

## Prof. Dr. Samia Sarwar Publications

MY PUBLICATIONS				
EDITORIALS				
1.	Medical Leadership: A competency and a helm of revolution (Editorial)	<b>Samia Sarwar</b>	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2015;19(1):1-1
2.	Peer Assisted Learning: Key to Knowledge Treasures (Editorial)	<b>Samia Sarwar</b>	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2016;20(4):242-243
3.	Shadows of Smart Phone Medical Applications on Health Profession (Editorial)	<b>Samia Sarwar</b>	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2016;20(S-2):67-70
4.	Developing Medical Education Units: Novel and Prolific Educational Intervention (Editorial)	<b>Samia Sarwar</b>	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2016;20(1):1-1
ORIGINAL RESEARCH ARTICLES				
1.	Iodized Salt: A Risk Factor for Hyperthyroidism.	<b>Samia Sarwar</b> (As First Author)	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2013;17(2):284-287
2	Evaluation of interactive lectures: an innovative approach employed in a hybrid teaching system	<b>Samia Sarwar</b> (As First Author)	Pakistan Journal of Physiology ( <i>Pak J Physiol</i> )	2014;10(3-4)
3	Urinary Iodine levels in Residents of Azad Jammu and Kashmir	<b>Samia Sarwar</b> (As First Author)	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2014;18(1):142-144
4	Changes in Thickness of Tangential Zone of Ageing Male Human Articular Cartilage of Knee Joint	<b>Samia Sarwar</b> (As third Author)	Journal of Rawalpindi Medical College ( <i>JRMC</i> )	2014;18(2):247-249
5	Problem Based Learning(PBL): Facilitators	<b>Samia Sarwar</b>	Journal of Rawalpindi Medical	2014;18(2):300-302

	Perceptions	<i>(As First Author)</i>	College (JPMC)	
6	Histomorphological Changes in Placentae of Pre-Eclamptic Mothers with Reference to Number of Villous Capillaries	<b>Samia Sarwar</b> <i>(As Second Author)</i>	Journal of Rawalpindi Medical College (JPMC)	2014;18(1):118-121
7	Standing of Problem Based learning at Rawalpindi Medical College after seven years of its implementation: Facilitators perceptions	<b>Samia Sarwar</b> <i>(As First Author)</i>	Journal of Rawalpindi Medical College (JPMC)	2014;18(2):300-302
8	Histomorphological Changes in Placentae of Pre-Eclamptic Mothers with Reference to Number of Villi Manifesting Fibrinoid Necrosis	<b>Samia Sarwar</b> <i>(As Second Author)</i>	Journal of Rawalpindi Medical College (JPMC)	2015;19(1):57-59
9	Effect of Problem Complexity on Group Learning and Problem Solving Skills of Medical Students	<b>Samia Sarwar</b> <i>(As First Author)</i>	Journal of Rawalpindi Medical College (JPMC)	2016;20(2):91-95
10	Changes in Arrangement of Chondrons in Radial Zone of Ageing Male Human Articular Cartilage	<b>Samia Sarwar</b> <i>(As Second Author)</i>	Journal of Rawalpindi Medical College (JPMC)	2016;20(4): 317-319
11	Effect of Problem Complexity on Group Learning and Problem Solving Skills of Medical Students	<b>Samia Sarwar</b> <i>(As First Author)</i>	Journal of Rawalpindi Medical College (JPMC)	2016;20(2):91-95
12	Protective Effect of Vitamin-D Supplementation in Patients of Acute Coronary Syndrome During COVID-19 Pandemic	<b>Samia Sarwar</b> <i>(As third Author)</i>	Pakistan Journal Medical Health Sciences (PJMHS)	2022;16(3):1053-1055
13	Oxidative Marker and	<b>Samia Sarwar</b>	Pakistan Journal	2022;16(2):707-709

	Insulin Resistance in Women with PCOS	<i>(As third Author)</i>	Medical Health Sciences ( <i>PJMHS</i> )	
14	Biochemical Parameters of Thyroid Profile in Relation to Pregnancy in Last Trimester	<b>Samia Sarwar</b> <i>(As First Author)</i>	Pakistan Journal Medical Health Sciences ( <i>PJMHS</i> )	2022;16(4):685-686
15	Focus Group Discussion on Students Perspective View on COVID-19 and Distance Education	<b>Samia Sarwar</b> <i>(As First Author)</i>	Pakistan Journal Medical Health Sciences ( <i>PJMHS</i> )	2022;16(4):694-696
16	Prevalence of Hepatitis B & C in a General Population	<b>Samia Sarwar</b> <i>(As Second Author)</i>	Pakistan Journal Medical Health Sciences ( <i>PJMHS</i> )	2022;16(5):689-690
17	Role of Vitamin D & Immunoglobulins E in patients of Seasonal Allergic Conjunctivitis	<b>Samia Sarwar</b> <i>(As First Author)</i>	Pakistan Journal Medical Health Sciences ( <i>PJMHS</i> )	2022;16(5):706-708

## Dr. Faizania Publications

- 1. Association of allergic rhinitis with gender and asthma. Muhammad Khan, Muhammad Alamgir Khan, **Faizania Shabbir**, Tausif Ahmed Rajput. J Ayub Med Coll (JAMC). 2013; 25(1-2).
- 2. Effect of age and gender on arrhythmias in patients with chronic heart failure. Madiha Sarwar, Syed Muhammad Imran Majeed, Muhammad Alamgir Khan, Tausif Ahmed, **Faizania Shabbir**. Pak J Physiol. 2013; 9(2):11-14.
- 3. Oxidative Stress in patients with Type-2 diabetes mellitus. Shakir Khan, Abdul Khaliq Naveed, **Faizania Shabbir**, Tausif Ahmed Rajput, Muhammad Javad Yousaf. Journal of Rawalpindi Medical College (JRMC). 2014; 18(1):29-31.
- 4. Diabetic Patients: Study of Inflammatory markers. Shakir Khan, Muhammad Javad Yousaf, **Faizania Shabbir**, Tausif Ahmed Rajput. Professional Medical Journal (PMJ). 2014; 21(2): 270-274.
- 5. Association of age and gender with ventricular late potentials in patients with mitral valve prolapse. Muhammad Alamgir Khan, Syed Muhammad Imran Majeed, **Faizania Shabbir**, Tausif Ahmed Rajput. Pak J Physiol. 2014; 10(3-4):3-5.
- 6. Arrhythmogenesis in Mitral Valve Prolapse; Risk stratification - Role of High Resolution ECG, Holter Monitoring and Mitral Leaflet Geometry. Muhammad Alamgir Khan, Syed Muhammad Imran Majeed, **Faizania Shabbir**, Tausif Ahmed Rajput. Professional Medical Journal (PMJ). 2015; 22(2): 227-234.
- 7. Obesity; Effect of high fat diet followed by atorvastatin administration on serum interleukin-6, white blood cells and platelet count in male and female Sprague Dawley rats. **Faizania Shabbir**, Muhammad Mazhar Hussain, Tausif Ahmed Rajput. Professional Medical Journal (PMJ). 2015; 22(6): 683-689.
- 8. Dual effect of atorvastatin on endothelium; reduction in LDL and TXA2 levels but unaltered HCY levels in obese hyperlipidemic rats. **Faizania Shabbir**, Muhammad Alamgir Khan, Tausif Ahmed Rajput. The Professional Medical Journal. 2015; 22(9): 1196-1202.
- 9. Comparison of HCV treatment; HCV mono-infected and HCV/HBV co-infected patients. Maleha Asim, **Faizania Shabbir**, Wajeeha Mah Jabeen, Kiran-e-Munira, Shakir Khan, Tausif Ahmed Rajput. Professional Medical Journal (PMJ). 2016; 23(5): 559-563.
- 10. Effect of internet addiction on academic performance of medical students. Muhammad Alamgir Khan, Ahsan Ahmed Alvi, **Faizania Shabbir**, Tausif Ahmed Rajput. Journal of Islamic International Medical College (JIIMC). 2016; 11(2): 48-51.
- 11. Comparison of effect of high fat diet induced obesity and subsequent atorvastatin administration on different anthropometrical measures in Sprague Dawley rats. **Faizania Shabbir**, Shakir Khan, Muhammad Javad Yousaf, Muhammad Alamgir Khan, Tausif Ahmed Rajput. Pakistan Armed Forces Medical Journal (PAFMJ). 2016; 66(5): 699-704.
- 12. Effect of obesity and statin administration on newly emerging cardiovascular risk factors; mean platelet volume in male and female Sprague Dawley rats. **Faizania Shabbir**, M Mazhar Hussain, Tausif Ahmed Rajput, M Alamgir Khan. Professional Medical Journal (PMJ). 2017; 24(2): 216-220.
- 13. Effect of skill laboratory training on academic performance of medical students. M Alamgir Khan, **Faizania Shabbir**, Khadija Qamar, Tausif Ahmed Rajput. Journal of the Pakistan Medical Association (JPMA). 2017; 67(5): 711-714. ('W' Category).

- 14. Effect of Gender and Physical Activity on Internet Addiction in Medical Students. M Alamgir Khan, **Faizania Shabbir**, Tausif Ahmed Rajput. Pakistan Journal of Medical Sciences. 2017; 33(1): 191-194.
- 15. Effect of lipid lowering by statin administration on beta thromboglobulin; a marker of platelet reactivity in high fat diet induced male and female Sprague Dawley rats. **Faizania Shabbir**, M Mazhar Hussain, Shakir Khan, Tausif Ahmed Rajput. Professional Medical Journal (PMJ). 2017; 24(5): 745-750.
- 16. Effect of maternal high fat, high cholesterol diet on the lipid profile of post-weaning and adult rat offspring. Ambreen Javed, Shakir Khan, **Faizania Shabbir**, Tausif Ahmed Rajput, Abdul Khaliq Naveed. The professional medical journal (PMJ). 2017; 24(11): 1702-1707. ('X' Category).
- 17. Indication and frequency of implantation of permanent pacemaker in complete heart block patients in a tertiary care hospital in Rawalpindi. Tanvir Ahmed Raja, Muhammad Kashif, Adeel Ur Rehman, Azhar Mehmood Kiyani, **Faizania Shabbir**, Tausif Ahmed Rajput. Pakistan Armed Forces Medical Journal (PAFMJ). Pak ArmedForcesMed J 2018; 68 (5): 1339-43
- 18. Evaluation of etiology, clinic-pathological presentation and outcome of pericardial effusion. Muhammad Kashif, Tanvir Ahmed Raja, Adeel Ur Rehman, Azhar Mehmood Kiyani, **Faizania Shabbir**, Tausif Ahmed Rajput. Pakistan Armed Forces Medical Journal (PAFMJ). Pak Armed Forces Med J 2018; 68 (Suppl-1): S188-S93
- 19. "Effect of Almonds and Atenolol in testicular weight in male Balb-C mice." Irum Rehman, **Faizania Shabbir**, Muhammad Imran Bajwa, Riffat Shafi, Shakir Khan, Naureen Waseem. Pak J Physiol (PJP). 2019; 15(4):20-23
- 20. Frequency of various risk factors and their correlation with outcome in complete heart block patients coming to a tertiary care hospital. **Faizania Shabbir**, Irum Rehman, Tausif Ahmed Rajput, Tanvir Ahmed Raja. Pak J Physiol (PJP). 2020; 16(2):26-9
- 21. Knowledge, Attitudes and Deworming Practice Regarding Soil-Transmitted Helminthiasis among the Parents of School Going Children. Maheen Nazir, Aqiba Malik, **Faizania Shabbir**. Journal of Islamic International Medical College. IIIMC. 2021; 16(2): 106-111
- 22. Effect of almonds and atenolol on sperm morphology in male Balb-C mice. Irum Rehman, Aftab Ahmad, Naureen Waseem, **Faizania Shabbir**. Pakistan Journal of Medical And Health Sciences. PJMHS. 2021; 15(4): 699-702
- 23. 6 Minute Walk Test (6MWT) for healthy adult volunteers. Syed Muarraf Hussain, **Faizania Tausif**, Nauman Aziz, Syed Mukarram Hussain. Journal of Rawalpindi Medical College (JRMC). 2021; 25(3): 333-338.
- 24. Effect of Prunus Amagdalidis (Almonds) on testosterone in Atenolol induced derangements in the hormonal profile of male Balb-c mice. Irum Rehman, **Faizania Shabbir**, Maria Gill, Shahid Hameed, Amna Rasul, Attiq Khalid. Pakistan Journal of Medical And Health Sciences. PJMHS. 2022; 16(12): 18-20.
- 25. Sequelae of complete heart block patients coming to Rawalpindi Institute of Cardiology in association with presenting complaints. Faizania Shabbir, Irum Rehman, Maria Gill, Sabahat Fatima, Tanvir Ahmad Raja Pak J Physiol (PJP). 2023; 19(2):40-43

One article online teaching ready, not submitted

## Dr. Sidra Hamid Publications

1. Javeria Sehir, Ghalia Fatima, Dr.Sidra Hamid, Dr.Maryam Sohail, Eeshal Fatima. A Cross-sectional Study to Analyse the Prevalence of Dysmenorrhea with its Associated Complaints and Management Strategies Among Students of Rawalpindi Medical University. Resident Journal of RMU.
2. Minahil Iman Janjua<sup>1</sup>, Dr. Sidra Hamid <sup>2</sup>, Dr. Rahat Afzal."From Novice To Self-Healer: Exploring Self-Medication Among First-Year Medical Students". Resident Journal of RMU.
3. Afzal B, **Hamid S**. Prevalance of Dysmenorrhoea and Predictors of its pain intensity in female students of RMU, a cross-sectional study. Journal of Islamic International Medical College.(2024) ;19(3):157-164.
4. Maryam H, Ali Z, Idrees Z, Fatima S, **Hamid S**, Mansoor M. Exploring cyberchondria among medical students doing clinical rotations in PNS Shifa hospital, Karachi, Pakistan. RMJ. (2023) ; 48(3): 752-790.
5. Z Ali, H Maryam, M Mansoor, **S Hamid**, S Fatima. Empathy levels among undergraduate students of health sciences. 2023 Journal of Medical Research and Reviews 1 (1), 25-25.
6. **S Hamid**, T Idrees, S Fatima, M Mansoor, Z Idrees, Z Hussain. COVID-19 vaccine related adverse effects in medical students of a Pakistani Medical University.2023 Rawal Medical Journal 48 (3), 561-561
7. K Tousif, S Saeed, **S Hamid**, T Haider, J Basit, AR Khalid, M Ali, ...The relationship between knowledge, attitude, and practice of plasma donation with age and gender as moderators: a cross-sectional survey.2023 Annals of Medicine and Surgery 85 (5), 1594
8. S Mubarak, B Riaz, M Ashfaq, **S Hamid**, A Rasul, M Shafiq. Effect of Reperfusion on Time Domain Parameters of Heart Rate Variability.2023 Journal of Rawalpindi Medical College 27 (1)
9. M Ashfaq, S Jabeen, S Mubarak, A Rasul, **S Hamid**, A Javed. Properties Of Fatigue Between Slow And Fast Muscles Of Male And Female Diabetic Rats.2023 Pakistan Journal of Physiology 19 (1), 7-10
10. S Mubarak, **S Hamid**, B Riaz, M Shafiq, Z Razzaq. Effect Of Severity Of Ischemia On Qt Dispersion In Patients With Coronary Artery Disease. 2022 Pakistan Journal of Physiology 18 (4), 11-13
11. **S Hamid**, T Idrees, S Fatima Are our future doctors emotionally competent? Emotional intelligence of students at a Medical University in Pakistan; A cross-sectional study. Rawal Medical Journal.2022 47 (3), 707-707
12. Fatima S, Idrees T, Mansoor M, Idrees Z, Hussain Z, Hamid S. Awareness of mothers coming to obstetric wards of allied hospitals regarding neonatal care and the working of community health workers in their districts. Annals of Medicine and Surgery. 2022 Oct 1;82:104750.
13. S Fatima, T Idrees, **S Hamid**, M Umar. A Comparative study of online and traditional (face to face) learning. 2022 Journal of Rawalpindi Medical College 26 (4).

14. S Fatima, L Faheem, **S Hamid**. Roaming land of unknown: Making sense of medical learning in a traditional pre-clinical curriculum. 2022 Rawal Medical Journal 47 (4), 1009-1009.
15. Fatima S, Hussain Z, **Hamid S**, Idrees Z, Mansoor M, Idrees T. Donatio organorum- reluctance to organ donation medical students; a cross-sectional descriptive study. Annals of Medicine and Surgery. 2022 Sep 30:104534.
16. Batool F, Khaliq F, **Hamid S**. Frequency of Attention Deficit Hyperactivity Disorder Symptoms in Medical Students and Associated Factors-A Cross Sectional Study. JIIMC 2022 Vol. 17, No.2.
17. Saeed S, Tousif K, Haider T, Basit J, **Hamid S**, Rauf A. Knowledge, Attitude and Practice of Plasma donation among COVID-19 recovered patients in Rawalpindi, Pakistan: A Cross-sectional study. British Journal of Haematology. 2022:177-8.
18. Saeed I, Mughal AM, **Hamid S**, Qamar T, Yousaf A. Determination of Difficulty Index in End of Block Examinations of Preclinical Undergraduate Medical Students. Journal of Islamabad Medical & Dental College. 2022 Mar 31;11(1):21-5.
19. Nazir M, Ashraf A, **Hamid S**, Rizvi ZA. Willingness of Medical Students to Volunteer for Assisting Frontline Doctors During The COVID-19 Pandemic: A Cross-Sectional Study. Journal of Islamic International Medical College (JIIMC). 2022 Mar 28;17(1):46-50.
20. S Saeed, K Tousif, T Haider, J Basit, S Hamid, A Rauf. Knowledge, Attitude and Practice of Plasma donation among COVID-19 recovered patients in Rawalpindi, Pakistan: A Cross-sectional study. 2022 British Journal of Haematology, 177-178
21. Saleem A, Meraj L, Saleem H, Sheikh SS, **Hamid S**, Saleem H. HRCT Spectrum in Initially COVID-19 RT-PCR Negative Patients. Journal of Rawalpindi Medical College. 2021 Aug 31;25(1):15-20.
22. Fazal F, Arshad M, Mustafa H, Rehman ME, Tanveer U, **Hamid S**. Assessment of level of Awareness regarding Thalassemia Major among Parents of Affected Children. Journal of Rawalpindi Medical College. 2021 Jul 15;25(1):3-7.
23. Tariq R, Rahman S, **Hamid S**. Foot Care Practices among Diabetic Patients Visiting Public Hospitals in Rawalpindi. Journal of Islamic International Medical College (JIIMC). 2021 Sep 1;16(3):151-5.
24. Khan AA, Tariq H, **Qaiser S**. Knowledge, attitudes and self-reported practices of health sciences students regarding hospital-acquired infection control protocols. Rawal Medical Journal. 2021 Mar 19;46(1):22-.
25. Atique H, Azeem HF, **Hamid S**, Yousaf T, Hafeez YB. Breast Cancer Awareness Amongst Teenage Females: Need of The Hour. Journal of Islamic International Medical College (JIIMC). 2021 Jun 1;16(2):85-9.
26. Sialvi HS, Umar G, **Hamid S**, Khadija G. Awareness, Attitude and Knowledge about Thalassemia among Students of Different Disciplines. Journal of Islamic International Medical College (JIIMC). 2021 Jun 1;16(2):117-21.
27. Saeed S, Ullah A, Ahmad J, **Hamid S**. The prevalence of incidentally detected urolithiasis in subjects undergoing computerized tomography. Cureus. 2020 Sep 11;12(9).

28. **Hamid S**, Jamil A, Khan Z. Protective effect of Tribulus terrestris on nifedipine induced changes in male sex hormones. Pakistan Journal of Physiology. 2019 Nov 30;15(4):14-6.
29. Umar H, Umar W, **Hamid S**. Attitude of Adults towards Educating Children to Protect Themselves from Sexual Abuse in Pakistan. Journal of Islamic International Medical College (JIIMC). 2019;14(4):212-6.
30. Bint-e-Hafeez Y, **Hamid S**, Khan Z, Naseer O. Role of physical activity in mental well being of medical students. Pakistan Journal of Physiology. 2019;15(4):27-30.
31. **Hamid S**, Aziz Q, Jamil A, Meraj L, Muazam S, Naseer O. NIFEDIPINEON;: Effect Of Nifedipineon Serum Luteinizing Hormone And Serum Testosterone In Male Sprague Dawley Rats. The Professional Medical Journal. 2019 Feb 10;26(02):223-8.
32. Kaif M, Sabir SA, **Hamid S**. Variation of Systolic Blood Pressure in Relation to Biological Variables and Risk Factors. Journal of Rawalpindi Medical College. 2019 May 2;23(2):105-8.
33. Aziz Q, Muazam S, **Hamid S**, Fayyaz H, Shafi R, Ali H. Effect of tribulus terrestris on nifedipine induced changes on morphology of testis. Rawal Medical Journal. 2018 Oct 1;43(4):767-.
34. **Hamid S**, Muazam S, Aziz Q, Farooqi ZU, Ali A, Ali H, Aslam M. Protective Effect of Tribulus Terrestris on Nifedipine Induced Damage to Microstructure of Testes of Rats. Journal of Islamic International Medical College (JIIMC). 2018;13(3):151-6.
35. Naseer O, Mahmood F, Fazil M, Bilal S, Kulsoom A, **Hamid S**. Eating habits of adolescent students. Journal of Rawalpindi Medical College. 2018 Dec 8:357-60. Medicine HBS Medical College, Islamabad ;3. Department of Physiology, Rawalpindi Medical University
36. Jamil A, **Hamid S**, Aziz Q. Prevalence of Hepatitis B Among Pregnant Women. JIMDC.2018.7(2): 128-131.
37. Jamil A, **Hamid S**, Aziz Q, Aslam M. Protective Effect Of Antioxidant Vitamins In Pakistani Women With Cervical Cancer : JRMJ.2018. 43(3):448-51.
38. Aziz Q, Muazam S, **Hamid S**, Fayyaz H, Shafi R, Ali H. Effect of Tribulus Terrestris on nifedipine induced changes on morphology of testis. Rawal Medical Journal. 2018 Oct 1;43(4):767-.
39. Hamza M, **Hamid S**, Nadir M, Mehmood N. Effect of moderate learning style–teaching mode mismatch on academic performance among 2nd year medical students in Pakistan. Indian journal of psychiatry. 2018 Jan;60(1):109.
40. **Hamid S**, Jamil A, Rashid A, Aziz Q, Aslam M. Effect of Tribulus Terrestris on serum luteinizing hormone in Sprague Dawley rats. Pakistan Journal of Physiology. 2017 Dec 31;13(4):38-40.
41. Altaf L, Hamid S. Fanconi's Aplastic Anaemia. J RMC. 2015;41(1).
42. Sabir AS, Shahid KA, **Hamid S**. Cognitive knowledge of cardiopulmonary resuscitation (CPR) possessed by Doctors working in a public Sector tertiary care hospital. J RMC 2015.19(1):20-23.