ORIGINAL ARTICLE

Abruptio Placenta among Pregnant Women Admitted to the Department of Obstetrics and Gynaecology in a Tertiary Care Centre: A Descriptive Cross-sectional Study
Sujata Maharjan, Meena Thapa, Babita Chaudhary, Subij Shakya
918-921

Road Traffic Injuries among Patients Visiting the Emergency Department in a Tertiary Care Centre: A Descriptive Cross-sectional Study
922-926

Multiple Pregnancy among Deliveries in a Tertiary Care Center: A Descriptive Cross-sectional Study
Rupa Bajagain, Chandrima Karki, Shilpi Mahato, Rachana Saha, Nitu Saha
927-930

Maintenance Hemodialysis among Patients Visiting Nephrology Unit in a Tertiary Care Centre: A Descriptive Cross-sectional Study
Krishna Kumar Agrawaal
931-934

Hypotension in Patients Admitted to Intensive Care Unit of a Tertiary Center: A Descriptive Cross-sectional Study
Sunaj Parajuli, Sanjeev Tiwari, Sanjay Kumar Gupta, Yogendra Man Shakya, Yagya Laxmi Shakya
935-938

Trismus among Preclinical Students in a Medical College: A Descriptive Cross-sectional Study
Primsa Shrestha, Subash Pant
939-942

Obesity among Medical Students of a Medical College: A Descriptive Cross-sectional Study
Vibina Aryal, Dayaram Ghimire, Sabita Kandel, Anirban Majumder, Sourav Manna
943-946

Mean Fluoride Concentration in Drinking Water Sources of a Municipality: A Descriptive Cross-sectional Study
Rajib Chaulagain, Ayam Chhatkuli, Ashim Raj Shrestha, Bikram Karki Chhetri, Sadhana Pandey
947-951

Feeding Intolerance among Preterm Neonates Admitted to the Neonatal Intensive Care Unit at a Tertiary Care Centre: A Descriptive Crosssectional Study
Pavana Kayastha, Sabina Shrestha, Ashish Subba
952-954

Atypical Pattern of the Intrahepatic Biliary Duct on Magnetic Resonance Cholangiopancreatography in a Tertiary Care Centre: A Descriptive Cross-sectional Study
Pragya Shrestha, Dil Islam Mansur, Subindra Karki, Sheprala Shrestha, Sunima Maskey, Roshan Chaudary
955-958

Malnutrition among Cancer Patients in a Tertiary Care Centre: A Descriptive Cross-sectional Study
Anuj K.C., Bishnu Dutta Poudel, Ramila Shilpakar, Sudip Thapa, Rajiv Sharma, Bibek Acharya, Sandhya Chapagain, Ambuj Karn, Saugat Poudel, Bishal Paudel
959-961

CASE REPORTS

Anti-N-methyl-D-aspartate Receptor Autoimmune Encephalitis: A Case Report
Bikash Yadav, Dhiraj Chaurasia, Abhiyan Kharel, Krishna Dhungana
962-964

Asim Pandey, Samriddhi Parajuli, Alok Dhungel, Rahul Devkota, Angel Dangol
965-968

Recurrent Ischemic Stroke in a Patient with Atrial Myxoma: A Case Report
Gentle Sunder Shrestha, Ankit Rimal, Shubha Kalyan Shrestha, Pramesh Sunder Shrestha, Subhash Prasad Acharya
969-971

Urine Discoloration Associated with Metronidazole: A Case Report
Md. Firoz Anjum, Sajal Tumunasabu, Kipa Shrestha
972-974

Kaplan’s Lesion in a Child: A Case Report
Abhishek Kumar Thakur, Nabees Man Singh Pradhan, Pramod Devkota, Bidur Gyawali, Prabhau Majgaonkar Pokhrel
975-977
Lissencephaly with Congenital Hypothyroidism: A Case Report
Shambhu Kumar Sahani, Anil Pathak, Bishal Nepali, Nilishan Rai

Facial Palsy in COVID-19 Patient: A Case Report
Shailes Paudel, Mijjal Gopal Shrestha, Rupesh Ramtel, Anayash Bhattarai, Umang Gupta

Paediatric Ovarian Dysgerminoma: A Case Report
Siddhant Adhikari, Santosh Joti, Parvat Kuwar Chhetri

STUDENT JNMA
First Two Years of Medical School: An Experience
Mili Koirala, Jebish Pradhan, Suraksha Thapa, Rasmita K.C.
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 Bhushal, 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
Ast 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
Ast Prof Dr Ramesh Dhakwhat, 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 Anariko 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 Sujay 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 Mall 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. FRCSI(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 Krishna Rana, Sherwood Forest Hospitals NHS Foundation Trust, Nottinghamshire, UK
Dr Anjila Pradhan, University Hospitals Birmingham NHS Foundation Trust, UK

Managing Editor
Dr Sujit Bhusal, JNMA, Kathmandu, Nepal

Senior Assistant Editors
Dr Aliska Nirosla, KMC, Kathmandu, Nepal
Dr Prajwala Yogi, KMC, Kathmandu, Nepal

Assistant Editors

Dr Asmita Neupane, KMC, Kathmandu, Nepal
Dr Rakshya Pandey, Bajrabarahi Hospital, Lalitpur, Nepal
Pravakar Dawadi, NAIHS, Kathmandu, Nepal
Sabina Khadka, NAHS, Kathmandu, Nepal

Junior Assistant Editors

Dr Ashlesha Chaudhary, Everest Hospital, Kathmandu, Nepal
Dr Sujata Maharjan, Evergreen Hospital, Lalitpur, Nepal

Assistant Editors

Dr Ramesh Chaudhary, Everest Hospital, Kathmandu, Nepal
Dr Sujata Maharjan, Bajrabarahi Hospital, Lalitpur, Nepal
Reshika Shrestha, MMC, IOM, Kathmandu, Nepal
Haroon, MMC, IOM, Kathmandu, Nepal

Junior Editorial Support

Dr Bibek Shrestha, MMC, IOM, Kathmandu, Nepal
Mili Koirala, NAHS, Kathmandu, Nepal
Suraksha Thapa, NAHS, Kathmandu, Nepal

Editorial Support

Dhirendra Yadav, PAHS, Lalitpur, Nepal
Nilshan Rai, KISTMCTH, Lalitpur, Nepal
Anjana Bohaju, KMC, Kathmandu, Nepal
Jiya Acharya, KMC, Kathmandu, Nepal

Free Full Text Articles are Available at www.jnma.com.np
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 Lamicchane

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

<table>
<thead>
<tr>
<th>Name of President</th>
<th>B. S. (A. D.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Jit Singh Malla</td>
<td>2016-17 (1959-1960)</td>
</tr>
<tr>
<td>Dr. Dineshananda Baidya</td>
<td>2017-18 (1960-1961)</td>
</tr>
<tr>
<td>Dr. Yagya Raj Joshi</td>
<td>2019-21 (1962-1964)</td>
</tr>
<tr>
<td>Dr. Awadh Narayan Lal</td>
<td>2021-23 (1964-1966)</td>
</tr>
<tr>
<td>Dr. Laxam Paudyal</td>
<td>2023-25 (1966-1968)</td>
</tr>
<tr>
<td>Dr. Shanker Bahadur Singh</td>
<td>2027-29 (1970-1972)</td>
</tr>
<tr>
<td>Dr. Ram Bhadra Adiga</td>
<td>2029-31 (1972-1974)</td>
</tr>
<tr>
<td>Dr. Anjani Kumar Sharma</td>
<td>2031-33 (1974-1976)</td>
</tr>
<tr>
<td>Dr. Bishnu Prasad Sharma</td>
<td>2033-35 (1976-1978)</td>
</tr>
<tr>
<td>Dr. Badri Bahadur Baidya</td>
<td>2039-41 (1982-1984)</td>
</tr>
<tr>
<td>Dr. Sudip K. Bhattacharya</td>
<td>2041-43 (1984-1986)</td>
</tr>
<tr>
<td>Dr. Yanta Mani Pradhan</td>
<td>2043-45 (1986-1988)</td>
</tr>
<tr>
<td>Dr. Sachey K. Pahari</td>
<td>2045-47 (1988-1990)</td>
</tr>
<tr>
<td>Dr. Hemang Dixit</td>
<td>2047-49 (1990-1992)</td>
</tr>
<tr>
<td>Dr. Ramesh Kant Adhikari</td>
<td>2051-53 (1994-1996)</td>
</tr>
<tr>
<td>Dr. Vijaya Kumar Sharma</td>
<td>2053-55 (1996-1998)</td>
</tr>
<tr>
<td>Dr. Anand Prasad Shrestha</td>
<td>2055-57 (1998-2000)</td>
</tr>
<tr>
<td>Dr. Kalyan Raj Pandey</td>
<td>2057-59 (2000-2002)</td>
</tr>
<tr>
<td>Dr. Manohar Prasad Gupta</td>
<td>2059-61 (2002-2004)</td>
</tr>
<tr>
<td>Dr. Sudha Sharma</td>
<td>2061-63 (2004-2006)</td>
</tr>
<tr>
<td>Dr. Chop Lal Bhusal</td>
<td>2063-65 (2006-2008)</td>
</tr>
<tr>
<td>Dr. Kedar Narsingh KC</td>
<td>2065-67 (2008-2010)</td>
</tr>
<tr>
<td>Dr. Kiran Prasad Shrestha</td>
<td>2066-69 (2010-2012)</td>
</tr>
<tr>
<td>Dr. Anjani Kumar Jha</td>
<td>2069-72 (2013-2016)</td>
</tr>
<tr>
<td>Dr. Mukti Ram Shrestha</td>
<td>2073-76 (2016-2019)</td>
</tr>
</tbody>
</table>
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:

<table>
<thead>
<tr>
<th></th>
<th>INSTITUTIONAL</th>
<th>PERSONAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Annual</td>
<td>Per copy</td>
</tr>
<tr>
<td>Nepal</td>
<td>NRs. 6000.00</td>
<td>NRs. 1000.00</td>
</tr>
<tr>
<td>SAARC countries</td>
<td>$ 300.00</td>
<td>$ 50.00</td>
</tr>
<tr>
<td>Rest of the world</td>
<td>$ 400.00</td>
<td>$ 70.00</td>
</tr>
</tbody>
</table>

Above subscription rates are excluding postal charges.

Principals 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: juskhusi@gmail.com
INTRODUCTION

The Journal of Nepal Medical Association (JNMA) is an internationally peer reviewed, PubMed indexed, open access, bimonthly biomedical journal published by Nepal Medical Association. It is the first and oldest general medical journal since 1963.

The JNMA works under the belief that knowledge gained through scientific research and scientific advances should be shared and made universally accessible. Hence, it grants readers permission to read, download, copy, distribute, print, search and create links to the full text articles available online at www.jnma.com.np without any charge. Thereby, it also aims to increase the visibility and ease of use of open access scientific and scholarly articles so as to promote their increased usage and impact.

It publishes research based articles from the field of biomedical sciences including basic sciences and clinical disciplines, public health care management, ethical and social issues pertaining to health care. Preference is given to clinically oriented applied research, trials over animal studies.

Articles are published under the following categories: Original Article, Review Article, Case Report, Short Communication, Perspectives. The Editorial, Guest Editorial and Letter to the Editor are solicited by the editorial board.

Authors do not have to pay for submission, processing or publication of articles in JNMA.

THE EDITORIAL PROCESS

The submitted manuscripts are duly acknowledged and initially reviewed for possible publication by the Editors with the understanding that they are being submitted only to the JNMA, have not been published, simultaneously submitted or accepted for publication elsewhere. On an average, 30-40% of the manuscripts with insufficient originality or significant message, serious scientific and technical flaws are rejected. In case of a good article that has been written poorly, the authors are asked to resubmit after revision.

The manuscripts are then sent to two expert peer reviewers blinded to the contributor’s identity and vice versa for meticulous review, inputs and comments. The final decision on whether to accept or reject the article are taken by the editorial board based on the peer reviewers’ comments. The contributor’s are informed about the rejection/acceptance of the manuscript with the peer reviewer’s comments. Accepted articles have to be resubmitted after making the necessary changes or clarifying questions made during the peer review process.

The accepted articles are edited for grammatical, punctuation, print style and format errors and page proofs and are sent to the corresponding author who should return them within three days. Non response to galley proof may result in delay in publication or even rejection of the article.

INSTRUCTIONS TO AUTHORS

Manuscripts must be prepared in accordance with “Uniform requirements for Manuscripts submitted to Biomedical Journals” developed by the International Committee of Medical Journal Editors. The uniform requirements and specific requirement of JNMA are summarized in our website www.jnma.com.np

We request our author to check JNMA author guidelines each time they submit manuscript to us.

MANUSCRIPT SUBMISSION

Manuscripts must be submitted in clear, concise English. Please submit a mandatory electronic copy of supplementary files along with your manuscript to our online submission system. These supplementary files are: Forwarding, Authorship (signed by all authors) and Declaration letters (samples are available in the JNMA website).

For, official purpose, please contact;

Dr. Angel Magar
Editor-in-Chief
Journal of Nepal Medical Association,
NMA Building, Siddhi Sadan, P.O. Box 189
Exhibition Road, Kathmandu, Nepal.
Email: editor@jnma.com.np
Web: www.jnma.com.np

MANUSCRIPT PREPARATION

All manuscripts should adhere to the JNMA format. The manuscript must be typed double-spaced on one side of an A4 size white paper with Univers Font (size 12). A minimum of 25 mm margins should be present.
The pages should be numbered consecutively beginning from the title page. Numbers should be written at the top right.

Authors should place explanatory matter in footnotes, not in the heading. Explain all nonstandard abbreviations in footnotes, and use the following symbols, in sequence:

*, †, ‡, §, ||, ¶, **, ††, ‡‡

For more detail, visit our website: www.jnma.com.np

Conflict of Interest Notification Page

To prevent the information on potential conflicts of interest from being overlooked or misplaced, it needs to be part of the manuscript. JNMA do not send information on conflicts of interest to reviewers.

Ethics

When reporting studies on human, indicate whether the procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) and with the Helsinki Declaration of 1975, as revised in 2000 (available at http://www.wma.net/e/policy/17-c_e.html). Do not use patients’ names, initials, or hospital numbers, especially in illustrative material. When reporting experiments on animals, indicate whether the institution’s or a national research council’s guide for, or any national law on the care and use of laboratory animals was followed.

Evidence for approval by a local Ethics Committee (for both human as well as animal studies) must be supplied by the authors on demand. Animal experimental procedures should be as humane as possible and the details of anesthetics and analgesics used should be clearly stated. The ethical standards of experiments must be in accordance with the guidelines provided by the CPCSEA (animal) and ICMR (human). The journal will not consider any paper which is ethically unacceptable. A statement on ethics committee permission and ethical practices must be included in all research articles under the ‘METHODS’ section.

REFERENCES

We use Citing Medicine, The US National Library of Medicine (NLM) Style Guide for Authors, Editors, and Publishers for references. It should be numbered consecutively in the order in which they are first mentioned in the text (not in alphabetic order). Identify references in text, tables, and legends by Arabic numerals in superscript with square bracket after the punctuation marks. Use the style of the examples below, which are based on the Citation Medicine formats used by the NLM form MEDLINE/PubMed database.

Journal


Book


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)