the aim of this study is to evaluate incidence and predictors of femoral access site complications after invasive coronary procedures.

Methods: The study involved 317 consecutive patients undergoing cardiac catheterization at Hawler surgical Specialty Hospital /Cardiac center between the March 2014 and February 2015. Recorded complications were; bruising and ecchymosis, femoral hematoma, femoral pseudo aneurysm, arteriovenous fistula, femoral artery dissection, femoral artery perforation and retro peritoneal hemorrhage. A total of 12 prespecified variables were evaluated by univariate analysis to identify predictors of access site complications.

Results: of the 317 patients enrolled in the study 185 were males and 132 females with the mean age of 59.6 ± 10.6 years, 157 diagnostic and 160 therapeutic interventional procedures. The incidence of all recorded complications was 51.3%, Simple bruising and ecchymosis recorded in 28.4 %, Femoral access site hematoma in 15.8%, small sized less than 5centimeters 7.3%, moderate sized (5 to less than 10 centimeters) 5% and 3.5% patients developed significant or large hematoma (size 10centimeters and larger), femoral artery aneurysm 0.9%, 0.3% developed arteriovenous fistula, Femoral artery dissection and femoral perforation noticed in 0.3%, Retroperitoneal hemorrhage was also reported in one patient (0.3%). Statistically significant predictors of vascular access site complications were; age, blood pressure at the time of procedure, body mass index, number of trial of femoral artery puncture, procedure duration, preprocedural heparin and estimated glomerular filtration rate.

Conclusions: certain groups of patients are particularly at risk of femoral access site complications, the incidence of hematoma higher and other major femoral access site complications was comparable to many other centers, the incidence of all recorded complications was 51.3%, predictors of hematoma were, age, blood pressure at the time of procedure, body mass index, number of trial of femoral artery puncture, procedure duration, preprocedural heparin and estimated glomerular filtration rate.

Comparison Between 6% And 10% Sulfur in Treatment of Scabies

Name: Sami Weli Ahmed

Degree: Higher Diploma

Specialty: Dermatology and Venereology

Date of the debate: 11-10-2015

Supervisor: Assistant Professor. Intiha M. Elmously

Abstract

Background: Human scabies is a pruritic condition caused by infestation with the host-specific mite *Sarcoptes scabiei* var. *hominis*, which lives its entire life within the skin. Many therapeutic modalities for scabies were available topical sulfur ointment is a cost-effective and safe therapeutic agent. Its often applied for the whole body for three successive days.

Objectives: To compare the efficacy and side effects of 6% and 10% sulfur ointment in the treatment of scabies.

Patient and method: Comparative blinded randomized clinical trial study, done in dermatology department Rizgary teaching hospital in Erbil. Two groups of patients participated in this study, group A received treatment of sulphur 6% in petrolatum ointment and group received 10% sulphur in petrolatum ointment and 60 patients enrolled in this study. All cases followed up after 2 weeks and we assessed the efficacy and side effects of each group. Both groups applied sulphur ointment all over the body except the scalp and face for 3 consecutive days and they washed off before each application. The data analysed using the statistical package for social science (SPSS) version 19 and the P value ≤ 0.05 considered statistically significant.

Result: Study included 60 patients of them females is 37(61.7%) and 23 males (38.3%) with the female to male ratio 1.6:1 the age range of males at presentation from 4-50 years while the females age ranged at presentation from 3-40 years of age, the mean and SD of age was of 20 ± 13.6 years. The result of our study was: Group A response in 25 (89.3%) patients and no response in 3(10%) patients, group B response in 31 (96.9%) patients and no response in 1(3.1%) patients. There is no significant statistical difference among the response of two groups with (P value=0.24) burning sensation and irritation were seen in 3(10.7%) patients in group A and in 7 (21.9%) patients in group B. P value is 0.24

Conclusion: Three successive days night application of 6% and 10% sulphur ointment were effective regimens with no statistical differences

Assessment of Serum Lipid Profile in Patients with Psoriasis

Name: Shakhawan Hassan Hamid
Degree: Higher Diploma
Specialty: Dermatology and Venereology
Date of the debate: 11-10-2015
Supervisor: Lecturer Sangar Jalal Othman

Abstract

Background: Psoriasis is a common, chronic, disfiguring, inflammatory and proliferative condition of the skin characterized by hyper proliferation of keratinocytes and inflammatory cell infiltration in the epidermis and dermis. Prevalence is about 1-2 % worldwide. The classic lesion of psoriasis is a sharply marginated erythematous papule or plaque with a silvery-white scale. Symptoms, such as itching or burning, may be present. The high prevalence of atherosclerosis has been reported in psoriatic patients. High serum lipid level has been suggested in the pathogenesis of this phenomenon.

Objective: To estimate the serum lipid level in patients with psoriasis and compare it with those of age and sex-matched non psoriatic controls.

Methods: This study was designed and conducted as a case-control study with 50 patients with psoriasis and 50 control person (age and sex matched) in outpatient department of Dermatology and Venereology at Rizgary Teaching Hospital in Erbil city from March 2014 to January 2015. Diabetes, obesity, renal and liver failure, hypothyroidism, lipids lowering drugs, drinking alcohol were excluded in the study. The lipid profile, including serum level of total cholesterol, triglyceride, low-density lipoprotein (LDL), and high-density lipoprotein (HDL), were assessed in both groups after 12 hours of overnight fasting. Student t tests were used to assess significant difference in the means of the lipid profiles of patients and the control group.

Results: The patient and control groups each consisted of 50 patients (27 males and 23 females). The two groups were matched for age and sex. Age range of participant was (17-61) with mean of 35.69 years. Family history was positive in 12 cases (24%). 2 patient (4%) was guttate type, 2 case (4%) of scalp and one case (2%) was palmoplantar while others (90%) were plaque. Duration was from 3 month to 20 years with mean of 5.350 Years. The psoriatic patients showed significantly higher serum total cholesterol ($M \pm SD = 199.9 \pm 45.7$ mg/dl), LDL ($M \pm SD = 106.3 \pm 31.6$ mg/dl) and triglyceride ($M \pm SD = 153.4 \pm 81.82$ mg/dl) levels compared to non-psoriatic ($M \pm SD = 169.0 \pm 28.7$ mg/dl, 83.61 ± 22.7 mg/dl, 124.7 ± 48.9 mg/dl) respectively ($P < 0.05$). In contrast, HDL ($M \pm SD = 47.15 \pm 9.37$ mg/dl) of cases was not significantly different from the HDL of the control group (48.01 ± 9.89 mg/dl) ($P > 0.05$).

Conclusion: Psoriatic patient is having abnormal lipid profile compared to non psoriatic person. This may be responsible for higher prevalence of cardiovascular disease in these patients. Therefore it may be useful to do early screening and treatment of hyperlipidaemia in psoriasis to prevent the atherosclerosis and its complications.

Relationship between Pulmonary Function Test Findings and Disease Activity in Patients with Rheumatoid Arthritis in Erbil City

Name: Diyar Ismael Ibrahim

Degree: Higher Diploma

Specialty: Rheumatology and Medical Rehabilitation

Date of the debate: 5-10-2015

Supervisor: Lecturer .Niaz J. Al-Barzinjy

Abstract

Objectives: One of the common causes of morbidity in patients with RA is pulmonary involvement. We aimed to evaluate the prevalence of spirometric abnormalities in patients with RA & to find out the relation between abnormal PFT findings with disease activity.

Materials & Methods: This cross-sectional study was conducted on 100 patients with RA in the outpatient unit of Rheumatology and Medical Rehabilitation department in Rizgary teaching hospital who were fulfilling the 1987 revised ACR criteria and the 2010 American College of Rheumatology/European League against Rheumatism classification criteria for rheumatoid arthritis. History taking, physical examination, laboratory tests and spirometry were performed for the participants. RA severity was assessed according to Disease Activity Score 28 (DAS28). Association between abnormal PFT findings and disease activity using DAS28 and inflammatory markers (CRP and ESR) were also determined.

Results: The overall prevalence of pulmonary function abnormalities was 24% as measured by Spirometry. The predominant ventilator defect was restrictive pattern at 15%, followed by obstructive pattern at 9%. There was significant association between abnormal PFT findings with disease duration, ESR, CRP and DAS28, p- values were 0.034, 0.046, 0.042 and 0.008 respectively. We found no correlation between abnormal Spirometry findings with patient`s age, gender and RF.

Conclusion: The prevalence of abnormal pulmonary function test findings was high in patients with RA. There was a statistically strong correlation between RA disease activity with abnormal PFT findings.

Effect of Hyoscine Butyle Bromide on the Out Come Of Labor

Name: Mahabad Dlawar Faique

Degree: Higher Diploma

Specialty: Obstetrics and Gynecology

Date of the Debate: 15-6-2015

Supervisor: Assistant Professor. Sabat A. M. Barawi

Abstract

Background: The management of normal labor is both an art and a science. For decades, health providers have worked on managing labor actively and safely, with the goal of shortening duration of the painful labor. Hyoscine butyl bromide acts by inhibiting the cholinergic transmission in the pelvic parasympathetic ganglia that relieves spasm in the smooth muscle of intra-peritoneal organs, specially the cervico-uterine plexuses, thus aids in cervical dilatation. By which it may hasten labor.

Objective: To determine whether hyoscine butyl bromide injection shortens duration of labor.

Design: A randomized, controlled clinical trial study.

Material and methods: The study was carried out in Maternity Teaching Hospital/ Erbil from January to December 2014; 800 parturient women were allocated into two groups after exclusion of high risk pregnancies and any contraindication for vaginal delivery. Group A received 2ml (40mg) Hyoscine butyl bromide and group B received 2ml of normal saline intravenously once they enter the active phase of labor. Duration of all the three stages of labor were documented, mothers and neonates were observed for the outcome and for any adverse effect.

Result: Mean duration of active phase of labor was (3.287 ± 0.5445) hours and (4.6445 ± 0.6619) hours in group A and B respectively (p-value <0.001). Duration of second and third stage was also shortened in group A, significantly. Mode of delivery and neonatal outcome were comparable. No serious adverse maternal effects were noted.

Conclusion: Intravenous Hyoscine butyl Bromide shortens the duration of labor without serious adverse effects on the maternal or fetal outcome.

Contrast Induced Nephropathy in Diabetic and Non Diabetic Patients Underwent Percutaneous Coronary Intervention in Erbil City

Name: Aram T. Aziz

Degree: Higher Diploma

Specialty: Clinical and Interventional

Date of the debate: 17-10-2015

Supervisor: Assistant professor .Mohammed Hasan Almeshhadani

Abstract

Background: Since the advent of coronary angioplasty more than 3 decades ago, the volume of percutaneous coronary interventions has been rising progressively. Contrast medium is used in diagnostic coronary angiography and contrast induce nephropathy. The use of iodinated contrast medium is a common precipitator of contrast-induced nephropathy.

The objective of this study was to determine the incidence for the development of Contrast induced nephropathy in diabetic and non diabetic patients underwent percutaneous coronary intervention which has not been studied in Erbil.

Patients and methods: One hundred twenty five consecutive patients,64 diabetic and 61 non diabetic underwent Percutaneous coronary intervention were included in this study which was conducted at Erbil surgical specialty center/cardiac centre in Erbil. The renal function has been estimated before the procedure, 1 week post procedure.

Results: The incidence of contrast induces nephropathy 13.6% one week post procedure. There were a statistically significant association between development of contrast induce nephropathy in diabetic (P value<0.001), non diabetic (P value 0.001), age >60 years (p value <0.001).hypertension (p value 0.03), ,contrast volume (P value 0.001), and renal dysfunction (p value 0.007).

Conclusions:the statistical association between development of CIN was more significant among diabetic than non diabetic patients, also older age, hypertension, contrast volume, renal dysfunction associated significantly with the development of CIN.

The Cervical Spine Involvement in Rheumatoid Arthritis and its Correlation with Disease Activity