

## JNMA

JNMA (Journal of Nepal Medical Association), the official journal of Nepal Medical Association, since is an internationally peer reviewed, open access, indexed quarterly biomedical journal published since 1963.

JNMA regularly publishes high quality scientific articles, aiding the ever growing scientific base towards evidence based medicine. Evidence based medicine is the key practice nowadays and no one can imagine its place without publication, whether it be in print or online form. JNMA, among a lot of other highly cited journals, significantly contributes to the knowledge base to existing science. It is as important to publish your research findings to share with others as it is to conduct the research itself. One without the other is unthinkable and unsustainable.

So if you are interested to submit your manuscript to JNMA for publication, please consider the following facts first.

### What we publish?

JNMA welcomes the submission of high quality original and innovative research findings that are relevant to understanding the basic science and better clinical practices to improve the treatment and survival of patients. To get a feel of what sort of articles we publish, we encourage you to visit the website [www.jnma.com.np](http://www.jnma.com.np) or get a print copy of the journal and scan through it.

- Full-length papers (5-6 printed pages) and short communications (2-4 pages) are published across the entire spectrum of medical research. The word medical here incorporates medical, surgical, dental, nursing, basic sciences as well.
- Single case reports are accepted if it illustrates a point of general interest.
- Reviews on current topics. Some longer reviews and book reviews are usually invited by the editor, but potential authors are encouraged to approach the journal with suggestions for these and other relevant articles.
- Good quality audits, especially the ones which have compared the findings with similar and contrasting situations, and the ones which have more implications are encouraged.
- Editorials and letters to the editor on matters arising from published material are published at the editor's discretion.
- Book reviews

*JNMA has no submission charges.*

### Before you submit

**Ethics:** JNMA will only process those manuscripts which have ethical clearance from the respective ethics board or institutional review board of the institution. However, it is not applicable to case reports, review articles, view points and short communications. The researchers must have followed internationally accepted ethics standard like the Declaration of Helsinki. Every case report must have a written informed consent from

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the subject/subject's guardian (in case of minor), and care should be taken that the identity of the subject will not be disclosed in any way.

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**Open access policy:** JNMA is an open access journal, meaning that anyone can freely (without payment) open, read, save, share the articles published in the journal. There is no charge for the authors and for online viewers/subscribers. Print subscriptions however, require subscription charges (Please refer to the subscription for that).

### **How to submit?**

All manuscripts should be submitted **via email** at [editor@jnma.com.np](mailto:editor@jnma.com.np) , addressed shortly to the editor of JNMA. The attachment of the email should contain:

1. Declaration file
2. Manuscript
3. Additional files like images (figures/pictures), copy of consent/ethical approval.

All **images** are expected to be in colour (unless the original is in greyscale like a picture of electrophoresis), high quality, and with a proper name. All the captions of tables and figures/images **MUST** have been provided in the manuscript file where it is meant to be. Any citation for the table/figure also must be explicitly mentioned in the manuscript reference section.

**Manuscript format:** The manuscript must be in .DOC or .DOCX (MS Word format). The manuscript can be singly spaced with normal or moderate margin. We **DONOT** accept manuscripts in .PDF (Adobe Acrobat), or scanned image format. It has to be typed and editable.

### **Details of individual manuscript types:**

1. Original article, short communication, and audit should have following sections: Title, structured Abstract with keywords, Introduction, Methodology, Results, Discussion, Conclusion, and References.
2. Case report should have following sections: Title, unstructured Abstract with keywords, Introduction, Case report, Discussion, Conclusion, and References.

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3. Review should have following sections: Title, unstructured Abstract with keywords, Introduction, Methodology, Results, Discussion, Conclusion, and References. It may also have additional sections if needed by the topic, as in meta-analysis. We accept review articles from those author who have published articles in similar field in past. If his/her co-author has published in similar field, we also accept those articles.
4. Editorials are usually from the members of Editorial board. However, we sometimes invite editorial from invited authors. Editorials should have following sections: Title, main body of editorial, and References if necessary.
5. Letter to editor should be written in concise, reasonable paragraph format.
6. Book review should have the name and all pertinent information about the book, including the price (if possible). It must have name of the author(s)/editor(s), edition, publisher, year of publication, pages, and price along with the review. If required, you may add References section to it.

**Other important instructions for authors while preparing manuscripts:**

1. For original articles, the reporting format should be internationally accepted. I.e. CONSORT for randomised controlled trial, STARD for studies of diagnostic accuracy, QUOROM for systematic reviews and meta-analysis, MOOSE for meta-analysis and observational studies in epidemiology, and SQUIRE for qualitative studies reporting quality improvement in healthcare.
2. The length of the abstract should not exceed 250 words excluding key words. There should be 3-6 key words, arranged alphabetically at the end of abstract.
3. The length of the article
  - a. Case report: within 1500, excluding abstract
  - b. Original article: 2500-3500 words
  - c. Review article: Upto 5000 words.
4. Reference (citation) should be in Vancouver system. Please note that JNMA follows few adaptation of the system as:
  - a. Superscripts should be used for numbering rather than brackets in text.
  - b. Numbers should be inserted to the left of colons and semi-colons.
  - c. Full stops are placed after the reference number.
  - d. It is important that the punctuation and form is consistently applied to the whole document.
  - e. Number of references are limited to 15 for case reports.
5. The language of the script should be British English.
6. Tables: Each table must have a number and a caption (title). It should be place on top of the table. The caption should read like "Table 1: Table title"
7. Figures: Each figure (image/picture) must have a number and a caption (title). It should be placed at the bottom of the figure. The caption should read like "Figure 1: Figure title". Figure legends should be provided for each figure separately. Numbers of figure is limited to 4 in case of case report.
8. Units of measurements: If possible, please provide the units in SI (International System).
9. Date in the manuscript should be A.D.
10. Abbreviations (Acronyms): If abbreviations are used, it should be written in full for the first time along with the abbreviation. Then after you may use the abbreviation only. Standard English abbreviations can be used without its full form. For example: "e.g." for "example"
11. If a number is starting a sentence, please spell it out if. For e.g. "Five cases have been reported so far...." Please spell out single digit numbers. For e.g. "...is found to be six percent..."
12. Drug names: Generic names should be used. Trade names will not be allowed.

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13. Contraction: Please do not write in contractions if possible. For e.g. "don't" in place of "do not"
14. JNMA follows ICMJE, WAME, CSE, COPE's guidelines as standard ones. For details please visit the respective sites.
15. Any irregularities, misinformation, or manipulation of the data tending to skew the conclusion towards the side that does not represent the actual finding, if found, can result in the manuscript to be rejected or retracted (if already published). JNMA may proceed with legal actions if needed in appropriate cases.
16. If authors of a published article subsequently become aware of a significant error in it, they should send a notifying letter to the editor of JNMA as soon as possible. If the mistake is judged significant enough to warrant a published correction, the correction will be made as an "erratum" if the fault is JNMA's; "correction" if the fault is the author's.
17. The decision of the editor will be final, even in case of any confusion.

### **Additional information**

To maximize the chance of acceptance and publication of your article, please do the followings:

1. All the documents have to be submitted at once (as listed above).
2. Please stick to the JNMA guidelines for authors. If in doubt, please ask the editor via email.
3. We will be communicating you (corresponding author) via email address provided. So please make sure that it is correct and check it regularly.
4. Personal calls to any editorial team member will not be entertained. Kindly stick to the official email address of [JNMA](mailto:JNMA) only for all official correspondences. Personal calls for publication, undue influence, if identified will drastically lower the chances of acceptance.
5. As of our latest decision, we will not be providing any letter of acceptance to the authors in letter head. Publication in the final print and online format is the proof of acceptance itself. However, when accepted, the author will receive mail from JNMA.
6. We try to be as fast as possible in review process. There are so many factors related to it. At this point, average time from first correspondence to the result of review is three months. In selected cases it may require longer due to various reasons including non-availability of the Reviewer for the manuscript.

### **What you can expect from us in return?**

1. **Efficient, fast review and publication.** Since we publish quarterly, please note that a typical publication cycle for any manuscript is six months (two issues). Since this is an average value, it may be shorter or longer, depending on various factors.
2. **Good quality final copy editing.** After the board has accepted the manuscript for publication, it will be copy edited for any linguistic error and consistency in JNMA style. But please be reminded that most manuscripts are rejected at first hand because they have not followed the guidelines, or are very poorly written, even though the science in it may be good.
3. **Prompt communication.** We are always upgrading ourselves to make sure we are in constant touch with you by email.
4. **Exposure-wide readership.** JNMA has national and international readership, which makes your findings reach its targeted audience fast.

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5. **Indexing.** JNMA is an indexed journal and its contents appear in any relevant searches in PubMed, Scopus, etc. which means any fellow researcher across the globe will get to know about your work and cite it.

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