

## Health Sciences

### *The Official Journal of Kerala University of Health Sciences*

#### **About Health Sciences**

Health Sciences is the official publication of the Kerala University of Health Sciences (KUHS). The permanent Editorial Office of the Health Sciences is situated at KUHS, Thrissur, Kerala. It is published quarterly and is provided complimentary to all institutions under KUHS and on subscription to individuals and institutions. The journal gives priority to clinical and experimental studies important contributions related to health problems in India.

#### **Objectives of Health Sciences**

The broad objective of Health Sciences is "to disseminate the science and practice of Health Sciences." The specific key objectives are:

1. To publish original, peer reviewed articles, which are relevant and well researched on issues related to health from all health science streams under KUHS.
2. To provide continuing education to support informed decisions in the areas of clinical practice and health research.
3. To foster responsible and balanced discussion in subjects related to health, including inter disciplinary areas such as ethics, law, environment and social sciences, politics economics etc.
4. To report KUHS policy, as appropriate, maintaining editorial independence, objectively and responsibly.
5. To practice ethical medical journalism and to produce a credible, enjoyable scientific publication.

#### **Instructions to Authors**

##### **Criteria for Acceptance**

All submitted manuscripts should be original, study should be done using appropriate methodology, data used should be sound. The conclusions arrived should be reasonable, important and supported by the data provided in the manuscript. The article should be written in reasonably good English. The article should be submitted should satisfy the requirements of "*Health Sciences*". All accepted manuscripts will be subjected to editorial modifications to suit the language and style of *Health Sciences*.

**Unauthorized use:** The copyright of all accepted and published manuscripts will be with *Health Sciences*. *The published articles* cannot be reproduced elsewhere or distributed in any form, in whole or part, without permission from the Editor-in-Chief.

**Review process:** The articles will be rejected if it is insufficient in originality, has serious scientific flaws, major ethical issues to be addressed. The articles without an appropriate message, not related to health, not submitted in desired format, or not in accordance with the current priorities of the journal will be rejected. Such rejection will be communicated to authors. Articles will undergo double blind peer review.

**Duplicate submission and plagiarism:** Manuscripts are considered for publication on the understanding that they have not been published or are not being considered for publication any format by another publication or electronic medium. If plagiarism or duplicate publication is detected, article will be rejected/ retracted. The editorial board is free to take further action. This may include barring the

author from submitting articles in future, notification of the retraction in the journal/website, and informing the authors' institute/supervisors or other medical editors. An article previously rejected by this journal should not be resubmitted under the original or modified title or with minor modifications.

### **Categories of Articles**

Articles can be submitted as Research Papers, Reviews, Perspectives, short communication and Case Reports.

**Research Papers:** The submission should report research relevant to Health Sciences. This may include randomized clinical trials, other intervention studies, studies of screening tests and diagnostic tests, cohort and case-control studies, descriptive studies, observational studies, epidemiological assessments, cross sectional surveys, systematic reviews and cost-effectiveness analyses. Each manuscript should be accompanied with structured Abstract in not more than 250 words. The main text should be arranged in sections: Introduction, Material and Methods, Results and Discussion (IMRAD). Number of tables is limited to a maximum of 4 and figures 2. The typical text length for such contributions to be 2000 words maximum, excluding title page, abstract, tables, figures, acknowledgments, key messages and references. In this section, number of references should be limited to 25. More than 6 authors(if not group authorship) should be with permission of editorial board. The authors should state in the manuscript that ethical clearance was obtained for the research project. The journal has the right to ask for a copy of ethical clearance.

**Review Article:** Review articles or systematic, critical assessments existing publications are also accepted for possible publication. The suggested length for review articles is be 3000 words maximum, excluding tables, figures, and references. Review articles should have an abstract of maximum 250 words describing the need and purpose of review, methodology of review process, which includes the process of locating, selecting, extracting and synthesizing data, and main conclusions. The number of references should be limited to a maximum of 50. More than 4 authors (if not group authorship) should be with permission of editorial board.

**Perspective:** Articles should cover challenging topics of current interest in health care and the intersection between medicine and society. The following guidelines need to be followed: (i) the topic should be health related and specific (ii) word limit: 2000 words. It may include one figure and one table, (iii) it should have an unstructured abstract of up to 150 words, and (iv) number of references should be limited to of 25 maximum. There should not be more than 3 authors.

**Short communication:** Submissions as Short write-ups on recent guidelines /revisions of standard Guidelines, Classifications or Recommendations issued by Global/National organizations on topics of interest to health care providers are published in this section. The word limit is 1000 words. There should not be more than 3 authors. Maximum of 2 tables and 10 references are allowed in this section.

**Case Reports:** Clinical cases highlighting clinically relevant unusual cases or clinical experiences are considered as *Case Reports*. The text should not exceed 1000 words. The manuscript should have introduction, case report and discussion and a structured abstract of 50 words. Only one very relevant figure is allowed. Include up to 10 recent references. There should not be more than 5 authors.

Editor/ editorial board can request the authors to resubmit the articles submitted for one section to another section with appropriate modifications.

### **Technical Requirements for Submitting the Manuscript**

- The manuscript is to be sent in word format to [submissions.healthsciences@kuhs.ac.in](mailto:submissions.healthsciences@kuhs.ac.in)
- British English throughout the manuscript.

- Double-space throughout the manuscript including title page, abstract, main text, key messages, references, figure legends and tables.
- Use Times New Roman or Arial or Garamond or Calibri font in 12-point font size. A margin of 2.5 cm (1 inch) on all sides is essential. The whole manuscript should be in 'portrait' layout.
- *Units of measure*: Use Conventional units. The metric system for length, area, mass and volume.
- Use only non-proprietary names of drugs, devices and other products.

All submitted manuscripts should accompany a statement in the given format signed by all authors in the order of authorship. This statement includes statement regarding authorship criteria, responsibility, disclosure of conflict of interest, funding and acknowledgements. Authors may sign and upload separate forms if all authors are unable to sign on one form.

**References:** All references should be in the **Vancouver style** (Vancouver Reference Style Guide.

<http://openjournals.net/files/Ref/VANCOUVER%20Reference%20guide.pdf>) and should be numbered consecutively in the order they are mentioned first in the text. Identify references in text, tables, and legends by Arabic numerals as superscript. References cited only in tables or in legends to figures should be numbered in the order of the sequence established by the first identification in the text of the particular table or figure. It is the responsibility of the author to verify the reference against the original documents.

**Tables:** Each table should be typed with on a separate page in double-spacing. Table should not be submitted as photographs. Tables should be numbered consecutively using Roman numerals in the order of their first citation in the text. Each table should have a brief self-explanatory title.

**Figures and Illustrations:** Figures should be sent as separate files preferably in portrait form. Letters, numbers, and symbols in photographs should be legible. Authors should get consent from the subjects/ patients for publication of their photographs. It is mandatory to mask the eyes unless specifically need to be shown. If a figure has been published elsewhere and it is absolutely essential to reproduce, submit written permission from the copyright holder to reproduce the material and acknowledge it. Figures should be numbered consecutively according to the order in which they are first cited in the text.