



A Peer Reviewed Official Bio-Medical Publication of B.P. Koirala Institute of Health Sciences

#### **Chief Editor**

Paricha Upadhyaya Professor, Department of Pathology, BPKIHS, Dharan

#### **Joint Editors**

Sami Lama Professor, Department of Psychiatry Nursing, BPKIHS, Dharan

Narayan Raj Bhattarai Professor, Department of Microbiology, BPKIHS, Dharan

Robin Maskey Professor, Department of Internal Medicine, BPKIHS, Dharan

Rajesh Gyawali Additional Professor, Department of Orthodontics, BPKIHS, Dharan

Deepak Paudel Additional Professor, Department of Otorhinolaryngology and Head and Neck Surgery, BPKIHS, Dharan

# **Editors**

Mannu Vikram Professor, Department of Conservative Dentistry and Endodontics, BPKIHS, Dharan

Nidhi Shah Additional Professor, Department of Dermatology, BPKIHS, Dharan

Dhan Keshar Khadka Additional Professor, Department of Dermatology, BPKIHS, Dharan

Abhishek Karn Additional Professor, Department of Forensic Medicine, BPKIHS, Dharan

Nirmala Pradhan Associate Professor, Department of Psychiatry Nursing, BPKIHS, Dharan

Kriti Thapa Additional Professor, Department of Psychiatry Nursing, BPKIHS, Dharan

Dharanidhar Baral Associate Professor, School of Public Health and Community Medicine, BPKIHS, Dharan Surendra Kumar Uranw Associate Professor, Department of Internal Medicine, BPKIHS, Dharan

Shailesh Bhattarai Associate Professor, School of Public Health and Community Medicine, BPKIHS, Dharan

Basanta Gelal Assistant Professor Department of Biochemistry, BPKIHS, Dharan

Bishal Babu Basnet Associate Professor Department of Prothodontics, BPKIHS, Dharan

Bhupendra Shah Associate Professor, Department of Internal Medicine, BPKIHS, Dharan

Parineeta Thapa Associate Professor, Department of Anaethesiology and Critical Care, BPKIHS, Dharan

Amit Limbu Associate Professor, Department of Orthopaedics, BPKIHS, Dharan

Mona Dahal Associate Professor, Department of Pathology, BPKIHS, Dharan

Shital Gupta Associate Professor, Department of Physiology, BPKIHS, Dharan

Anjana Pokhrel Editorial Support

#### **Computer Layout**

Mount Nepal mnepalghopa@gmail.com www.mnepaldharan.com

# **About The Journal**

## **General Information**

The Journal of B. P. Koirala Institute of Health Sciences (JBPKIHS) is the official journal of B. P. Koirala Institute of Health Sciences but operates with a complete editorial autonomy. The journal would be of interest to all those who are involved in patient care, biomedical research, education of health professionals and administration of health services and community at large. The journal welcomes original article, review article, important case report, brief communication, and correspondence.

#### **Mission and Scope**

The Journal of B. P. Koirala Institute of Health Sciences (JBPKIHS) exists for the benefit of improving the quality of health care and medical education, particularly in the context of developing countries with limited resources. The journal welcomes papers relevant to basic sciences, medical, dental, nursing, public health, and allied health sciences. The scope and content of JBPKIHS is wide ranging yet pragmatic.

# **Publication Frequency**

Two issues of the journal are published in a calendar year.

**Open Access Policy** 

This journal provides immediate open access to its content on the principle that making research freely available to the public supports a greater global exchange of knowledge.

## **Article Processing Charge**

There is no fee to submit and publish the articles.

#### **Disclosure**

While all efforts have been made by the editors to ensure that no inaccuracies or misleading statement appear in the articles being published in this journal; it is, however, clarified that all such statements appearing in this journal are those of the authors, and they themselves are solely responsible for the correctness of the same. The statements made herein may not necessarily be the opinion of the editorial board or those of B. P. Koirala Institute of Health Sciences, Nepal. The editorial board and B. P. Koirala Institute of Health Sciences, Nepal take no responsibility or liability, whatsoever, for the consequences of any form arising out of any of the articles included in this journal.

While all efforts are made for ensuring the accuracy of schedules or protocols of various modalities of treatment that appear in this journal, the readers are, however, advised to re-verify and get familiar with them, especially for newer or unfamiliar drugs/ protocols/ procedures etc. before starting to practice them.

B. P. Koirala Institute of Health Sciences assumes no responsibility for the accuracy of the editorial contained in this journal and such editorial materials do not represent the official policy or recommendations of the university. The names and email addresses provided to this journal will be used exclusively for the stated purposes of this journal and will not be made available for any other purpose or to any other party.

# **The Editorial Process**

A manuscript not adhering to the journal submission guidelines is returned to the authors for technical correction before it is further processed. The Editorial Office screens all submitted manuscripts for plagiarism, using a plagiarism detection software, prior to peer review. All papers must represent original work.

A manuscript fulfilling the journal technical guidelines is assigned an editor who carefully evaluates the manuscript for scientific quality, novelty, importance, and interest to our readership, all of which contribute to a priority score. A manuscript with insufficient originality, serious scientific or technical flaws, or lack of important message is rejected without peer review. In the case of poorly written but valuable content, the authors are asked to resubmit after revision. A manuscript with a high priority score is sent to two or more expert reviewers blinded to the contributor's identity. The final decision on whether to accept

or reject the article is taken by the Editor-in-Chief based on the evaluation by the editorial board, peer reviewers and the guidelines of ICMJE, WAME, CSE, and COPE. This usually takes four to six weeks after submission. The comments received from the reviewers and editors are conveyed to the authors irrespective of the decision on the manuscript. Manuscripts accepted publication are copy edited for grammar, punctuation, print style, and format. Page proofs are sent to the corresponding author. The corresponding author is expected to return the corrected proofs within three days.

### **Blinding**

This journal uses double blind peerreview process where the identity of author(s) is masked from the reviewers and vice versa.

### **Copyright and permissions**

© Journal of BP Koirala Institute of Health Sciences

Authors are required to transfer their copyright to the journal.

The articles in JBPKIHS are licensed under a **Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.** 



- Attribution You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.
- Non Commercial You may not use the material for commercial purposes.
- No Derivatives If you remix, transform, or build upon the material, you may not distribute the modified material.