

## **Editorial Advisory Board**

Chairman
Lt Gen Nigar Johar, HI (M) (Surg Gen/DGMS (IS)
Members
Prof Rasikh Maqsood
Prof Wasim Alamgir
Dr Salman Ashraf
Dr Qamar Ul Haq Noor
Dr Muhammad Aleem
Dr Qamar Hussain Sial
Editorial Committee
Chief Editor
Prof Sayed Nusrat Raza
Editor
Prof Khadija Qamar
Joint Editors
Prof Muhammad Alamgir Khan
Prof Palvasha Waheed
Assistant Editors
Dr Syed Fawad Mashhadi
Prof Kulsoom Farhat
Dr Shamaila Mohsin
Dr Aliya Hisam
Dr Muhammad Rizwan Bashir Kiani
Dr Aiza Saadia
Dr Rimsha Zia
Dr Junaid Aslam
Managing Editor
Dr Rehana Khadim
Statistician
Ms Anam Haider
Bibliographer
Mr Mudassar Mustafa

## International Prof Mohammad Bagher Rokni (Tehran, Iran) Dr Sajid Hassan Butt (NHS UK) Dr Faiza S Khan (Public Health UK) Prof Adeel Ajwad Butt (USA) Prof Nimalka Ariyaratne (Sri Lanka) Dr Neil Carr (NHS UK) Prof Moeed Iqbal Qureshi (KSA) National (Extra-Organizational) Prof Khalid Masood Gondal, TI (Lahore) Prof Assad Hafeez (Islamabad)

**Editorial Board Members** 

Dr Amina Ahmad (Lahore) Prof Rubina Naqvi (Karachi) Prof Shoaib Shafi (Islamabad) Prof Waheed-uz-Zaman Tariq (Lahore) **National (Organizational)** Prof Farrukh Saeed Prof Muhammad Asad Qureshi Prof Hafeez-Ud-Din Prof Safdar Hussain Dr Naeem Raza Dr Riaz Ahmad Dr Iram Lehrasab

## PAKISTAN ARMED FORCES MEDICAL JOURNAL

Vol-71, No. 5, October 2021

Recognized by PMC & HEC

## CONTENTS

EDITORIAL	
Guest Editorial on Dental Education (DEP): "Dental Education Pakistan (DEP) Vision 2025: A Way Forward, Towards Progression & Globalization" Shahjahan Katpar, Khalid Almas	1509
ORIGINAL ARTICLES	
Identification of Torch Pathogens in Congenital Cataract Patients Visiting Armed Forces Institute of Ophthalmology Mamoona Javaid, Hannan Masud, Hassan Sajjad Rathore, Dilshad Ali, Haroon Javaid	1515
Comparison of Alvarado Score and Ripasa Score in the Accurate Diagnosis of Acute Appendicitis in Combined Military Hospital Rawalpindi Muhammad Majid, Rasikh Maqsood, Muhmmad Ali, Muhammad Ayub Ashraf Malhi, Zaki Hussain, Muhammad Hanif Abbasi	1519
Dengue Fever Outbreak in Twin Cities; A Tertiary Care Center Experience Taimoor Ashraf Khan, Shazia Nisar, Muhammad Mahad Qureshi, Muhammad Israr, Muhammad Samiullah	1524
<b>Ultrasound Measurements of Rotator Cuff Tendons in Male Adults</b> Khawaja Muhammad Baqir Hassan, Atiq Ur Rehman Slehria, Tathir Baqir Hassan, Shakil Sarwar, Irfan Najam Sheen, Shamaila Manzoor, Syed Aown Raza Shah Bokhari	1529
Non-Communicable Diseases and Pakistan's Sehat Sahulat Program: Snapshot Analysis of Readmissions in Islamabad Capital Territory Syed Fawad Mashhadi, Saira Maroof, Aliya Hisam, Sumaira Masood, Sonia Riaz, Asmara Ahmed Malik, Faisal Rifaq, Shahzad Ali Khan, Assad Hafeez	1534
Diagnostic Utility of Serum Lactate Dehydrogenase Levels (LDL) in Differentiating Megaloblastic Anemia from Myelodysplastic Syndromes in Pakistan Faraz Ali Rana, Helen Mary Robert, Madiha Ilyas, Asad Mahmood, Muhammad Amir, Nabeela Khan	1539
Frequency of Vitamin D Deficiency in Patients Presenting with Fibromyalgia Samina Rashid, Khuram Haq Nawaz, Amer Fakhr, Hammad Ather, Farzana Hakeem, Rizwan Yousaf	1544
Sudden Cardiac Death: Vulnerability of Atherosclerotic Plaque in Coronary Arteries Sumaira Bukhsh, Samia Nasreen, Hassan Tariq, Syed Salman Ali, Muhammad Umer, Nadeem Zafar, Hafeez Ud Din	1548
Effect of Single-Dose Pregabalin on Postoperative Pain in Dacryocystorhinostomy Surgery Sana Abbas, Saquib Naeem, Amjad Akram, Beenish Abbas, Rashid Iqbal	1553
Early Versus Delayed Oral Intake in Patients after Cesarean Section Under Regional Anesthesia Laiga Hassan, Shazia Tufail, Farheen Aslam, Nilofar Mustafa, Arub Ahmed, Saima Qamar	1559
Application of Autologous Serum Eye Drops after Pterygium Surgery Hassan Sajjad Rathore, Ahsan Mukhtar, Shahzad Saeed, Umar Ijaz, Mamoona Javaid, Iqra Ghaus	1563
Impact of Endemicity of Ascariasis on Diagnosis of Acute Appendicitis Naveed Ahmed, Mian Sarfraz Gul, Hafiz Khalid Pervaiz, Iftikhar Ahmed, Mujahid Zulfiqar Ali, Shafaqat Ali	1567
Threat of COVID-19 and Perceived Stress: The Mediating Role of Challenge, Uncontrollability and Stressfulness Ahmad Bilal, Minahil Aamir	1571
Role of the Cultural Context in Determining the Use of Patient Safety; A Mix Method Study Najm Us Saqib Khan, Assad Hafeez, Rehana Khadim, Anam Haider, Aliya Hisam, Tahir Mahmood Butt	1577
Effectiveness of Miswak as Compared with Toothbrush: A Cross-Sectional Study Hassam Anjum Mir, Mubashir Sharif, Ali Asif, Maleeha Shamim, Maaz Qureshi, Aqsa Akhtar	1582
Positive Adaptive Response of Women in Low Socio-Economic Class for Change of Contraceptive Method from Combined Contraceptive Pills to Copper Intrauterine Device Tehreem Yazdani, Nabila Amin, Fareeha Zaheer, Farhat Karim, Mohammad Saad Mukhtar, Maryam Mukhtar	1585
Hyponatremia as a Prognostic Indicator in Lower Respiratory Tract Infections in Children Admitted in Paediatric Intensive Care Unit Naila Hamid, Muhammad Faisal Shafique, Qamar-Uz-Zaman, Hafsa Niaz	1590
Hepatitis B and Hepatitis C Seropositive Surgical Cases and its Impact on Perioperative Blood Transfusion Mobeen Ikram, Saira Mahboob, Rizwan Yusuf	1594
Frequency of Symptomatic Spontaneous Bacterial Peritonitis and Associated Clinical Parameters in Patients with Liver Cirrhosis Syed Fayyaz Mehmood Gilani, Fayyaz Hassan, Fuad Ahmad Siddiqi, Syed Anees Ahmed Gardezi	1598
Evaluating Concept of Healthy Eating in Relation with Physical Activity and Dietary Habits Among University Students Ambreen Javed, Sudaifa Ameer, Hira Talib, Irfan Bashir, Muhammad Jamshaid	1603
Diagnostic Accuracy of Panbio COVID-19 Rapid Antigen Method for Screening in Emergency Cases Raja Kamran Afzal, Saad Ali, Farooq Ahmad, Shafia Nasir, Muhammad Younas, Taiba Ahmad	1607
The Association of Cataract type on Central Corneal Thickness after Phacoemulsification Cataract Surgery Hussnain Abbas, Abdul Rauf, Shagufta Perveen, Shahid Hamid Mehmood, Irshad Hussain, Khalid Naimat	1611

Haematological Profile Derangements in Patients Due to Non-Resistant and Resistant Typhoid Fever Sunila Tashfeen, Naveed Asif, Muhammad Farooq	1615
Use of 20 Minute Whole Blood Clotting Time in Patients of Snakebite; An Experience from Kohat, Khyber Pakhtunkhah Hammad Javed, Tariq Bashir, Atif Rauf, Syed Murtaza, Raja Jibran	1619
Effective Therapeutic Interventions to Promote Recovery from first Psychotic Episode and Minimize its Relapse: A Qualitative Study from Pakistan Rehana Khalil, Zahid Naeem, Nazia Jameel, Uroosa Talib	1624
<b>Thrombocytopenia Among Trauma Patients admitted In ICU: Frequency and Relationship with Outcome</b> <i>Aamir Farukh, Ejaz Ahmad, Zahid Farooq Baig, Umair Ahmad Siddique, Tariq Bashir Tareen, Aslam Khan</i>	1630
Demographic Determinants of Relational Aggression Among Adolescent Students Saima Riaz, Zaqia Bano, Razia Anjum, Sami Ul Haque Ansari	1633
A Comparative Study Regarding Pain Perception Among Males and Females of University Students in Punjab, Sindh & Balochistan Saiyida Tasmeera, Tanvir Akhtar, Shoaib Kiani, Yasir Masood Afaq, Naveeda	1637
Local Anaesthetic Systemic Toxicity Awareness Among Clinical Practitioners Sana Abbas, Amjad Akram, Beenish Abbas, Mohsin Fayyaz, Basit Mehmood, Umer Hayat	1642
Taboos and Myths Regarding Breastfeeding Practices in Pregnant Population           Faiza Ibrar, Naila Khurshid, Saima Qamar, Atikka Masud, Bushra Iftikhar, Seema Gul	1647
A Comparative Study of High Sensitivity C-Reactive Protein (HS-CRP) and Glycemic Markers in Type 2 Diabetes Mellitus Shehar Bano Imran, Shabnam Khawaja, Sadia Taj, Afshan Khanum, Qasim Ahmed	1651
Comparative Evaluation of Effectiveness of Casein Phosphopeptide Amorphorous Calcium Phosphate and Sodium Flouride Varnish in Dentine Hypersentivity Beenish Abbas, Madeeha Sattar, Sana Abbas, Shoaib Rahim, Qamar Ishfaque, Mehreen Wajahat	1656
<b>Experience with Dolutegravir in HIV Patients at a Public Sector Hospital in Karachi, Pakistan</b> Farzana Batool, Sohaima Manzoor, Azizullah Khan Dhiloo, Humera Muhammad Ismail, Shah Muhammad Shaikh, Shehla Baqai	1661
Effectiveness of Kinesiological Tape in Myofascial Pain Syndrome of Gastrocnemius Muscle Riffat Asghar Gill, Muhammad Salman Bashir, Kehkshan Khalid, Naveed Anwar	1666
Awareness and Practice of Physical Activity Among Male Medical Undergraduates at Majmaah University, Saudi Arabia Muhammad Asad Farhan, Syed Yousaf Kazmi, Abdul Irfan, Waqas Sami, Ali Faraz, Muhammad Imran Ali	1669
Association of Perceived Stress and Coping Strategies with Depressive Symptoms in Students at a Private Medical College in Islamabad Sawera Mansoor, Nadia Azad, Usama Bin Zubair, Khalid Hayat Khan	1676
Impact of Antenatal Care on Maternal Morbidity in three Military Hospitals of Punjab, Pakistan Rizwana Akbar, Naila Azam, Fatima Ali Raza Mughal, Ahmed Tariq, Maira Wajahat	1682
Correlation between Serum Levels of Follicle Stimulating Hormone and Graafian Follicle Vascularity on Doppler in Infertile Females of Lahore Amjad Iqbal, Syed Amir Gilani, Asif Hanif	1687
Feedback: Different Concepts and Practices in a Culturally Different Learning Environment? Students' Perceptions Ahsan Malik, Faiza Kiran, Fareeha Farooq	1693
Effect on Academic Performance by Learning Online Through 3D Anatomy Atlas Versus 2D Presentations Ayesha Haque, Ruqqia Shafi, Tayyaba Faisal, Sajida Naseem, Salma Ambreen, Aisha Rafi	1700
<b>Evaluation of Changes in Visual Acuity and Contrast Sensitivity in Patients with Keratoconus After Corneal Collagen Cross-Linking</b> Hassaan Javaid, Omar Zafar, Seemal Akram, Asfandyar Khan, Sana Abbas, Aisha Rafique	1705
Indigence of Forensic Odontology in Legal Practice of Pakistan Hashim Bin Mansoor, Usman Zafar Kayani, Reeja Khatoon, Erum Idrees, Hira Zafar Kayani, Ayesha Aslam	1709
Experience of Surgical Tracheostomy in COVID-19 Hospital Saleem Asif Niazi, Yausra Riaz, Shahzad Maqbool, Zafar Ullah Khan, Asjad Sharif, Muhammad Umar Aasim, Kaswar Sajjad, Shafaq Zaman	1713
Use of Prelacteal Feeds-Study in Tradition Saima Pirzada, Zahid Anwar, Rafia Gul, Nazia Igbal, Fatimah Noor	1718
Determination of Diagnostic Accuracy of Biochemical Parameters (CRP, LDH & Ferritin) in the Diagnosis of COVID-19 in Suspected COVID Cases Tayyaba Ashiq, Abdus Sattar, Nasir Uddin, Qamar Bashir, Sajida Shaheen, Aamir Ijaz	1722
A Study on Comparative Yields of Standard Short Term Electroencephalogram and Long Term Electroencephalogram Recording in Suspected Epilepsy Patients Saima Shafait, Wasim Alamgir, Imran Ahmad, Saeed Arif, Jahanzab Liaqat, Asif Hashmat	1727
The Efficacy of Plasma Exchange in COVID-19 Patients with Comorbid Diabetes Mellitus           Komal Arshad, Zill-e-Humayun, Sultan Mehmood Kamran, Ikram Khaliq, Muhammad Raza Asif, Saman Tanveer	1732
Histological Consequences of Consumption of Energy Drink on Renal Tubules Ammara Rasheed, Intiaz Aslam, Raafea Tafweez, Muhammad Rizwan Bashir Kiani, Muhammad Kamran Ameer, Arslan Akbar Saeed	1736
Technetium-99m Mibi Gated Myocardial Perfusion Single Photon Emission Computed Tomography Imaging – Validation of Stress Only Protocol Zaigham Salim Dar, Mehdi Raza, Muhammad Atif, Aown Raza Bukhari	1741
A Comparative Study of Insulin Resistance in Patients of Polycystic Ovary Syndrome Amena Arif, Palvasha Waheed, Robina Anees, Amir Rashid, Saleem Ahmed Khan	1746
Amena Arij, Palousha Vvaneed, Kooma Anees, Amer Rasha, Sueem Anmea Num         Life Satisfaction Among old Aged People Attending Fauji Foundation Hospital         Mehwish Riaz, Abida Sultana, Aisha Tariq	1751
Unilateral Proptosis - A Diagnostic Dilemma         Ubaid Ullah Yasin, Muhammad Amer Yaqub, Syed Abid Hassan Naqvi, Muhammad Shahid, Asad Habib, Muhammad Awais	1755
The Effect of High Dose and Low Dose Pregabalin as Premedication on Preoperative Anxiety and Sedation Levels         Ayman Zafar, Kulsoom Farhat, Mobasher Ahmed Saeed, Waqar Aslam Khan, Shabana Ali, Nausheen Ata	1759
Comparison of Pain Relief Efficacy of Platelet-Rich Plasma Versus Corticosteroids in Knee Osteoarthritis Amir Sohail, Ameer Yasser Zaid, Shizan Hamid Feroz, Mohammad Saeed, Syed Khurram Naseer, Muhsan Sultan	1764
Amir Sonali, Ameer Tasser Zala, Shizan Hamia Feriz, Monammaa Saeea, Syea Khurram Naseer, Munsan Sultan         Maintenance of Anti-Retroviral Therapy (ART) To HIV Patients and Their Preventive Practices Against COVID-19 Pandemic -         A Syndemic Perspective from A HIV Center in Pakistan         Saira Maroof, Humaira Mahmood, Hira Nigar, Syed Fawad Mashaddi, Asma Iftikhar, Syma Arshad	1769

Effect of Part-Time Patching Therapy on Visual Outcome in Patients with Anisometropic Amblyopia Visiting AFIO Rawalpindi Ammarah Ashraf, Hannan Masud, Shafaq Rabbani, Palwasha Noor	1774
Strategies for Anesthesia Management of Cesarean Deliveries with Abnormal Placental Placement-Anesthetist's Perspective Maqsood Ahmad	1778
Attitude of Clinicians Towards Clinical Decision-Making in Prosthodontics Danish Azeem Khan, Azad Ali Azad, Ayesha Aslam, Qamar Ishfaque	1782
Hematological Disorders of Propylthiouracil in Thyroid Patients at Tertiary Care Hospital of Hyderabad Uzma Naz Shaikh, Muhammad Ali Ghoto, Abdullah Dayo, Mudassar Iqbal Arain	1787
Essential Leadership Domains and Strategies to Enhance Leadership Skills Among Undergraduate Medical Students: A Mixed Methods Study Syed Muslim Abbas, Abid Ashar	1791
The Association of Body Mass Index, Blood Pressure and Fasting Blood Sugar with Gender in the United Nations Staff of Liberia Muhammad Imran Ibrahim, Khalida Nasreen, Shaheen Kamal	1797
Assessment of Mean Distance of Mandibular Incisive Canal Using Cone Beam Computerized Tomography; A Cross-Sectional Study Mubashir Sharif, Nighat Haroon, Muhammad Anwaar Alam, Adil Umar Durrani, Talib Hussain, Khawar Anwar	1801
Performance Evaluation of Nucleated Red Blood Cell (NRBC) Count Using A Fully Automated Haematology Analyzer Versus Manual Counting Tanweer Ahmed, Asad Mahmood, Nasir Uddin, Helen Mary Robert, Muhammad Ashraf, Usman Tahir Swati	1806
Comparison of Delayed Cord Clamping and Cord Milking Effects on Neonatal Apgar Score and Haematocrit Ghulam Sabir, Ayesha Raja, Saira Mahboob, Saima Shoukat, Ali Kashif, Shazia Iffat	1811
Awareness Regarding Diabetes and its Management Amongst Patients Visiting Tertiary Care Hospitals and its Impact on Glycemic Control Anum Khan, Asif Farooq, Abdul Rehman Arshad, Sheharyar Raashid	1815
<b>Operative Outcomes in Thoracoscopic-Esophagectomy with Two-Lung Ventilation in Prone Position</b> Ibrahim Baloch, Bilal Umair, Asif Asghar, Muhammad Imtiaz Khan, Muhammad Shoaib Hanif	1820
Adhesive Capsulitis; Management by Physiotherapy Versus Intra-Articular Corticosteroid Injection Muhammad Umair Hashmi, Babar Bakht Chughtai, Muhammad Nadeem Ahsan	1824
Comparison of Optical Biometry and a Scan for Calculation of Intraocular Lens Power in age Related Nuclear Cataract at Tertiary Care Eye Hospital Aisha Rafique, Omar Zafar, Summaya Khan	1828
<b>Evaluation of Prognostic Factors in Patients with Relapsed Hodgkin's Lymphoma Undergoing Autologous Stem Cell Transplant</b> <i>Jhanzeb Iftikhar, Hafiz Abubakar Sarwar, Fareeha Sheikh, Mohammad Iqbal Shah, Shafquat Ali Khan, Muhammad Abu Bakar, Neelam Siddiqui</i>	1833
Variations in Clinical Presentation, Neuroimaging and EEG Patterns of Subacute Sclerosing Panencephalitis Areeba Wasim, Javeria Raza Alvi, Natasha Ghani, Athar Khalily, Zia Ur Rehman, Tipu Sultan	1839
<b>Comparison of Ovulation Induction Letrozole and Clomiphene Citrate in Subfertile Women with Polycystic Ovarian Syndrome</b> Amna Shafiq, Rabiya Akbar, Uzma Urooj, Sadaf Zohra, Shazia Afzal, Madiha Tanveer	1844
Association of Type 2 Diabetes Mellitus with ABO and Rh Blood Group Asma Tasneem, Samina Naeem, Nasir Uddin, Maria Farid, Shehneela Jabeen, Ammara Hafeez	1848
<b>Evaluation of Risk Factors for Intrahepatic Cholestasis of Pregnancy in Patients Presenting to a Tertiary Care Centre</b> Rabiah Anwar, Kashif Razzaq, Aysha Shahid, Afeera Afsheen, Amera Tariq, Irum Saleem	1852
Challenges Faced by Vascular Surgeons in Acceptance of their Specialty by Medical Community of Pakistan Muhammad Jamil, Brekhna Jamil, Aaiza Aman, Rashid Usman	1857
Effect of Intravitreal Triamcinolone Acetonide in Refractory Diabetic Macular Edema Anwar Ahmed Gul, Ume Sughra, Kashif Habib, Zeeshan Khan Ozeer Khan	1861
Comparison of Depression, Anxiety and Stress Score Among Clinical and Non-Clinical Healthcare Workers During the COVID-19 Pandemic Mishal Iqbal, Mehak Iqbal, Nadia Iftikhar, Syed Hashim Ali Inam, Hamza Jamil, Shazia Nisar	1865
A Focused Educational Program for Front-Line Health Care Workers During COVID -19 Outbreak Improves Mental Health Urwah Ikhlaq, Madiha Umair, Komal Baloch, Imran Ansari, Jawed Abu Baker, Nawal Salahuddin	1870
Association of Steroid Receptor Expression with the Clinical and Histological Findings in Patients with Endometrial Cancer Aisha Shahid, Ghulam Haider, Paras Memon, Shumyla Beg, Mehwish Shahzadi, Kiran Abbas	1875
Risk Factors and Outcomes of New Onset Arrhythmia in Surgical Intensive Care Unit: A Retrospective Study Sadaf Hanif, Faisal Shamim, Muhammad Sohaib	1880
Immunohistochemical Expression of Brafv600e in Melanoma Cases Muhammad Umer Ch, Farhan Akhtar, Nighat Jamal, Rabia Ahmad, Sumaira Bukhsh, Hamza Mansur	1885
Correlation of Body Measurements and Exercise with Blood Pressure Among Medical Students in Lahore Iram Manzoor, Aneega Mumtaz, Igra Mushtag	1889
Spectrum of Histopathological Patterns of Duodenal Biopsies in Patients with Unexplained Anaemia and Chronic Diarrhea and Their Correlation with Endoscopic Findings and Serological Markers Muhammad Awais Yasin, Muhammad Asif Farooq, Nasir Uddin, Bushra Parveen, Asma Asghar, Javeria Ahsan	1893
REVIEW ARTICLE	
<b>The Impact of the COVID-19 Pandemic on Management of Gastrointestinal Malignancies; A Narrative Review</b> Maha Imran, Muhammad Imran Anwar, Haroon Javaid Majid, Ahmad Naseer, Muhammad Aamir Jameel, Ayesha Humanyun	1897
CASE REPORTS	
<b>First Reported Case of Majeed Syndrome from Pakistan</b> Qudrat Ullah Malik, Asbah Rahman, Farooq Ikram, Muhammad Shoaib, Uzma Akhlaque, Muhammad Tawab Khalil	1903
<b>Treatment-Resistant Epilepsy and Treatment-Resistant Schizophrenia; A Real Challenge for the Psychiatric Team</b> Usama Bin Zubair, Eugene G Breen, Hamza Bin Zubair, Haytham Elhassan, Cathal P Coyne, Ibtihal Khair	1906