



## MESSAGE FROM CHAIRMAN

Welcome to the first issue of Birat Journal of Health Sciences - a new international peer-reviewed journal. It is with the keen support of each peer reviewer that BJHS has now accomplished to publish the work for the first time. We, at Birat Medical College, would like to express our sincere thanks to all the experts for their excellent assistance.

Medical journals need to have a confluence of medicine, science and journalism—and might be expected to have the values of all three. BJHS aspires to be more than just a journal publishing science. BJHS hopes to educate, entertain, campaign, and provide a forum for medical communities to debate issues in depth. I have always been interested in whether journals lead or just simply reflect what is happening in their communities. I hope our venture into publication will provide evidence to provide me a conclusion.

The medical world we live in today is significantly different from what it was just 5 to 10 years ago and continues to rapidly change. Evidence based outcomes and technology driven changes in techniques has unraveled new paradigms including in the field of medical education, research and publications. Information will increasingly become the currency of healthcare in the future, and our ability to access, understand and interpret it will be a key determinant in the future success of our healthcare system.

We thus rely on the implementation of advances and recognition of needs through research and publications. The rapidity of increase in medical knowledge means physicians will have to rely heavily on medical journals to increase knowledge and improve medical competence. BJHS hopes to dedicate itself to promoting research and development and offer an interdisciplinary intellectual platform for top notch physicians, researchers, academicians and industry professionals to actively consult, network and collaborate in publications of future medical framework.

I am sure the launching of the BJHS will certainly mark the beginning of a new era in exposing the academic and research potential not only of BMCTH, but also act as a confirmation that there has been a virtual revolution in the science and practice of medicine, and it is pertinent to note the transition in the cadre of professionals and academicians in Nepal. Going through the volume of original articles and case reports in this edition, it is evident that the Nepalese Practitioners and Surgeons are well-trained and can compete at the International Standards. The perseverance of BMCTH to promote academic and professional excellence is part of a long-visionary plan that I had embarked ever since the foundation of Birat Medical College & Teaching Hospital (BMCTH) and the launch of BJHS will certainly act as a stepping stone moving through that path.

I am sure that the BJHS which is led by the Editor-in Chief Dr. Hem Sagar Rimal along with the excellent team will certainly provide an additional platform for all its members to showcase their work in the variety of fields. Thus with a great pride, I invite you to explore the various academic, research publication activities, innovation and initiatives across medical health field of Nepal through BJHS.



**Dr. Gyanendra Man Singh Karki**

Chairman

*Birat Medical College & Teaching Hospital.*