



National Journal of Medical and Allied Sciences

[eISSN: 2319 – 6335 |Editorial |Open Access]

Website:-www.njmasonline.org

HIGHLIGHTS FROM THE CURRENT ISSUE (V2-1)

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ORIGINAL ARTICLE- Women Empowerment and Health; an Experience in a Rural Community of West Bengal

Women empowerment is necessary for its own sake and is likely to impact overall development of the family and society. There is little evidence of any standard criteria to measure empowerment, or any study to explore its effects on health and family welfare.

In this study, Sadhukhan and colleagues conducted a community based survey to assess the empowerment status of ever-married women in a rural community of West Bengal by a predesigned and pretested schedule. A suitable operational scoring system was developed to measure empowerment, which was arbitrary with value judgment.

Contraceptive use was found to be significantly higher among the husbands of the more empowered women than the less empowered; while school dropout rate, marriage before the age of 18 years and dowry exchange during marriage were significantly lower among the children of more empowered women. Similar studies are required in the field of women empowerment to look for its outcomes related to health and development with validation of measurement instrument.

ORIGINAL ARTICLE- Medical Students' Perception on Peer Assessment: An Innovative Method of Student Centered Learning

Peer assessment encourages students to be more involved in their learning process with greater responsibility along with critical analysis of their work. Students learn to reflect on the quality of their work and the importance of effective feedback. In this issue, Bhardwaj and colleagues carried out a cross sectional study with an objective to describe the perception of students to peer critique on their assignment presentation (undergraduate seminars).

Majority of students found peer evaluation as a good method of self improvement. Nevertheless, a group of students were a bit uncomfortable while receiving negative comments from the peer. There was a significant difference found about the way, the comment is perceived by the male or female student.

ORIGINAL ARTICLE- Environmental and Sanitation Practices among Diarrhoeal Patients admitted at Infectious Disease Hospital, Lucknow

Diarrhoeal diseases are leading causes of mortality and morbidity in developing countries. In this study, Kumari and coworker conducted a hospital based survey to find out the sanitation and

hygiene practices followed by admitted patients of diarrhea.

Nearly half of patients' used municipal water supply/tap water as main source of drinking water and 30% patients used India mark II hand pump. Around two-third of diarrhoeal patient practiced hand washing with soap and water after household activities.

Majority (63.33%) did not practice safe methods of storing drinking water, 87.33% used sanitary latrines while 12.6% used open field for defecation. Almost half of the patients used dustbin for refuse disposal. Use of sanitary latrines and India mark II drinking water was positively associated with higher socioeconomic status.

Proper awareness regarding safe drinking water and sanitation practices and proper refuse disposal can reduce the diarrheal load.

ORIGINAL ARTICLE- Effect of One Month Diaphragmatic Breathing on Peak Expiratory Flow Rate and Breath Holding Time

The long term practice of yoga based relaxation techniques has been reported to improve the pulmonary functions. In this issue, Bhardwaj's team analyzed the changes in pulmonary functions after practicing diaphragmatic breathing for one month among (n=40; 20 males and 20 females) 1st year MBBS students aged between 18-22 years.

Peak expiratory flow rate (PEFR) and breath holding time (BHT) was recorded in these subjects before and after one month of practicing diaphragmatic breathing. There was a significant increase in both PEFR and BHT after 1 month of diaphragmatic breathing manoeuvre depicting the beneficial effects of diaphragmatic breathing on pulmonary functions.

ORIGINAL ARTICLE- Prevalence of Vancomycin Resistant Enterococcus and Its Antibiotic Resistance Pattern in Patients

Enterococci are indigenous flora of the intestinal tract, oral cavity and genitourinary tract of human and are important opportunistic pathogens, especially in hospitalized patients. This genus is

resistant to many antimicrobial agents commonly used in hospitals including β -lactam antibiotics, glycopeptides and aminoglycosides.

In this study, Yaqoob and co workers reveal the problem of multidrug resistant enterococci and emergence of Vancomycin Resistant Enterococcus. Emergence of high-level resistance to aminoglycosides (HLAR), β -lactam antibiotics and to vancomycin by some strains, with multidrug resistance has led to the failure of synergistic effects of combination therapy, more often in hospitalized patients and previously treated with antibiotics.

ORIGINAL ARTICLE- Effects of Workplace Noise on Hearing and Cardiovascular System

Environmental noise is a known stress, which induces alterations of various physiological responses in individuals exposed to it. In this issue, Yadav and colleagues assess the effects of industrial noise on the cardiovascular system of factory workers exposed to industrial noise.

The study group included 114 workers of both sexes aged between 18-58 years, exposed to industrial noise levels exceeding 80 dB. The control group consisted 30 people who never lived or worked in a noisy environment. Hearing test was done by Tuning Fork test and pure tone audiometry. Cardiovascular assessment was done by heart rate and blood pressure measurement.

Significant changes ($p < 0.05$) in systolic blood pressure, diastolic blood pressure, mean arterial pressure, pulse pressure and heart rate in the workers of lock factories were observed. This indicates that industrial noise could be possible contributing factor in the development of arterial hypertension.

REVIEW ARTICLE- The Story of Disease: An Altered History

A disease is an abnormal condition of an organism that impairs bodily functions associated with specific signs and symptoms. In this issue Kulshrestha and colleagues discuss the first journey of disease which started in the year 1450 when Circa published the article titled "Natural enemy"

which stated that The disease is a myth, free, localized, organic farming and idyll of the past. In 1484, an Egyptian priest described a venereal disease as uxedu, which affects eye, ear, skin and now known as Syphilis. During that time physicians could do little or nothing for the people and so they died by diseases.

Later in 1496- Lyons, the first city to think that the disease was a new plague and the ill were forced out beyond city walls, for the disease developed slowly and the first signs, occurred especially in women. During that era the world's population was about 435 million. Today population stands at about many billions and one million new children are born each day. This dramatic increase is due to primarily significant improvements in medicine, food production and living conditions.

CASE REPORT-Third Head of Biceps Brachii Muscle: A Rare Case Report

Biceps muscle is one of the muscles of the anterior compartment of the arm. It is one of the most variable muscles in the human body in terms of number and morphology. Most of the variations of this muscle lies in its proximal attachment part. This muscle has two heads long and short head.

In this case report Hussein and his team observed a unilateral third head of biceps brachii in adult female cadaver during dissection. Knowledge of such variations is very important for surgeons who do operating procedure in the arm region.

CASE REPORT-The Superficial Ulnar Artery with Absent Superficial Palmar Arch- A Case Report

Anatomical variations in the arterial pattern of the upper limb are very common. The superficial ulnar artery is one of the rare variations amongst them and usually arises from Axillary or Brachial

artery and lies superficial to the forearm flexor muscles.

In this issue, Sharma and his team, observed a superficial ulnar artery crossing over the bicipital aponeurosis and forearm flexor muscles during routine undergraduate dissection. Such artery may impose diagnostic as well as surgical errors. Hence existence of superficial ulnar artery becomes an interesting subject to surgeons, radiologists as well as to anatomists.

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