



Volume: 11

Issue: 2

June 2023

ORIGINAL ARTICLES

Prolonged Stav in the ICU

Onur BARAN, Ayhan ŞAHİN, Ahmet GÜLTEKİN, Cavidan ARAR; Tekirdağ, Turkey

Antidepressant Effect of Propolis

Ali TAŞKIRAN, Fadime CANBOLAT, Sena Nur YÜCELLİ, Burcu ÇEVRELİ; İstanbul, Çanakkale, Turkey; Pavia, İtaly

Adropin Level in Acute Pancreatitis

Hüseyin ŞAHİN, Günay NAHMADOVA, Sercan BIÇAKÇI, Nurcan BIÇAKÇI, Mustafa Numan ERDEM, Serhat ÖRÜN, Batuhan İlbey BAŞOL, Rahime Merve YANIKER, Aliye ÇELİKKOL; Tekirdağ, İstanbul, Turkey

Autoimmune Thyroid Diseases and Thyroid Cancer

Şahin BEDİR, Mehmet ERDOĞAN, Murat ÖZDEMİR, Banu SARER YÜREKLİ, Yeşim ERTAN, Özer MAKAY; İzmir, Turkey

Melatonin Effects Myocardial Aquaporin Channels

Nezahat Kübra TÜFEKÇİOĞLU, Başak BÜYÜK, Metehan UZUN; Çanakkale, İzmir, Turkey

Single Surgery Experience During the Pandemic Period Mithat FAZLIOĞLU; Tekirdağ, Turkey

Weaning Practices of Physician Mothers

Ebru ŞENOL, Ayşegül ERCAN, Şeyma KARATEKİN; İstanbul, Turkey

Is Follow-up Necessary in Boxer Fractures?

Muhammet BOZOĞLAN, Ali TURGUT, Mehmet Çağlar TORUNLAR, Vadym ZHAMILOV, Mert KUMBARACI, Emre BİLGİN; İzmir, Turkey

Medical Students' Opinions on Distance Education

Aytül TURAN, Suat SİNCAN; Erzurum, Turkey

Double Osteotomy Technique in Metatarsus Adductus

Mehmet ALBAYRAK; Tekirdağ, Turkey

Periostin and Bone Marrow Fibrosis

Ali Kürşat TUNA, Atakan TEKİNALP, İbrahim KILINÇ, Sinan DEMİRCİOĞLU, Bahattin Engin KAYA, Özcan ÇENELİ, Fahriye KILINÇ; Konya, Turkey

Intimate Partner Violence

Ayşegül KOÇ; Bolu, Turkey

Two Port Laparoscopic Cholecystectomy Technique

Sami AÇAR, Nuri Alper SAHBAZ; Tekirdağ, İstanbul, Turkey



EDITORIAL BOARD

Owner

On behalf of Tekirdağ Namık Kemal University Faculty of Medicine Dean; Erdoğan GÜLTEKİN, Prof., M.D.

Dean of Tekirdağ Namık Kemal University Faculty of Medicine, Tekirdağ, Turkey E-mail: egultekin@nku.edu.tr ORCID ID: orcid.org/0000-0002-8017-3854

Editor in Chief

Burcin NALBANTOĞLU, Prof., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Child Health and Diseases, Tekirdağ, Turkey E-mail: bnalbantoglu@nku.edu.tr Phone: +90 (282) 250 56 32

ORCID ID: orcid.org/0000-0002-5630-3399

Editor

Erdoğan Selçuk ŞEBER, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Medical Oncology Subdivision, Tekirdağ, Turkey E-mail: nkmj@nku.edu.tr Phone: +90 (282) 250 50 00 ORCID ID: orcid.org/0000-0001-9081-2405

Associate Editors

Cenk Murat YAZICI, M.D., Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Urology, Tekirdağ, Turkey E-mail: cyazici@nku.edu.tr ORCID ID: orcid.org/0000-0001-6140-5181

Sibel ÖZKAN GÜRDAL, M.D., Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of General Surgery, Tekirdağ, Turkey E-mail: dr.asog@yahoo.com

ORCID ID: orcid.org/0000-0001-5649-6699

Saliha BAYKAL, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Child and Adolescent Psychiatry, Tekirdağ, Turkey

E-mail: salihabaykal35@hotmail.com

Phone: +90 (282) 250 50 50

ORCID ID: orcid.org/0000-0003-3398-6876

Birol TOPÇU, M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of

Biostatistics, Tekirdağ, Turkey E-mail: topcubirol@gmail.com Phone: +90 (282) 250 50 50

ORCID ID: orcid.org/0000-0003-0771-2505

Ayşin NALBANTOĞLU, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Child Health and Diseases, Tekirdağ, Turkey

E-mail: aysindr@hotmail.com

ORCID ID: orcid.org/0000-0002-5757-4051

Meltem ÖZNUR, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Pathology, Tekirdağ, Turkey E-mail: meloznur@gmail.com

ORCID ID: orcid.org/0000-0002-6396-3168

Aslı AKSOY GÜNDOĞDU, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Neurology, Tekirdağ, Turkey

E-mail: aagundogdu@nku.edu.tr ORCID ID: orcid.org/0000-0002-6898-0469

Ayhan ŞAHİN, M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Anesthesiology and Reanimation, Tekirdağ, Turkey

E-mail: aysahin@nku.edu.tr

ORCID ID: orcid.org/0000-0002-3539-2353

Nergiz BAYRAKCI, M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Internal Medicine, Nephrology Subdivision, Tekirdağ, Turkey

E-mail: nbavrakci@nku.edu.tr

ORCID ID: orcid.org/0000-0002-5923-953X

Burak GÜNAYDIN, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Orthopedics and Traumatology, Tekirdağ, Turkey

docburak@gmail.com

ORCID ID: 0000-0002-1199-6320

Sami AÇAR, M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of General Surgery, Tekirdağ, Turkey

sacar@nku.edu.tr

ORCID ID: 0000-0003-4096-3963

Gülşah ELBÜKEN, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Internal Medicine, Division of Endocrinology and Metabolism, Tekirdağ, Turkey

E-mail: gelbuken@nku.edu.tr ORCID ID: 0000-0002-0920-6895



Publisher Contact

Address: Molla Gürani Mah. Kaçamak Sk. No: 21/1 34093 İstanbul, Turkey

Phone: +90 (212) 621 99 25 Fax: +90 (212) 621 99 27

E-mail: info@galenos.com.tr/yayin@galenos.com.tr Web: www.galenos.com.tr Publisher Certificate Number: 14521

Online Publication Date: June 2023

E-ISSN: 2587-0262

International scientific journal published quarterly.



ADVISORY BOARD

NATIONAL ADVISORY BOARD

Tamer TUNÇKALE, M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Brain and Nerve Surgery, Tekirdağ, Turkey

E-mail: ttunckale@nku.edu.tr

Özcan GÜR, M.D., Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Cardiovascular Surgery, Tekirdağ, Turkey

E-mail: ogur@nku.edu.tr

Fatin Rüştü POLAT, Assoc., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of General Surgery, Tekirdağ, Turkey

E-mail: frpolat@nku.edu.tr

Cenk Murat YAZICI, M.D., Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Urology, Tekirdağ, Turkey

E-mail: cyazici@nku.edu.tr

Mehmetbaki SENTÜRK, Assoc., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Obstetrics and Gynecology, Tekirdağ, Turkey

E-mail: mbsenturk@nku.edu.tr

İlknur ERDEM, Prof., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Infectious Diseases and Clinical Microbiology, Tekirdağ, Turkey

E-mail: ierdem@nku.edu.tr

Nilda TURGUT, Prof., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Neurology, Tekirdağ, Turkey

E-mail: nturgut@nku.edu.tr

Gamze VAROL, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Public Health, Tekirdağ, Turkey

E-mail: gsaracoglu@nku.edu.tr

Savaş GÜZEL, Prof., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Medical Biochemistry, Tekirdağ, Turkey

E-mail: sguzel@nku.edu.tr

Bahadır BATAR, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Medical Biology, Tekirdağ, Turkey

E-mail: bbatar@nku.edu.tr

Sibel ÖZKAN GÜRDAL, M.D., Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of General Surgery, Tekirdağ, Turkey

E-mail: sgurdal@nku.edu.tr

Meltem ÖZNUR, M.D., Assoc. Prof.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Medical Pathology, Tekirdağ, Turkey

E-mail: moznur@nku.edu.tr

Koray Zeynel KARABEKİROĞLU, Prof., M.D.

19 Mayıs University Faculty of Medicine, Department of Child and Adolescent Psychiatry, Samsun, Turkey

E-mail: korayk@omu.edu.tr

Güldeniz KARADENİZ ÇAKMAK, Prof., M.D.

Bülent Ecevit University Faculty of Medicine, Department of General Surgery, Zonguldak, Turkey

E-mail: gkkaradeniz@yahoo.com

Ali İlker FİLİZ, Prof., M.D.

Okan University Faculty of Medicine, Department of General Surgery, Istanbul, Turkey

E-mail: aliikerfiliz@yahoo.com

Zeliha TÜLEK, Assoc., M.D.

İstanbul University-Cerrahpaşa; Florence Nightingale Faculty of Nursing, Department of Internal Medicine Nursing, İstanbul, Turkey

E-mail: ztulek@istanbul.edu.tr

Abdullah Erkan ORHAN, M.D., Assoc. Prof.

Çanakkale 18 Mart University Faculty of Medicine, Department of Plastic Surgery, Canakkale, Turkey

E-mail: eorhan@yahoo.com

Sema BASAT, Prof., M.D.

University of Health Sciences Turkey, Ümraniye Training and Research Hospital, Clinic of Internal Medicine, İstanbul, Turkey

E-mail: sema.basat@sbu.edu.tr

Korhan ERKANLI, Prof., M.D.

Medipol University Faculty of Medicine, Department of Cardiovascular Surgery, İstanbul, Turkey

E-mail: kerkanli@gmail.com

Ebru Itır ZEMHERİ, Assoc., M.D.

University of Health Sciences Turkey, Ümraniye Training and Research Hospital, Clinic of Pathology, İstanbul, Turkey

E-mail: itirebru.zemheri@sbu.edu.tr

Eyüp Burak SANCAK, M.D., Prof.

Çanakkale 18 Mart University Faculty of Medicine, Department of Urology, Çanakkale, Turkey

E-mail: eyupburaksancak@comu.edu.tr

Önder ÇINAR, Assoc., MD

Bülent Ecevit University Faculty of Medicine, Department of Urology, Zonguldak, Turkey

Email: drondercinar@gmail.com

Duygu SIDDIKOĞLU, MD

Çanakkale 18 Mart University Faculty of Medicine, Department of Biostatistics, Çanakkale, Turkey

Email: duygu.sddk@gmail.com

Cem BASATAC, MD

Grup Florence Nightingale Hospitals, Clinic of Urology, İstanbul, Turkey

Email: cembasatac@gmail.com



ADVISORY BOARD

Hasan Hüseyin TAVUKÇU, Assoc., MD

Sultan 2. Abdülhamid Han Training and Research Hospital, Clinic of Urology, İstanbul, Turkey

Email: hhtavukcu@yahoo.com

Başar BİLGİÇ, M.D., Prof.

İstanbul University, İstanbul Faculty of Medicine, Department of

Neurology, İstanbul, Turkey E-mail: bbilgic@istanbul.edu.tr

Ayse Filiz KOC, M.D., Prof.

Çukurova University Faculty of Medicine, Department of Neurology,

Ádana, Turkey

E-mail: filizkoc@cu.edu.tr

Babürhan GÜLDİKEN, M.D., Prof.

Trakya University Faculty of Medicine, Department of Neurology,

Edirne, Turkey

E-mail: baburhanguldiken@trakya.edu.tr

Mehmet Ufuk ALUCLU, M.D., Prof.

Dicle University Faculty of Medicine, Department of Neurology,

Diyarbakır, Turkey

E-mail: mualuclu@gmail.com

Ali AKYOL, M.D., Prof.

Aydın Adnan Menderes University Faculty of Medicine, Department of

Neurology, Aydın, Turkey E-mail: aakyol@adu.edu.tr Azize Esra GÜRSOY, M.D., Prof.

Bezmialem Vakıf University Faculty of Medicine, Department of

Neurology, İstanbul, Turkey

E-mail: aegursoy@bezmialem.edu.tr

Gülnur TEKGÖL UZUNER, M.D., Assoc. Prof.

Eskişehir Osmangazi University Faculty of Medicine, Department of

Neurology, Eskişehir, Turkey E-mail: gulnurt@ogu.edu.tr

Murat GÜLTEKİN, M.D., Assoc. Prof.

Erciyes University Faculty of Medicine, Department of Neurology,

Kayseri, Turkey

E-mail: gultekin@erciyes.edu.tr

Gencer GENÇ, M.D., Assoc. Prof.

Şişli Hamidiye Etfal Training and Research Hospital, Clinic of Neurology,

İstanbul, Turkey

E-mail: gencer.genc@sbu.edu.tr

Murat ALEMDAR, M.D., Assoc. Prof.

Sakarya University Training and Research Hospital, Clinic of Neurology, Sakarya, Turkey

E-mail: dr.alemdar@gmail.com

INTERNATIONAL ADVISORY BOARD

Gülçin TEZCAN, PhD, M.D.

Kazan Federal University, Institution of Fundamental Medicine and

Biology, Kazan, Russia

E-mail: gulcintezcan@gmail.com

Alvaro RUIBAL, M.D.

University of Santiago de Compostela, Department Nuclear Medicine,

Santiago de Compostela, Spain

E-mail: alvaro.ruibal.morell@sergas.es

Marca Angelo BURGIO, M.D.

Istituto Scientifico Romagnolo per lo Studio e la Cura dei Tumori (IRST)

IRCCS, Thorasic Oncology Unite, Meldola, Italy

E-mail: marco.burgio@irst.emr.it

Mohd Ashraf GANIE, M.D.

All India Institute of Medical Sciences, Department of Endocrinology, Subdivision of Endocrinology and Metabolic Diseases, New Delhi, India

E-mail: shariq.masoodi@skims.ac.in

Raiz Ahmad MISGAR, M.D.

Sher-i-Kashmir Institute of Medical Sciences, Department of

Endocrinology, Kashmir, India E-mail: drrevaz07@rediffmail.com

Stefan Miladinov KOVACHEV, PhD, DSc, MD, Prof.

Military Medical Academy, Obstetrics & Gynecology, and

Oncogynecology-Department of Gynecology and Oncogynecology, Sofia,

Bulgaria

E-mail: stkovachev@abv.b

Ufuk ERGİNOĞLU, MD

Research Fellow, Department of Neurological Surgery, University of Wisconsin, School of Medicine and Public Health, Clinical Science

Center, Wisconsin, United States

E-mail: erginoglu@wisc.edu



AIMS AND SCOPE

Namik Kemal Medical Journal (formerly International Journal of Basic and Clinical Medicine), is the official organ of Tekirdağ Namik Kemal University School of Medicine since 2013. NKMJ is an open access, scientific, peer-reviewed journal in accordance with independent, unbiased, and double-blinded peer-review principles published quarterly (March, June, September, December) in both Turkish and English.

Namik Kemal Medical Journal is an independent scientific medical journal that aims to reach all relevant national and international medical institutions and persons in electronic and open access free of charge. It is aimed to publish original articles, case reports and reviews that include the results of studies and research conducted in the fields of basic, internal and surgical medical sciences and medical nursing and passed through the peer-review process.

Namık Kemal Medical Journal (NKMJ) is indexed by **Ulakbim Tr Index** (**TR DIZIN/ULAKBIM**), **EBSCO Host**, **Türk Medline**, **Ideal Online**, **J-Gate**, **CAB International (CABI)**, **Gale Academic OneFile**, **DOAJ** and **Turkey Citation Index**.

The editorial and publication processes of the journal are shaped in accordance with the guidelines of the International Committee of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE), and National Information Standards Organization (NISO). The journal conforms with the Principles of Transparency and Best Practice in Scholarly Publishing (doaj.org/bestpractice).

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.

Author(s) and copyright owner(s) grant access to all users for the articles published in the Namık Kemal Medical Journal as free of charge. Articles may be used provided that they are cited.

Open Access Policy is based on rules of Budapest Open Access Initiative (BOAI). By "open access" to [peer-reviewed research literature], we mean its free availability on the public internet, permitting any users to read, download, copy, distribute, print, search, or link to the full texts of these articles, crawl them for indexing, pass them as data to software, or use them for any other lawful purpose, without financial, legal, or technical barriers other than those inseparable from gaining access to the internet itself.

Namik Kemal Medical Journal does not demand any subscription fee, publication fee or similar payment for access to electronic resources. All published content is available online, free of charge at namikkemalmedj. com.

The Journal is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 (CC BY-NC-ND) International License.

Please contact the publisher (Galenos) for your permission to use requests via info@namikkemalmedj.com.

Advertising Policy

This journal's advertising sales and editorial processes are separated to ensure editorial independence and reduce the effects of financial interests.

Current or potential sponsors and advertisers do not affect editorial decisions in the journal. Advertisers and sponsors have no control or influence over the results of a user's website searches.

Advertisements should not be deceptive or misleading and must be verifiable. Excessive or exaggerated expressions does not be allowed.

If the text or image contains inappropriate or offensive content or is about personal, racial, ethnic, sexual orientation or religious content, these advertisements are not accepted.

Advertisers are responsible for ensuring that their advertisements comply with applicable laws regarding deceptive and/or offensive content and ethical issues.

Especially drug and medical product advertisements can be presented on the cover pages of the journal, separately from the published scientific content and without page number.

The published advertisements are pointed and distinguishable from the editorial content.

Material Disclaimer

Statements or opinions stated in articles published in the journal do not reflect the views of the editors, editorial board and/or publisher; The editors, editorial board and publisher do not accept any responsibility or liability for such materials. All opinions published in the journal belong to the authors.

The financial expenses of Namık Kemal Medical Journal are covered by Tekirdağ Namık Kemal University Faculty of Medicine.

Permissions/ Publisher Correspondence Address:

Galenos Publishing House

Adress: Molla Gürani mh., Kacamak Sk. No: 21/A 34093 Findikzade,

Istanbul, Turkey

Phone: +90 (212) 621 99 25 **Fax:** +90 (212) 621 99 27

E-mail: info@galenos.com.tr

Web page: http://www.galenos.com.tr





INSTRUCTIONS TO AUTHORS

Namik Kemal Medical Journal (NKMJ) is the official journal of Tekirdağ Namik Kemal University Faculty of Medicine. Original articles, case reports, and short communications related to either basic or extended clinical experience in medical sciences (i.e. general medicine, basic medical sciences, surgical sciences) will be considered for publication. Review articles will be accepted upon request of the editorial board. The journal does not accept uninvited review articles for evaluation.

This is an open-access journal which means that all content is freely available without charge to the user or his/her institution. Users are allowed to read, download, copy, distribute, print, search, or link to the full texts of the articles in this journal without asking prior permission from the publisher or the author. It is in accordance with the BOAI definition of open access.

The journal accepts articles written either in Turkish or English. The journal is currently published quarterly (four issues), comprising one volume per year.

Namik Kemal Medical Journal is a scientific journal that aims to reach all relevant national and international medical institutions and persons electronic form free of charge.

Namik Kemal Medical Journal prioritises publishing original research articles since it has the mission to announce and share the research to the international scientific circles in Turkey and contribute to Turkey's promotion in this context.

Namik Kemal Medical Journal, the Publisher, and the Editors assume no responsibility for the statements in the articles; authors carry the scientific and legal responsibilities of their own articles. The manuscript submitted to the journal must not contain previously published material or material under consideration for publication elsewhere. Accepted manuscripts become the property of Namik Kemal Medical Journal and may not be republished. All manuscripts will undergo peer review. The editorial board will then make a final review and a subsequent decision relative to the publication of Namik Kemal Medical Journal.

NKMJ does not charge the authors any article processing or submission fees.

The editorial and publication process of the Journal of the Namik Kemal Medical Journal are shaped in accordance with the guidelines of the International Committee of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE), and National Information Standards Organization (NISO). The journal is in conformity with the Principles of Transparency and Best Practice in Scholarly Publishing.

Publication Language

Articles are published in Turkish or English. In Turkish articles, the integrity of the Turkish language should be preserved, and the Spelling Guide and Turkish Dictionary of the Turkish Language Association should be taken as the basis.

In the use of medical terms, care should be taken to use "Turkish Science Terms" as much as possible. For this, the "Medical Terms Guide" of the

Turkish Language Institution is the main sourcebook, but when this book cannot be obtained, the "Country Medical Terms Dictionary" can be used. The authors are deemed to have accepted the changes to be made by the editor in Turkish articles, provided that no changes are made in the content.

English texts should be clear and accurate. In case the publication is accepted, the language editor of the journal reviews the article.

Article Submission

All manuscripts should be submitted via https://jag.journalagent.com/nkmj/ online submission system.

Manuscript Evaluation

As a first step, manuscripts received are evaluated with regards to the instructions to authors. The approved articles are delivered to Editorial Board. The Editorial Board evaluates the context of articles and sends them to two referees in related fields. The editor will then make a final review and a subsequent decision relative to publication. The articles accepted by the Editorial Board come in the list of publications, and the authors of these articles are informed.

This journal uses double-blind peer review, which means that both the reviewer and author identities are concealed from the reviewers, and vice versa, throughout the review process. To facilitate this, authors need to ensure that their manuscripts are prepared in a way that does not give away their identity.

Manuscript Layout

Manuscripts sent to the editor to be published in the journal must be written on one side of the A4 page, in Arial, 10 pt, double spacing and 2.5 cm margins each. The abbreviations used should be written clearly in parentheses at the first mention in the text, and no special abbreviations should be made. Numerical data between 1-10 in the text should be indicated in writing (in both treatment groups, second day), with 10 and above numbers. However, numbers between 1-10, which have a descriptive tag, should be written in writing (.... 1 year) and the numbers at the beginning of the sentence (a fifteen-year-old female patient).

The title page, abstract, text, figures, tables and references of the article should be given in the same WORD file.

All visual elements except the table should be named as "Figure". Table and Figure numbering (1,2,3 ...) should be made. The description text for the table should be placed above the table, below the figure for the figure. The abbreviations used in the table should be written clearly under the table.

The use of resources in the text should be indicated at the end of the quote and as a superscript.

Title Page: On the title page; The title of the article in Turkish and English, the names and duties (academic titles) of the authors, the institution from which it was sent, if any, the institution supporting the study should be written. If the article has been communicated before in any congress, its place and date should be specified. In addition, the name, surname,



INSTRUCTIONS TO AUTHORS

addresses, telephone and fax numbers, the e-mail address of the author to have corresponded and Ethics Committee Approval must be clearly written on this page.

Author's name (Only the first letter is capital), surname (all text is capital) should be written clearly,

Abstracts: It should be prepared on a separate page in Turkish and English. The abstract should reflect the article, significant results should be given, and their interpretation should be made. Abbreviations not explained in the abstract should not be used, and the source should not be shown. Abstracts should not exceed 250 words.

In research articles; Turkish and English abstracts should be divided and structured as follows:

Aim/Amaç, Materials and Methods/Gereç ve Yöntem, Results/Bulgular, Conclusion/Sonuc.

Structured abstract should not be used in reviews and case reports.

Keywords: Turkish and English keywords should be found in accordance with the standards of "Index Medicus: Medical Subject Headings (MeSH)". (http://www.nlm.nih.gov/mesh/authors.html). Keywords should be given at least 3 and at most 5 on the page under the Turkish and English abstracts in all kinds of articles.

Sections: Original research articles should include Introduction, Materials and Methods, selection and description of the cases, technical information, Statistical Analysis, Results, Discussion, Study Limitations and Conclusion sections. Case reports should include Introduction, Case Report and Discussion sections.

After these chapters, "acknowledgements" can be written to those who contributed to the research or to the preparation of the article, if any. Acknowledgments are given at the end of the article before references. There are expressions of thanks for personal, technical, and material assistance in this section.

References

References should be numbered and listed according to the order in the text under the heading (References) at the end of the article. There should be no discrepancy between the list of references and the order they appear in the text.

References that have information obtained through another reference without the original appearance are not numbered; they are given in parentheses when necessary. Author (s) are responsible for the accuracy of the references. All references should be stated in the text.

The names of the journals are given in the abbreviated form in accordance with Index Medicus. Journal names that are not included in the index are not abbreviated.

Examples for Writing Resources

For journals:

For the journal article in MEDLINE and abbreviated according to MEDLINE:

The first letters of the authors' surnames and names should be entered with a comma at the end without a full stop, and a period should be placed after the first name of the last author without passing to the title. If the authors are 6 or less, all of them should be written. If the authors are more than 6 authors, the first 6 should be written, and then et al. should be used. Then the article's title should be entered, and a period should be placed at the end. The short name of the journal in MEDLINE is put at the end, and a space is left after it is written; publication date semicolon; number in parenthesis, the starting number of the published pages are put in a colon, and the last page is written after the hyphen is inserted, but the numbers on the first page are not repeated on the last page.

Ozkan G, Ulusoy S, Guvercin B, Menteşe A, Karahan SC, Yavuz A. A new player in chronic kidney disease mineral and bone disorder: tenascin-C. Int J Artif Organs. 2015;38:481-7.

For books:

West JB: Respiratory Physiology (2nd ed). Baltimore: Williams and Wilkins, 1974; 72-5.

For chapters taken from the book:

Sagawa K: Analysis of the CNS ischemic feedback regulation of the circulation. In: Reeve EB, Guyton AC (eds), Physical Basis of Circulation Transport. Philadelphia: WB Saunders, 1967; 129-139.

For online articles:

Abood S: Quality improvement initiative in nursing homes: the ANA acts in an advisory role. Am J Nurs [Webcast]. 2002 Jun [citation 12.08.2002]; 102 (6). Access: http://www.nursingworld.org/AJN/2002/june/Wawatch. htm PMID: 12394070.

For the citations from the thesis:

Kulu A. Evaluation of Quality of Life After Surgical Interventions Applied to Patients with Bladder Tumors, Trakya University, Institute of Health Sciences, Department of Nursing, Master Thesis. 2010; Edirne.

For congress papers:

Felek S, Kılıç SS, Akbulut A, Yıldız M. A case of phylgellosis with visual hallucinations. XXVI. Turkish Microbiology Congress Abstract Book, 22-27 September 2000, Antalya, Mars Printing House, 1994, p.53-6.

The above examples are followed in Turkish sources that are not included in Index Medicus, but journal names are written without abbreviations.

Tables and Figures

Tables and figures should be numbered according to the order of appearance in the text and should be placed in the closest section with their explanations according to the place in the text. The information given in the table should not be repeated in the text. Permission should be obtained for tables taken from other sources. Figures should be drawn professionally, photographed or presented as digital prints in photographic quality. The photos and pictures to be printed should be at least 9x13 cm in size and 300 DPI resolution.



INSTRUCTIONS TO AUTHORS

Symbols, arrows or letters should contrast with the background. The magnification rate and dyeing technique used should be specified in microscopic pictures.

If human photography is to be used, either they should not be identified from the photograph or written permission should be obtained (see Ethics section). Figures and pictures should be written at the bottom, together with (1, 2, 3,...) numbers.

Publication Review Process

All articles (Original Articles, Reviews, Case Reports and Letter to the Editor) are subject to the following process:

After the formal check, articles that comply with the journal's spelling rules are directed to the editor. The responsible editor evaluates all applications in terms of the journal's scope, purpose and compliance with the target audience. If the article sent to Namık Kemal Medical Journal is in conformity with the formal principles, the editor is directed to two independent reviewers by providing blindness between the reviewers and authors from Turkey and/or abroad.

If the reviewers deem it necessary, they approve the publication after the changes requested in the article are made by the authors.

Studies coming to the journal management system pass the preevaluation of the editor and the editorial board within 2 weeks at the latest;

Compliance with the scope and subject areas of the journal,

Compliance with the journal spelling rules (if any, article template, font, titles, submission and bibliography style, etc.)

Publication language (abstract, sufficiency of keywords, structured self-translation, etc.).

Studies that pass the pre-evaluation stage mentioned above by the editorial board are sent to at least 2 reviewers who are experts in their field, depending on the nature of the study.

Based on the nature of the work, the referees evaluate working on the standard evaluation form.

In addition, if the reviewers wish, they can submit notes on the full text, stating their suggestions and opinions, to the editorial board.

The deadline for reviewers evaluations is 6 weeks.

After the study is sent to the reviewer, it states to the editorial board whether it can be evaluated within 2 weeks at the latest. Reviewers who do not specify are removed from the study, and a new reviewer assignment is made.

The reviewer opinions for the studies guide the editorial board to make the final decision. The final decision always belongs to the editorial board.

The reviewers can give opinions for the study in 4 ways;

- Publication is acceptable

- It can be accepted for publication after corrections (It is decided by the editorial board whether the corrections have been made or not)
- After revisions, I would like to see it again (The work is taken into a second-round evaluation after it is submitted by its authors)
- Unpublished (Rejection)

A 3rd or 4th reviewer can be appointed to work in line with the reviewer's opinions, and this process works in the same way as the time specified above.

After the completion of the evaluation in line with the reviewer opinions, the reviewer opinions are reviewed by the editorial board (maximum 2 weeks). In this process, the aim is to adapt the authors' articles to publication standards.

The editorial board makes the final decision in line with the reviewer opinions and suggestions and conveys the result to the study authors.

Accepted articles are sent to the corresponding author for proof control before the publication, and a reply must be given within 48 hours.

The responsibility of the ideas advocated in the articles belongs to the author.

The copyright of the published articles belongs to the journal and cannot be transferred, even partially, without the journal's permission.

Plagiarism

Submitted articles are evaluated after plagiarism control. This evaluation contributes to the decision-making of the editorial group.

Final Checklist

1) Presentation page to the editor

Category of the article

Information that has not been sent to another journal

Relationship with a sponsor or a commercial company (if any)

Statistical control was made (for research articles)

Checked in terms of English

- 2) Copyright transfer form
- 3) Permit certificate if previously printed material (text, picture, table) is used
- 4) Compliance with the principles of the Helsinki Declaration in the "material and method" section in the studies with human elements, the approval of the ethics committee from their institutions and the "informed consent" from the patients.
- 5) If the animal element is used, indicating its compliance with the principles of "Guide for the Care and Use of Laboratory Animals" in the "material and method" section.
- 6) Cover page

The title of the article is in Turkish and English (preferably one line each)



INSTRUCTIONS TO AUTHORS

Authors and their institutions

Correspondence address, business phone number, GSM number, e-mail addresses of all authors

7) Abstracts: (Turkish and English)

8) Keywords: Between 3-5 (Turkish and English)

9) Acknowledgement

10) References

Ethic

Scientific Responsibility

The authors are responsible for the compliance of the articles with scientific rules.

All authors should have a direct academic and scientific contribution to the submitted article.

The name order of the authors should be a joint decision. All authors must indicate the author list on the copyright transfer form signed. The names of all authors should be included in the section under the article's title.

All individuals who do not meet the sufficient criteria for authorship but contributed to the study can be listed in the "Acknowledgements/ Information" section. Written permission must be obtained from these individuals to be specified in the acknowledgment section.

Ethical Responsibility

The authors are responsible for the compliance of the articles with the ethical rules.

Namik Kemal Medical Journal is a journal that has adopted the principle of complying with the ethical standards of the Human Experiments Committee (https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/), which was revised in 2013 in the 1975 Helsinki Declaration. Therefore, in the articles sent for publication, it must be stated that the ethical standards of the specified committee are complied with. In addition, approval letters from local or national ethics committees should be sent with the letter.

In the material and method section of the article, the authors must state that they carried out the study in accordance with these principles and that they received "informed consent" from the ethics committees of their institutions and the people who participated in the study.

If "animal" was used in the study, the authors stated that they protect animal rights in their studies in line with the principles of the "Guide for the Care and Use of Laboratory Animals" (www.nap.edu/catalog/5140. html) in the material and method section of the article and they have obtained approval from the ethics committees of their institutions. They must notify in writing whether they comply with institutional and national guidelines on the care and use of laboratory animals.

The editor and the publisher do not give any guarantees and accept no responsibility for the features and explanations of the commercial products published in the journal for advertising purposes. If the article has a direct or indirect commercial connection or financial support for the study, the authors; On the resource page, the used commercial product, drug, pharmaceutical company, etc. It has to report that it has no commercial relationship with or what kind of relationship (consultant, other agreements) it has.

In the studies requiring the permission of the Ethics Committee, the information about the permission (Name of the Committee, Date and Approval Number) should be included in the Method section and also on the first/last page of the article. This information should be included on the Title Page when submitting your article. At the same time, you must send the Ethics Committee Form of the article.

Confidentiality and Privacy of Patients and Study Participants

Privacy cannot be impaired without permission from patients. Descriptive information such as patients' names, initials or hospital numbers, photographs and family tree information, etc. They are not published unless definitely necessary for scientific purposes, and the patient (or parent or guardian) gives written informed consent.

The informed consent should also be stated in the article.

Copyright Notice

Studies submitted to Namik Kemal Medical Journal for publication should be original studies that have not been published in any way before or sent to be published elsewhere.

The authors transfer their rights to reproduce according to Article 22 of the Law on Intellectual and Artistic Works numbered 5846, to disseminate in accordance with Article 23 and transmit to the public on all kinds of carrier materials or electronically under Article 25 to Namık Kemal Medical Journal. Authors agree to waive the copyright of their work and transfer the copyright of their accepted work to Namık Kemal Medical Journal. Namık Kemal Medical Journal Editorial Board is authorized to publish the study.

However, the authors reserve the following rights:

- All registered rights other than copyright,
- The right to reproduce the work for its own purposes, provided that it is not sold,

The author's right to use all or part of the work in his future works, such as books and lectures, provided that the journal is indicated in the bibliography.

-The right to use the work ID on personal websites, provided that you specify the full-text access address

Authors who will submit a study to Namık Kemal Medical Journal must complete the following steps by filling out the "Copyright Transfer Form" document.



INSTRUCTIONS TO AUTHORS

The copyright transfer form is printed, signed, filled and scanned,

The scanned form is loaded on the system during the online article submission steps; in the additional file upload step,

The works of the authors who do not submit the Copyright Transfer Form will definitely not be published.

International Study Design Guidelines

Preparation of research articles, systematic reviews and meta-analyses must comply with study design guidelines:

Human research: Helsinki Declaration as revised in 2013 **Systematic reviews and meta-analyses:** PRISMA guidelines

Case reports: the CARE case report guidelines

Clinical trials: CONSORT

Animal studies: ARRIVE and Guide for the Care and Use of Laboratory

Animals

Correspondence Address:

Editor in Chief

Burçin NALBANTOĞLU, Prof., M.D.

Tekirdağ Namık Kemal University Faculty of Medicine, Department of Child Health and Diseases, Tekirdağ, Turkey

E-mail: bnalbantoglu@nku.edu.tr

Phone: +90 (282) 250 56 32

Editor

Erdoğan Selçuk ŞEBER, MD

Tekirdağ Namık Kemal University Faculty of Medicine, Division of Medical Oncology, Tekirdağ, Turkey

Phone: +90 282 250 50 00

E-mail: nkmj@nku.edu.tr

Publisher Corresponding Address

Galenos Publishing House

Address: Molla Gürani Mah. Kaçamak Sk. No: 21, 34093 Fındıkzade-İstanbul-Turkey

Phone: +90 212 621 99 25

Fax: +90 212 621 99 27

E-mail: info@galenos.com.tr



CONTENTS

ORIGINAL ARTICLES

- **Prolonged Stay in the Intensive Care Unit: A Retrospective Analysis of Six Years** *Onur BARAN, Ayhan ŞAHİN, Ahmet GÜLTEKİN, Cavidan ARAR; Tekirdağ, Turkey*
- **Evaluation of the Antidepressant Effect of Propolis in Chronic Unpredictable Mild Stress-induced Depression Model in Rats** *Ali TAŞKIRAN, Fadime CANBOLAT, Sena Nur YÜCELLİ, Burcu ÇEVRELİ; İstanbul, Çanakkale, Turkey; Pavia, İtalya*
- 105 The Importance and Its Relationship of Adropin Level in Prediting the Severity of Acute Pancreatitis

 Hüseyin ŞAHİN, Günay NAHMADOVA, Sercan BIÇAKÇI, Nurcan BIÇAKÇI, Mustafa Numan ERDEM, Serhat ÖRÜN, Batuhan İlbey BAŞOL,
 Rahime Merve YANIKER, Aliye ÇELİKKOL; Tekirdağ, İstanbul, Turkey
- 111 Are Autoimmune Thyroid Diseases a Risk Factor for Thyroid Cancers?

 Sahin BEDİR, Mehmet ERDOĞAN, Murat ÖZDEMİR, Banu SARER YÜREKLİ, Yesim ERTAN, Özer MAKAY; İzmir, Turkey
- 118 Effects of Melatonin on Aquaporin Channels in Isoproterenol-induced Myocardial Infarction in Rats*

 Nezahat Kübra TÜFEKÇİOĞLU, Başak BÜYÜK, Metehan UZUN; Çanakkale, İzmir, Turkey
- 127 COVID-19 Pandemia Processing and Single Surgery Experience in Surgical Applications in the Chest Surgery Clinic of Tekirdağ Namık Kemal University Research Hospital with Pandemia Hospital

 Mithat FAZLIOĞLU; Tekirdağ, Turkey
- 133 Weaning Reasons, Practices and Total Duration of Breastfeeding in Physician Mothers Ebru ŞENOL, Ayşegül ERCAN, Şeyma KARATEKİN; İstanbul, Turkey
- 139 Is Routine Outpatient Follow-up Required in Fifth Metacarpal Neck Fractures?

 Muhammet BOZOĞLAN, Ali TURGUT, Mehmet Çağlar TORUNLAR, Vadym ZHAMILOV, Mert KUMBARACI, Emre BİLGİN; İzmir, Turkey
- 145 Attitudes and Opinions of Atatürk University Medical School Students Towards Distance Education due to the COVID-19 Pandemic

Aytül TURAN, Suat SİNCAN; Erzurum, Turkey

- **152** Evaluation of the Efficiency of Double Osteotomy Technique for Residual Metatarsus Adductus Deformity Mehmet ALBAYRAK; Tekirdağ, Turkey
- Relationship Between Serum Periostin Level and Bone Marrow Fibrosis in Newly Diagnosed Multiple Myeloma Patients

 Ali Kürşat TUNA, Atakan TEKİNALP, İbrahim KILINÇ, Sinan DEMİRCİOĞLU, Bahattin Engin KAYA, Özcan ÇENELİ, Fahriye KILINÇ; Konya, Turkey
- **Socio-demographic, Clinical and Criminal Characteristics of the Cases Considered within the Scope of Law No. 6284** *Ayşegül KOÇ; Bolu, Turkey*
- 175 Two Port and Two Suture Modified Laparoscopic Cholecystectomy Technique Sami AÇAR, Nuri Alper SAHBAZ; Tekirdağ, İstanbul, Turkey