



RJRMU

Bibliographic Index 2020-2025

website: www.supplyjournalrmc.com
email: rjrmu.rrf@gmail.com

RJRMU EDITORS NOTE

It is with great pride and scholarly purpose that we present this issue of the Resident Journal of Rawalpindi Medical University (RJRMU), an academic initiative that began in 2020. Since its inception, RJRMU has served as a dedicated platform for residents, postgraduate trainees, and early-career researchers to share their clinical insights, research findings, and reflective experiences in medical practice. Unlike the long-standing Journal of Rawalpindi Medical College (JPMC), which documents a broader spectrum of medical research, RJRMU was envisioned as a space to nurture academic writing skills among residents and to highlight their contributions to evidence-based medicine, clinical innovation, and public health discourse.

The journal provides opportunities for residents to engage with the peer-review process, develop scientific communication skills, and cultivate a habit of research-oriented practice. Since 2020, it has steadily grown in scope, reflecting the academic rigor and intellectual curiosity of our postgraduate community. This compilation stands as a record of the evolving voices of resident physicians, capturing their perspectives on patient care, clinical challenges, and health systems. Each article not only enriches the academic environment of RMU but also contributes to the wider discourse of medical science in Pakistan and beyond.

We remain committed to fostering research capacity, editorial transparency, and mentorship through RJRMU. The dedication of our authors, reviewers, and editorial team continues to shape the journal into a vibrant academic forum, true to the spirit of Rawalpindi Medical University.

Editorial Office

Resident Journal of Rawalpindi Medical University (RJRMU)

Research and Development Department

Rawalpindi Medical University

Bibliographic Index Table

Issue Number	Editorials	Original Articles	Case Reports	Review Articles	Short Communication	Total Articles
RJPMC Vol. 1 June 2020	1	5	4	1		11
RJPMC Vol. 2 November 2021	1	5	4	1	1	12
RJPMC Vol. 3 November 2022	1	16	1			18
RJPMC Vol. 4 August 2023	1	10	2	1	2	16
RJPMC Vol. 5 November 2023	1	10	2		1	10
RJPMC Vol. 6 July 2024	1	13	1		1	13
RJPMC Vol. 7 July 2025	1	10	5		1	17
Total	7	69	19	3	6	104

Summary Statistics

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- **Total Articles Published (2020–2025): 104**
 - **Total Original Articles: 69**
 - **Total Case Reports: 19**
 - **Total Review Articles: 3**
 - **Total Editorials: 7**
 - **Total Short Communication: 6**

Total Articles: 11

Editorial: 1

Case Reports: 4

Review Articles: 1

Original Articles: 5

Article Titles:

A. Editorial: Research in the Muslim World.

B. Review Articles: Hypnosis in hemophilia

C. Case Reports:

1. A family with autoimmune polyglandular syndrome type 1 in Pakistan - a rare presentation
2. 9 Alveolar teratoma mimicking lipoma in a 2.5-year old female.
3. Tphraenometerocystocele: a report of two cases and review of literature
4. Chronic intussusception with congenital anomalous band in a male child

Original Articles:

1. Comparison of pre-incision field block versus post-incision wound infiltration for post operative analgesia among children after inguinal hernioplasty
2. Barriers to the implementation of evidence based practice in physical-Rehabilitation
3. Assessment of magnitude of malnourishment in cardiac patients
4. Etiology, severity & clinical outcomes of acute pancreatitis; a multicentered prospective study
5. Open vs plastibell technique of circumcision: a comparative study

RJPMC Vol. 2 November (2021)

Total Articles: 12

Editorial: 1

Short Communication: 1

Case Reports: 4

Review Articles: 1

Original Articles: 5

Article Titles:

A. Editorial: Importance of step-down units built with public and non-profitable private sector

B. Review Articles: Garden And Health In Pakistan

C. Short Communication: In Solidarity And Celebration, Global Perspective Of Neurological Surgery In Covid-19

D. Case Reports:

1. Case Report of an un vaccinated child with diphtheria associated myocarditis and Polyneuropathy
2. Intrauterine torsion of the finger
3. A Case Report of Isolated Sigmoid Stricture in an infant Treated Conservatively for Necrotizing Enterocolitis
4. Hydatid Pseudo Aneurysm Of Thoracic Aorta

Original Articles:

1. Severity Of 1st And 2nd Wave Of COVID-19 Pandemic In Islamabad Pakistan.
2. Factors Associated With Covid-19 Vaccine Hesitancy In General Population Of Rawalpindi/Islamabad: A Cross-Sectional Study
3. Parental Stress in Parents of Children with Chronic Physical, Metabolic and Sensory-Motor Disorders & Disabilities Awareness of Mothers Regarding the Weaning Practices and Factors Affecting Them: A Descriptive Cross-Sectional Study
4. Severity of Late Onset Sepsis and Factors affecting it Among the Neonates in a Tertiary Care Hospital: A Cross-Sectional Study
5. Assessment of satisfaction level of students of Rawalpindi Medical University attending

Total Articles: 18

Editorial: 1

Case Reports: 1

Original Articles: 16

Article Titles:

A. Editorial: Renal Transplant at Benazir Bhutto Hospital: Challenges And Way Forward.

B. Case Reports:

1. A Rare Case Of Post Trauma Av Fistula With Associated Pseudoaneurysm Along Tibial Vessels

Original Articles:

1. Managing the traumatic extradural hematoma: Our experience of a tertiary care hospital
2. Symptomology and Complications of Dengue Hemorrhagic fever in children less than five years of age – A tertiary Care experience from Rawalpindi
3. Incidence of Deviated Nasal Septum in Patients Presented in Outpatient Department
4. Factors Predicting the Outcome of Intracerebral Hemorrhage Patients Presenting to A Tertiary Care Hospital In Rawalpindi
5. Symptomology Of Acute Appendicitis in Pediatric Age Group Patients Presenting in Tertiary Care Hospital of Pakistan
6. Disease Statistical Report of The Hospitalized Pediatrics Burn Patients in Burn Unit At A Tertiary Care Setup In Rawalpindi
7. Frequency Of Cardiac Arrhythmias in Patient with Community Aquired Pneumonia
8. Hepatocellular Carcinoma: A Perspective of Chronic Liver Disease
9. Frequency Of Transfusion Related Infection In The Thalasemia Patient On Chronic Blood Transfusion
10. Pulmonary Hypertension In Chronic Obstructive Pulmonary Disease
11. Awareness and Knowledge of Mothers coming to Obstetric and Gynae Wards of Allied Hospitals Regarding Family Planning and the Use of Contraceptive Methods
12. Cross Sectional Study on Tuberculosis Awareness and Prevention in Allied Hospitals of Rawalpindi
13. Attitude Of Females Coming To Obstetric And Gynae Wards Of Allied Hospitals Regarding Family Planning And The Use Of Contraceptive Methods
14. Role Of Pre-Operative Dexamethasone as Prophylaxis For Post-Operative Nausea And Vomiting In Laparoscopic Cholecystectomy
15. Roaming Land of Unknown: Making Sense of Medical Learning in a Traditional, Pre-clinical Curriculum
16. Quackery In The Treatment Of Long Bone Paediatric Fractures

Total Articles: 16

Editorial: 1

Short Communication: 2

Case Reports: 2

Review Articles: 1

Original Articles: 10

Article Titles:

A. Editorial: Role of Research Forum in Medical Universities

B. Review Articles: Therapeutic Effectiveness of Probiotics in preventing Osteoporosis and Regulating Bone Health: A Review of Literature

C. Short Communication:

1. Role of Inferior Vena Cava diameter (IVCd) and Inferior Vena Cava Collapsibility Index (IVCc) in Determining Adequacy of Fluid Resuscitation in Dengue Patients: One Step Forward Towards Dengue Management
2. Role of Artificial Intelligence in Advancement of Medicine.

D. Case Reports:

1. Case Report: Unilateral Perisylvian Polymicrogyria Syndrome
2. Intra Ventricular Aspergillomas Presenting with Hydrocephalus in Immunocompetent Patient: A Case Report

E. Original Articles:

1. Effective Temperaments and Attachment Styles as Mediators of Psychological Distress during the COVID-19 Pandemic
2. Association of Acute Kidney Injury with SARS-CoV-2 Infection: An Experience from Tertiary Care Hospital of Pakistan
3. A Comparative Efficacy of Decompressive Craniectomy with Multi Dural Stab vs Dural Flap in Acute Subdural Hematoma
4. The Effect of Lifestyle Habits on the Sleep Quality of Medical Students of Allama Iqbal Medical College during the Pandemic Lockdown Restriction
5. Frequency of Poisoning Cases Presenting in Emergency Department of a Teaching Hospital of Rawalpindi Medical University
6. Comparative Clinical Efficacy of DEXA Scan and Quantitative Ultrasound (QUS) for Diagnosing Osteoporosis and Mitigating Fracture Risk in Geriatric Patients
7. A Descriptive Study on Role of Use of Supra Malleolar Orthosis in the Management of Pesplanovalgus Deformity
8. A Study to Investigate the Frequency of the Patients with Causes of Patients with Causes of Congenital Cataract and their Visual Outcomes after Surgery
9. Frequency Of Central Perforation of Tympanic Membrane in Patients of Chronic Suppurative Otitis Media with Cholesteatoma
10. Role of Pre incisional Peritonsillar Infiltration of Adrenaline and Normal Saline in Terms of Mean Peri-operative Blood Loss during Tonsillectomy.

Total Articles: 14

Editorial: 1

Short Communication: 1

Case Reports: 2

Original Articles: 10

Article Titles:

A. Editorial: Barriers to choosing psychiatry as a profession

B. Short Communication: Sofosbuvir and daclatasvir effect on lipid profile in hcv-related non-cirrhotic patients.

C. Case Reports:

1. Very Unusual Case of Vagus Nerve Schwannoma Presenting as a Neck Mass.
2. Conjunctivitis and sacroiliitis as presenting features of granulomatosis with polyangiitis

D. Original Articles:

1. Patient familiarity with laser therapy and micro-needling for acne scars – statistical report
2. Frequency of subclinical thyroid disorders in women of reproductive age with dysfunctional uterine bleeding
3. Comparison of effectiveness of 10% povidone-iodine with 1% clotrimazole ear drops in treating otomycosis
4. Knowledge and attitude towards family planning methods among married women of Rawalpindi.
5. Efficacy of sofosbuvir and daclatasvir in HCV-related compensated cirrhotic and CAHC patients, a comparative study
6. Perception and knowledge of electroconvulsive therapy among young physicians in Pakistan
7. Prospective validation of ultrasound-based -rads system in detection of carcinoma in thyroid nodule using histopathology as gold standard investigation
8. Variations in electrocardiographic changes across different spectrums of heart failure.
9. Non-invasive parameters for detection of esophageal varices – a single center study from Pakistan.
10. Comparative effects of letrozole vs clomiphene citrate on mid-luteal progesterone levels and successful pregnancy rates in patients with unexplained subfertility.

Total Articles: 16

Editorial: 1

Short Communication: 1

Case Reports: 1

Original Articles: 13

Article Titles:

- A. Editorial:** Role of evolving artificial intelligence in modernizing otorhinolaryngological procedures
- B. Short Communication:** Chimeric antigen receptor (CAR) T-cell therapy and Cytokine release syndrome: Do we need to be innovative to overcome the CAR T-cell associated toxicities?
- C. Case Reports:** A rare case of sino-nasal sarcoma with intracranial extension: a case report
- D. Original Articles:**
 - 1. Variations in electrocardiographic changes across different spectrums of heart failure
 - 2. The prevalence of hypomagnesaemia in critically ill patients admitted in medical intensive care unit.
 - 3. Sonographic correlation of fetal foot length as a reliable parameter for estimation of gestational age in second and third trimester of pregnancy
 - 4. Effectiveness of normal saline versus tetrachlorodecaoxide dressing in the management of diabetic foot wounds
 - 5. Attitude of Pakistani women towards breast reconstruction after mastectomy for breast cancer.
 - 6. Clinical correlation between hyponatremia and complicated appendicitis, A prospective cohort study
 - 7. Improving the quality of psychiatric inpatient discharge certificates through a two cycle audit in a tertiary care hospital in Pakistan.
 - 8. Efficacy of upper limb orthoses in pregnant women presenting with carpal tunnel syndrome.
 - 9. Effectiveness of total contact cast in patients with diabetic neuropathic foot ulcers
 - 10. A descriptive study on efficacy of lateral wedged insoles for medial compartment osteoarthritis of knee.
 - 11. From novice to self-healer: exploring self-medication among first-year medical students
 - 12. A cross-sectional study to analyze the prevalence of dysmenorrhea with its associated complaints and management strategies among students of Rawalpindi medical university.
 - 13. An exploration of newborn care practices among mothers in tertiary care hospitals of Rawalpindi: insights and implications

RJRC Vol. 7 July (2025)

Total Articles: 17

Editorial: 1

Short Communication: 1

Case Reports: 5

Original Articles: 10

Article Titles:

A. Editorial: Empowering the Next Generation of Researchers: RJRMU's Commitment to Strengthening Future Faculty

B. Short Communication: Joint Collaborative Academic Program for Gaza Medical Students at Rawalpindi Medical University

C. Case Reports:

1. Challenges Beyond Calot's Triangle: Post Cholecystectomy Right Hepatic Artery Aneurysm
2. Peripheral Ulcerative Keratitis (PUK) in a post-cataract surgery patient
3. A rare case of Acral lentiginous melanoma. A rare variant with unique diagnostic Challenges and Management
4. Eyes as Windows: Ocular Manifestations Paving the Path to Sarcoidosis Diagnosis-A Case Report
5. Dissociative or Epileptic Seizures: A Diagnostic Dilemma

D. Original Articles:

1. Correlation Between the Neutrophil-to-Lymphocyte Ratio and the Severity of Acute Pancreatitis
2. Integration of ALBI Score into Barcelona Clinic Liver Cancer (BCLC) staging System
3. Eustachian Tube Dysfunction and Disease Severity in Patients with Chronic Rhinosinusitis in Rawalpindi, Pakistan.
4. A Comparison of Acetic Acid versus Topical Antibiotics for Otorrhea Resolution in Active CSOM-A Randomized Control Trial
5. Impact of Dysnatremia on Mortality in Patients with Acute Kidney Injury at Holy Family Hospital, Rawalpindi: A Cross-Sectional Study
6. Estimation of Risk of Stroke in Middle Aged and Elderly Indoor Patients of a Medical Unit in tertiary care hospital of Rawalpindi
7. Your Voice Matters: Resident Feedback Survey for Quality Improvement of RJRMU
8. Comparison of Two Dimensional Shear Wave Elastography Versus Fibrosis-4 Index for Evaluation of Liver Fibrosis in Chronic Hepatitis B Patients
9. The Microbial Profile and Resistance Pattern in Infected Orthopedic Implants Cases of a Tertiary Care Teaching Hospital
10. Identifying Leadership Skill Gaps in Obstetrics and Gynecology Residents: Mixed-Method Study

Acknowledgements

The Editorial Office of the *Resident Journal of Rawalpindi Medical University (RJRMU)* extends its sincere gratitude to all those whose support and contributions have shaped the journal's journey from 2020 to 2025.

We express our profound appreciation to Prof. Dr. Muhammad Umar, Vice Chancellor of Rawalpindi Medical University, for his unwavering support and visionary leadership. His commitment to academic excellence and research development has been instrumental in advancing the journal's mission and reputation.

We also acknowledge, with deep respect, the tireless efforts and dedication of all former Editors of RJRMU, whose stewardship laid the foundation for the journal's growth and integrity. Their commitment to scholarly publishing continues to resonate through each volume and issue.

Our heartfelt thanks go to the reviewers, both local and international, who have generously contributed their time, expertise, and critical insight. Their rigorous and thoughtful evaluations have ensured the quality and credibility of the research published in RJRMU.

This archival volume stands as a collective achievement of the entire academic and editorial community associated with the journal. We remain indebted to all who have played a role in shaping its legacy.

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Rawalpindi Medical University*