PAKISTAN ARMED FORCES MEDICAL JOURNAL
Vol-76, Suppl- 10, October 2026
Recognized by PMDC & HEC

Editorial Committee
Chief Editor
Prof Khurram Haq Nawaz
Editor
Prof Khadija Qamar
Associate Editor
Prof Muhammad Alamgir Khan
Assistant Editors
Prof Syed Fawad Mashhadi
Prof Muhammad Rizwan Bashir Kiani
Dr Aiza Saadia
Prof Muhammad Luqman Satti
Prof Muhammad Kaleem
Managing Editor
Dr Rehana Khadim
Statistician
Ms Anam Haider

Research Officers
Dr Asmara Ahmed Malik
Dr Umme Ammarah Omer Malik
Dr Fatima Ali Raza Mughal
Dr Zainab Kamal

Editorial Board Members
International
Dr Sajid Hassan Butt (NHS UK)
Prof. Assad Hafeez (Kuwait)
Prof. Sultan Ayoub Meo (KSA)
Dr. Fariha Altaf (UK)
Dr. Abeer A. AL-Masri (KSA)
Prof Ishfaq Bukhari (USA)
Prof Abdul Samad Khan (Saudi Arabia)
National (Extra-Organizational)
Prof Abid Ashar (Lahore)
Prof Muhammad Shoaib Shafi (Islamabad)
Prof Khalid Masood Gondal,TI (Lahoe)
Dr Amina Ahmad (Lahore)
Prof Rubina Naqvi (Karachi)
Prof Waheed uz Zaman Tariq (Lahore)
Prof Mowadat H Rana (Islamabad)

ADVISORY BOARD MEMBERS
Prof Mahmud Ahmad Akhtar (Islamabad)
Prof Aisha Siddiqa (Quetta)
Prof Irfan Ahmed (UK)
Prof Rizwana Chaudhri (Islamabad)
Prof Saleem Ahmed Khan (Rawalpindi)
Prof Salman Ali (Islamabad)
Prof Syed Yusuf Iftikhar (UK)

CONTENTS

EDITORIAL

Reforming Undergraduate Dental Education in Pakistan: The Case for an Integrated Five-Year BDS Curriculum *Muhammad Omar Niaz*	S1580

ORIGINAL ARTICLES

Comparison of Post-Operative Sensitivity of Resin Modified Glass Ionomer and Composite Restorations in Deciduous Molars *Mafaza Alam, Syed Muzammil Hussain Shah, Laima Alam, Varqa Faraid, Hannan Humayun Khan*	S1583
Comparison of Efficacy Between Intra-Articular Tramadol versus Intraticular Corticosteriod Injection in Knee Osteoathritis *Muhammad Adnan Afsar, Ziauddin Khan, Adnan Anwar, Shoaib Zardad, Muhammad Awais Jameel, Tahir Nawaz*	S1587
Effect of Refresher Workshops on Prescription Writing Skills of Young Dental Practitioners *Saira Bibi, Hina Mahmood, Resham Hafeez, Zara Bakhtawar Raja, Faiza Haquaid, Kanwal Shehzadi*	S1591
Comparing the Effect of Modified Bass with Charter Tooth brushing Technique in Controlling Dental Plaque in Fixed Orthodontic Appliance Patients: A Quasi Experimental Study at Khyber College of Dentistry Peshawar *Khush Bakht, Wajiha Khan*	S1597
Evaluation of Root Canal Morphology of Mandibular Incisors Using Cone-Beam Computed Tomography in Pakistani Population *Tabinda Shan, Imran Khan, Muhammed Afzal, Zahra Zubair, Samia Rasool, Javeriya Shahid*	S1602
Effect of Platform Switching on Peri-Implant Bone Levels *Danish Azeem Khan, Ashfaq Ahmed, Ayesha Aslam*	S1607
Importance of Interdental Cleaning Aids for Gingival Health of Patients with Fixed Dental Prosthesis *Aliza Abbas, Muhammad Sharjeel Ashraf, Yasir Ikram Ahmed, Asma Wahid Ali, Syed Adil Tanvir, Natasha Fatima*	S1613
Awareness of Teledentistry Among Patients Visiting an Urban Tertiary Dental Hospital in Karachi, Pakistan: A Cross-Sectional Study *Hafsa Feroze, Mehmil Aslam, Amna Arsalan, Bilal Shahid Ansari, Araib Tahir, Saad Ali*	S1618
Role of Transcutaneous Electric Nerve Stimulation Therapy as Adjuvant Pain Reduction in the Management of Temporomandibular Disorders *Muhammad Hamza Asif, Saad Mahmood, Ruhma Tariq, Hafsa Razzaq, Sana Somair, Talha Ahmed Khan*	S1624
Perceptions among Student Nurses Regarding the Role of Artificial Intelligence in Healthcare, in Pakistan *Misbah Naureen, Sana Siddiqui, Summaira Nasir, Asghar Khan, Muhammad Faisal Afridi, Asad Ali Khan*	S1629
Effect of Personality on Burnout in Dental Health Professionals *Mehwish Khan, Sanaa Ahmed, Sadia Khalil, Jamshed Ahmed, Mehmood Hussain, Muhammad Khalil Khan*	S1634
Analysis of Gingival Exposure and Upper Lip Alteration in A Vertical Dimension *Aymen Babar, Kiran Ijaz, Asma Ahmed, Rubeena Noor, Ghulam Rasool, Deena Fadia*	S1640
Baseline Assessment and Post-Intervention Evaluation of Knowledge Regarding Oral Submucous Fibrosis Among Medical and Dental Practitioners *Haifa Saquib Baqai, Asma Seher Ansari, Marjan Alam Khan, Bhunesha Devi, Umer Khayam, Syeda Noureen Iqbal*	S1645
Assessment of Factors Influencing Oral Health-Related Quality of Life (OHRQoL) of Patients with Acrylic Removable Partial Dental Prosthesis *Saira Ibrahim, Nayab Rauf, Aqeel Ibrahim, Fatima Nawaz, Ayesha Sajawal*	S1651
Comparing Variation with Conventional Powell's Angular Measures to Establish Soft Tissue Norms in Adult Pakistanis *Ridaa Qammar, Abdullah Jan, Hajra Pasha, Tooba Zahoor, Amina Malik, Kashif Iqbal*	S1656
Comparative Evaluation of Postoperative Pain After Root Canal Preparation with Rotary (Hyflex EDM) vs Reciprocating (Reciproc VDW) System in Molar Teeth: A Randomized Controlled Trial *Ahmed Abdullah, Shehroze Azeem, Atta ur Rehman, Sumaira Zaman, Zainab ur Rehman Shah, Nigarish Javaid*	S1661
Early Self-Physiotherapy Combined with Conservative Therapy Improves Quality of Life in Myofascial Pain: a Single-Blinded Randomized Controlled Trial *Iqra Saleem, Abid Ashar, Muhammad Imtiaz, Aqsa Saleem, Yumna Elahi, Maria Noor*	S1667
Comparison of Dentin hypersensitivity among female and male patients followed by tooth preparation for Fixed Dental Prosthesis *Bazgha Muneer, Muhammad Sajjad, Zarmina Ashraf, Abeera Imtiaz, Iman Akram, Kainat Saleem*	S1672

Mannitol Reduces Pain and Trismus after Impacted Mandibular Third Molar Surgery: A Comparative Study *Muhammad Arham, Shafi Ullah Khan, Ashar Waheed, Ayesha Imran, Faisal Asif, Afaq Qureshi*	S1676
REVIEW ARTICLE	
Assessment of Miniscrew Stability and Bone Response Using Titanium-Zirconium Hybrid Alloys with Nanostructured Surfaces, a Systematic Review and Meta-Analysis Perspective *Rania A. Sharif, Amna Mehwish Ikram, Ghazala Suleman, Amna Batool Ehsan*	S1682
CASE REPORT	
A Low-Cost Independent Forehead-Anchored Nasal Molding System Combined with Early Vomer Flap Closure in the Management of Complete Unilateral Cleft Lip and Palate: A Technical Note and Case Report *Sana Tariq, Usmanulhaq,*	S1692