



KUST MED J Biannual



JULY-DECEMBER 2010 Vol: 2, No. 2

The "KUST MEDICAL JOURNAL (KMJ)" is the official journal of INSTITUTE OF MEDICAL SCIENCES, KOHAT UNIVERSITY OF SCIENCE AND TECHNOLOGY (KUST), Kohat, Pakistan.

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

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

KMJ is published on controlled circulation basis and distributed among the faculty of all medical colleges and tertiary referral centres, main libraries and private clinics 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 INSTITUTE OF MEDICAL SCIENCES, KOHAT UNIVERSITY OF SCIENCE AND TECHNOLOGY (KUST), Kohat, Pakistan.

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

Annual subscription: Rs. 1000 in Pakistan and US \$ 80 for overseas.

Limited number of complimentary copies are sent to HEC, PMDC, CPSP, universities, medical colleges, libraries, tertiary referral centres, and general practitioners and doctors in training on request.

INDEXED IN IMEMR, INDEX COPERNICUS, DIRECTORY OF OPEN ACCESS JOURNALS (DOAJ) Pakmedinet

ISSN No. (Print); 2072-7763

(Online) 2073-929X

Web site: http://kmj.kust.edu.pk
E mail: editorkmj@yahoo.com

kmj@kust.edu.pk

Correspondence address:

Managing Editor
KUST Medical Journal
KUST Institute of Medical Sciences (KIMS),
Kohat University of Science and Technology (KUST),
DHQ Teaching Hospital, KDA
Kohat-26000, Pakistan.







2010; Vol. 2; No. 2

KUST Med J

CONTENTS

Editorial

Flood Related Health Issues in Pakistan Akhtar Sherin	4 3
Original Articles	
Etiology, Presentation and Outcome of Head Injury patients admitted in Ayub Teaching Hospital, Abbottabad Danish Naveed, Sajid Nazir Bhatti, Mohammad Akbar, Ahsan Aurangzeb	45
The Role of Fine Needle Aspiration Cytology (FNAC) in the Management of Solitary Thyroid Nodule Khyrshid Anwar, Iftikhar Ahmad Khan, Bakht Zada	49
Amnioreduction-its Efficacy in Idiopathic Polyhydramnios Musarrat Jabeen, Fouzia Gul	5 3
Mass Media and Family Planning: Understanding the effects of Television in Innovation-Decision Process of Health Communication in District Peshawar Khalid Sultan, Sadia Younus	5 8
Special Communication	
The Concept of Mental Health Policy and its journey from development to Implementation in Pakistan Muhammad Irfan	64
Review Arricle	
An Update on Stroke Prevention Khurshid Khan, Ashfaq Shuaib	69
Case Report	
A case of Fibrodysplasia Ossificans Progressiva with Primary Ammenorrhoea Ahesha Zafar, Syed Asad Maroof, Zafar Ali	73
Cochrane Corner	
Plain Language Summaries of Important Research Articles	76
Instructions for Authors	78
Reviewers List	86







KUST Medical Journal

Online submission of articles

VISIT http://kmj.kust.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 KUST MEDICAL JOURNAL.

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

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

http://kmj.kust.edu.pk > REGISTER> LOG IN > HOME > USER > AUTHOR > SUBMISSIONS > NEW SUBMISSION (FOLLOW-5 STEPS)>START> ENTER METADATA> UPLOAD SUBMISSION> UPLOAD SUPPLEMENTARY FILES> CONFIRMATION

