

Publishing in Biomedical journals – Following rules to publication

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The number of biomedical journals in Nepal has increased since JNMA started in 1963. There has been increase in number of journals in recent past. However, it is still insufficient. We feel that some academic institutions in the country require publications in biomedical journals and it needs to be promoted by concerned authority. With increase in number of journals, it is obvious that there is increase in number of submissions. Although there has been a surge in appearance of articles in various journals in the country, the standard has not been raised as expected. There could be couple of reasons for this. First, the authors are submitting articles just for the sake of increasing the number of publications. Some institutions require certain number of publications for promotion and without it there is no option. Second, the office bearers of the most of the journals, who are not full time, work on a voluntary basis and cannot devote ample time. Third reason could be that editors have not had the training and the exposure in managing a biomedical journal. Learning by doing appears very true in most of our cases. The most important reason, we believe, is that authors do not have the proper knowledge in designing a study and correcting the complexities that come up with it to make a good study. A need for an appropriate training has attracted our attention and we are planning for same in near future. While meeting with chief editors of many journals with high impact factor, they also have similar issues with improper following of guidelines, peer review related problems and submission of unrelated articles for a specific journal. The problem here in Nepal is manifold higher than what they face.

There are many guidelines for writing proper articles but we would like to suggest that aspiring authors to read the following source properly to help oneself and the journal save time and subsequently improve the quality of the journal.¹ While discussing articles published in renowned journals we do find shortcomings in them as well. If we have the knowledge and skills to comment on published articles, why can't we write articles that are equally good? For this one needs to dedicate time and plan studies judiciously and have thorough understanding of undertaking such studies.

Hence, our current team at the JNMA is trying to establish a proper publication process that initiates with correspondence of acknowledgement of the article to peer reviewing, asking for revision/s, resubmission and final rejection/acceptance of the article. The process is lengthy that involves multiple checks and corrections in part of the authors and the journal editors that take considerable period of time. Authors should not be disheartened to correct and improve their article time and again in line with the peer reviewers and journal editors. Every revision makes article more palatable, as publication to any "good" journal takes about six months to one year from the time of submission. The following reference has discussed some core issues in initiating a study and finally publishing in a reputed journal. We request you to read and the salient features of the article which will help all to plan and submit articles that are commendable the world over.

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