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## FROM THE CHIEF EDITOR'S DESK

We are all getting involved in our work and life, with a very busy schedule. This is resulting in each of us not having time for ourselves, family and friends. In terms of this important change in our lives, some of us being stressed out, at the expense of our health, more so related to our mental well being.

In this issue, an editorial has been written discussing the Burn out Syndrome, arising complex phenomena. Its causes and related literature has been discussed for all of us professionals especially who are multi tasking, we should be aware of this syndrome, its implications and should acquire preventive strategies for our daily happy and balanced life.

**Prof. Dr. Sina Aziz (Chief Editor)**

## HIGHLIGHTS OF THE JOURNAL VOL. 21(4) DECEMBER, 2016

### ORIGINAL ARTICLE

#### **Inadequate Breastfeeding Associated Hypernatraemia; an Outcome**

Breastfeeding is considered as perfect form of nourishment that prevents children from a wide variety of infections and maintains their electrolyte homeostasis. The object of this cross-sectional study was to determine the frequency of hypernatremic dehydration in inadequately breastfed infants in a private sector hospital in Karachi. Lactation counselling should be an essential part of antenatal care being provided to pregnant women.

#### **Insight into Female Endocrine Infertility and Its Relationship to Body Mass Index**

Infertility is a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse. This observational, cross-sectional study determines the clinical and hormonal presentation of sub-fertile women of endocrine aetiology and its relationship to Body Mass Index (BMI) and to classify the causes of anovulation according to World Health Organization (WHO). There is a strong relation of endocrine infertility with Body Mass Index (BMI).

#### **Knowledge and Practices Regarding Malaria Control and its Treatment among Patients Visiting Outpatient Clinics of Civil Hospital, Khairpur**

Malaria is the leading public health problem across the globe. Knowledge and practices about transmission, prevention and treatment of malaria are important preceding factors for its control at the national level. This hospital-based cross sectional survey assesses the knowledge and practices regarding malaria prevention and control among patients visiting tertiary care hospital of Khairpur. It revealed that there is an urgent need to develop personal skills and active community participation in reducing the burden of malaria.

### STUDENT CORNER

#### **Antibiotic Resistance - A Real Threat to Life**

Antibiotic resistance occurs when a microorganism survives the effect of standard antibiotic that once killed it, and then it passes its resistance onto the next generation of organisms. These microbes are then treated by higher doses or stronger antibiotics. Some of the common diseases that are gaining resistance to antibiotics are influenza, meningitis, tuberculosis and skin infections. Moreover, this antibiotic resistance results in diarrhoea, pneumonia and urinary tract, skin and blood infections. Therefore, it is necessary to formulate effective policies on antibiotic prescription and highlight this issue at a higher level.

### WORKSHOP:

#### **"How to write an article for potential publication in a journal", held at KMDC organized by Annals ASH and KMDC on 5th November, 2016.**

Facilitators: Dr. Fatema Jawad, Dr. Sina Aziz, Dr. Syed Muhammad Mubeen, Dr. Ramsha Zaheer

The facilitators discussed components of writing original article for publication. This was followed by hands on exercise and participants involved in the critique of the given abstracts. Workshop was concluded by Prof. Dr. Nargis Anjum (Principal KM&DC) distributed shields and certificates among the facilitators and participants (Dr. Sina Aziz presented closing remarks followed by workshop evaluation by the participants) The participants were awarded by 4 CME hours certificate.

