EDITORIAL BOARD

PATRON
Mohammad Hafizullah
Vice Chancellor
Khyber Medical University (KMU) Peshawar, Pakistan

CHIEF EDITOR
Salim Khattak
Principal
KMU Institute of Medical Sciences (KIMS), Kohat, Pakistan

MANAGING EDITOR
Akhtar Sherin
Department of Medicine
KMU Institute of Medical Sciences (KIMS), Kohat, Pakistan

MEMBERS EDITORIAL BOARD

Abdul Wahab Yousafzai, Islamabad
Abdul Waheed, KIMS Kohat
Ashfaq Shuaib, Alberta University, Canada
Aziz Marjan Khattak, KIMS, Kohat
Bader Faiyaz Zuberi, DUHS, Karachi
Farmanullah Wazir, KIMS, Kohat
Fazal Ather, WHO, Afghanistan
Jawad Ahmad, IBMS, KMU Peshawar
Maysaa El Sayed Zaki, Egypt
Muhammad Aslam, Maj Gen (Rtd), Islamabad
Muhammad Salim Wazir, Abbottabad

Mukhtiar Zaman Afridi, KMU Peshawar
Nazia Yazdani, FMHCD, Lahore
Niaz Ali, IBMS, KMU Peshawar
Pei-Yi Chu, Taiwan
Salman Yousuf Guraya, Saudi Arabia
Shad Mohammad Khan, KMU Peshawar
Shajaat Ali Khan, KIMS, Kohat
Sohail Aziz Paracha, KIMS, Kohat
Taneem Ul Haque, Missouri, USA
Tariq Saeed Mufti, RMC Peshawar
Zbys Fedorowicz, Bahrain

Statistician
Yaseen Ahmed Meenai

Bibliographer
Riassat Begum

Official Journal of
Khyber Medical University (KMU), Peshawar
Published by
KMU Institute of Medical Sciences (KIMS), Kohat - Pakistan
"KHYBER MEDICAL UNIVERSITY JOURNAL (KMUJ)" is the official journal of Khyber Medical University (KMU) Peshawar Pakistan and is published from KMU Institute of Medical Sciences (KIMS), Kohat, Pakistan. KMUJ was initially published from Kohat University of Science and Technology (KUST) as KMJ- KUST MEDICAL JOURNAL (2009-2011) and since January 2012 has been taken over by KMU Peshawar.

KMUJ is a PEER REVIEWED journal and follows the uniform requirements for Manuscripts submitted to Biomedical journals, updated on www.icmje.org.

KMUJ is a member of Committee on Publication Ethics (COPE) and follows the COPE guidelines regarding publication ethics and malpractices.

KMUJ is the FIRST Pakistani medical journal which adopted fully online article submission, tracking and peer review system.

KMUJ is published on controlled circulation basis and distributed among the faculty of all medical colleges and tertiary referral centers, main libraries and medical universities throughout Pakistan and abroad.

All rights are reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, except for internal or personal use, without the prior permission of the publisher. The publisher and the members of the editorial board cannot be held responsible for errors or for any consequences arising from the use of the information contained in this journal.

Published by Khyber Medical University – Institute of Medical Sciences, Kohat, Pakistan

Composed and printed at Khyber Printers, Small Industrial Estate, Kohat Road, Peshawar. Tel: 091-2325196, 5702407-8
E-mail: khyberprinters@yahoo.com

Annual subscription: Rs. 2800 in Pakistan and US $ 120 for overseas.

Web site: www.kmuj.kmu.edu.pk
E mail: kmuj@kmu.edu.pk

Correspondence address:
DR. AKHTAR SHERIN
Managing Editor
Khyber Medical University Journal (KMUJ)
KMU Institute of Medical Sciences (KIMS), Kohat
DHQ Teaching Hospital, KDA Kohat-26000, Khyber Pakhtunkhwa, Pakistan
Phone: +92-922-9260325
Fax: +92-922-9260365

Indexed & abstracted in: Index Pakistan, WHO IMEMR Current Contents, Index Copernicus Poland, Islamic-World Science Citation (ISC), Directory of Research Journals

Registered with: International Serials Data System of France

Recognized by: Pakistan Medical & Dental Council ; Higher Education Commission (HEC) Islamabad (category X)

Covered by: Pakmedinet, Directory of Open Access Journals (DOAJ), Google Scholar

Available on: EBSCO, Factiva, Gale and affiliated international databases through Asianet-Pakistan
CONTENTS

EDITORIAL
Evidence-based Medicine and Clinical Practice In Pakistan
Akhtar Sherin

COMMENTARY
Evidence-based Medicine: What Does The Future Hold?
Allen F. Shaughnessy

ORIGINAL ARTICLE
Use of Ketamine Plus Midazolam Versus Ketamine alone in Prevention of Shivering during Spinal Anaesthesia: A Randomized Controlled Trial
Mohammad Abbas Tariq

Influence of Socio-Demographic Factors on Knowledge and Practice of Proper Diabetic Foot Care
Shaheen Akbar Agha, Ghazala Usman, Muhammad Akbar Agha, Shaikh Hasan Anwer, Rushna Khalid, Faiza Raza, Sehrish Aleem

Frequency of Improvement in Anatomical Alignment of Cervical Spine with Skeletal Traction in patients with Cervical Spine Injury
Raza Aman, Muntaz Ali, Shahid Ayub, Muhammad Usman, Muhammad Hayat, Ramzan Hussain

Anatomical Variations in Diaphyseal Nutrient Foramina of Humerus in Cadavers from Khyber Pakhtunkhwa, Pakistan
Abdul Sahib Khan, Zahid Shah, Qaiser Inayat

An Experience of Day Case Herniotomy and Orchidopexy in a private surgical unit, Dir Timergera
Abd Ur Rahman, Khurshid Ahmad, Bushra Rahman

Endoscopic Third Ventriculostomy: Outcome Analysis In 170 Procedures
Khalid Khanzada, Zia Ur Rehman

SHORT REVIEW ARTICLE
Mucocele Appendix: A literature review
Salman Ahmed Tipu, Ishtiaq Ahmed, Sunadas Ishtiaq

CASE REPORT
Insufficiency Fracture In Rheumatoid Arthritis: A Case Report
Sahibzada Nasir Mansoor, Farooq Azam Rathore

INSTRUCTIONS FOR AUTHORS

REVIEWER’S LIST
Online submission of articles

visit www.kmuj.kmu.edu.pk

CLICK REGISTER

Fill in registration form to register with this journal. Don’t forget to click the last box {Register as AUTHOR: able to submit items to the journal}

LOG IN with your username and password.

Click on AUTHOR on USER HOME PAGE under the heading of KHYBER MEDICAL UNIVERSITY JOURNAL

Click NEW SUBMISSION and follow the 5 steps of manuscript submission as per online instructions.

1. Start
2. Upload Submission
3. Enter Metadata
4. Upload Supplementary Files
5. Confirmation

www.kmuj.kmu.edu.pk > REGISTER > LOG IN > HOME > USER > AUTHOR > SUBMISSIONS > NEW SUBMISSION (FOLLOW-5 STEPS) > START > UPLOAD SUBMISSION > ENTER METADATA > UPLOAD SUPPLEMENTARY FILES > CONFIRMATION