



4th Libyan Conference on Medical and Pharmaceutical Sciences

<i>In collaboration with</i>		
 <p>هيئة أبحاث العلوم الطبيعية والتكنولوجيا Authority of Natural Science Research and Technology</p>		
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 <p>مركز بحوث النانوتكنولوجي</p>		 <p>LIBYAN NANOTECHNOLOGY</p>

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Cover Page

Gathering Notice of the Fourth Libyan Conference on Medical and Pharmaceutical Sciences

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From the successful completion of the series of Libyan conference on medical and pharmaceutical sciences, we are delighted to welcome you to the fourth Libyan Conference of Medical and pharmaceutical sciences (4th LCMPs 2020). The congress is scheduled to take place in the city of Janzur, Libya, on November 14, 2020. This conference will deliver you with research experience and enormous thoughts.

The theme of the 4th LCMPs 2020 is to set up relocate research to help individuals recognize how medical practices have advanced and established in recent years.

While medication and treatment are crucial for helping and supporting individuals once they become sick, increase universal wealth adds to reducing the clarifications for sick prosperity and intensifying people's prosperity and wealth.

4th LCMPs 2020 online meeting will be operated with organizers with many proficient attributes of high quality, and the zooming techniques will allow conference speakers and attendees opportunities to involve in collective efforts while learning further about some of the up-to-date inclinations and research practices applied to report influences relative to the scope of the conference.

The online summit has extended universal reaching out demand to call for speakers and attendees from many countries around the world, who have a prospect to attend the outcomes of valued research attempts reported by attending experts, speakers,

operators, physicians and other professionals working in medical and pharmaceutical fields.

Online events in medical sciences have a worldwide extension scope throughout the world. Such these gathering come up with suggestions to extend the best prospect for the academicians about cooperative efforts to present their inspection, and exchange professionals, displaying their objects, directions and networking.

The reasonable gathering integrates oral and publication overviews, as well as workshops from the experts working in the field of medical and pharmaceutical sciences.

Keywords: 4th LCMPs2020, Janzur, Online, Conference.

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Event Abstract

Medical education in the time of COVID-19: A Libyan view

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The global spread of COVID-19 pandemic had carried a serious implication for public institutions and particularly for educational institutes. This has prompted a series of public health worries. University closures are considering among the community distancing actions used by policy makers to reduce the spread of an infectious disease. These closures are based on the response to reduce public contacts between students and thus disturb the disease transmission. Many countries in the world have started a countrywide educational institute closure, with the goal of averting contacts among students and hence reduce cases.

In response to this concern, the ministry of education in Libya had implemented national school closures by March 15, 2020, and this interruption might extend as the COVID-19 pandemic continues to progress, which could lead to students missing their classes, producing a negative consequence on the learning process and exam concert. Indeed, there is a substantial number of students undertaking examination that require social contact and exposure.

Consequently, numerous education institutes in Libya had started online learning tactics by using the academic online platforms to stay linked with their students. For example, the Research, Consultant and Training Center (RCC) of the University of Tripoli (UOT), Libya has instructed their students and academicians to get benefit from the existing online resources to finalize their teaching duties.

With the use of the MS Office 365, the RCC of the UOT guided the necessary training for students and staff members to enable them for using applications which found within that platform, and which can assist in online learning like MS Teams, MS OneDrive, MS Class Notebook and other applications. Other method considered by the UOT is to take benefit of initiatives for learning online in response to covid-19 from many institutes like from Coursera which offers a free access to more than 3,800 courses from leading universities and corporations. RCC manage the registration of

UOT students in Coursera system and evaluate the performance of the learning process.

With the certainty that social distancing activities might stay for many months or even years, there is a decisive need to identify how countries can safely return students to education. Once the number of covid-19 cases starts to decline, the arrangements used to achieve suppression might evolve over time. It will be crucial for studies to screen the consequence of the reopening of the educational institutes on the numbers of covid-19 cases. Academicians as well as policy makers should get elaborated in exploring other institutes social distancing interventions that are much less disruptive than completely university closure and might effectively evolved to preserving the control of this pandemic. Explorative researches are warrant to guide decision-makers on the opening of universities once the deadly pandemic declines.

Keywords: RCC, UOT, Education, Covid-19.

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Event Abstract

The Prevalence of Allergic Rhinitis in Libyan Asthmatic Patients

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Background: Allergic rhinitis is common association to asthma according to previous literature. Earlier studies showed that the control of allergic rhinitis improves overall asthma symptoms.

Objectives: The aim of the current study is to assess the prevalence of allergic rhinitis in Libyan asthmatic children who were attending regular follow up in asthma clinic of Tripoli children hospital during the year of 2008.

Methods: Data were collected by asking a total of 200 children's parents using pre-tested validated questionnaire composed of directly answered questions (yes or no) regarding the presence of symptoms such as rhinorrhea, nasal itching, and sneezing especially sessional symptoms.

Results: Our results exhibited that the incidence of allergic rhinitis in asthmatic Libyan children was 36.6%.

Conclusion: The obtained results revealed that allergic rhinitis is common and needs to be put in consideration in any asthma patient and treated accordingly.

Keywords: Asthma, allergic rhinitis, family history, association.

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Event Abstract

Mitigation of the Toxic Effects of Periodontal Pathogens by Candidate Probiotics in an Invertebrate Model

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Background: The larvae of the waxmoth *Galleria mellonella* was used to investigate the protective activity of the candidate oral probiotics *Lactobacillus rhamnosus* GG (LHR), *Lactobacillus reuteri* (LR) and *Streptococcus salivarius* K-12 (SS) against the periodontal pathogens *Fusobacterium nucleatum* (FN), *Porphyromonas gingivalis* (PG) and *Aggregatibacter actinomycetemcomitans* (AA).

Method: Probiotics were delivered to the larvae (i) concomitantly with the pathogen in the same larval pro-leg; (ii) concomitantly with the pathogen in different pro-legs and (iii) prior to inoculation with the pathogen in different pro-legs.

Results: The periodontal pathogens killed at least 50% of larvae within 24 h although PG and FN were significantly more virulent than AA in the order FN>PG>AA ($p < 0.05$). The candidate probiotics however were not lethal to the larvae at doses up to 10^7 cells/larvae. Wax worm survival rates increased up to 60% for some probiotic/pathogen combinations compared with control larvae inoculated with pathogens only ($p \leq 0.01$). SS was the most effective probiotic against FN challenge and LHR the least, in simultaneous administration and in pre-treatment, SS and LR were generally the most protective against all pathogens (up to 60% survival) *P. gingivalis*-LR>LHR>SS and for *A. actinomycetemcomitans* SS>LHR and LR.

Conclusion: In summary, the periodontal pathogens were variably lethal to *G. mellonella* and the candidate probiotics had measurable protective effects, which were greatest when administered simultaneously with the periodontal pathogens, suggesting protective

effects based on bacterial interaction, and providing a basis for mechanistic studies.

Keywords: Periodontal pathogens; *Galleria mellonella*; probiotics; infection model.

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Event Abstract

Effect of cell phone radiation on reproductive system and behavior using female albino mice

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Aim of the work is to determine the behavioral effect and the histopathological changes of female reproductive system due to exposure to cell phone radiation using albino mice. Design of the work: Twelve female albino mice were divided into two groups (n=6). One group as control (healthy mice), the second group exposed to cell phone radiation one hour/day for three months. At the end of experiment, behavior scoring using plus maze and force swimming maze was applied for the two groups. Mice were killed by cervical dislocation, and dissected. The ovary and uterus collected and kept in formalin for histological examination. Results and Conclusion: Behavior study using plus maze and forced swimming maze did not show any changes after exposure to cell phone radiation for three months. In histological examination, the control ovary revealed that the ovary was covered by a single layer of simple cuboidal (germinal) epithelium; the ovarian parenchyma formed of cortex and medulla. In the ovarian cortex, the primordial follicles were seen underneath the tunica albuginea. Growing follicles were seen in the ovarian cortex includes primary, secondary and mature Graffian follicles. The secondary follicle formed of large primary oocyte in the center and surrounded by zona pellucida and multilayers of follicular granulosa cells, the cystic spaces within the granulosa cells coalesce and form a large central cavity, the follicular antrum. Mature Graffian follicle was larger follicle, located near the surface. Primary oocyte surrounded by clear zona pellucida and few follicular cells called corona radiata. The whole follicle surrounded by theca interna, and theca externa. The corpus luteum formed of both

granulosa and theca lutein cells, which were polyhedral cells containing large spherical nuclei and large amount of vacuolated cytoplasm. Sections of control mice's uterus revealed that the inner mucosa, or endometrium, consists of surface columnar epithelium and lamina propria (stroma), the lamina propria containing numerous blood vessels and endometrial glands, which are simple or branched tubular glands. Also, the lamina propria consists of loose connective rich with neutrophils, lymphocytes and an abundance of fibers and smooth muscles. The middle muscular layer, or myometrium, is composed of an inner circular and outer longitudinal smooth vessel. The outer layer, the perimetrium is the serosa of the uterus, composed of loose connective tissue with a large number of lymphatic vessels. Cell phone radiation exposure ovary showed normal appearance of germinal epithelium covering the ovary. The ovarian cortex, showed significant reduction in number of primordial and primary follicles were seen underneath the tunica albuginea and absence of oocyte inside the follicle, normal antral and mature Graffian follicles. The secondary follicle shows normal appearance. Mature Graffian follicle was larger follicle, located near the surface. It formed of primary oocyte surrounded by clear zona pellucida and few follicular cells called corona radiata. The whole follicle surrounded by theca interna, and theca externa. Corpus luteum formed of both granulosa and theca lutein cells, which were polyhedral cells containing large spherical nuclei and large amount of vacuolated cytoplasm. Cell phone radiation exposure uterus showed in some areas abnormal histological features of the inner mucosa, or

endometrium, that the lining simple columnar epithelial cells of endometrium and some glands extends to the underlying lamina propria (stroma), glands appears as a focal inactive atrophic gland with hyperchromatic nuclei appeared darkly stained. Also, histopathology observations showed atrophy of the uterine glands that reduces the number of glands in the stroma. The middle muscular layer, or myometrium is composed of an inner circular and outer longitudinal smooth muscle layer; the region in between the two layers of smooth muscle contains large blood vessels. The outer layer, the perimetrium, is the serosa of the uterus, composed of loose connective tissue with large number of lymphatic vessels, where the histological structures of the uterus in the mobile radiation exposed group was different in some endometrial glands to that of the control group. It can conclude that the radiation of the cell phone may produce damage to the reproductive system.

Keywords: Female mice, Cell phone radiation, Reproductive system, Plus maze, swimming maze.

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Event Abstract

Effect of cell phone radiation on behavior and reproductive system in male albino mice

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Radiation can be classified as ionized or non-ionized radiation. Non-ionizing and electromagnetic radiation consist of electromagnetic waves that are not active enough to separate electrons from atoms or molecules, and therefore cannot lead to their ionization. This include radio waves, microwaves. Cell phone is type of radio waves have wavelengths in the electromagnetic spectrum longer up to 300 GHz. Aim of work is to study of the effect of radiation of cell phone on the behavior and male reproductive system in albino mice (histological study). Methodology: Twelve male albino mice were divided into two groups (n=6). One group as control (healthy mice), the second group were exposed to cell phone radiation one hour/day for three months. At the end of experiment, behavior scoring using plus maze and force swimming maze was applied for the two groups. Mice were killed by cervical dislocation, and dissected. The testis, cauda epididymis and vasa deferentia collected; seminal fluid collected for sperm count, motility and morphology. Testis were kept in formalin for histological examination. Results and conclusion: Behavior study using plus maze and forced swimming maze did not show any changes after exposure to cell phone radiation for three months. There was a significant increase in abnormal sperm count compared to the control. In histological study, healthy mice showed normal seminiferous tubule lumen full of mature spermatozoa, complete spermatogenesis, normal histological features of seminiferous tubules, normal seminiferous tubules separated from each other by narrow interstitial spaces containing interstitial of Leydig cell, seminiferous tubules containing spermatogenic cells and Sertoli cells, and normal spermatogenic cells were formed of

spermatogonia, primary spermatocytes and spermatids. Cell phone radiation exposed mice showed a reduction of intraluminal spermatozoa, hypospermatogenic cells of seminiferous tubules, sperms were very few inside the lumen of seminiferous tubules; also, there was a reduced number spermatogonia, spermatocytes, spermatid, and Sertoli cells. It can be concluded that the radiation of the cell phone may produce damage to the reproductive system.

Keywords: Cell phone radiation, Male mice, Reproductive system, Plus maze, Swimming maze.

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Event Abstract

Childhood obesity and its relationship with dietary Behavior of the Primary School Children at Benghazi Libya

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Background: Obesity has negative health impacts in childhood, particularly for the long term. In addition to a higher risk of obesity and non-communicable diseases (NCDs) later in life, affected children experience adverse outcomes.

Aims of the study: to find out the prevalence of obesity among primary school children at Benghazi Libya (2012) and its relation with the breakfast skipping, dietary behaviors and socio-economic factors.

Subject and methods: A descriptive cross-sectional study conducted among primary school children at Benghazi 2012. Analysis of variances and longitudinal mixed-effects linear regression models were used to investigate the relation of socio-economic factors and dietary behavior with BMI.

Results: The mean age was 8.9 ± 2.2 years. The mean BMI = 32 ± 11.0 kg/m². The study revealed that about more than half of children their BMI were more than 30kg/m². The study also revealed significant relation between child obesity and skipping breakfast ($p=0.002$), negatively associated with vegetable intake ($P=0.004$), family size (0.016), and social status (0.004).

Conclusions: changing child dietary behavior and family relations are important factors in childhood obesity reduction.

Keywords: Primary School, Dietary Behaviors, Skipping Breakfast.

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Event Abstract

Survey on quality control of pharmacies in Sabratha, Libya

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Background: Pharmacists have critical role in patient's treatment, by ensuring proper dispensing practice, delivering medical advices about possible medical intervention, however if something went wrong the result will be dire, this mistake can be occurred when not pharmacists dispensed medicines in pharmacy.

Objectives: The aim of this study is to determine the quality of service provided by community pharmacists in the city of Sabratha, Libya by evaluating their educational level and their specialty.

Material and methods: This is a prospective cross-sectional questioner-based study conducted among 35 pharmacies in Sabratha city.

Results: The outcomes revealed that 28.5% of visited pharmacies involved physicians and other medical graduated than pharmacists worked in it, which is not their specialty.

Conclusions: The visited community pharmacies were occupied with medical specialties other than pharmacists which exhibit unacceptable and unprofessional practice. There must be enforcement of law to terminate this action that could cause decline for patient safety and health.

Keywords: Pharmacists, Medical Intervention, Low.

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Event Abstract

Nutritional Status Assessment in Autistic Children Using Somatic Measurements “A Field Study of the Zliten Autistic Children”

Keri Ighwela

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The somatic measurements of human are important to the determination of the nutritional status in all stages of age, especially the development and growth of children. Therefore, the objective of the present study to identify the nutritional status of Zliten autistic children using somatic measurements. This study was conducted only on autistic children from autism schools in Zliten city. The search sample consists of (65) children aged 4 to 14 years. Their some somatic parameters had been measured such as length, weight, the circumference of the head, chest, wrist and also BMI. The results have shown that (78.46%) were males, whereas (21.54 %) were females, and also found 50 % of the children ranged in age from 8 to 11 years. Calculating the body mass index (BMI) showed that 67.93 % of children had thin BMI, whereas 24.53 % of children are normal BMI. The autism level was (46.03 %) for each level (1) and level (2). It was also found that the study search sample had (36.92%) and (33.84 %) social isolation and aggressiveness respectively. The development and growth of children during nutritional Status is an important issue and needs to be followed up by family and health-care teams.

Keywords: Nutritional Status, Somatic Measurements, Autistic Children.

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Citation: Keri Ighwela. Nutritional Status Assessment in Autistic Children Using Somatic Measurements “A Field Study of the Zliten Autistic Children”, Alq J Med App Sci. 2020;3(3):10. Conference Abstract: Fourth Libyan Conference on Medical and Pharmaceutical sciences 2020 (4th LCMPS2020) “Crossings Frontiers in The Field of Medicine and Pharmaceutical Science”.

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Event Abstract

Prevalence of Thrombocytopenia Among Pregnant Women in Tripoli Region, Libya

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Background: Pregnancy is a state characterized by many physiological and hematological changes, which may appear to be pathological in the non-pregnant state. The hematologic system undergoes a series of adaptive changes in preparation for fetal hematopoiesis and wellbeing while also serving as a cushion against expected blood loss at delivery. The platelets count is slightly lower in pregnant than in non-pregnant women. Thrombocytopenia is defined as a platelet count below $150 \times 10^9/l$, caused by accelerated platelet destruction or decreased production. It is a common finding during pregnancy. It is classified as mild with a platelet count above $70 \times 10^9/l$, moderate at 20 to $70 \times 10^9/l$, and severe with less than $20 \times 10^9/l$.

Objective: The aim of this study is to investigate the prevalence and the commonest degree of thrombocytopenia among pregnant women in Tripoli region, Libya.

Methods: This is cross section study included pregnant women who were admitted to obstetrical ward department of obstetrics and gynecology in Tripoli Medical Center, Tripoli, Libya. This study was carried out over a period of 3 month from June 2016 to August 2016 on 1500 pregnant women. 5 ml of venous blood specimens were taken from each pregnant woman in K3 EDTA tubes for the hematological examinations. The analysis of hematological indices was done using automated hematological analyzer.

Results: The results showed that 19% of pregnant women were thrombocytopenic. Thrombocytopenia increased with increase of age pregnant women. 84% of patients had mild thrombocytopenia and 16% of patients had moderate thrombocytopenia. 42% of thrombocytopenic pregnant women were anemic. Data shows that 28% of patients had mild anemia and 11% of patients had moderate anemia and 3% severe anemia cases.

Conclusion: It can be concluded that thrombocytopenia disorders in pregnancy are very common in Tripoli region. Careful surveillance is required for these pregnancies in high-risk units for early detection and treatment of possible complications, in order to try to reduce maternal and neonatal morbidities.

Keywords: Thrombocytopenia, Pregnant, platelet, Libya.

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Event Abstract

Pedigree of neurofibromatosis type 1 in Libyan patients and primer design of NF1 gene

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Background: neurofibromatosis type 1 is one of the most common genetic disorders and is caused by mutation in Nf1 gene, is characterized by its high mutation rate (about 50% of the cases are de novo). NF1 gene mutational analysis presents a considerable challenge because of its large size. This disease has been reported in several regions and cities of Libya, through the registry database in dermatology departments of Tripoli Central Hospital. The proportion of the disease in Libya is still not precisely defined.

Aim: the aim of present study is to determine average of manifestation of this disease and Primer design for nf1 gene in order to identifying the nature of genetic mutations that is most prevalent in the Libyan population.

Methods: in this study, we conducted an interview with nine patients who were referred to the Department of dermatology at the central Hospital Tripoli. We designed a primer of 58 exon to serialize the gene on the polymerase chain reaction (PCR) by the bioinformatics tool primer blast and multiplex pcr to 4 exon which most Hight rate of mutation with fast PCR.

Result: Through this research we were able to prove that the neurofibromatosis type 1 is widespread in Libyans.

Conclusion: This research provides a study of the emergence of disease and the design of the initiator of this gene, through an integrated methodology. The results of this research are important for sequencing the detection of gene mutations in the Libyan patients. This research is the first step to detect the most common mutations among the Libyans.

Keywords: Neurofibromatosis, NF1 Gene, Primer Design, Pedigree.

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Event Abstract

Perceptions of Libyan Community Pharmacists on Pharmacovigilance Activities

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Background: Pharmacovigilance has not progressed well in Libya and its practice and concept still in its early stage. There is a paucity of information on the knowledge and perceptions of Libyan pharmacists on pharmacovigilance activities. The aim of this study was to determine the knowledge, perception, and practice of pharmacovigilance among community pharmacists in Tripoli, Libya.

Methods: This was a cross-sectional questionnaire-based study conducted among pharmacists in different community pharmacies in Tripoli city. A total of 405 participants completed the self-administered and validated questionnaire during the period from October 2019 to February 2020.

Results: There was poor knowledge of pharmacovigilance and ADRs reporting among surveyed pharmacists. However, pharmacists had satisfied perception rate. Out of the 408, 28.9% and 14.7% of respondents answered correctly for the definition of pharmacovigilance and knew that there is center for pharmacovigilance in Libya, respectively. Nevertheless, the majority of pharmacists (77.2%) stated that pharmacovigilance needs to be included in curriculum, and 73% confirmed that they will practice pharmacovigilance if trained.

Conclusion: Outcomes of this study point us towards a critical part of drug safety that is lack of knowledge toward pharmacovigilance and ADRs reporting in community pharmacists. The deficiency of knowledge also reflects on their poor ADRs reporting practice. Integration of pharmacovigilance concepts in education curriculum, training of pharmacists in ADRs reporting is very crucial in achieving better drug safety.

Keywords: Pharmacovigilance, Adverse Drug Reactions, Pharmacists, Knowledge.

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Event Abstract

Obscure Death: Causes of Unexplained Death

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General background: Obscure death (OD) is a medicolegal dilemma which had not been well covered in the literature.

It could be a real OD if there is no cause was achieved after having all relevant data and conducting a complete standard autopsy followed by a series of complementary investigations. Moreover, it could also be relative OD if one or more of those important procedures or investigations were not performed, whatever were the circumstances.

OD is a multifactorial problem, caused by various factors involved such as cadaveric, autopsy, laboratory, financial, legislation, and local regulations.

In fact, obscurity of death includes undetermined mechanism, cause, and mode of death.

There are a lot of factors or difficulties, which could interact and leads to situation of cul-de-sac i.e., obscure death. However, our present talk is a general discussion.

Keywords: Obscure, death, causes, Libya.

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Event Abstract

A Policy Analysis of Mental Health Integration into Primary Care in Libya

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Background: Assuring the good mental health (MH) of a population is a human right, especially in post-conflict contexts, where the policymaking is often complicated. The World Health Organization post-conflict estimations show that for every five people, one is affected by a mental condition. Integration of MH into primary care (PC) is the best-proved policy. However, integration needs a solid evidence for each specific context. Therefore, policy review and analysis are critical for successful integration. MH and PC policies in Libya have neither been reviewed nor analyzed. For this reason, results of this research will help policy-makers to address MH needs, including vulnerable groups, such as internally displaced, returnees and migrants.

Objective: This study aims to review and analyze the policies of MH integration into PC in Libya and identify gaps, and in addition, extract the lessons learned from similar post-conflict contexts in order to inform policy makers and support them to develop better policies.

Methods: The study included MH and PC policy documents in Libya, it was between 2010-2020, including approved and non-approved, finalized and non-finalized documents. Concerning literature, the study included Arabic and English literature, which was published between 2000-2020. The study used a literature review to analyses 26 health policy documents in Libya, with a focus on MH and PC, using the Walt and Gilson policy model, in addition to this, the researcher conducted complementary, semi-structured interviews, with eight key informants, and lessons learned from other countries were used.

Results: In Libya, the policy context is centralized with a rapid turnover of governments and scarcity of

financial resources. Stigma is a significant cultural aspect; however, combating stigma was rarely mentioned in the policy documents. MH policies did not adequately reflect the ongoing conflict and the needs of the vulnerable groups. Multiple national and international actors were identified and coordination amongst them is a huge challenge. The policy process is a top-down approach that lacks the evidence and usually limited to individual agendas. The current content is mainly hospital care oriented. A mix of PC and community-based combined model is proved to work effectively in other countries of similar settings.

Conclusion: The policies of MH integration into PC in Libya, showed gaps in context, actors, process and content. These gaps can be addressed and lessons learned from other countries can support this task.

Keywords: Mental Health, Primary Care, Policy, Libya, Conflict and Fragile Context.

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Event Abstract

Knowledge, Attitude and Practice Regarding Life Style Modification in Type 2 Diabetic Patients in Alakwash Polyclinic, Tripoli During 2016

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² Airport Road polyclinic, Tripoli, Libya.

Background: The number of persons suffering from type 2 diabetes mellitus continues to rise worldwide and causes significant morbidity and mortality, especially in the developing world. Behaviour change and adoption of healthy lifestyle habits help to prevent or slow down the complications of type 2 diabetes mellitus. This study aimed at studying the knowledge, attitude and practices regarding lifestyle modification among type II diabetic patients attending the out patients Alakwash polyclinic, Tripoli.

Methods: A cross-sectional study using a structured questioner included 228 diabetic patients attending Alakwash-outpatients diabetic clinic in Tripoli.

Results: The age ranged between 30 years to 90 years with mean 56.7±11.6years, Female to male ratio was 1.6:1, female constitute to 61.8% of the patients. Majority of patients were married (85%). Illiterate constitute to 22.8% of the patients, more than half of them had secondary school or higher graduation (61.8%). Nearly half of the patients were unemployed (46.5%). Duration of diabetes was ≤5 years in 40.4% and >5years in 59.6%. Treatment with insulin was recorded in 29.8%. Complication of diabetes was recorded in 59.2% of the patients. Majority of patients had knowledge about diabetes (97.8%). Source of knowledge obtained from medical staff in (71.5%), from television. Majority of patients had knowledge about what is diabetes, (96.5%) know that diabetes means high blood sugar. About symptoms of diabetes the patients gave correct answer in (87.7%) for the increase in weight as symptom of diabetes and 3.1% about frequency of urination as symptom of diabetes

and (3.5%). Known that the thirst a symptom of diabetes Knowledge of patients about symptoms of hypoglycemia; (86.8%) knows the correct answer about that sense of hunger a symptom of hypoglycemia. Knowledge about foot care; answers was correct in (80.7%) about walking barefoot risk factor of diabetes, (77.6%) correct answer about treatment of any fungus between the toes and cuts of the ways, (83%) correct answer about Protect the feet from injury of the ways of attention to diabetic patient and (81%) correct answer about use of un- flexible shoes protect the diabetic feet. Knowledge of patients about prevention of diabetes ;(96%) correct answer about the exercise regularly prevent diabetes, (87.7%) correct answer about (86%) and (92.5%) correct answer about healthy diet prevent diabetes. Knowledge about effect of regular exercise on diabetes; correct answer was (95.2%) for regular exercise control weight;(91.2%) correct answer for regular exercise reduce blood sugar, (66.7%) correct answer regular exercise increase fat and (76.8%) correct answer for regular exercise reduce stress. Knowledge of patients about diabetic diet, (91.2%) correct answer for high amount of carbohydrates, (91.2%) correct answer for a small amount of vegetables, (79%) correct answer for high amount of fruit, (93%) correct answer for low amount of sugar and (82.5%) correct answer for high amount of fat. Attitude of patients about diabetes; (69.3%) correct answer for diabetic patients when take insulin treatment can eat without restriction, (68%) correct answer for diabetic patients when use insulin

treatment indicated the person has reached last stage of disease. Practices sport regularly recorded in (53.5%). Regular analysis of blood sugar done by (60.5%). Examination of eye done by (39%) of patients, urine examination done by (44.7%), changing the site of insulin injection done by (79%), storage the insulin in right way done by (87.3%) and (97.4%) can adjust the insulin dose.

Conclusion: It was observed that majority of the patients in the study had adequate knowledge, good attitude and fair practice regarding diabetes control.

Keywords: Primary Care, Libya, diabetes mellitus, Behaviour change and healthy lifestyle.

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Event Abstract

Distribution of ABO & Rh Blood Grouping Among Libyan Patients Admitted in Tripoli Medical Centre during 2015

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Background: The demand for blood and blood products has increased due to advances in medicine, population growth and increased life expectancy. ABO and Rh blood groups are most important blood groups in human beings. The frequency of four main blood group systems varies in population throughout the world and even in different parts of country. **Aim:** to identify distribution of ABO and Rh blood group system in Libyans.

Methods: A retrospective cross-sectional descriptive study was conducted in largest tertiary referral governmental hospital (Tripoli Medical Centre) in Tripoli, Libya from beginning of January 2015 to end of December 2015. Data from blood bank records of ABO & Rh blood typing results for all admitted Libyan patients during the period of study were included except those of neonates. Data analysis was done by Chi-square test using SPSS software (version 16)

Results: study sample size was 8606. The highest percentage of blood groups in Libyan patients was related to blood group O (41.50%). The second most prevalent blood group was A (36.60 %) and AB blood group had the lowest percentage (5.10%) preceded by group B (16.80%). Majority (87.8%) of Libyan patients were Rh (D) positive and only (12.2%) were Rh negative. Blood group O + was the commonest type (36.2%) in our study while AB- is the least one (0.6 %), other blood groups were distributed in following order: A+ (32.2%) > B+ (14.8%) > O- (5.2%) > AB+ (4.5%) > A- (4.3%) > B- (2.0%).

Conclusion: we conclude that the distribution pattern of ABO and Rh blood groups among Libyans admitted

to TMC can be represented by the following formula:
O+ > A+ > B+ > O- > AB+ > A- > B- > AB.

Keywords: Libya, ABO & Rh blood grouping.

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Event Abstract

Knowledge & Health Beliefs toward Cervical Cancer Screening & Prevention among Libyan females attending Gynaecology & Obstetric out-patient clinic at Tripoli Medical Centre (2010)

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Background: Cancer cervix is highly preventable disease through screening. Aims: to explore knowledge, attitude and practices of Libyan women toward cervical cancer screening and prevention.

Methods: A sample of 316 patients was chosen randomly from patients attending the Gynae-obstetric out-patient clinic in TMC .survey was conducted via a self-administered and anonymous questionnaire which was of closed ended questions, and included: socio-demographic data , general knowledge about cervical cancer and Pap smear tests, reasons of having / not having a smear test in the past, awareness of HPV vaccine as a preventive tool and willing to receive the vaccine if it would become available. Data was analysed using SPSS (version11).

Results: 59.2% of women were aware of Pap smear. Regarding the risk factors, women were aware about were: HPV in 50%, multiple sexual partners in 54%, illegitimate sexual relations in 51%, the use of OCP for more than five years in 65%, and smoking in 86%. 75.9% of participants knew that Pap smear can diagnose cervical precancerous lesions and 91.1% of them believed that cancer cervix is curable if diagnosed early. Regarding cervical cancer screening status: only 6% were screened. 57.9% had PAP smear advised by doctors while 42.1% had it because of cervical pathology. Regarding HPV vaccine only 28.2% are aware of it while 87% of women are willing to receive it.

Conclusion: The current situation in Libya, based on opportunistic screening is not effective in reaching the

majority of the population. Awareness of and willing to receive HPV vaccine is very low.

Keywords: Libya, Cancer cervix, screening and HPV vaccine.

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Event Abstract

Awareness of Hypertensive Patients about Risk Factors, and Complications of Hypertension in Primary Health Care Centers in Tripoli 2013

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Background: Hypertension is an important public health challenge worldwide because of its high prevalence and concomitant increase in risk of disease. It is the most important modifiable, and powerful risk factor for cardiovascular, cerebrovascular and renal disease. Hypertension was identified as the leading global risk factor for mortality and as the third leading risk factor for disease burden. Significant numbers of individuals with hypertension are unaware of their condition and, among those with diagnosed hypertension, treatment is frequently inadequate. Adequate control of blood pressure is of enormous public health importance.

Aims: to identify the demographic and the clinical characteristics, and to estimate the risk factors among hypertensive patients on follow up at primary health care centers in Tripoli, to estimate their awareness level about hypertension; including their knowledge about possible risk factors, complications, and misconceptions, and to estimate the percent of blood pressure control among those on treatment.

Methods: In this cross sectional study, we enrolled 300 patients with a diagnosis of Essential/ Primary Hypertension, were at follow up at primary health care centres in Tripoli, from the beginning of January till the end of June 2013, the following data; Baseline demographic/Clinical characteristic, Knowledge of hypertensive patients about (possible causes/risk factors, and complications of primary hypertension), Drugs and Follow up, and Misconception about hypertension were collected.

Results: The results revealed that most of the patients 72.7% were with the sedentary physical activity level, 27.3% with moderate physical activity level, and no high physical activity level, the most of the patients 78.7% were overweight/obese, 45% were overweight, obese patients were 33.7%, while only 21.3% were within the normal weight, for smoking 19.7% still current smoking, and 14.7% were former smoking, blood pressure were uncontrolled in 47.7%, for knowledge about possible causes/risk factors; 17.7% were did not know any cause of hypertension, while 82.3% of the patients knew some causes of hypertension; 69.3% of the patients knew only one possible cause of HPN, 9.1% knew two possible causes of HPN, and 4% knew three or more possible causes of HPN, the most known possible cause/risk factor was the Emotional/Environmental cause knew by 65.4% of patients, followed by Hereditary 14.1%, then Obesity 13.75%, and lastly Excessive salt intake 6.3%, for knowledge about complications of HPN, the most of patients 57.7% were unaware of any of the Complications, while 33.2% were aware of one complication, 6.4% were aware of two causes, and only 2.6% were aware of three or more complications of HPN, the CVS complications were the more famous complications 23.6%, followed by CNS complications 16.6%, renal complications 10.3%, and 5.9% of the eye complications, for the misconception about HPN, only 41.3% didn't believe that primary HPN can be treated, and 40.3% of the patients that believed that antihypertensive drugs should be continued even BP was controlled.

Conclusions: Smoking, overweight/obesity, and lack of physical activity are modifiable risk factors of hypertension that present with relatively high percent in our study, Considerable number of the patients with uncontrolled hypertension, Many patients believe that emotional stress is an important etiological factor for hypertension and are ignorant of other contributing factors which can be corrected, such as excessive salt intake and obesity, Most of the patients didn't know any complication of hypertension, while CVS, and CNS complications were the most known, There are relatively high percent of misconceptions about hypertension represented as wrongly believes that primary hypertension can be cured, and that drugs can be stopped once control is achieved, So it's clear the patients do not have a comprehensive understanding about hypertension, as there are low knowledge, in addition to wrong beliefs.

Keywords: Libya, hypertension, risk factors and complication.

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Event Abstract

Clinician-Epidemiological Features of Children with Enuresis in Tripoli Children's Hospital 2009-2010

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Background: Enuresis is defined as the repeated voiding of urine into bed or clothes at least twice a week for at least three consecutive months in children who are at least 5 years of age. Enuresis is normally recognized by the absence of other urinary symptoms or signs of disease. Most children suffering from nocturnal enuresis have never been reliably dry, but in a minority of children enuresis starts after these children had become dry, possibly triggered by stressful life events. Aims: To study the clinical and epidemiological features of children with enuresis who attend the Nephrology clinic in Tripoli Paediatric Hospital. Material and methods: A case series study including all patients who attended to the nephrology clinic in Tripoli children's hospital was conducted. The data were collected from the medical records of the patients in the period between January 1st, 2009 and December 31st, 2010. Data was analysed by SPSS program. Results: A total of 300 patients with enuresis have been included in the study, the mean age was 9.4 ± 3 years. The patients age ranged from 4 years old to 17 years. Males constituted a 48.7% of the total number, while the other 51.3% were females. 92.7% of the families had an income of less than 1000 Libyan dinars a month, while 11.7% had an income of less than 200 Libyan dinars. Family history of enuresis was positive in 59.3% of the cases. Night time enuresis constituted up to 70.3% of the cases, while combined day and night time enuresis was present in 29.7%. Primary enuresis was recorded in 70%, and the secondary type was recorded in the remaining 30%. As for the frequency of enuresis, around 51% of patients had the problem on a daily basis. Punishment

was observed to be quite high, as 90% of the children received punishment, 40.4% of those were punished by parents, 4.8% by teachers, and 54.8% were punished by both. Conclusion: Enuresis was observed to be more dominant in ages between 6 and 10 years. Gender made no significant difference amongst the suffering children. The level of parents' education made no effect on the behaviour and frequency of children punishment. Family history of enuresis was recorded in more than half of the patients. Half the children wet the bed daily.

Keywords: Libya, children with enuresis and risk factors.

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Presentation Type: Oral Presentation

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Event Abstract

Hepatoprotective effect of Ginger induced experimentally by Dimethoate and liver injury in adult male rabbits

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Background: Dimethoate is a widely used organophosphate insecticide and acaridae. Ginger extracts have shown a wide array of beneficial role in the regulation of regular liver functions and the treatment of liver hepatotoxicity. This study was carried out to investigate the possible anti-oxidant activity of ginger extract on the dimethoate-induced effect on liver injury of adult mail rabbits. Twenty male New Zealand White rabbits were randomly divided into four groups: (1): control group; (2): rabbits were treated with ginger alone (3): rabbits were treated with dimethoate and (4): rabbits were given dimethoate and ginger. Blood, and liver mushed were using for estimation of liver functions in serum and liver. There were statistically significant elevations in the levels of serum alkaline phosphatase (ALP), alanine transaminase (ALT) and aspartate aminotransferase (AST) activities in plasma and liver as affected by treatment with ginger, dimethoate and/or their combination. Treatment with dimethoate resulted in significant increase in the activities of plasma AST, ALT and ALP and caused significant decrease in the activities of these enzymes in liver. Ginger alone caused significant decrease in the activities of AST, ALT and ALP in plasma and insignificant increase in liver. The presence of ginger with dimethoate caused significant decrease in the induction of AST, ALT, and ALP activities in plasma, and insignificant improvement in liver enzymes.

Keywords: Ginger, dimethoate, alkaline phosphatase, and liver functions.

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Event Abstract

Assessing Interactions Between Periodontal Pathogens, Human Oral Cell Lines and Probiotics

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Background: Probiotics are live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host. Probiotic research has become a hot topic in medicine. As in other fields of healthcare and have been introduced for prevention and treatment of periodontal diseases. Few studies have evaluated the possible benefits of adding probiotics to infected oral tissues with periodontal pathogens. **Method:** We have investigated whether probiotics species namely, *L. rhamnosus* GG ATCC 53103, *L. reuteri* ATCC 55730 and *S. salivarius* K-12 can inhibit *F. nucleatum* ATCC 10953, *P. gingivalis* ATCC 33277 and *A. actinomycetemcomitans* ATCC 33384 respectively of HOKs and GSM-K cells in culture. **Results:** When both cell lines were exposed to *F. nucleatum*, *P. gingivalis* and *A. actinomycetemcomitans*, (13.1%, 21.12% and 50.90%) of GSM-K respectively and (34.75%, 40.78% and 51.97%) of HOKs respectively remained viable after 24hr incubation. However, in the presence of 10⁸ CFU/ml of live different probiotics species tested, the viability of the infected GSM-K cells exposed to *Lactobacillus rhamnosus* GG increased for *F. nucleatum*, *P. gingivalis* and *A. actinomycetemcomitans* to 69.34 ($p=0.00018$), 64.05% ($p<0.001$) and 66.74 ($p<0.05$) respectively and for HOKs viability increased to 69.82% ($p=0.000097$), 75.45% ($p=0.00018$) and 90.38% ($p=0.0023$). *L. reuteri* addition increase viability of GSM-K infected by *F. nucleatum*, *P. gingivalis* and *A. actinomycetemcomitans* to 72.86% ($p=0.0046$), 58.46% ($p=0.0096$) and 71.73% ($p=0.05$) respectively and HOKs viability infected by same pathogens to 74.65% ($p=0.0001$), 77.08% ($p=0.0005$) and 67.31% ($p=0.067$) respectively. *S. salivarius* increases viability of GSM-K cells to 61.33% ($p=0.015$), 65.51% ($p=0.0029$) and 67.84% ($p=0.035$). For HOKs 81.67% ($p=0.001$), 81.7% ($p=0.00079$) and 55.71% ($p=0.44$) respectively following the same order above for infection with pathogens.

Furthermore, live bacteria, lysate or spent culture fluid all protect both cell lines infected by tested pathogens apart from addition of *S. salivarius* spent culture fluid to *A. actinomycetemcomitans* infected GSM-K cells ($p=0.46$) and *S. salivarius* both bacterial suspension ($p=0.44$) and lysate ($p=0.14$) to *A. actinomycetemcomitans* infected HOKs cells. **Conclusion:** These results suggest that probiotics can be used in oral products to protect against oral periodontal pathogens toxicity.

Keywords: Periodontal, Pathogens, Probiotics.

Conference: 4th Libyan Conference on Medical and Pharmaceutical sciences 2020 (4th LCMPs2020) "Crossings Frontiers in The Field of Medicine and Pharmaceutical Science", Janzur, Libya, 14 Nov, 2020.

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Event Abstract

Assessing Interactions Between Periodontal Pathogens, Human Oral Cell Lines and Probiotics

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Background: Probiotics are live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host. Probiotic research has become a hot topic in medicine. As in other fields of healthcare and have been introduced for prevention and treatment of periodontal diseases. Few studies have evaluated the possible benefits of adding probiotics to infected oral tissues with periodontal pathogens. **Method:** We have investigated weather probiotics species namely, *L. rhamnosus* GG ATCC 53103, *L. reuteri* ATCC 55730 and *S. salivarius* K-12 can inhibit *F. nucleatum* ATCC 10953, *P. gingivalis* ATCC 33277 and *A. actinomycetemcomitans* ATCC 33384 respectively of HOKs and GSM-K cells in culture. **Results:** When both cell lines were exposed to *F. nucleatum*, *P. gingivalis* and *A. actinomycetemcomitans*, (13.1%, 21.12% and 50.90%) of GSM-K respectively and (34.75%, 40.78% and 51.97%) of HOKs respectively remained viable after 24hr incubation. However, in the presence of 10⁸ CFU/ml of live different probiotics species tested, the viability of the infected GSM-K cells exposed to *Lactobacillus rhamnosus* GG increased for *F. nucleatum*, *P. gingivalis* and *A. actinomycetemcomitans* to 69.34 (p=0.00018), 64.05% (p<0.001) and 66.74 (p<0.05) respectively and for HOKs viability increased to 69.82% (p=0.000097), 75.45% (p=0.00018) and 90.38% (p=0.0023). *L. reuteri* addition increase viability of GSM-K infected by *F. nucleatum*, *P. gingivalis* and *A. actinomycetemcomitans* to 72.86% (p=0.0046), 58.46% (p=0.0096) and 71.73% (p=0.05) respectively and HOKs viability infected by same pathogens to 74.65% (p=0.0001), 77.08% (p=0.0005) and 67.31% (p=0.067) respectively. *S. salivarius* increases viability of GSM-K cells to 61.33% (p=0.015), 65.51% (p=0.0029) and 67.84% (p=0.035). For HOKs 81.67% (p=0.001), 81.7% (p=0.00079) and 55.71% (p=0.44) respectively following the same order above for infection with pathogens.

Furthermore, live bacteria, lysate or spent culture fluid all protect both cell lines infected by tested pathogens apart from addition of *S. salivarius* spent culture fluid to *A. actinomycetemcomitans* infected GSM-K cells (p=0.46) and *S. salivarius* both bacterial suspension (p=0.44) and lysate (p=0.14) to *A. actinomycetemcomitans* infected HOKs cells. **Conclusion:** These results suggest that probiotics can be used in oral products to protect against oral periodontal pathogens toxicity.

Keywords: Periodontal, Pathogens, Probiotics.

Conference: 4th Libyan Conference on Medical and Pharmaceutical sciences 2020 (4th LCMPs2020) "Crossings Frontiers in The Field of Medicine and Pharmaceutical Science", Janzur, Libya, 14 Nov, 2020.

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Event Abstract

The “Preprint Era” and the Misleading Information if A Critical Review is not Performed

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The most common definition of preprint is that it is a publication of a complete work which has been published or posted on a server dedicated to this type of communication (preprint server). All of these documents have in common that has not been peer-reviewed. Until few years ago, medical journals would not agree to publish anything that would have been available in a full version prior to submission, and the only decision that could be made in that circumstance was rejection. The rationale for this is that meta-analysis efforts could be undermined by the risk of duplicate counts of trials included in systematic reviews (and hence of patients). However, in recent years, several journals are available to receive works that have been pre-published as preprint.

One of the key points to modify this scientific point of view is that researchers can immediately communicate their findings, facilitating quick feedback and promoting collaboration. By doing so, they can also reduce publication bias and improve methodological transparency. However, by circumventing the peer review process, it is possible to spread erroneous data or misinterpretations and suffering the subsequent consequences. These issues have never been highlighted better than during the ongoing COVID-19 pandemic. Researchers have inundated the literature with preprints as interim measures to satisfy the desperate need for knowledge about the disease. These unreviewed articles initially outnumbered those published in conventional journals and helped guide the general scientific community at the onset of the pandemic. However, it has been

observed that not all the results were well processed, requiring several retractions by the authors. As a consequence, and as part of the future of science, it is necessary to promote the scientific criteria to discern all the information provided by this type of repositories to avoid these problems in the future.

Keywords: Preprint, Misleading, Information, Review.

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Presentation Type: Oral Presentation

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Event Abstract

Profile of Diabetic Ketoacidosis at the National Diabetes Hospital in Tripoli, Libya, 2015

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Diabetic ketoacidosis is a major acute metabolic complication of type I diabetes mellitus but may occur in type II diabetes during severe stressful conditions such as trauma, surgery, or infection. We retrospectively studied the profiles of 490 patients admitted with diabetic ketoacidosis to the National Diabetes Hospital in Tripoli, Libya, during 2015. Most of the patients (91.6%) had been admitted to the intensive care unit. The mean age was 35.9 ± 17.5 years standard deviation. Diabetic ketoacidosis was more common among young males with type I diabetes but it was also observed among persons with type II diabetes. The average duration of diabetes was 16.8 ± 8.2 years. The frequencies of patients admitted with mild, moderate or severe diabetic ketoacidosis were 49.8%, 32.7% and 17.8%, respectively. The most frequent causes of admission were insulin omission (21.8%), infection (20.2%), wrong dose (11%). The cause was not known for 29.8% of the patients. New cases of diabetes represented 9.4%. Diabetic ketoacidosis was more common among young males, and the rate increased with longer duration of the condition. Most of the patients (93.1%) were discharged in good health, and mortality was 0.6%.

Keywords: Diabetes Mellitus, Diabetic Ketoacidosis.

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Event Abstract

Libyan Medical Education: The National Accreditation and WFME Criteria

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The advancement of developing countries can be refereed to according on how they merge the field of education into everyday life, and how this influences the healthcare system. The international increasing demand on healthcare has affected medical education, and this led to various trends including pronounced upsurge in the number of medical schools and students, causing migration for medical education and training. This marked growth in medical education system bring about a concern regarding the quality assurance of individual graduates and their educational programs.

The recent global progressions and changes in medical education will create a great burden on the third world countries, including Libya. Fourteen years after the NCQAA was first established, its mission now to assist and guide medical schools in Libya for the World Federation for Medical Education (WFME) accreditation standards. WFME was initiated on the initiative of the WHO and the World Medical Association (WMA) with the mission of evaluating agencies that accredit basic medical education. In 2004, WHO and the WFME established the global task force on accreditation in medical education.

Although it gives the impression that unlikely Libyan medical collages will have a WFME-recognized accrediting authority by 2023, medical schools in Libya is encouraged to be accredited by the national accreditation center to be involved in the WMFE accreditation program. The increasing worldwide number of institutions that applying for global recognition, and have almost completed the recognition process, should increase our local authorities' enthusiasm to recommends our medical schools for prompt accreditation. Thus, there must be some mechanism of formal peer review process of

medical schools is likely to benefit our local medical education.

It becomes an obligatory role for all sectors of Libyan medical education to strive to introduce the accreditation standers to all medical schools in our country. Hence, the opportunity of attaining a suitable education system will be easy and a reachable goal. Moreover, NCQAA is advised to consider the new international transformation of the education system and go through the process of revising standards of accreditation and standardizing the process to meet the global task force on accreditation in medical education. We hope that our rigorous efforts can endure to advance the quality of medical education in Libya.

Keywords: WFME, Criteria, Accreditation, Education

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