



JOURNAL OF MEDICAL SCIENCES

Patron

Professor Dr. Mahmud Aurangzeb
Dean, Khyber Medical College, Peshawar

Chief Editor

Dr. Farooq Ahmed
Director Medical Education
Khyber Medical College, Peshawar

Managing Editor

Associate Professor Dr. Mohsin Shafi, Khyber Medical College, Peshawar

Executive Editor

Associate Professor Dr. Iqbal Haider, Khyber Teaching Hospital, Peshawar

Editors

Dr. Rubina Gul, Dr. Sabahat Amir, Dr. Zahidullah Khan, Dr. Irum Sabir Ali,
Dr. Muhammad Idrees, Dr. Fazleena Shaid, Dr. Naila Bukhari, Dr. Syed Dilbagh Ali Shah, Dr. Fauzia Afridi

National Members

Prof. Dr. Mohammad Humayun, Retired Professor of Medicine, Khyber Medical College, Peshawar
Prof. Dr. Mushtaq Ahmad. Prof of Surgery, Khyber Medical College, Peshawar
Prof. Dr. Mudassir Ahmed Khan, Prof of Biochemistry, Kabir Medical College, Peshawar
Prof. Dr. Bushra Iftikhar. Prof of Community Medicine, Khyber Medical College, Peshawar
Prof. Dr. Bashir Ahmad. Prof of Psychiatry, Khyber Teaching Hospital, Peshawar
Prof. Dr. Akhtar Sherin, Prof of Medicine, KMU Institute of Medical Sciences, Kohat
Assoc. Prof. Dr. Zafar Iqbal. Pulmonology Department, Lady Reading Hospital Peshawar

International Members

Dr. Faisal Mukhtar (University of Florida College of Medicine, Gainesville, Florida, USA)
Dr. Muhammad Fuad Bangash, (Desert Regional Medical Center, Palm Springs, CA, USA)
Dr Inayat Ali Shah (Fraser Health Authority, British Columbia, Canada)
Dr. Ihsan Mahmood (Forth Valley Royal Hospital, UK)
Dr Shazia Ghufuran (Consultant Paediatrician, British Columbia, Canada)
Dr. Arshad Hussain (Altnagelvin Hospital Londonderry, Ireland)

Biostatistician: Syed Muhammad Hamid

JMS Coordinator: Manzar Hussain Shah

Printed at:

Khyber Prints

E-mail: khyberprints@gmail.com



Journal of Medical Sciences (Peshawar, Print/Online) is a peer reviewed open access journal that publishes biomedical public health and educational research on quarterly basis.

Editorial correspondence should be addressed to:

Associate Prof. Dr. Mohsin Shafi
Managing Editor JMS
Peshawar - Pakistan
E-mail: contact@jmedsci.com

The Editorial Board makes every effort to ensure the accuracy and authenticity of material printed in the journal. However, conclusion and statements expressed are views of the authors and do not necessarily reflect the opinions of the Editorial Board or the Khyber Medical College. Publishing of advertising material does not imply an endorsement by the Khyber Medical College.

CONTENTS

EDITORIAL

- Developing A Medical Conference Abstract Book _____ 209
Farooq Ahmed

Original Articles

- 1- Comparison Of Strength Of Elbow Flexors Measured By Manual Muscle Testing And Hand-Held Dynamometry In Young Females: A Cross-Sectional Study _____ 211
Saadia Perwaiz, Ghulam Fatima, Muhammad Waqar Afzal, Nimra Basit
- 2- Rates And Determinants Of Medication Adherence In Patients With Bipolar Affective Disorder: A Cross-Sectional Study _____ 217
Muhammad Shakeel, Qasim Riaz, Adeela Bibi, Ghulam Sarwar
- 3- The Effects Of Multicomponent Exercise On Mild Cognitive Impairment In Elderly Population: A Randomized Control Trial _____ 221
Hafsah Gul Khattak, Hafsah Arshad, Saba Aman, Imran Amjad
- 4- Determining The Frequency Of Burnout Among Postgraduate Trainees Of A Tertiary Care Hospital In Khyber Pakhtunkhwa, Pakistan _____ 226
Mehwish Gohar, Hidayat Sayed, Haya Ayaz, Gulshana Tariq, Minha Shahid, Muzdah Anwar, Navira Fatima, Tanzeela Khan
- 5- Attributes Of Evidence-Based Practice Demonstrated By Postgraduate Residents In Tertiary Care Hospitals, Khyber Pakhtunkhwa _____ 232
Hajra Imtiaz, Usman Mahboob, Naheed Mahsood, Brekhna Jamil, Humera Gabeen, Tilal Ahmad Raza
- 6- Bacteriological Profile And Antibiogram Of Blood Culture Isolates In Tertiary Care Hospital In Islamabad _____ 238
Shazia Tariq, Naima Tariq, Asim Ali Shah, Palwasha Amin, Haroon Tariq
- 7- Exploring The Use Of Online Technology For Professional Examination Preparation Among Medical College Students In Swat, Pakistan _____ 244
Rahman Syed, Ameer Afzal Khan, Bilal Iqbal
- 8- Frequency Of Ventricular Tachycardia In Patients With Acute Coronary Syndrome During The First 24 Hours Of Admission _____ 250
Atif Kamal, Muhammad Faheem
- 9- Enhancing Selective Attention: A Comparative Study Of Moderate-Intensity Exercise And High-Intensity Interval Exercise In Young Adults _____ 255
Farida Ahmad, Musarrat Zahra, Ushna Zoofeen, Zubia Shah, Afsheen Mahmood, Ambreen Afridi, Fatma Zulfiqar
- 10- An Update On Current Status Of Antibiotic Resistance In Salmonella Typhi: A Retrospective Analysis Of Blood Culture Reports From A Tertiary Care Hospital, Pakistan _____ 260
Mashal Khan, Muhammad Idrees, Manzoor Ur Rehman, Muhammad Osama, Pordil Khan, Hamza Ali Khan

Journal of Medical Sciences is published on controlled circulation basis and distributed among the faculty of all national medical colleges, main libraries throughout the province, Pakistan Medical Research Council, PMDC, HEC and Tertiary Referral Centers.

The publisher and the members of the Editorial Board can not be held responsible for errors or for any consequences arising from the use of information contained in this journal.

Journal of Medical Sciences is published quarterly, composed and printed at Khyber Printers, Peshawar KP, Pakistan.

Annual Subscription

Pakistan: Rs. 5000/-

Overseas: US \$ 500/-

Printed at:

Khyber Prints

E-mail: khyberprints@gmail.com

- 11- Unveiling Trends; Self-Medication With Antibiotics And Its Associated Factors In The Adult Population Of South Waziristan ___ 267
Rubeena Gul, Muhammad Haroon, Muhammad Saleh Faisal, Salahuddin Zeb Khan, Aimeen Zeb Khan, Naveeda Sarwar
- 12- Relationship Between Asthma Control Score And Small Airway Dysfunction In Patients With Bronchial Asthma _____ 272
Hussain Ahmad, Rukhsana Javed Farooqi, Saadia Ashraf
- 13- Correlation Of Length Of Umbilical Cord With Fetomaternal Outcomes In Term Pregnancies _____ 276
Naheed Akhtar, Mahjabina S. Ghayur, Arzoo Gul Bangash, Zubaida Akhtar, Ambreen Samad, Sajida Riaz

CASE REPORT

- 15- A Case Report: Probable Vogt-Koyanagi-Harada Syndrome: A Rare Presentation In A Pakistani Male _____ 281
Asna Tahir, Imran Ahmad, Hina Ikhtiar, Muhammad Usman Khan, Ansa Anam
- 16- Instructions for Authors _____ 284
- 17- Author's Agreement _____ 286
- 18- Editorial Policy _____ 287