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3rd International Conference on

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November 24-26, 2016 Dubai UAE

Scientific Tracks & Abstracts (Day 1)



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Effect of environmental conditions and hygienic practices on children health in displaced communities as an example

Ibrahim Awad Eljack Ibrahim
Albaha University, Saudi Arabia

Background: Inadequate environmental sanitation has been recognized as a public health hazard worldwide. Nearly one quarter of all deaths and of the total disease burden and slightly more than one-third for children can be attributed to the changes and degradation of the environment. This study examined the environmental conditions of the internally displaced person (IDP) communities in Khartoum State, Sudan and its effect on children health.

Methods: A community-based descriptive, cross-sectional survey design was used for a population of 726,989 inhabitants of the IDP communities in Khartoum State, Sudan. Multi-stage cluster sampling was used in selecting 662 households in these communities and a structured questionnaire was used for data collection. Data were analyzed using frequencies, percentages, Chi-square test and multiple logistic regressions.

Results: Protected dug wells and tap water were the major sources of water supply in the study area, usually transferred to the house by cart and almost all was not treated. The major source of toilet facilities was traditional pit latrine and more than one-fifth of the populations share common latrines. More than one-third of the families had animals inside their housing. Almost half of the families were disposing their rubbish in collection areas far from housing followed by burning of rubbish, which had been used by more than one-third of them. More than one-fifth of the households' preschool children (21.3%) had diarrhea. A result of multiple logistic regressions showed that, time of hand washing (when to wash hand) was independently predictive for diarrhea among the households' preschool children ($B=0.005$, Wald test=6.758 and $p=0.009$).

Conclusions: It can therefore, be concluded that the environmental conditions including access to improved sources of water and hygienic latrines in these communities were accepted, although there were still some negative environmental practices, which can affect the safety of water and promote diseases spread. Bad hygienic practices were prevalent and led to high rates of diarrhea among the households' children. Therefore, to improve the environmental conditions in these communities, authorities should establish and enforce a more healthy environmental conditions approach and health promotion activities to improve the hygienic practice.

Biography

Ibrahim Awad Eljack Ibrahim has graduated from Khartoum University Faculty of medicine in 2001. He awarded Master of Public health from the Malaya University in 2007. He completed his MD in Community and Family Medicine from Sudan Medical Specialization Board in 2009. He also awarded a Master of Tropical Medicine and Infectious Diseases from the University of Medical Science and Technology in Sudan in 2013. He is an Assistant Professor of Community and Family Medicine at Al-Baha University Faculty of Medicine, Saudi Arabia. He was working in different positions in Primary Health Care General Directorate, Khartoum State Ministry of Health, Sudan, from 2003-2009. Then he worked as an Assistant Professor of Family and Community Medicine in faculty of medicine of different Sudanese universities, which include Khartoum University, Al-Razi University and Shendi University. He published 10 papers in reputable journals. He participated in 4 international conferences and symposiums.

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Prevalence of uterine abnormalities as detected by 3D saline contrast sono-hystero-graphy in sub-fertile women compared with fertile women: A cohort prospective study

Shehnaz Hansoti, Faryal A Khan and Dania Al Jaroudi
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Objectives: The purpose of this study is to determine the prevalence of uterine abnormalities in sub fertile women compared with fertile women with abnormal uterine bleeding (AUB) as determined by 3 dimensional trans-vaginal scan (3D TVS) and saline contrast sonohystero-graphy (3D SCSH) in Saudi women.

Design: Prospective cohort study.

Setting: The ultrasound department, the Reproductive Endocrinology and Infertility in Medicine Department (REIMD) and AUB clinic of Women's Specialized Hospital (WSH), King Fahad Medical City (KFMC), Riyadh, Kingdom of Saudi Arabia.

Population or Sample: Total of 2,224 women were included in the study from June 2013 to June 2015, of which 1,477 (66.41%) were recruited from REIMD clinic and 747 (33.59%) from AUB clinic. Out of 1,477 sub fertile women, 159 (10.76%) required 3D SCSH. Whereas out of 747 women from fertile AUB group 110 (14.72%) required 3D SCSH. Total of 256 patients successfully underwent 3D SCSH from both groups. No complication or difficulty was encountered.

Methods: An initial clinical assessment was made and 3D-TV S was performed in the ultrasound unit of WSH. All those women who were found to have uterine abnormalities, either endometrial pathology or congenital Mullerian anomaly were further referred for 3D SCSH.

Results: The difference of prevalence of uterine abnormalities diagnosed by trans-vaginal scan in both groups, sub fertility (n=1477) and fertility with AUB (n=745) were found to be highly Significant (P <000). Similarly the difference of prevalence of uterine abnormality diagnosed by 3D SCSH in both groups sub fertility (n=149) and fertility with AUB (n=107) was found to be highly significant (P <000). Among the women in the sub fertility group, 28.17% (n=42) were found to have intracavitary abnormalities, including polyps 15.43% (n=23), submucous fibroids 6.04% (n=9). Significantly, more fertile women with AUB group 57.94% (n=62) revealed intracavitary abnormalities, including polyps 32.71% (n=35), submucous fibroids 19.63% (n=21). In comparison the sub fertile women had higher percentage of adhesions (3.6%) than AUB (2.8%). Adenomyosis was less in sub fertile women (1.34%); compared to fertile women with AUB (2.8%). The difference of endometrial pathologies between the two groups were found to be highly significant (P<000). In contrast, significantly more uterine anomalies were found in the sub fertility group 16.11% (n=24) compared with the fertile AUB group 2.8% (n= 3). Arcuate uterus was the most common finding 6.04% (n=9) vs. 0.93% (n=1) of women, respectively. The difference of uterine anomalies between the two groups were found to be highly significant (P<000).

Conclusion: Our study concluded that intracavitary abnormalities are of more common occurrence in fertile women with AUB than in women with sub fertility in Saudi women. It was also noted that polyp was the most common finding of all the intra-cavitary lesions not only in fertile women with AUB (56.4%, n=62) but also in sub-fertile women (54.7%, n=42). Whereas Mullerian anomalies are far more common in sub-fertile (16.1%, n=24) compared with fertile (2.8%, n=3) Saudi women, arcuate uterus being most common.

Biography

Faryal A. Khan, working at Ultrasound Unit, Obstetrics and Gynecology, Women Specialized Hospital, King Fahad Medical City, Riyadh, Saudi Arabia.

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Ovarian cyst in children and young adolescent; two case report

Muath Alghamdi

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Ovarian cysts are very common and 10% of women have an operation during their life for investigation of an ovarian mass. These cysts are typically benign, however, it is important to determine if further investigation is required, since the incidence of malignancy is 1 in 1000 cases. Ovarian cyst-associated torsion, which is an emergency requiring early surgical intervention, is common in young girls compared with adults. We report here on two cases; six years old with torsion of right ovarian cyst and on 16 years old came with huge right side ovarian cyst. Ovarian torsion in children and young adolescent girls is associated with nonspecific signs and symptoms. Abdominal ultrasound and Doppler imaging may assist in the diagnosis. Laparoscopy with conservative management is preferred. Because of the high recurrence rate, oophorectomy may be considered.

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Abuse due to jealousy: A case study

Hamzullah Khan¹ and Mumtaz Ali²

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²Lady Reading Hospital, Pakistan

Neurosurgeons are obviously concerned with child abuse in cases/emergencies of severe cranio-cerebral trauma. Aim of this case presentation is to highlight the clinical picture and symptoms in a neglected case of child abuse and our multidisciplinary approach towards a solid diagnosis. Important aspect in neurosurgery is to determine the cause of actual assault and to treat the patient to save the life first. We here discuss a case with head injuries of intentional type in jealousy that causes permanent signs of traumatic injury. Such cases not timely diagnosed and are treated by the general physician as cases of epilepsy or seizures.

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In apparently healthy newborns a low umbilical cord pH or base excess may be a risk for hypoglycemia

Jameel Al Ghamdi^{1,2}, Niels Rochow¹, Michael Marrin¹, Naveed Durrani¹ and Salhab el Helou¹¹McMaster University, Canada²Albaha University, Saudi Arabia

Introduction: Neonatal hypoglycemia is a risk factor for neurological impairment. We routinely screen newborns for hypoglycemia based on risk factors, including: SGA or LGA, maternal use of a β -blocker or insulin. In 2014 we detected hypoglycemia (<2.6 mmol/L) in 2 apparently healthy newborns with umbilical cord acidosis (pH < 7 or BE \leq -12mmol/L) McMaster children hospital hypoglycemia protocol does not include the population of healthy newborns with cord acidosis.

Objective: To determine the occurrence of hypoglycemia in healthy newborns at birth but have umbilical cord acidosis.

Method: We conducted a two-phase retrospective study at McMaster Children's Hospital (MCH), Hamilton, ON during Oct. 2013 to Sept. 2014. Phase 1: retrospective study investigating the cord gas of infants admitted to the NICU or Level 2 Nursery due to hypoglycemia. Phase 2: retrospective examination of blood glucose concentrations in apparently healthy infants born at MCH who had a cord pH < 7 or BE \leq -12mmol/L. Exclusion criteria were being SGA or LGA, or born to mother with β -blocker or insulin dependent diabetes.

Results: Phase I: 160 newborns with hypoglycemia were admitted to NICU. 13 out of 18 infants with mild perinatal depression had further risk factors (5 Insulin dependent diabetes mother, 2 gestational diabetes, 1 LGA, 2 SGA, 1 mother on labetalol, 1 asphyxia, 1 sepsis). Five infants had hypoglycemia with no other risk factor had gestational age between 37- 41+1weeks, birth weight between 2552 – 3925g, UA pH 6.9-7.1 BE -16 to -10, UV pH 6.9-7.2 BE -16 to -11 with first blood glucose between 0.4 -2.1mmol/L measured at 2 to 6 hr of life. All 5 infants required IV dextrose to maintain blood for 2-4 days and length of stay 4-9 days. Phase 2 :166/2423 term infants met the cord gas criteria. Of these 57 had blood glucose determinations, 22 had a blood glucose <2.6 mmol/L. Hypoglycemia was recognized at a median age of 2 (2; 4) hours. Last blood glucose below 2.6mmol/L was measured up to 3 days, 8 (4; 12) hours. Four infants had hypoglycemia persisting for longer than 36 hours.

Conclusion: Apparently healthy newborns with cord acidosis may at risk for hypoglycemia. Because not all infants with a cord acidosis had blood sugar determinations, we cannot estimate the degree of risk. Based on the above a prospective study comparing the blood glucose profile of apparently healthy with cord acidosis is recommended.

Biography

Jameel M Alghamdi gained his Bachelor Degree of Medicine and Surgery from King Khalid University in 2005. He has received Saudi and Arab Board in Pediatrics in 2012 and Neonatal- Perinatal medicine fellowship from McMaster University, Canada in 2016.

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The experience of women whom received non pharmacological pain management during labor in North of Palestine

Eman Alshawish

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Introduction: labor experience is multidimensional process, and therefore it is difficult to explain and describe, and labor pain consider the second most painful pain in the world. Studies have produced inconsistent findings about it, and all over years many pharmacological and non pharmacological methods were used to reduce that pain. This study was focused on using non pharmacological method such as (massage, changing position, support) to reduce pain.

Aim: This study aimed to assess and investigate the degree and acceptance of using non pharmacological pain management during labor in reducing pain

Methods: Both quantitative and qualitative methods were conduct , with complete randomization , to select the sample; the sample size was 40 participants selected from labor word from Ramallah complex medical hospital and Rafedia hospital in Nablus, and they were divided into 2 groups intervention and control group

Results & Conclusion: After analyzing the data on SPSS, the result showed that there was a significant relationship between using non pharmacological methods (massage , changing position , support) and reducing labor pain , (p-value = 0.03), and there was differentiation between the two group , the mean of the intervention group was 68 and the control group 71.3 which shows reduction in pain on Mcgill questionnaire. And the most effective method and favorable was massage to the participant. The study concluded that most of the participant had accepted using the non-pharmacological techniques in reducing their labor pain because it was effective and helpful in redaction of pain. Although, the participants favored support from their mothers or husband to help them go over this tiring stage and preferred to change their position spontaneously without forcing to stay on the bed while women has hurting. Therefore, the recommendation is the hospital polices must be change based on women's need and the non-pharmacological techniques has to replace the pharmacological techniques.

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Successful pregnancy after pulmonary artery banding: A case report

Bushra Awad Aljohani, Othman M, Nassar A, Amoudi A and Ergsoos M

Albaha University, Saudi Arabia

Although, double inlet left ventricle is a rare congenital heart defect, it is still treated by pulmonary artery banding in developing countries. We report a successful pregnancy outcome in a patient with pulmonary artery banding. Patient condition worsened by 34 weeks gestation and she developed severe reduction of diastolic blood flow. Cesarean section was done and she gave birth to a boy observed in NICU for two weeks and both were discharged in good condition. It is possible for patients with pulmonary artery banding for double inlet left ventricle to carry on pregnancy but with vigilant and close follow up.

Biography

Bushra Awad Aljohani is a Consultant Obstetrician and Gynecologist in Madinah Maternity and Children Hospital, Saudi Arabia. She finished her Bachelor degree in Medicine and Surgery from King Abdulaziz University, Jeddah, Saudi Arabia. She is Saudi Board certified in Obstetrics and Gynecology. She is a clinical Assistant Professor at Taibah University, Saudi Arabia. She presented in many local and international conferences. She has published three papers in reputable journals.

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Bilateral ectopic pregnancy: case report

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Bilateral tubal pregnancy is the rarest form of ectopic pregnancy. The estimated incidence is 1 in 725 to 1 in 1580 of all ectopic pregnancies. Totally, more than 200 cases of bilateral tubal ectopic pregnancy have been reported in the literature to date. We present a case of a P0+1 with previous history of right tubal pregnancy treated conservatively. Patient presented as 7 weeks ectopic pregnancy. Intra-operatively bilateral ectopic pregnancy was diagnosed. Accordingly, left rupture ectopic seen and salpingectomy performed. In the right side, intact small ectopic was diagnosed and salpingectomy was accomplished.

Presenters

Saeed Ahmed Al-Ghamdi

Ahmad Abdulrahman Al-Zahrani

Sami Abdullah Al-Zahrani

Abdulnasser Mohammed Al-Ghamdi

Turki Abdullah Al-Zahrani

Abdulrahman Mohammed Al-Ghamdi

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Vasa praevia; case report

Othman M, Khojah S, Fathi T, Alkholy T, Aljayar L, Alhazmi J
Albaha University, Saudi Arabia

Vasa praevia is an uncommon condition that may lead to profound fetal distress or fetal death. We report a case of vasa praevia. Seen with rupture of membranes, vaginal bleeding and sever fetal bradycardia. Patient underwent caesarian section. Both mother and baby discharged in good condition. This confirms the importance of prenatal detection of patients with vasa praevia. Until proven otherwise, a substantial improvement in outcome will depend only on prenatal detection. This implies a greater awareness of the condition and an effort at detecting it. The purpose of this report is to help alert those who do prenatal examination that vasa praevia are not difficult to recognize when sought and that they are common enough to be worth seeking.

Presenter

Abdullah Saeed Al-Ghamdi

Abdullah Aeydh Al-Ghamdi

Abdulaziz Abdullah Al-Zahrani

Abdullah Shakhas Al-Ghamdi

Faisal Fahad Al-Omari

Hassan Ali Ahmed Al-Zahrani

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Rate of different types of abortion in Baljurashi General Hospital, Al-baha Area, Saudi Arabia

Abdulrahman Abdullah, Fawaz Ayedh, Mohammed Abo-Baker, Abdullah Ahmed M Algamdi, Fawaz Alghamdi, Hasan Bulkheir and Abdullah Alzahrani

Albaha University, Saudi Arabia

Abortion is defined as is the natural death of an embryo or fetus before it is able to survive independently. Pregnancy may be affected by several factors that may lead to loss of the pregnancy and it may be multifactorial. In this study we are planning to study the effect of few factors on the rate of different types of abortion in Baljurashi General Hospital. This is a six months prospective study aiming to study the rate of different types of abortion in Baljurashi General Hospital. This study was ethically approved by Al-baha University and Baljurashi General Hospital Ethical Committees. Outcomes include age, blood group, occupation, education, history of previous abortion, medications during pregnancy, socioeconomic status and presence of medical diseases.

Presenter

Fahad Ali Abdullah Dokhaikh

Mohammed Abo-Baker Hasan Bulkheir

Abdulrazaq Oudah Shaker Alzahrani

Osama Hamdan Ahmad Alhebbay

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Perception and attitudes toward nutrition during pregnancy among pregnant women attending the antenatal care at the primary health care centers. Albaha, Saudi Arabia

T A Mohammed, A A Alghamdi, W M Alkhuraimi, M I Alghamdi, A S Alshehri and Al Alghamdi
Albaha University, Saudi Arabia

Background: A good maternal diet is an important component that influences fetal development. While iron-deficiency anemia is the common type of anemia, its impact is one of the most considerable concerns during pregnancy as it increases the demand for iron supplementation. This study was conducted to assess the perceived importance of nutrition during pregnancy among women attending antenatal care at the primary health care centers in Albaha region, Saudi Arabia.

Methods: A sample of 66 pregnant women attending the antenatal care at four primary health care centers in Albaha during a two-week period in April 2016 was collected using a self-structured questionnaire.

Results: Of the 66 participants, 29 reported having three or less pregnancies, representing 43.9% of the overall sample size, followed by four to six pregnancies (25 women, 37.9%) and more than six pregnancies (12, 18.2%). As per the participants' knowledge of the which group with highest risk for iron-deficiency anemia, three women reported having a good knowledge (4.5%), 13 with a fair knowledge (19.7%), and 50 with a poor knowledge (75.8%) (page26). 33% of the participants had a good knowledge about the most important nutrient-rich element with irons, while 45% had a fair knowledge, and 21.2% had a poor knowledge. In addition, 63.6% know the impact of tea-drinking on intestinal iron absorption while 36.4% do not. Furthermore, 69.7% know the impact of vitamin C or lemon juice on intestinal iron absorption while 30.3% do not. A total of 59 pregnant women (89.4%) considered birth-spacing useful to the mother's health, and seven pregnant women (10.6%) did not (page32). The relationship between level of education and total knowledge of participants is good $P > 0.05$ (P -value = .000)

Conclusion: Higher level of education and occupation increase the total knowledge of participants.

Presenter

Abdullah Abdulkhalq Al-Ghamdi

Muath Ibrahim Al-Ghamdi

Waleed Mohammed Al-Khuraimi

Amjad Said Alshihri

Mohammed Mahdi Al-Ghamdi

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Workshop (Day 1)



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Evidence Based Clinical Practice (EBCP) for Health Care Professionals

Haitham M. El Bingawi Aimun AE. Ahmed and Faisal Awad Alzahrani
 Albaha University, Saudi Arabia

Evidence-based clinical practice (EBCP) is an approach to health-care practice that explicitly acknowledges the evidence that bears on each patient management decision, the strength of that evidence, the benefits and risk of alternative management strategies, and the role of patients' values and preferences in trading off those benefits and risks.

Aim:

1. To help participants advance their skills in critically appraising the literature.
2. To help participants advance their skills in incorporating EBM in clinical decision making.

Specific Learning Objectives:

By the end of this workshop, the participant should be able to answer the following questions:

1. What is evidence-based medicine
2. How to formulate an answerable clinical question in relation to different clinical tasks (Therapy, Diagnosis, Etiology and Prognosis)
3. What research methods and designs are appropriate as evidence for various clinical tasks
4. In which databases or websites you can we find a valid and scientifically sound information to answer patient care questions?
5. How to critically appraise the literature for validity and applicability.

Type	Activity	Time
Preface	Pre- evaluation test	5 minutes
Introduction Session	Importance of Evidence Based Practice in the clinical setup	15minutes
Lecture Session	Formulation of answerable clinical question	15 minutes
Lecture Session	Selection of appropriate Data base	20 minutes
Group work Exercise (1)	Group A	35 minutes
	Group B	
	Group C	
Lecture Session	Evaluation of the evidence	25 minutes
Group work Group work Exercise (2)	Group A	35 minutes
	Group B	
	Group C	

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A case of ovotesticular disorder of sexual development (45 XO/46 XY: Mosaicism versus Chimerism)

Ma Sheryll de Jesus

Philippine General Hospital, Philippines

Ovotesticular disorder of sex development (OT-DSD), previously known as true hermaphroditism, is a rare disorder of sexual differentiation in which the gonads of an individual are characterized by the presence of both mature ovarian and testicular tissues. The diagnosis has traditionally been applied only if an individual has 1) histologically verified ovarian follicles or proof of their prior existence (e.g. corpora albicantia) and 2) seminiferous tubules or spermatozoa. This paper introduces you to a 14-year old, who presented with primary amenorrhea and enlarging abdominal mass, underwent exploratory laparotomy, salpingo oophorectomy, histologically diagnosed as a possible case of a true hermaphrodite and chromosomally diagnosed as 45XO/46XY, who developed endodermal sinus tumor, a germ cell tumor, considered highly malignant.

Biography

Dr. Ma. Sheryll R. de Jesus has completed her degree as a medical doctor at the age of 26 years from Pamantasan ng Lungsod ng Maynila (University of the City of Manila) and finished master degree in public management major in health systems development at the age of 28 years from Development Academy of the Philippines. She pursued her medical training in Obstetrics and Gynecology and is currently a 4th year resident physician at the Philippine General Hospital, about to graduate in December 2016. She plans to sub-specialize in Reproductive, Endocrinology and Infertility section of the department.

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Uterine rupture: Case report and review of literature

Othman M, Nasr A, Alnakhli Z, Iqbal A, Al Huraibi J and Alhazmi J
Albaha University, Saudi Arabia

Uterine rupture is an obstetric catastrophe that is associated with high maternal and perinatal mortality rates. Its incidence is high in developing countries. Uterine rupture may be silent and obscure but requires immediate surgical intervention and its occurrence can result in severe maternal morbidity. We report a case of G4P3+0 with previous traumatic rupture uterus presented in labor at 32 weeks and found in caesarean section to be ruptured fundus of the uterus with active bleeding. Baby delivered alive, and uterus repaired. Most cases of ruptured uterus are preventable with good antenatal care, intra-partum care and proper identification of high risk cases. Thinning in the lower uterine segment measured by ultrasonography is a predictor of uterine rupture but, ideal thickness cut-off value could not be defined. We recommend; use of partogram as tool in recognising deviations from normal, prevention of unnecessary cesarean sections, facilitating early referral and continued education of staff in order to prevent uterine rupture.

Presenter

Mohammad Ali Saad Alqarni
Abdulazizi Ayedh Ali Alghamdi
Rasheed Helal Muidh Alzahrani
Saud Ali Ahmed Alzahrani
Mashhour Mubarak Hamdan Alghamdi
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Retrosternal goiter with posterior mediastinal extension surgery in a patient with superior venacava obstruction through a classic neck incision: A case report

Othman M, Khayat S, Al-Juaid A, Khorchid A, Othman B and Al-zahrani A
Albaha University, Saudi Arabia

Intrathoracic goiters are usually located anteriorly, in the superior or anterior mediastinum, and are termed substernal or retrosternal goiters. Posterior mediastinal goiters are rare, about 10% of all intrathoracic goiters. Patients with retrosternal goiter usually have a visible or palpable cervical mass. In addition, tracheal deviation may be present with compression symptoms. Posterior mediastinal goiter with mediastinal compressive symptoms is an indication of surgery. Lateral thoracotomy is an alternative approach for intrathoracic goiter extending into the posterior mediastinum. We report a case of 75 years old gentleman, referred with right neck swelling, difficulty in swallowing and breathing and changes of voice. Total thyroidectomy was performed. Histopathology report showed multi nodular goiter with no evidence of malignancy. This patient had both types of extension. Both were delivered successfully through a classic neck incision without sternotomy or combined cervicothoracotomy. It would be reasonable to consider surgical management for such symptomatic goiters if there were no contraindications.

Presenter

Thamer Ahmed Hamdan Alghamdi

Raad Jomaan alghamdi

Omair Mohammed Saad alghamdi

Anas Ali Ahmed Alzahrani

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Perceived barriers to accessing sexual and reproductive health services among educated young women in Egypt

Saad Abdelnaby Ahmed Abdelnaby El Gelany
Minia University, Egypt

Objective: To identify the perceived barriers to accessing the available sexual and reproductive health services (SRH) among educated young women in Egypt.

Methods: The study population consisted of 520 female Egyptian university students from different Egyptian districts were selected by purposive random sampling and interviewed by means of an in-depth questionnaire in a cross-sectional survey. The interviews were private and confidential, and the questions concerned the perceived barriers to utilize the available sexual and reproductive health services and how to break them from their point of views.

Results: Data were collected using a questionnaire and descriptive and inferential statistics were used to analyze the data generated. The study revealed that 60% of the respondents have heard of SRH services but only few actually knew the main services rendered at premarital care services as the existing reproductive health services are directed to married women only, 40% not trusting the available services while a large proportion of the participants exhibited (85%) have barriers to access the available services. Analysis of Regression coefficient showed significant association between residency and utilization of reproductive health care services; family education and utilization of service and marital status and utilization of the service. The major reported barriers to utilization of SRH services among respondents were poor knowledge of the existing services, Cultural taboos, religious false believes; criticism from others, lack of communication, educational limits attitude of the health care provider, and family's acceptance.

Conclusion: This is a major area of concern for health service providers. A root analysis of the perceived barriers need to be tackled by policy makers that could help to formulate new strategies that make such services affordable, acceptable and available.

Biography

Saad El Gelany obtained MBChB from Minia University, Egypt in 1998 and obtained his Master degree of Obstetrics & Gynecology from Minia University, El Minya, Egypt in 2003. He completed his Doctorate in reproductive and developmental unit at University of Sheffield, UK in conjunction with Minia College of medicine, Egypt through a joint research project in 2008. He is currently an Assistant Professor and researcher of Obstetrics and Gynecology and consultant at Minia maternity and children university hospital, Minia University Egypt. Also he is serving as clinical consultant at the fetomaternal unit. He is recognized internationally by his research in the area of reproductive health and community research.

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Bibliography and Citation Management Using 'EndNote' Software Workshop

Haitham M. El Bingawi, Aimun AE. Ahmed, Mahadi Abdellatif Mohammad Bashir and Elbadry Rabei Mansour
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Workshop objectives:

- To familiarized the participants with a famous citation management program.
- To develop skills necessary for using such software to build own library
- To develop skills necessary for using such software to write scientific reports such as thesis, dissertation, proposal, article ... etc.
- To jump over the hardest challenge part in scientific writing (citations).
- To let participant cope with surroundings resources and saving time and efforts.

Prerequisites facilities:

- Computers (Lab top) at least every 2 participants.
- Multimedia projector (data show)
- Internet access.

Protocol:

Interactive problem-based learning

Time	Topic session
75 Min`s	Introduction and How to build your own library?
45 Min`s	How to use your library to write scientific report?

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Scientific Tracks & Abstracts (Day 3)



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Mullerian defect type one- A case report

Ahmed Hassan Saeed AL-Ghamdi
Albaha University, Saudi Arabia

A Mullerian abnormality encompasses a wide range of systemic abnormalities which throws a real challenge to the gynecologists for chalking out the appropriate strategy for their diagnosis and management. The most basic classification of Mullerian duct defects consists of agenesis and hypoplasia. Mullerian abnormalities are often associated with other systemic abnormalities. In the reported case, we describe a 17 years old Saudi female present with history of primary amenorrhea with normal breast development and normal female external genitalia. Laboratory confirmed normal female sex (46XX) and normal hormonal assay. Radiological studies showed that she had no uterus. Normal ovary with pelvic kidney diagnosis of Mullerian defect type-one was given.

Biography

Ahmed Hassan Saeed AL-Ghamdi obtained MBBS from King Khalid University, KSA in 2005. He served as a Vice Dean for hospital affairs in 2015, as a Head, Lecturer and demonstrator of pediatric department and Assistant Professor of pediatric endocrinology at Faculty of medicine, Albaha University, KSA. He has obtained Saudi fellowship in pediatric endocrinology and diabetes, KSA in 2014. He has published 4 papers in reputed journals.

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Notes:

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Association between perceived social support and depression in postmenopausal women

Mitra-Tadayon, Hosna-kalhoor and Nahid-Javadifar
Ahvaz Jundishapur University of Medical Sciences, Iran

Background: The most common symptom in early menopausal women is depression. Depression is a type of chronic disease that impacts on postmenopausal women's life. Social support plays a protective role for women and enables them to solve their life problems and thus, feel less depressed.

Objectives: We assessed depression as a chronic disease and evaluated the association between perceived social support and depression in postmenopausal women.

Patients & Methods: This correlation-analytic study was conducted on 321 postmenopausal women using 2-stage cluster sampling in Ahvaz in 2014. Data collecting instruments were comprised of a demographic questionnaire, a depression scale (Beck Depression Inventory-II), and a social support questionnaire (PRQ 85-Part 2). Data analysis was done using SPSS, version 20. The Spearman correlation coefficient was used to evaluate the relationship between perceived social support and depression, and the χ^2 test was employed to assess the relationship between perceived social support and demographic characteristics.

Results: The Spearman correlation test revealed a significant reverse relationship between perceived social support and depression ($r=-0.468$; $P=0.001$). There were significant relationships between perceived social support and some personal variables such as marital status, education level, and job status ($P<0.05$). However, there were no significant relationships between perceived social support and some other personal characteristics such as income and ethnicity ($P>0.05$).

Conclusions: We found a reverse relationship between perceived social support and depression in postmenopausal women.

Biography

Mitra Tadayon is a Master of Midwifery and is graduated from Iran University of Medical Sciences, Tehran. She is a faculty member of Reproductive Health Promotion Research Center and menopause and andropause research center.

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Polymorphic eruption of pregnancy

Aziz Abaid Aziz Al-Sohaimi
Albaha University, Saudi Arabia

Polymorphic eruption of pregnancy is an itchy, bumpy rash that starts in the stretch marks of the abdomen in the last 3 months of pregnancy then clears with delivery. It is also called PUPPP or Pruritic Urticarial Papules and Plaques of Pregnancy. Polymorphic eruption of pregnancy is thought to be related to stretching of the skin on the abdomen. Somehow the rash develops as a sort of "allergy" to the stretch marks and spreads elsewhere on the body. Supporting the stretch mark theory are the following observations: Most cases begin in the last 3 months. Polymorphic eruption of pregnancy is most common in a first pregnancy, when the abdomen is tightest. The rash usually starts around the umbilicus where stretching of the abdomen is greatest. On average, patients with polymorphic eruption of pregnancy have greater weight gain, babies that are heavier than normal and an increased chance of having twins. Small, pink, raised spots (papules) appear in the stretch marks around the umbilicus. There is often a pale halo around the papules. PUPPP is very itchy (pruritic) and patients find it difficult to sleep at night. Treatment of polymorphic eruption of pregnancy: Emollients (moisturizers) applied liberally and frequently as required. Topical steroids applied thinly twice daily to the red itchy patches. Antihistamines - conventional antihistamine tablets appear safe in late pregnancy.

Biography

Aziz Abaid Aziz Al-Sohaimi is an Assistant Professor of dermatology at Al-Baha University KSA. He has Saudi, Arab and Jordanian board of dermatology. He published more than 6 cases in dermatology. He is interesting in dermatopathology as well as dermatological surgery.

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Huge fibroid at term pregnancy; case report and review of literature

M Othman and A Alzahrani
Albaha University, Saudi Arabia

Uterine fibroids are the most commonly recorded benign tumors of the female reproductive system, affecting 20%–60% of women of reproductive age. However, the true prevalence of fibroids is likely much higher owing to most fibroids being asymptomatic. Fibroid incidence increases with age, approaching 70%–80% by the time individuals reach 50 years of age. Fibroids are known to occur in 0.1%–10.7% of pregnant women and this incidence increases as with women choose to delay pregnancy until later in life. Fibroids have been reported to be associated with 10%–40% of prepartum complications in patients who are pregnant. Fibroids have been associated with abdominal pain, spontaneous abortion, changes in fetal position, placental abruption, premature rupture of membranes, cesarean deliveries, postpartum hemorrhage, preterm delivery, and low birth weight infants. These complications are often seen by obstetricians and cause management dilemma. Although most authors recommend medical management, some complications will require surgery. Thus, the tactics of treatment of the pregnant with fibroid is one of most difficult issues in obstetrics and gynecology; it requires working out of the clear criteria for conservative and operative methods of treatment, also optimization of the technique of performing myomectomy which would allow the maintenance of pregnancy and preservation of the uterus. Here we report on term pregnant lady had cesarean section and myomectomy at the same time.

Biography

Anas Alzahrani is a final year medical student

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The effects of infertility on sexual satisfaction and performance

Poorandokht Afshari, Afsaneh Sharafian and Parvaneh Mousavi

Ahvaz Jundishapur University of Medical Sciences, Iran

Introduction: Infertility can be considered as a crisis in a marriage. The stress of infertility can harm marital relations and decrease in marital satisfaction and the quality of life. The aim of this study is to determine the relationship between infertility and was conducted with the consent and sexual function in infertile couples.

Materials & Methods: This study was a historical cohort study. Where 200 couples (400) divided infertile and infertile groups were studied. They had no physical illness or mental health problems. The data collected tools includes, general information form, Female Sexual Function Questionnaire (FSFI), male sexual function questionnaire (IIEF) and Larsson Sexual satisfaction questionnaire.

Results: In fertile couples, the average age of women were 30.18 and 33.56 years for men and in fertile group the average age of women were 30.06 and 36.71 years for men. The two groups were matched in terms of demographic indicators. The cause of infertility in 42.5% is due to male factor. Sexual function in infertile women is better than fertile women and the statistical difference was significant ($p=0.001$). Male sexual function in infertile men was better than fertile men but it was not statistically significant. Sexual satisfaction was similar in both groups.

Conclusion: It seems that infertility does not affect the sexual satisfaction and function in infertile couples. So do intervention studies and development of various programs of support and counseling for couples is useful.

Biography

Poorandokht Afshari is the Master of Midwifery, graduated from Shahid Beheshti University of Medical Sciences, Tehran and faculty member of Reproductive Health Promotion Research Center and menopause and andropause research centre. Her research field includes women's reproductive health and sexual health over 19 articles published in international journals.

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Comparative study between stapled hemorrhoidopexy and LigaSure hemorrhoidectomy

Othman M, Abousteit H, Raslan S and Kamal A
Albaha University, Saudi Arabia

This is a prospective study aimed to compare the results of stapled hemorrhoidopexy with LigaSure Haemorrhoidectomy. This study included 50 patients. Operation time and postoperative progress was assessed. Postoperative pain was assessed using visual analogue scale. The majority of patients were males; 12 patients had grade III haemorrhoids and 38 patients had grade IV haemorrhoids. Mean age was 43 years. The average operating time was 45.5 minutes for stapled hemorrhoidopexy and 35.5 minutes for LigaSure haemorrhoidectomy. The average pain scores on postoperative day 1 and day 2 were 2.5 and 2 for stapled hemorrhoidopexy while for LigaSure haemorrhoidectomy were 5.5 and 5. Stapled hemorrhoidopexy offers much less pain when compared to LigaSure.

Presenter

Khalid Ghazi Shrayyif Al-Ghamdi

Mohammad Abdullah Ghazi Al-Oliani

Moath Jamaan Saeed Al-Ghamdi

Ahmad Mohammad Safar Al-Ghamdi

Ayedh Mobarak Ayedh Al-Bishi

Majed Ghurmallah Saeed Al-Zahrani

Ghazi Saeed Abdullah Al-Ghamdi

Abdullah Jabbar Abdullah Al-Ghamdi

Mohammed Othman Al-Ghamdi

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Diagnostic laparoscopy for missed perforated duodenal ulcer: A case report

Othman M, kashgary S, Alguthami G, Alaryni A, Othman B and Al Adwani M
Albaha University, Saudi Arabia

Perforated peptic ulcer is a common abdominal disease that is treated by surgery. Despite the use of proton pump inhibitors, perforated peptic ulcer remains a frequent surgical emergency with an average mortality rate of 5.8%. This is a report of a 77-year-old Saudi diagnosed as a calculus cholecystitis and upon laparoscopic exploration it was found to be sealed duodenum perforation. Patient was treated conservatively and discharged in good condition. Every effort should be done to diagnose perforated ulcer. Radiological investigations can be misleading. It is crucial to have high index of suspicion for complications of perforated ulcer, in order to manage them appropriately. Thus, appropriate clinical decision making should not be delayed by suboptimal imaging. Plain abdominal imaging harbors a substantial risk for false negative results. Accordingly, when imaging is used, low-dosage CT scan should be preferred.

Presenter

Ahmad Saad Abdullah Al-zahrani

Saeed Yahya S AL-Ghamdi

Saeed Awdah Assiri

Abdulelah Farraj Yahya Al-malki

Abdulkareem Abdullah Saad'allah Al-Ghamdi

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Colonic lipoma presented with attack of gastroenteritis: A case report

Othman M, Raslan S, Nwabunike T, Adwani M and Othman B

Al – baha University , KSA

Lipomas are the most common type of non-epithelial benign tumors of the gastrointestinal tract. This is a report of a case of transverse colonic lipoma which presented with a misleading Gastroenteritis for which upper and lower endoscopies were done for recurrent and persistent symptoms and revealed tumor-like mass in the transverse colon for which transverse colectomy with primary anastomosis was done and histopathology came as the rare colonic lipoma. The gastrointestinal lipoma is a relatively rare disease, and originates from the submucosa of the gastrointestinal tract and occurs the most frequently in the cecum and ascending colon. One of the challenges in the management of colonic lipoma is to establish the diagnosis preoperatively. Three diagnostic tools can bring arguments in favor of the diagnosis: colonoscopy, barium enema and CT.

Presenter

Majed Mohammed Ibrahim Mashhour

Hossam Ahmed Mohammad Ghamdi

Abdullah Ismail Saeed Alghamdi

Ahmed Ibrahim Ahmed Zahrani

Ali Ahmed Othman Al-Ghamdi

Abdullah Hameed AlGhamdi

Raed Abdullah M Al-Zahrani

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Ogilvie's syndrome: Case report

Othman M, Khojah S, Alkholy T and Rafie L

Al – baha University , KSA

Bowel perforation has been described following caesarean section. Ogilvie's syndrome and paralytic ileus are the two most common causes of functional bowel obstruction. We report here a case of ogilvie's syndrome. Unfortunately, surgical intervention was late and patient died. Cecal perforation is a rare postoperative complication after a Caesarean section. Early identification is critical for successful treatment of these patients. If a postoperative patient presents with features consistent with a bowel obstruction, prompt imaging should be performed in order to aid early diagnosis and intervention. Abdominal ultrasonography is of limited value in detecting intraluminal colonic neoplasms. Large bowel obstruction should be treated with urgency to avoid cecal perforation.

Presenter

Tahani Saeed Almohayya

Roaah Fahad Al-Shabanah

Mohammed Khalid Al-Zahrani

Amro Ali Al-Ghamdi

Nawaf Mohammed Al-Amri

Sultan Abdullah Al-Garni

Sultan Awwadh Al-Malki

Majed Hassan Al-Kurayzi

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Workshop (Day 3)



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Communication strategies workshop

Ahmed Alkhalaf and Sajjad Mohammed Alkadhem

¹Albaha University, Saudi Arabia

²Damam University, Saudi Arabia

This workshop will help you teach participants how to:

- Identify common communication problems that may be holding them back
- Develop skills to ask questions
- Learn what their non-verbal messages are telling others
- Develop skills in listening actively and empathetically to others
- Enhance their ability to handle difficult situations
- Deal with situations assertively

Session One: Course Overview

Session Two: Creating Positive Relationships

Session Three: Growing Our Self-Awareness

Session Four: Communication Basics

Session Five: Communication Barriers

Session Six: Asking Questions

Session Seven: Listening Skills

Total time: 2 hours

Biography

Ahmed Alkhalaf is an associate fellow of the American psychological association and the British psychological society. He is Assistant Professor of Behavioural Sciences & Clinical Health Psychology at the Faculty of Medicine, Albaha University, Saudi Arabia. In 1996, he studied Psychology at King Saud University. He worked in a community mental health setting in Alamal Complex for Mental Health in Dammam, Saudi Arabia. He completed MSc in abnormal and clinical psychology at Wales University & Doctorates in clinical health psychology at the University of Plymouth. He is a leading expert on Cognitive behavioural therapy (CBT) & Communication skills.

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Notes: