

ISSN 0028-2715
Vol. 60 | Issue 249 | May, 2022

JNMA

Journal of Nepal Medical Association
Estd. 1963, Published monthly

PubMed

INDEX COPERNICUS
INTERNATIONAL

DOAJ DIRECTORY OF
OPEN ACCESS
JOURNALS

Free
Full Text at
www.jnma.com.np



An official publication of Nepal Medical Association

ORIGINAL ARTICLE

- Rheumatic Heart Disease among Patients with Valvular Heart Disease Admitted to the In-patient Department of a Tertiary Care Centre: A Descriptive Cross-sectional Study**
Kriti Basnet, Shreeyash Raj Bhattarai, Sangam Shah, Amir Joshi, Sanjit Kumar Sah, Roshan Gami, Rajaram Khanal 419-424
- Diarrhoea among Children Under Five Years of Age Residing in a Village Development Committee: A Descriptive Cross-sectional Study**
Rimu Mishra, Alok Acharya, Amar Kumar Yadav, Rupesh Kumar Shreevastav 425-429
- Lumbar Disc Degenerative Disorder among Patients Undergoing Magnetic Resonance Imaging in a Tertiary Care Centre: A Descriptive Cross-sectional Study**
Binit Dev, Ashutosh Shah, Ashutosh Chaudhary, Ajay Kumar Yadav, Subash Chandra Jha, Arun Kumar Chaudhary 430-434
- Organophosphorus Poisoning among Acute Poisoning Cases Presenting to the Emergency Department of a Secondary Care Centre: A Descriptive Cross-sectional Study**
Subhash Pandey, Nitesh Shrestha 435-438
- Postoperative Surgical Site Infections in the Department of General Surgery of a Tertiary Care Centre: A Descriptive Cross-sectional Study**
Pradeep Ghimire, Binod Bade Shrestha, Om Bahadur Karki, Bishowdeep Timilsina, Ananda Neupane, Aprajita Bhandari 439-443
- Open Cholecystectomy among Patients undergoing Laparoscopic Cholecystectomy in a Tertiary Care Centre: A Descriptive Cross-sectional Study**
Gaurav Katwal, Yeshika Thapa, Aisha Shrestha, Abhishek Bhattarai, Kishor Kumar Tamrakar, Harish Chandra Neupane 444-447
- End-stage Renal Disease among Patients Undergoing Haemodialysis at a Tertiary Care Centre: A Descriptive Cross-sectional Study**
Ajay Rajbhandari, Ujwal Bhusal, Dhan Bahadur Shrestha, Jyoti Yadav, Sonam Singh, Chiranjibi Pant, Arun Sharma 448-452
- Oral Potentially Malignant Disorders among Patients Attending the Department of Oral Medicine and Radiology of a Tertiary Care Dental Hospital: A Descriptive Cross-sectional Study**
Deepa Gurung, Ujjwal Joshi, Bikash Chaudhary, Preeti Singh 453-456
- Depression among Armed Police Force Soldiers Serving in a Police Headquarter: A Descriptive Cross-sectional Study**
Nidesh Sapkota, Atit Tiwari, Mandeep Kunwar, Nisha Manandhar, Bharat Khatri 457-460
- Negative Pleural Fluid Cultures Among Patients with Pleural Effusion in a Tertiary Care Hospital: A Descriptive Cross-sectional Study**
Srijana Ranjit, Amit Kumar Singh, Ishu Shrestha, Anu Radha Twayana, Prabha Bhandari, Shisir Siwakoti, Shrijana Singh 461-464
- Vitamin D Deficiency among Patients Presenting to Outpatient Department of Medicine of a Tertiary Care Centre: A Descriptive Cross-sectional Study**
Adhyashree Karki 465-468
- An Outbreak Investigation of Varicella Zoster among Male Military Personnel in a Military Training Centre**
Parag Karki, Lee Budhathoki, Anita Poudel, Swojay Maharjan, Manoj Khadka, Lochana Shrestha, Leela Paudel 469-472

CASE REPORTS

- Cronkhite-Canada Syndrome: A Case Report**
Prakash Sapkota, Ram Bahadur Gurung, Ashish Shrestha, Isha Paudel, Pramita Shrestha 473-477
- Synovial Chondromatosis of Hip Joint in a Patient with Ankylosing Spondylitis: A Case Report**
Ajay Kumar Yadav, Sujana Raj Paudel, Dilip Kumar Yadav 478-481

Primary Grynfeldt Lumbar Hernia: A Case Report <i>Sanam Dhakal, Sulochana Neupane, Ankit Mandal, Surya Bahadur Parajuli, Sulav Sapkota</i>	482-484
Congenital Limb Deficiency: A Case Report <i>Surendra Khanal, Uttam Pachya, Sushma Thapaliya, Sagar Rana Magar, Bishal Panthi, Arun Khatri</i>	485-487
Recurrent Metastatic Choriocarcinoma Responsive to Etoposide and Cisplatin with Etoposide, Methotrexate, and Dactinomycin: A Case Report <i>Sunil Kumar Das, Arun Shahi, Ram Chandra Panthi</i>	488-490
Scar Rupture in Early Puerperium: A Case Report <i>Jyoti Dahal, Rachana Saha</i>	491-493
SHORT COMMUNICATION	
Emergency Caesarean Section in a COVID-19 Infected Mother in a Primary Health Care Centre: A Case Report <i>Anil KC, Prativa Subedi, Sujata Dahal, Ujjawal Poudel</i>	494-496
VIEW POINT	
Experiences of Young Doctors Working in Rural Nepal <i>Sujata Dahal, Surendra Khanal, Swornima Rijal, Puja Bhandari, Rakshya Pandey</i>	497-500
STUDENT JNMA	
An Experience of Being a Patient as a Medical Student <i>Krishna Shakya</i>	501-502

Journal of Nepal Medical Association (JNMA)

An official publication of Nepal Medical Association since 1963

Editor-in-Chief

Dr Angel Magar

Advisers

Prof Dr Chop Lal Bhusal, NMA Past President (2006 - 2008)
Dr Kedar Narsingh KC, NMA Past President (2008 - 2010)
Prof Dr Achala Vaidya, JNMA Chief Editor Emeritus (2005 - 2006)
Dr Kusum Thapa, JNMA Chief Editor Emeritus (2007 - 2011)
Prof Dr MD Bhattarai, Founder, Madhur-Ramesh JNMA Trust

Editors

- Prof Dr Ganesh Dangal, MBBS, MD, FICS, Department of Gyn/Obs, Kathmandu Model Hospital, Kathmandu, Nepal
- Dr Pawan Kumar Hamal, MBBS, MD, Department of Anaesthesia, NAMS, Bir Hospital, Kathmandu, Nepal
- Asst Prof Dr Matiram Pun, MBBS, MSc, Department of Clinical Physiology, IOM, TUTH, Maharajgunj, Kathmandu, Nepal
- Assoc Prof Dr Ramesh Bhandari, MBBS, MS, MCh, Department of Surgery, IOM, TUTH, Maharajgunj, Kathmandu, Nepal
- Assoc Prof Dr Rupesh Mukhia, MBBS, MS, Department of Surgery, KIST Medical College, Kathmandu, Nepal
- Assoc Prof Dr Mukunda Raj Joshi, MBBS, MS, Department of Surgery, Kathmandu Medical College, Kathmandu, Nepal
- Prof Dr Ganesh Kumar Rai, Department of Paediatrics, National Academy of Medical Sciences, Kathmandu, Nepal
- Dr Ramesh Chaurasia, MBBS, MD, DM, Golden Hospital, Biratnagar, Nepal
- Asst Prof Dr Ramesh Dhakhwa, MBBS, MD, Department of Pathology, Kathmandu Medical College, Kathmandu, Nepal
- Asst Prof Dr Navindra Raj Bista, MBBS, MD, Department of Anaesthesiology, TUTH, IOM, Kathmandu, Nepal
- Dr Kabir Thakali, MBBS, MDGP, Department of GP & Emergency, College of Medicine NAIHS, Kathmandu, Nepal
- Prof Dr Deependra Shrestha, MBBS, MS, Department of ENT, NAMS, Bir Hospital, Kathmandu, Nepal
- Assoc Prof Dr Indira Upadhyaya, MBBS, MD, Paropakar Maternity and Women's Hospital Thapathali, Kathmandu, Nepal
- Dr Shivaji Poudel, MBBS, MD, Department of Radiation Oncology, BPK Memorial Cancer Hospital, Bharatpur, Chitwan, Nepal
- Prof Dr Ram Krishna Dulal, MSPH, DrPH, MBA-IHM, Hemer, Germany
- Dr Luna Paudel, MBBS, MD, Transcultural Psychosocial Organization, Kathmandu, Nepal
- Dr Araniko Pandey, MBBS, MD, Lumbini Eye Institute, Bhairahawa, Nepal
- Dr Anurag Singh Thapa, MBBS, MS, Department of Surgery, Patan Academy of Health Sciences, Patan, Nepal
- Dr Sujaya Gupta, BDS, MDS, Kathmandu Medical College Dental College and Hospital, Kathmandu, Nepal
- Dr Bibek Rajbhandari, MBBS, MDGP, Nepal Police Hospital, Kathmandu, Nepal
- Dr Anjana Maharjan Shrestha, BDS, MDS, Patan Academy of Health Sciences, Lalitpur, Nepal

Chief Editors Emeritus

	Year
Dr Mrigendra Raj Pandey	1963-1964
Dr Hemang Dixit	1965-1967
Dr BP Sharma	1968
Dr S Moin Shah	1969-1970
Dr YB Shrestha	1971-1972
Dr Santosh Man Shrestha	1973
Dr PR Satyal	1974-1976
Dr Shyam Bahadur Pandey	1977-1978
Dr Sanjib Dhungel	1979
Dr Shyam Bahadur Pandey	1980
Dr Tej S Malla	1981-1983
Dr Narayan Bahadur Thapa	1984-1985
Dr Sanjib Dhungel	1986
Dr Ramesh Kant Adhikari	1987-1988
Dr Mahendra Nepal	1989
Dr Rakesh Prasad	1990
Dr Mohan P Joshi	1991
Dr Neelam Adhikari	1992
Dr Nirakar Man Shrestha	1993
Dr Bhagavat P Nepal	1994
Dr Babu Ram Marasini	1995-1997
Dr Ugra Narayan Pathak	1997-1998
Dr Sudha Sharma	1999-2001
Dr Ramesh P Acharya	2002-2004
Dr Achala Vaidya	2005-2006
Dr Kusum Thapa	2007-2011
Dr Rabindra Pradhan	2011-2012

International Editors

- Dr Amit Rauniyar, MBBS, MD, USA
- Dr Anil Tuladhar, FRCPCH, FRCP (Edin.), UK
- Dr Badri Man Shrestha, FRCS (Eng&Gen), Hon.FRCS(Edin), FACS, FICS, FEBS, UK
- Dr Dipendra Chaudhary, MBBS, MD, USA
- Dr Madhavi Kandel, MBBS, MD, USA
- Dr Nimesh Bhattarai, MBBS, MD, USA
- Dr Pramod Koyee, MBBS, FRCPsych, UK
- Dr Suresh Jaiswal, MBBS, MD, USA
- Dr Tirtha Kharel, MBBS, MD, USA
- Dr Rajeeb Kumar Sah, MD, MPH, UK
- Dr Nabina Shah, MBBS, MPH, Australia
- Dr Gaurav Sharma, MBBS, MPH, UK
- Dr Prakash Kandel, MBBS, MD, USA

Assistant Editors

- Dr Anjila Pradhan, UHB NHS Foundation Trust, UK
- Dr Krishna Rana, SFH NHS Foundation Trust, UK
- Dr Manisha Shahi, UHS NHS Foundation Trust, UK
- Dr Suzit Bhusal (Intern, KMC)
- Dr Rakshya Pandey (Intern, KMC)
- Dr Asmita Neupane (Intern, KMC)

Editorial Support

Mandeep Guragai (Final Year, KMC), Prajwala Yogi (Final Year, KMC), Aliska Niroula (Final Year, KMC), Sabina Khadka (5th Year, NAIHS), Pravakar Dawadi (4th Year, NAIHS), Dr Ashlesha Chaudhary (Intern, NMCTH), Dr Sujata Maharjan (Intern, KMC), Reshika Shrestha (4th Year, MMC), Saroj GC (4th Year, MMC)

Nepal Medical Association (NMA)

UNITY - FRATERNITY - SERVICE
Estd: 20th Falgun, 2007 BS (4th March, 1951)

NMA Executive Members (2020-2023)

President

Dr. Lochan Karki

Immediate Past President

Dr. Mukti Ram Shrestha

Senior Vice President

Dr. Shiva Prasad Shrestha

Vice President

Dr. Anil Bikram Karki

General Secretary

Dr. Badri Rijal

Treasurer

Dr. Prakash Budhathoky

Joint Secretary

Dr. Niraj Kumar Singh

Joint Treasurer

Dr. Bishwa Raj Dawadi

Members

Dr. Bipesh Acharya
Dr. Leison Maharjan
Dr. Nanda Kumari Gurung
Dr. Pramod Joshi
Dr. Ritesh Thapa
Dr. Sanjeeb Tiwari

Editor-In Chief

Dr. Angel Magar

Finance Consultant

Mr. Gopi Krishna Shrestha

Chief Administrative Officer

Mr. Milan Chandra Khanal

Assistant Administrative Officer

Mr. Prabesh Lamichhane

NMA Central Office

Nepal Medical Association
NMA Building, Siddhi Sadan P.O. Box 189
Exhibition Road, Kathmandu, Nepal.
Tel: +977-1-4231825 / 4225860
Fax: +977-1-4225300
Email: info@nma.org.np
Web: www.nma.org.np

Past NMA Presidents

Name of President

B. S. (A. D.)

Dr. Siddhi Mani A. Dixit	2007-15 (1950-1958)
Dr. Jit Singh Malla	2016-17 (1959-1960)
Dr. Dineshananda Baidya	2017-18 (1960-1961)
Dr. Nageswar Prasad Singh	2018-19 (1961-1962)
Dr. Yagya Raj Joshi	2019-21 (1962-1964)
Dr. Awadh Narayan Lal	2021-23 (1964-1966)
Dr. Laxam Paudyal	2023-25 (1966-1968)
Dr. Lakshmi Narayan Prasad	2025-27 (1968-1970)
Dr. Shanker Bahadur Singh	2027-29 (1970-1972)
Dr. Ram Bhadra Adiga	2029-31 (1972-1974)
Dr. Anjani Kumar Sharma	2031-33 (1974-1976)
Dr. Bishnu Prasad Sharma	2033-35 (1976-1978)
Dr. Manindra Ranjan Baral	2035-38 (1978-1981)
Dr. Badri Bahadur Baidya	2039-41 (1982-1984)
Dr. Sudip K. Bhattacharya	2041-43 (1984-1986)
Dr. Yanta Mani Pradhan	2043-45 (1986-1988)
Dr. Sachey K. Pahari	2045-47 (1988-1990)
Dr. Hemang Dixit	2047-49 (1990-1992)
Dr. Bhoj Raj Joshi	2049-51 (1992-1994)
Dr. Ramesh Kant Adhikari	2051-53 (1994-1996)
Dr. Vijaya Kumar Sharma	2053-55 (1996-1998)
Dr. Anand Prasad Shrestha	2055-57 (1998-2000)
Dr. Kalyan Raj Pandey	2057-59 (2000-2002)
Dr. Manohar Prasad Gupta	2059-61 (2002-2004)
Dr. Sudha Sharma	2061-63 (2004-2006)
Dr. Chop Lal Bhusal	2063-65 (2006-2008)
Dr. Kedar Narsingh KC	2065-67 (2008-2010)
Dr. Kiran Prasad Shrestha	2066-69 (2010-2012)
Dr. Anjani Kumar Jha	2069-72 (2013-2016)
Dr. Mukti Ram Shrestha	2073-76 (2016-2019)

JOURNAL OF NEPAL MEDICAL ASSOCIATION

Journal of Nepal Medical Association is published bimonthly and distributed by Nepal Medical Association.

The statements or opinions expressed in the Journal are the personal views of authors and do not represent the official views of JNMA editorial board or Nepal Medical Association.

JNMA is published bimonthly; subscription rates are as follows:				
	INSTITUTIONAL		PERSONAL	
	Annual	Per copy	Annual	Per copy
Nepal	NRs. 6000.00	NRs. 1000.00	NRs. 3000.00	NRs. 500.00
SAARC countries	\$ 300.00	\$ 50.00	\$ 100.00	\$ 27.00
Rest of the world	\$ 400.00	\$ 70.00	\$ 150.00	\$ 40.00

Above subscription rates are excluding postal charges.

Principal Contact:

Dr. Angel Magar

Editor-in-Chief

Journal of Nepal Medical Association,

NMA Building, Siddhi Sadan, Exhibition Road

PO Box. 189 Kathmandu, Nepal.

Tel: +977-1-4226037, Fax: +977-1-4225300

Email: editor@jnma.com.np, Web: www.jnma.com.np

Subscription payment should be sent in the form of Bank Draft in the name of Nepal Medical Association.

MOHP Support

Journal of Nepal Medical Association is supported by Ministry of Health and Population for its publication.

Disclaimer

Medical knowledge is constantly changing. As new information become available, changes in treatment, procedures, equipment and the use of drugs become necessary. The authors, editors and the publishers have, as far as it is possible, taken care to insure that the information given in this journal is accurate and up to date. However, readers are strongly advised to confirm that the information, especially with regard to drug usage, complies with current legislation and standards of practice. Under no circumstances shall JNMA or NMA be liable for any loss or harm due to the use of information given in this journal.

Design and Layout

Jyoti Khatiwada

Phone: +977-9841612726

E-mail: juskhushi@gmail.com

Nepal Medical Association

expresses its sincere gratitude to

**“Madhur Ramesh JNMA
Trust”**

(Founded by Dr. Madhur Dev Bhattarai

and Dr. Ramesh Prasad

Aacharya) and

“Mathura Ratna Trust”

(Founded by Late Dr. Raghubar Baidya and

later augmented by Late Dr. Bharat Raj

Baidya in memory of their

**mother Mathura Devi and father Dr. Ratna
Das Baidya)**