



Official journal of B&B Hospital and HRDC

Vol. 1 | No. 1 | Jan-Jun, 2017

# **B & B Medical Journal**

**Multidisciplinary**

**Peer reviewed**

**Biannual**



# **B & B Medical Journal**

## **Editorial Board (2017-19)**

**Editors-in-Chief:** Prof Ashok K Banskota  
Prof Jagdish L Baidya

**Executive Editors:** Dr Prabin Shrestha  
Dr Bibek Banskota

**Editorial members:**

Dr Ishwar Pradhan  
Dr Tarun Rajbhandari  
Dr Niraj Baidya  
Dr Binod Shrestha  
Dr Sanjay Lakhey  
Dr Om P Adhikari  
Dr Isha Dhungana  
Dr Prabhat Baral  
Dr Bhakta B Budhathoki  
Dr Anjana Karki  
Dr Basant Mathema  
Dr Mahendra Maharjan  
Dr Sangeeta Shakya  
Dr Deepak Mishra  
Dr Anjali Basnet  
Ms Ambika Basnet

**Editorial Assistant:** Dr Manoj Kushwaha

**Editorial Secretary:** Mr Arjun Adhikari

### **Advisory Board:**

#### ***National***

Dr Sundar M Dixit  
Dr Kundu Yangzom  
Dr Amit Joshi  
Dr Nilam Adhikari

#### ***International***

Prof Kaoru Kurisu, Hiroshima University, Japan  
Dr David Spiegel, Philadelphia, USA

## **Journal Info**

B & B Medical Journal (BBMed) is an official journal of B & B hospital, Gwarko, Lalitpur, Nepal and Hospital and Rehabilitation Center for Disabled Children (HRDC). This journal has been brought out as a next step in the milestone of academic activities of B&B hospital and HRDC. The main purpose of this journal is to provide a forum for scientific discussion and presentation in the field of medical science as a whole. BBMed will be a common forum for all the medical specialties dealing with the diseases of the whole human body.

Even though this journal is mainly for the medical professionals of B&B hospital and HRDC, it accepts quality articles from anybody in medical field in Nepal and around the world.

The journal is devoted to the entire medical fraternity, patients and general public of Nepal.

It will be published twice a year in June and December.

On average, a total of 10-12 articles will be published per issue. One review article will be included from any medical field that is relevant to diagnosis and management of patients in Nepal.

There will be four to five original articles from any medical field. Priority will be given to the research articles and case series studies.

In addition, there will be four to five case reports. Priority will be given to the rare cases where a multispeciality and unique approach in the diagnosis and/or treatment has been utilized relevant to Nepalese context.

One nursing report will be included in every issue. Special report on nursing service related to any nursing field and relevant to Nepalese context is encouraged.

American English will be the official language of the Journal.

All the articles submitted will go through the strict peer review process.

## **Instructions to the authors**

### **Manuscript Submission:**

**Articles can be submitted by sending** a soft copy of manuscript along with a completely filled cover letter form by email to **bbmed2017@gmail.com**. Article can also be submitted by an email to Dr Prabin Shrestha, executive Editor, BBMed (**prabinshrestha@hotmail.com**).

### **Language:**

American English is the official language of this journal.

### **Articles:**

B&B Medical Journal (BBMed) invites and accepts review articles, original articles including original research works, retrospective case series analytical study etc, case reports, letters to editors and nursing reports that are not published or accepted for publication elsewhere.

### **Title:**

It should be an appropriate title with the beginning letter of each word being capital and total word count not exceeding 25.

### **Abstract:**

It should be concise and precise representing the whole article with total word count not more than 250. Abstract doesn't need sub divisions like introduction, materials and methods etc.

### **Key words:**

Total 3-5 key words, arranged in alphabetical order separated by comma (,) with full stop at the end.

### **Main Text & Manuscript Preparation:**

The main text is divided into several divisions.

For original articles, Introduction, Materials and Methods, Results, Discussion and Conclusions

For case report, Introduction, Case Report, Discussion and Conclusions

**Case Report:** total word count from 1000 to 1500, number of reference maximum up to 10, number of figures maximum upto 4, number of authors maximum up to 4.

**Original article:** word count maximum upto 3000, number of reference maximum up to 25, number of figures maximum upto 6 and number of tables maximum upto 4, number of authors maximum up to 8.

**Review article:** word count maximum upto 5000, number of reference maximum up to 25, number of figures maximum upto 6 and number of tables maximum upto 4, number of authors maximum up to 8.

**Nursing Report:** word count maximum upto 3000, number of reference maximum up to 25, number of figures maximum upto 6 and number of tables maximum upto 4, number of authors maximum up to 8.

**Figures and tables** are cited in the text appropriately with serial number and enclosed in parenthesis and highlighted eg (**Figure 1**), (**Table 1**) etc.

**Reference** has to be cited serially as it appears in the text in superscript numbers after comma or full stop.

**References:**

Referencing is according to Vancouver style. It should begin with name of authors followed by title of the article, year of publication and page number with full stop at the end.

Include names of six authors followed by et al if there are more than six authors. Do not give et al after three authors. Cite the reference number in the main text as superscript after comma or full stop. Arrange the reference list in reference section serially as it appears in the main text, not in alphabetical order.

**E.g.**

**Journal:** Yeo CJ, Cameron JL, Sohn TA, Lillemoe KD, Pitt HA, Talamini MA et al. Six Hundred Fifty consecutive Pancreaticoduodenectomies in the 1990s. *Ann. Surg* 1997; 226:248-57.

**Abstract:** Schiffer LM, Braunschweiger FG: Glioblastoma cell kinetics and effects of in vitro hyperthermia. *Proc AM Assoc Cancer Res* 20:300, 1979 (Abstract)

**Letter:** Drake CG: Report of World Federation of Neurological Surgeons Committee on a universal subarachnoid hemorrhage grading scale. *J Neurosurg* 68:985-986, 1988 (Letter)

**Foreign Language Journal:** Loiseau H, Castel JP, Stoiber HP: Clinical, neuroradiologic and developmental aspects of idiopathic benign subarachnoid hemorrhage (subarachnoid hemorrhage of unknown cause). Retrospective study of 65 cases. *Neurochirurgie* 35:222-228, 1989 (French)

**Authored Book:** Jefferson G: *The invasive Adenomas of the Anterior Pituitary*. Springfield, III: Charles C Thomas, 1995, pp 56-60.

**Article or Chapter in an Edited Book:** Seiler R, Newell DW: Subarachnoid hemorrhage and vasospasm, in Newell DW, Aaslid R (eds): *Transcranial Doppler*. New York: Raven press, 1992, pp 101-107.

**Entire Edited Book:** Suzuki J (ed): Cerebral Aneurysms. Experiences with 1000 Directly Operated Cases. Tokyo: Neuron, 1979.

**Web Site Article:** Author or Organization name: Title of article. (<http://www.url>) [Accessed 12 March, 2004]

**Tables and Figures:**

Table should be made in Microsoft Excel with appropriate title. Appropriate table caption has to be provided in the manuscript text at the end after reference list. Excel page of table should be saved with its file name and serial number (E.g. Table 1, Table 2.....) and attached while submitting the article.

Figure should be made in power point or Jpeg with each figure size of 200-500 KB. Appropriate figure legend has to be provided in the manuscript text at the end after reference list. Jpeg pictures should be saved with its file name and serial number (E.g. Figure 1, Figure 2.....) and attached while submitting the article.

**Article submission:**

All the articles can be submitted along with soft copy of manuscript and a cover letter form filled completely by email to [bbmed2017@gmail.com](mailto:bbmed2017@gmail.com).

**Authors:**

Total number of authors for Review Article should not be more than 3, for Original Articles not more than 8 and for Case Report not more than 5.

Authors' full name, complete qualifications, department and full address of primary institutes of all the authors should be provided. Academic or any other designations of the authors are not required.

**Running head:**

Running head, representing the full title of article, not exceeding total 5 words should be provided

**Corresponding author:**

Corresponding author's full name, complete qualification, department and full address of primary institutes along with functioning email address should be provided. Corresponding author need not be the first author but needs to be one of the authors.

## **Cover letter format**

Title of Article:

Type of article (review article or original or case report):

Name of Authors including full name, qualification, department, and address of institution of all the authors:

Running head (short title with not more than 5 words):

Address for correspondence, including email add:

Date of submission:

Any acknowledgement:

Any declaration of financial support for your study/research:

Any Conflict of interest:



## 2017 Subscription Rate per Year

|                        |     | <u>Individual</u> | <u>Institution</u> |
|------------------------|-----|-------------------|--------------------|
| <b>Nepal</b>           | NRs | 500.00            | 800.00             |
| <b>SAARC</b>           | NRs | 800.00            | 1200.00            |
| <b>Other Countries</b> | USD | 60.00             | 100.00             |

## BBMed Classified Advertisements

BBMed accepts all sorts of medical advertisements as a service and the editorial board reserves the right to accept or refuse the advertisement depending on its type and its contents. Web advertisement is also available.

| <u>Advertise size</u> | <u>Rates</u> |
|-----------------------|--------------|
| Inner pages ½ size    | NRs 15000.00 |
| Full page B/W         | NRs 25000.00 |
| Full page Color       | NRs 35000.00 |
| Back Cover            | NRs 50000.00 |

All payments must be done before printing

**B & B Medical Journal (BBMed)**

([www.bbhospital.com/bbmed.np](http://www.bbhospital.com/bbmed.np))

**Published by**

B & B Hospital, Gwarko, Lalitpur, Nepal

&

Hospital and Rehabilitation Center for Disabled Children (HRDC), Kavre, Nepal

© B & B Hospital



**B&B Medical Journal**  
**(BBMed)**

*(An Official Medical Journal of B & B Hospital & HRDC)*

**Volume 1, Number 1, 2017**

**Table of Contents**

|  |              |
|--|--------------|
| <b>Editorial</b>   | <b>I-II</b>  |
| <b>BB Mouth Piece</b>  | <b>III</b>   |
| <b>Review Article</b>  |              |
| <b>Chronic Osteomyelitis of Long Bones in Children: Overview and Challenges in Management</b><br>Bibek Banskota  | <b>1-16</b>  |
| <b>Original Articles</b>   |              |
| <b>Usefulness of Bladder Biopsy</b><br>Binod Shrestha, Jagdish L Baidya, Bandana Sigdel, Reena Baidya, Niraj L Baidya  | <b>17-22</b> |
| <b>Cerebral Aneurysm Surgery in BB hospital: An Experience of Last One Year</b><br>Prabin Shrestha, Anish M Singh, Isha Dhungana   | <b>23-28</b> |
| <b>Assessment of Liver Enzymes, Creatine Phosphokinase And Electrolytes in Hypothyroid Patients Visiting Tertiary Centre</b><br>Suman Baral, Binod Aryal, Vivek Pant, Vijay K Sharma | <b>29-33</b> |
| <b>Case Reports</b>  |              |
| <b>Subclavian Artery Pseudoaneurysm as A Complication of Clavicle Fracture, Managed conservatively</b><br>Bibek Banskota, Rabindra.B Timala, Uttam K Shrestha, Ashok K Banskota      | <b>34-36</b> |
| <b>Uncommon Diagnosis of Common Presentation: Diffuse Large B-cell Lymphoma of Ileocaecal Region</b><br>Upama Sharma, Jagdish L Baidya   | <b>37-41</b> |
| <b>Antegrade Flexible Ureterorenoscopy: A Novel Technique In Difficult Times</b><br>Rajesh Batajoo, Sumeet Karna, Jagdish L Baidya   | <b>42-45</b> |
| <b>Caffey's Disease: A Diagnostic Dilemma</b><br>Rajesh K Chaudhary, Bibek Banskota, Ram K Barakoti, Ashok K Banskota  | <b>46-50</b> |
| <b>Retroperitoneal Colon Perforation from Blunt Trauma: Rare Presentation</b><br>Pravar Shrestha, Niraj L Baidya, Mikesh Karmacharya, Jagdish L Baidya                               | <b>51-57</b> |
| <b>Urachal Actinomycosis Mimicking Malignancy: A Case Report</b><br>Kinju Adhikari, Saroj Baidya, Jagdish L Baidya, Binod Shrestha   | <b>58-61</b> |

|  |              |
|--|--------------|
| <b>Awake Craniotomy: An Early Experience in BB Hospital</b>        |              |
| Anish M Singh, Prabin Shrestha                                     | <b>62-67</b> |
| <b>Atypical Renal Lesions in Tuberous Sclerosis: A Case Report</b> |              |
| Binod Shrestha, Razzudin Biyabani                                  | <b>68-72</b> |
| <b>Nursing Forum</b>   |              |
| <b>Current Status, Issues and Challenges in Nursing</b>            |              |
| Bimala Chhetri, Pushpa Koirala                                     | <b>73-78</b> |
| <b>Special article</b>   |              |
| <b>Nepal Earthquake: A long way for the dust to settle!</b>        |              |
| <b>The Emergency Surveillance and Response (ESAR) Initiative</b>   |              |
| Bibek Banskota   | <b>79-90</b> |