

presentation (34.5) and getting the medical news (32.1%). About the impact of medical apps, the most of the students considered these helpful in: clinical decision-making, making differential diagnosis, allowing faster access to evidence-based medical practice, saving time and others. The practical use of these apps was found to be minimal in medical students. Around 73 % were occasional users of med app and only 27 % were using medical apps at least once a day. The utility of Medical Apps on mobile devices is not up to the mark among medical students of KAU.

Title: Association of Perceived Stress level (PSS), Quality of life and Coping Strategies in Physical therapy students of Rawalpindi/Islamabad Pakistan.

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Abstract:

Background: Stresses involved in undergraduate training of Physical Therapy Students may affect their intellectual performance, learning as well as their attitudes towards life satisfaction. This major issue has been highlighted by many researchers in recent years but such studies are lacking in Physical therapy colleges of Pakistan.

Purpose of Study: The main objective of this study was to find out the association of stress level, quality of life and coping strategies of undergraduate physical therapy students.

Methodology: A cross sectional study was conducted and a sample of 300 from First Year (first and second semester) physical therapy students was taken through systemic probability sampling during the time period February 2015 to April 2015. Self-reported questionnaire consisting of Satisfaction with Life scale (SWLS), Perceived stress Scale (PSS) COPE inventory as well as demographic section were distributed to students at four Physical Therapy Institute in Rawalpindi, Islamabad Pakistan.

Results: Out of 300 students 250 (83.3) were females and 50 (16.6) were males. Life satisfaction was significantly different in gender ($p=0.01$). Stress and life satisfaction was negatively correlated ($r=-0.35$, $p < 0.01$). Academic and psycho social distress was included among the most frequent stress source. Other sources includes heavy load of studies, Test/exams, high

parental hopes, enormity of curriculum, lack of time for amusement. The main coping strategies actively used by students in different institutes were, acceptance, planning, self-distraction, positive re framing and emotional support. **Conclusion:** It is concluded that stress and coping strategies played a big role in life satisfaction and hence responsible for good quality of life. University authorities should adapt evidence based interventional approaches to reduce perceived stress and to promote stress management and coping strategies so that the attitudes towards life satisfaction can also be improved.

Title: The Importance of Nursing Informatics Education as Specialty

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Abstract:

Background and Aims: Information technology plays high role in nursing practice as a profession. This study emphasizes the importance of nursing informatics education as a specialty to facilitate technology effective application in health care.

Methods: Review study has formed with extensive literature search in databases and articles with focus on emerging technologies and nursing care.

Results: As a result it is necessary to empower nurses in different target groups, in order to effectively take advantage of IT in nursing outcome and quality of health care.

Conclusions: So it is recommended to provide nursing informatics certificates and Master and Doctoral graduate programs and degrees and related curriculum developments.

Title: "Just Google it..." - The Internet and its Effect on Medical Knowledge

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Abstract:

Background and Aims: The internet has a significant impact on our lives. In terms of medical knowledge, the internet has allowed it to be instantly available and easily accessible. We aimed to investigate the thought processes of clinical medical students when being questioned about their knowledge.

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