

Kathmandu University Medical Journal (KUMJ)

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Kathmandu University Medical Journal

Authors Guidelines

Introduction

Kathmandu University Medical Journal (KUMJ) is a quarterly, indexed, peer-reviewed, open-access, international medical journal [ISSN 1812-2027 (Print) and 4812-2078 (Online at www.kumj.com.np)]. It is indexed in MEDLINE/PubMed and is also selected for coverage by ELSEVIER BIBLIOGRAPHIC DATABASES including EMBASE, EMNursing, Compendex, GEOBASE, Mosby Yearbooks Scopus. KUMJ is an official journal of Kathmandu University (KU) and is published jointly by the medical colleges under the affiliation of KU with the sole aim of promoting and sharing quality medical information.

KUMJ stands as a forum from which the researches conducted in various disciplines in medicine, the reviews done, novel and unique cases which we encounter during our professional career can be made available to our readers.

Types of articles

In each issue, we publish articles under certain types/ sections. The types of articles we publish are as follows:

- Editorials
- Original Articles
- Audits
- Case Reports
- Review articles
- Medical education
- Student KUMJ
- Letters to the editor

Beside the regular types of articles we also sometimes publish articles under categories like Invited Articles (See below for details of each type), Proceedings/ Declaration of Conferences/ Congress, Updates, Supplements, etc. The types are determined by the title, aim(s) and objective(s), and most importantly the content of the manuscript. We also require that the author clearly specifies the type of article s/he is submitting. However, the final decision under which category the article is published rests on the decision of the editorial board. In such case, the author will be duly informed regarding the decision. The author will have the right to withdraw the article if s/he chooses, but must do so within the specified time.

Author Guidance

An “author” generally considered as someone who has made substantive intellectual contributions to a published study, and biomedical authorship continues to have important academic, social, and financial implications. An author must take responsibility for at least one component of the work, should be able to identify who is responsible for each other component, and should ideally be confident in their co-authors’ ability and integrity.

KUMJ will follow the ICJME recommendation with the following criteria for authorship;

Authors should meet conditions 1, 2, and 3.

1. Authorship credit should be based on
 - Substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data;
 - Drafting the article or revising it critically for important intellectual content; and
 - Final approval of the version to be published.
2. When a large, multicenter group has conducted the work, the group should identify the individuals who accept direct responsibility for the manuscript. These individuals should fully meet the criteria for authorship defined above, and editors will ask these individuals to complete journal-specific author and conflict-of-interest disclosure forms. When submitting a manuscript authored by a group, the corresponding author should clearly indicate the preferred citation and identify all individual authors as well as the group name. Journals generally list other members of the group in the Acknowledgments.
3. Acquisition of funding, collection of data, or general supervision of the research group alone does not constitute authorship.
4. All persons designated as authors should qualify for authorship, and all those who qualify should be listed.
5. Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content.

Authorship of multicenter trials is attributed to a group. All members of the group who are named as authors should fully meet the above criteria for authorship. The group should jointly make decisions about contributors/authors before submitting the manuscript for publication. The corresponding author/guarantor should be prepared to explain the presence and order of these individuals. It is not the role of editors to make authorship decisions or to arbitrate conflicts related to authorship.

Authorship

Authorship is a way of making explicit both credit and responsibility for the contents of published articles. Credit and responsibility are inseparable. The guiding principle for authorship decisions is to present an honest account of what took place. Criteria for authorship apply to all intellectual products, including print and electronic publications of words, data, and images. Journals should make their own policies on authorship transparent and accessible.

One author (a “guarantor”) should take responsibility for the integrity of the work as a whole. This is the corresponding author, the one who sends in the manuscript and receives reviews, but other authors can have this role. All authors should approve the final version of the manuscript.

It is preferable that all authors be familiar with all aspects of the work. However, modern research often done in teams with complementary expertise so that not every author may be equally familiar with all aspects of the work.

Number of Authors

Editors should not arbitrarily limit the number of authors. There are legitimate reasons for multiple authors in some kinds of research, such as multi-center, randomized controlled trials. In these situations, a subset of authors may be listed with the title, with the notation that they have prepared the manuscript on behalf of all contributors, who are then listed in an appendix to the published article. Alternatively, a “corporate” author (e.g., a “Group” name) representing all authors in a named study may be listed, as long as one investigator takes responsibility for the work as a whole. In either case, all individuals listed as authors should meet criteria for authorship whether or not they are listed explicitly on the byline. If editors believe the number of authors is unusually large, relative to the scope and complexity of the work, they can ask for a detailed description of each author’s contributions to the work. If some do not meet criteria for authorship, editors can require that their names be removed as a condition of publication.

Order of Authorship

The authors themselves should decide the order in which authors are listed in an article. No one else knows as well as they do their respective contributions and the agreements they have made among themselves. Many different criteria are used to decide order of authorship. Among these are relative contributions to the work and, in situations where all authors have contributed equally, alphabetical or random order. Readers cannot know, and should not assume, the meaning of order of authorship unless the approach to assigning order has been described by the authors. Authors may want to include with their manuscript a description of how order was decided. If so, editors should welcome this information and publish it with the manuscript.

Authorship Disputes

Disputes about authorship are best settled at the local level, before journals review the manuscript. However, at their discretion editors may become involved in resolving authorship disputes. Changes in authorship at any stage of manuscript review, revision, or acceptance should be accompanied by a written request and explanation from all of the original authors.

Contributors Listed in Acknowledgments

All contributors who do not meet the criteria for authorship should be listed in an acknowledgments section. Examples of those who might be acknowledged include a person who provided purely technical help, writing assistance, or a department chairperson who provided only general support. Editors should ask corresponding authors to declare whether they had assistance with study design, data collection, data analysis, or manuscript preparation. If such assistance was available, the authors should disclose the identity of the individuals who provided this assistance and the entity that supported it in the published article. Financial and material support should also be acknowledged.

Groups of persons who have contributed materially to the paper but whose contributions do not justify authorship may be listed under such headings as “clinical investigators” or “participating investigators,” and their function or contribution should be described—for example, “served as scientific advisors,” “critically reviewed the study proposal,” “collected data,” or “provided and cared for study patients.” Because readers may infer their endorsement of the data and conclusions, these persons must give written permission to be acknowledged.

Authorship criteria

To qualify for authorship, the author must have contributed substantially to the intellectual content of the manuscript.

- A
 - conception and design
 - acquisition of data
 - analysis and interpretation of data
- B
 - drafting of the manuscript
 - critical revision of the manuscript for important intellectual content
- C
 - statistical analysis
 - obtaining funding
 - supervision

Manuscript processing

Manuscripts are processed as per standard procedure mentioned in KUMJ policy for manuscript processing. In case of any confusion, author can contact KUMJ at editor@kumj.com.np or kumj@kusms.edu.np

Manuscript submission

Authors must submit manuscripts via internet website <http://www.kumj.com.np>.

Paper Presentation and Format

KUMJ has following outlines for paper presentation and formats.

1. Use double spacing throughout
2. Pages should have margins at least 25 mm and be numbered
3. Maintain the sequence title page, abstract, key words, text, acknowledgements, references and legends.
4. Text should be presented as per the nature of paper
5. The Cover page should carry the title, a short running title, total words count on abstract, total word count of manuscript, information of any disclaimers or funding bodies and the corresponding author's full names, qualifications, affiliations, departments, email and addresses of institute affiliated (street, city, country)
6. Authorship page should carry in sequence information on primary author, corresponding author, and other authors, with authors' full names, qualifications, affiliations, departments, email and addresses of institute affiliated (street, city, country)
7. Declaration page must be scanned and sent with signature of all authors.
8. Include permission to reproduce previously published material or to use illustrations that may identify participants

Use of Language

1. Uniformity in Language is required,
with preference to British English
2. There should be no abbreviation in Abstract
3. Abbreviation spelt out in full for the first time
4. Avoid repetition of same words and waste words
5. Do not use '&' and '@' in the text
6. Running title provided should be not more than 50 characters
7. Format the manuscript in a single column
8. Do not use any special typeface for emphasis

Use of Numbers

1. Numbers less than 10 should be written in words.
2. Numbers 10 or more should be written in numbers.
3. Words not numbers begin a sentence.
4. Be consistent in lists of numbers.
5. Numbers less than 1 begin with a zero.

6. Do not use a space between a number and its percent sign.
7. Use one space between a number and its unit.
8. Report percentages to only one decimal place if the sample size is larger than 100.
9. Do not use decimal places if the sample size is less than 100.
10. Do not use percentages if the sample size is less than 20.
11. Do not imply greater precision than your measurement instrument.
12. For ranges use "to" but not "-" to avoid confusion with a minus sign and use the same number of decimal places as the summary statistic.
13. Rules for data numbers do not apply to citations to the literature
14. Use the metric system throughout; use of appropriate SI Units is encouraged. If using other, more commonly used units, give the SI equivalent in parenthesis.

USE OF TABLES, FIGURES AND IMAGES

1. Tables, Figure and Images number in Arabic letters (no Romans)
2. Title/legends provided in no more than 40 words
3. For borrowed materials – credit note must be provided in the figure/table/image itself.
4. Keep the table/figures simple and uncluttered as possible
5. Standard abbreviation of units of measurement should be added in parentheses

Use of Tables

- Rule of thumb:** Use tables to present data that is detailed and that is important
6. Avoid tables created with the tab key, pictures, and embedded objects
 7. Fancy borders, shading, 3d effects, multiple grids are both distracting and unnecessary
 8. Prefer grey shades of tables and figures
 9. Scientific table have few horizontal lines and no vertical lines. Usually only three horizontal lines (above and below the column headings, below the table)
 10. Tables should be formatted so that they have to be read horizontally (left to right) – the natural reading style

Use of Figures

- Rule of thumb:** Use figures to - Show trends in data (as graphs)
11. Do not use Pie charts, 3d bar diagrams, as Figures
 12. Figures should be simple to interpret, uncluttered, and free of extra lines, text, dimensions and other gimmicks.
 13. Prefer common data-presentation formats in figures: Column charts/bar charts; Line charts; Scatter plots

Use of Images/photographs

14. Do not create math equations or tables as pictures
15. For Images and photographs, use TIFF or a high resolution JPEG.
16. Figures necessitate good quality – 300dpi with minimum resolution of 800x600 pixel

Relating to tables and figures in text

17. Refer to all the tables/figures in the text
18. Point out the relevant part(s) of a table/figure when referring to it
19. Do not restate all the information from tables/figures in the text of the paper
20. Tables/figures should not be used to highlight what has already been said in the paper

Permissions

Written permission to reproduce borrowed material (illustrations, tables and photographs) must be obtained. Authors must ensure that appropriate permission has been obtained for the publication of identifiable clinical photographs. Borrowed and previously published material should be acknowledged in the captions in this style: 'Reproduced by kind permission of . . . (publishers) . . . from . . . (reference).' It is the responsibility of the author to obtain all such permissions from the original publishers and authors, and to submit them with the manuscript.

Drug names

Generic drug names should be used.

Reference

Authors are strictly instructed to follow Vancouver system for citing scientific literature. Any manuscript reference not following Vancouver system will immediately be sent back to author for revision. Authors can get a comprehensive explanation of the system with practical examples in the following link: <http://www.lib.monash.edu.au/tutorials/citing/vancouver.html>. or KUMJ website following link <http://www.kumj.com.np>

Authors must also note that KUMJ follows following variation in Vancouver style:

Superscripts must be used rather than brackets.

Numbers (citations) should be inserted before colons and semi-colons. (to the left)

Numbers (citations) should be inserted after comas and full stops. (to the right)

It is important that the punctuation and form is consistently applied to the whole document.

Abbreviations

These are commonly used abbreviations to write in reference list

c. = circa (about, approximately)	ed. = edition
fig; figs = figure(s)	p. = page(s)
pt pts = part(s)	suppl= Supplement
ch. = Chapter	et al.. = and others
ill ills = illustrator(s)	para paras = paragraph(s)
rev = revised	

Guidelines on individual article types

Editorial

This is written in each issue by the editor or members of editorial board and is not open for external authors unless invited.

Original Articles

We publish all types of research articles, i.e. descriptive, analytical, and experimental. However, we believe that some descriptive studies fall under audit section more than as an original research article. Such articles which do not contribute substantially to existing knowledge or to new concepts, will be placed under AUDIT section of the journal.

Original Articles should have following headings in its manuscript:

- Title
- Abstract
- Key Words
- Introduction
- Methods
- Results
- Discussion
- Conclusion
- Limitation
- Acknowledgement
- References

Original Article

Title

- Complete title of the article
- Provide also Running title – not more than 50 characters
- Be short, accurate, and unambiguous giving your paper a distinct personality
- Begin with the subject of the study
- Avoid excessive adjectives and noun strings

Abstracts

The abstract should contain the essence of the whole paper and should stand-alone. Be clear and concise and avoid unnecessary detail.

- Word limits – 250 words
- No abbreviation to be used in abstract
- Structured abstract - into following sub groups
 - Background
 - Objectives
 - Methods
 - Results
 - Conclusion

Key Words

- Key Words – 3-7 words, arranged in alphabetical order
- Use Key Words from MeSH index –
website <http://www.ncbi.nlm.nih.gov/mesh>

Introduction

- Word limit – 250 words
- Introductions should be short and arresting and tell the reader why you undertook the study
- Divide the Introduction into three parts
 - a. The first paragraph should be a very short summary of the exiting knowledge of your research area.
 - b. This should lead directly into the second paragraph that summarizes what other people have done in this field, what limitations have been encountered with work to date, and what questions still need to be answered.
 - c. This, in turn, will lead to the last paragraph, which should clearly state what you did and why.
- Do not write conclusion in this section

Methods

Basically, it should include three questions: How was the study designed? How was the study carried out? and How was the data analysed?

Mention following, in order of their appearance, and writing in past tense or passive verb

- I. Study type and study design
- II. Place and duration of study
- III. Sample size and Sampling method
- IV. Methods of data collection
- V. Ethical Approval and Patient consent
- VI. Inclusion and exclusion criteria
- VII. Protocols followed (if any)
- VIII. Statistical analysis and software used

You should give precise details of the questionnaires you used and how they were developed, validated, and tested for repeatability. If KUMJ questions, you should be able to provide the questionnaire.

When the sample size is smaller than 40, the results are rarely believable, the summary estimates lack of precision, standard statistical methods may be inappropriate, and the generalizability of the results will be questionable. It is always important to include details of your sample size calculations.

For comparison. You must also describe the methods of randomization, allocation concealment and blinding of the research staff and the participants to study group allocation. You must also describe any procedures that you used to maximize or measure compliance with the interventions. If a drug is being tested, then the generic name, the manufacturer, the doses used and any other information should be included.

Results

You should use an interesting sequence of text, tables, and figures to answer the study questions and to tell the story without diversions. Remember that results and data are not the same thing. You do not need to repeat numbers in the text that are already presented in a table or a figure.

- It is essential that you are consistent in the use of units in your reporting so that readers can make valid comparisons between and within groups. KUMJ require you to use Système Internationale (SI) units
- Clearly present relevant data, and avoid data redundancy
- Only significant results must be shown under this heading
- Use a mixture of text, tables, and figures
- Avoid using percentages unless the group have more than 100 subjects
- When condensing results give the number of subjects, the range of results, the central tendency (mean \pm SD), and the spread (confidence interval for the mean)
- If you have done an analysis of variance give the estimates with their degrees of freedom and p values

- Prepare tables and figures according to the instructions mentioned above
- Tables and illustrations/ graphs/ charts should not represent the same results. Use the space below the legend to show some important findings.
- Write all your result text under one section referring to appropriate legends.

Template for Result, in order of their appearance

- I. Describe study sample. Who did you study?
- II. Univariate analyses - How many participants had what?
- III. Bivariate analyses - What is the relation between the outcome and explanatory variables?
- IV. Multivariate analyses - What is the result when the confounders and effect modifiers have been taken into account?

Discussion

- Discuss major findings. It should not merely be a repetition of results section. Only duplicating data from results section into this heading is NOT allowed
- Avoid unnecessary explanation of someone else work unless it is very relevant to the study. Other studies should be quoted in relation to the findings of the present study.
- Provide and discuss with the literatures to support the study
- Mention about
 - a. Limitations of your study
 - b. Confounding factors
 - c. Possible implications which are not mentioned in the abstract

An otherwise very good manuscript but with poor discussion may be rejected for the same reason

Conclusion

Template for Conclusion, in order of their appearance

- I. What did this study show? Address the aims stated in the Introduction
- II. Strengths and weaknesses of methods
- III. Discuss how the results support the current literature or refute current knowledge
- IV. Future directions “So what?” and “where next?” Impact on current thinking or practice

Also make note of the following

- V. Give recommendation from your study

Acknowledgement

Acknowledge any person or institute who have helped the study. Make acknowledgement short and do not add praise or literature in this section

References

Abide by KUMJ guideline – Vancouver citation method.

Not more than 40 references for Original Article

Legends

Table e.g. (Table 1) and Figure e.g. (Figure 3)

Put tables, charts, and figures at the end of the paper, after references

Case Report

Title

- Complete title of the article
- Provide also Running title – not more than 50 characters
- Be short, accurate, and unambiguous giving your paper a distinct outlook
- Begin with the subject of the study
- Avoid excessive adjectives and noun strings

Abstracts

The abstract should contain the essence of the whole paper and should stand-alone. Be clear and concise and avoid unnecessary detail.

- Word limits – 150 words
- No abbreviation to be used in abstract
- Non Structured abstract

Key Words

- Key Words – 3-7 words, arranged in alphabetical order
- Use Key Words from MeSH index –

website <http://www.ncbi.nlm.nih.gov/mesh>

Introduction

- Word limit – 150 words
- Introduce the case in short and highlight the importance of presenting it as a case report in the journal

Case Report

- Reason for reporting this case
- Avoid waste words
- The report should detail: what happened to the patient, the time course of events, why the particular management was chosen

Discussion

Provide and discuss latest literatures about your case report

Mention about limitation of the reporting, if any Valid written expressed consent from patient/s must be taken prior to involving any person in case note manuscript. The identity of the patient must not be revealed by text or figures. If the figure/picture tends to reveal the identity of the individual, it is the responsibility of the author to have explained so to the patient before submitting the manuscript

Use the same guideline for Case Series Reporting

-- Acknowledgement, References and Legends to be used as mentioned above

Audits

Audit section may have similar sections like an original research article, i.e. abstract, introduction, methods, results, discussion, acknowledgements, references. Here, we publish papers that tend to give an audit of case records in one or more healthcare setting(s). The findings of audit articles provide the readers with a profile, or composition of cases occurring in wards or departments of the facility only.

If some study is done on a large scale enough which contributes to scientific literature reflecting important findings or contribution related to the country or some large geographic area, can then be better placed in an original research/ study section rather than an audit.

The decision as to whether a supposed original research article belongs to original research article itself or is published under the section of audit finally relies on the editorial board.

Review articles

Review article must incorporate various aspects of the topic chosen, and should also incorporate latest researches and findings. It should not merely be a collection of quotes from textbooks or very old articles of journals that does not contribute anything new to the scientific literature base already available.

Ideal Contents of a review:

- What is the problem?
- Historical background
- Basic science
- Methodology
- Human studies
- Discussion
- Conclusions
- Recommendations
- The future

The ideal review should be topical, up to date, balanced, accurate, authoritative, quotable, provocative and a good read.

Medical education

Medical education section should be pertinent to the education process in the medical field. It may be about teaching-learning process in undergraduate, post graduate or higher levels.

Student KUMJ

StudentKUMJ is a section in the Kathmandu University Medical Journal (KUMJ) especially provisioned for medical / nursing students. To ensure that articles in the studentKUMJ are authoritative and accurate, our policy is that all educational articles must be co-authored by an expert. The co-author has to contribute substantially in terms of helping in the conception of the topic, providing suitable resources, revision and final approval of the write-up.

We accept article on:

- Education
- Careers
- Life
- View Point
- What's on the web?

The details on each topic can be found on our website www.kumj.com.np under the student KUMJ link.

Specially invited articles

Articles which are specially invited in KUMJ from the editorial board may fall among any one of the types mentioned above and should follow the guidelines as above just the same.

Fillers

Authors may submit some quotes, illustrations and similar filling materials for the journal, which will be considered for inclusion in both print and online version of KUMJ and its source acknowledged. These contributions however do not fall under types of articles to be indexed for scientific purposes.

Letter to the Editor

Letter to the Editor will be accepted or edited and published at the Editor's discretion. The author must give a full reference of the article published in KUMJ while writing the letter to which he is referring. While writing be succinct (approximately 325 words) and address one or two major subjects regarding the article. Letters that, in the Editor's view, require a response from the authors of the article will be held pending notification of the authors, who will have fifteen days to respond. On receipt of an author's response, the letter and the author response will be published in the journal and will also be posted in the web. If we do not receive an author response within fifteen business days, the letter will be published with a note stating, "The author has been invited to respond and has not done so."

General instructions to authors

- The decision of the editor will be final for modification or rejection. However, the author may withdraw his/her manuscript prior to publication when given a chance by the editor (e.g. after modification).
- If the authorship of a paper is changed in any way after it has been reviewed, the Editor will require a letter, signed by all authors named on the original or on the revised submission, explicitly agreeing to the change.
- Additional prints/ republication/translation:
- As KUMJ is an Open Access Journal and we post all the articles published in the web in PDF format, the author may print additional copies. However, for doing so the author has an obligation to inform KUMJ. This will also help us in tracking reprinted articles. However, if the quantity of reprints required is more than 50 or in a commercial basis, prior written permission is required by the author from the Chief Editor of KUMJ.
- For republication of the article in another journal, the author must seek prior permission from KUMJ, clearly stating the purpose and request for permission to print again.
- For translation of the article and publication in another language (in another journal), the author must seek prior permission from KUMJ along with the purpose and request for permission to print again. Both the above mentioned points require to be compliant with ICMJE guidelines for reprints and translation.
- The submitted manuscript should actually represent the scientific work done and the data should not be manipulated for whatsoever purpose.
- 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). KUMJ may proceed with legal actions if needed in appropriate cases.
- 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 KUMJ 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 KUMJ's; "correction" if the fault is the author's.

Colour online

We are usually able to substitute colour versions of illustrations in the online journal at no cost. Authors wishing to take advantage of this facility are asked to submit a high quality colour image file for producing it electronically during their initial submission.

KUMJ reserves the right whether or not to accept colour work that is not submitted in the format described above.

Supplementary online material

Authors wishing to include additional material supporting a paper for which there is no space in the printed journal, may wish to have this made available online with the paper on the KUMJ website. These supplementary materials must be submitted with the original manuscript and will be shown to the reviewers and the editors.

This allows papers to have greater depth, online enhancements, such as video clips and additional data sets, making them more useful to fellow specialists in the field who require detail, without distracting more general readers.

Authors should ensure that supplementary information is supplied in its FINAL format because it is not subedited and will appear online exactly as submitted. It cannot be altered, nor can new supplementary information be added, after the paper has been accepted for publication.

KUMJ is willing to consider publishing supplements to regular issues. Supplement proposals may be made at the request of:

The journal editor, an editorial board member or a learned society may wish to organize a meeting, sponsorship may be sought and the proceedings published as a supplement.

The journal editor, editorial board member or learned society may wish to commission a supplement on a particular theme or topic. Again, sponsorship may be sought.

KUMJ itself may have proposals for supplements where sponsorship may be necessary.

A sponsoring organization, often a pharmaceutical company or a charitable foundation, that wishes to arrange a meeting, the proceedings of which will be published as a supplement.

In all cases, it is vital that the journal's integrity, independence and academic reputation is not compromised in any way.

CHECKLIST

(Please make sure that you have addressed all the points mentioned in the checklist)

- Institutional Review Committee (IRC) approval letter from the affiliated institute
- KUMJ Authorship/Declaration Form (Completely filled) -
Declaration page must be scanned and sent with signature Corresponding Author, and Primary Author
- Manuscript file -
Manuscript File must include Manuscript Text, including Abstract, References, and Tables/Chart. Do not embed figure/Image on this file
- Supporting File/s -
Include individual Image/Picture files (jpeg, tiff) - with minimum 300dpi pixel count and 800x600 size.
- Supplementary files, if necessary

Referencing and Citation

“After all, the ultimate goal of all research is not objectivity; but truth”

- Helene Deutsch (1884-1982, www.bartebly.com)

Kathmandu University Medical Journal (KUMJ) uses Vancouver Style in all its assessment tasks. When referencing your work in the Vancouver style, it is very important that you use the right punctuation and that the order of details in the reference is also correct. All sources used should be properly referenced according to the following guidelines. Proper citations are a reflection of your professionalism and respect for other scholars and practitioners.

Using Vancouver Style

Vancouver Style uses in-text citations and a Reference List at the end of your document. A citation is an acknowledgement in your text of references that support your work. It is in the form of a number that correlates with a source in your reference list.

In the Vancouver Style, Arabic numbers in superscript identifies citations within the text of the essay/paper. This applies to references in text, tables and figures.

- Citations within the text of your paper are identified with a superscript numbers.
Example: Pant has argued that...
- References are numbered consecutively in the order they are first used in the text. The full citations will be included in the Reference List at the end of your document, with matching numbers identifying each reference.
- When multiple references are cited together, use a hyphen to indicate a series of inclusive numbers. Use commas to indicate a series of non-inclusive numbers. A citation with these references (4,5,6,7,14,19) is abbreviated to (4-7,14,19).
Example: Multiple clinical trials^{4-6,9} show...
- The original number used for a reference is reused each time the reference is cited.
Example: “...the theory was first put forward by Pant⁷ in 1999, but there was disagreement^{3,5,8} over its importance.”
- The placement of citation numbers within text should be carefully considered e.g. a particular reference may be relevant to only part of a sentence. As a general rule, reference numbers should be placed outside full stops and commas and inside colons and semicolons;
Example: ...a new definition.¹³, p¹¹¹⁻² ...this option is preferred¹¹;
- Citing a specific page:
Eg. Patients showed no signs of diabetes.^{1(p.23)},⁹
Eg. Ramgopal(pp.3,6) reported no sign of.... (more than one page cited)

Abbreviations

These are commonly used abbreviations to write in reference list

c. = circa (about, approximately)	ch. = Chapter
ed. = edition	et al. = and others
fig; figs = figure(s)	ill ills = illustrator(s)
p. = page(s)	para paras = paragraph(s)
pt pts = part(s)	rev = revised
suppl = Supplement	

How to create a reference list

- A reference list contains details only of those works cited in the text of the document. (eg. book, journal article, pamphlet, internet site, cassette tape or film). These details must include sufficient detail so that others may locate and consult your references.
- A reference list should appear at the end of your article/report with the entries listed numerically and in the same order that they have been cited in the text.
- Sources cited from the Internet should be in your reference list.

Reference List

Provide full citations in your Reference List, included starting as a new page at the end of your document. Follow the examples included in this guide for different types of resources:

Articles in Journals, Books , Websites, Other Resources, Personal Communication

Bibliography List

A bibliography lists sources not cited in the text but which are relevant to the subject and were used for background reading. This is a separate list, from the reference list, and should be arranged alphabetically by author or title (where no author is given) in the Vancouver style.

1. Articles in Journal

Standard Format for Journal Articles

Author's surname Initials, Author's surname Initials. Title of article. Title of Journal. [abbreviated] Year of publication Month date; Volume Number(Issue number):page numbers`

Journal articles can be accessed in three different ways:

- (1) from the print (paper) copy;
- (2) from the journal's website; or
- (3) from an online article database like Medline.

You will cite the article differently depending on how you accessed it. Vancouver Style of referencing does not use the full journal name. It uses commonly-used abbreviation journal titles. Abbreviation can be found from: PubMed Journals Database website: <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=journals>

KUMJ abbreviation is: **Kathmandu Univ Med J**

- Only first words of article title and words that normally begin with a capital letter are capitalized.
- First 6 authors are listed; thereafter add an et al. after the sixth author.
- If the journal has continuous page numbering, you may omit month/issue number.
- Remember that, reference to a journal article will need.
 1. The year when the journal was published.
 2. The volume number. There may be one volume or more, per year.
 3. Perhaps a part number . Volumes may be published in several parts. Generally in the Vancouver style you can omit the part number unless each part of the journal starts numbering pages at page 1 or the reference is from a supplement.
 4. The page numbers of the article itself. If the article is on pages 11-15, in the Vancouver style you can abbreviate this to 11-5.

Examples:

Journal Article in Print

1. Haas AN, de Castro GD, Moreno T, Susin C, Albandar JM, Oppermann RV, et al. Azithromycin as a adjunctive treatment of aggressive periodontitis: 12-months randomized clinical trial. J Clin Periodontol 2008 Aug;35(8):696-704.

Journal Article from a Website

2. Tasdemir T, Yesilyurt C, Ceyhanli KT, Celik D, Er K. Evaluation of apical filling after root canal filling by 2 different techniques. J Can Dent Assoc [Internet]. 2009 Apr [cited 2009 Jun 14];75(3):[about 5pp.]. Available from: <http://www.cda-adc.ca/jcda/vol-75/issue-3/201.html>

Journal Article from an Online Database

3. Erasmus S, Luiters S, Brijlal P. Oral hygiene and dental student's knowledge, attitude and behaviour in managing HIV/AIDS patients. Int J Dent Hyg [Internet]. 2005 Nov [cited 2009 Jun 16];3(4):213-7. Available from Medline: <http://cclsw2.vcc.ca:2048/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=cmedm&AN=16451310&site=ehost-live>

4. Monajem S. Integration of oral health into primary health care: the role of dental hygienists and the WHO stewardship. Int J Dent Hyg [Internet]. 2006 Feb [cited 2009 Jun 21];4(1):47-52. Available from CINAHL with Full Text: <http://tinyurl.com/kudbxw>

Creating Small URLs If the URL of an article is long, go to: www.tinyurl.com. Create a working link to a website that is shorter.

Journal Article in Press

5. O'Leary C. Vitamin C does little to prevent winter cold. The West Australian. Forthcoming 2005 June 29.

Can include date, volume and issue number if provide; Add manually – "Forthcoming" and year and date if provided. "Forthcoming" is used instead of "in press"

Journal Articles with Corporate authors

6. The Royal Marsden Hospital Bone-Marrow Transplantation Team. Failure of syngeneic bone-marrow graft without preconditioning in post-hepatitis marrow aplasia. Lancet. 1977;2:242-4.

Journal Articles with no author given

7. Anonymous. Coffee drinking and cancer of the pancreas (editorial). Br Med J. 1981;283:628

Other examples of Journals with parts and/or supplements

Cochrane Library Review

Entered cited date manually and change the medium to "Internet"

8. Shaw KA, O'Rourke P, Del Mar C, Kenardy J. Psychological interventions for overweight or obesity. Cochrane Database of Systematic Reviews [Internet] 2005 [cited 2010 Apr 10]. Available from: <http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD003818/frame.html>

Electronic article – with DOI number

Add doi number manually

9. Fletcher D, Wagstaff CRD. Organisational psychology in elite sport: its emergence, application and future. Psychol Sport Exerc. 2009;10(4):427-34. doi:10.1016/j.psychsport.2009.03.009.

Other Examples

Journal with supplement

Environ Health Perspect 1994;102 Suppl 1:275-82

Issue with Supplement

Semin Oncol 1996;23(1 Suppl 2):89-97

Volume with part

Ann Clin Biochem 1995;32(pt 3):303-6

Issue with part

N Z Med J 1994;107(986 pt 1):337-8

Issues with no volume

Clin Orthop 1995;(320):110-4

No Issues or volume

Curr Opin Gen Surg 1993:325-33

2. Book

Standard Format for Books:

Author Surname Initials. Title: subtitle. Edition (if not the first). Place of publication: Publisher; Year.

Remember that, reference to a book will need.

1. The edition number, Arabic number followed by non-superscript denotations eg. 11th ed.
2. Begin a reference to a contribution with information about the contribution, followed by the word "In:" and information about the book itself.
3. Begin a reference to a part of a book with the book itself, then follow it with information about the part.

Examples:

Book with One Author or Editor

10. Mason J. Concepts in dental public health. Philadelphia: Lippincott Williams & Wilkins; 2005.

11. Ireland R, editor. Clinical textbook of dental hygiene and therapy. Oxford: Blackwell Munksgaard; 2006.

Two-Six Authors/Editors

12. Miles DA, Van Dis ML, Williamson GF, Jensen CW. Radiographic imaging for the dental team. 4th ed. St. Louis: Saunders Elsevier; 2009.

13. Dionne RA, Phero JC, Becker DE, editors. Management of pain and anxiety in the dental office. Philadelphia: WB Saunders; 2002.

More than Six Authors/Editors

14. Fauci AS, Braunwald E, Kasper DL, Hauser SL, Longo DL, Jameson JL, et al., editors. Harrison's principles of internal medicine. 17th ed. New York: McGraw Hill; 2008.

Organization as Author

15. Canadian Dental Hygienists Association. Dental hygiene: definition and scope. Ottawa: Canadian Dental Hygienists Association; 1995.

No Author/Editor

16. Scott's Canadian dental directory 2008. 9th ed. Toronto: Scott's Directories; 2007.

Chapter in a book

17. Alexander RG. Considerations in creating a beautiful smile. In: Romano R, editor. The art of the smile. London: Quintessence Publishing; 2005. p.187-210.

E-book

18. Irfan A. Protocols for predictable aesthetic dental restorations [Internet]. Oxford: Blackwell Munksgaard; 2006 [cited 2009 May 21]. Available from NetLibrary: <http://cclsw2.vcc.ca:2048/login?url=http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=181691>

Different Editions

19. Murtagh J. John Murtagh's General practice. 4th ed. Sydney: McGraw-Hill Australia Pty Ltd; 2007.

An edition number is placed after the title of the work. This is not necessary for a first edition

Edited book

20. Brooks A, Mahoney P, Rowlands B, editors. ABC of tubes, drains, lines and frames. West Sussex: Blackwell Publishing Ltd; 2008.

Book in a series

21. Bennett GL, Horuk R. Iodination of chemokines for use in receptor binding analysis. In: Horuk R, editor. Chemokine receptors. New York (NY): Academic Press; 1997. P. 134- 48. (Methods in enzymology; vol 288).

2.1. Government Document

Author(s). Title of report. Place of publication: Publisher; Date of publication – year month if applicable. Total number of pages if applicable eg. 24 p. Report No.: (if applicable)

22. Canada. Environmental Health Directorate. Radiation protection in dentistry: recommended safety procedures for the use of dental x-ray equipment. Safety Code 30. Ottawa: Ministry of Health; 2000.

2.2. Elements of the citation for a thesis

Printed Thesis: Author. Thesis title [type of thesis]. Place of publication: Publisher; Year.

Online Thesis: Author. Thesis title [type of thesis on the internet]. Place of publication: Publisher; Year [cited date – year month day]. Available from: Name of database/web address

23. Kay JG. Intracellular cytokine trafficking and phagocytosis in macrophages [PhD thesis]. St Lucia, Qld: University of Queensland; 2007.

24. Pahl KM. Preventing anxiety and promoting social and emotional strength in early childhood: an investigation of aetiological risk factors [PhD thesis]. St Lucia, Qld: University of Queensland; 2009 [cited 2010 Mar 24]. Available from: University of Queensland Library E-Reserve

3. Website

Standard Format for Websites:

Author Surname Initials (if available). Title of Website [Internet]. Place of publication: Publisher; Date of First Publication [Date of last update; cited date]. Available from: URL

Publication Information Online

- Publication information is often unavailable on websites and is not standardized like books or journals. Vancouver Style requires the "Place of Publication", the "Publisher" and the "Original Publication Date" as part of the citation. If these pieces of information are not given, use: [place unknown], [publisher unknown] or [date unknown].
- Add in square brackets the updated & cited dates or add all the information into the cited year field and edit to suit
- If neither a date of publication nor a date of copyright can be found for a Web site, use the date of update/revision and/or the date cited

Note: KUMJ requires additional pieces of information when citing resources: Short URLs (also referred to as 'tiny') are recommended.

Examples:

Website with Author

25. Fehrenbach MJ. Dental hygiene education [Internet]. [Place unknown]: Fehrenbach and Associates; 2000 [updated 2009 May 2; cited 2009 Jun 15]. Available from: <http://www.dhed.net/Main.html>

Website without Author

26. American Dental Hygienists' Association [Internet]. Chicago: American Dental Hygienists' Association; 2009 [cited 2009 May 30]. Available from: <http://www.adha.org/>

Part / Article within a Website

27. Medline Plus [Internet]. Bethesda (MD): U.S. National Library of Medicine; c2009. Dental health; 2009 May 06 [cited 2009 Jun 16]; [about 7 screens]. Available from: <http://www.nlm.nih.gov/medlineplus/dentalhealth.html>

Blog

28. Skariah H. The tooth booth dental blog [Internet]. Mississauga (ON): Hans Skariah; 2004 - [cited 2009 Jun 20]. Available from: <http://dentaldude.blogspot.com/>

An Entry / Article within a Blog

29. Skariah H. The tooth booth dental blog [Internet]. Mississauga (ON): Hans Skariah; 2004 - . Dental did you know: breastfeeding duration and non-nutritive sucking habits; 2009 May 18 [cited 2009 Jun 20]; [about 1 screen]. Available from: <http://dentaldude.blogspot.com/2009/05/dental-did-you-know-breastfeeding.html>

Image on the Internet

30. McCourtie SD, World Bank. SDM-LK-179 [image on the Internet]. 2009 Apr 29 [cited 2009 Jun 14]. Available from: <http://www.flickr.com/photos/worldbank/3486672699/>

Podcasts

31. Dirks, P. "Missing Link" fossil discovery in South Africa [podcast on the Internet]. Sydney: ABC Radio National; 2010 [updated 2010 Apr 9; cited 2010 Apr 14]. Available from: <http://www.abc.net.au/rn/breakfast/stories/2010/2868072.htm>

4. Other Resources

4.1. Newspaper Articles

Author(s) – family name and initials. Article title. Newspaper title (edition of paper eg. Weekend edition). Date of publication – year month (3 letter abbreviation) day: Sect. Location eg. A:12 or Business 5 (5 is the page number) column number is applicable eg. col. 1) (Sect = Section)

Like journals, newspapers are cited differently depending on how the article was accessed. Include a working "permanent link" to any article accessed online.

32. Fayerman P. Women must now wait to 40 for publicly paid amnio test. Vancouver Sun. 2009 Jun 9; Sect. A:5.

33. Health Canada issues warning over fake toothbrushes. The Globe and Mail [Internet]. 2009 April 10 [cited 2009 Jun 23]. Available from: <http://www.theglobeandmail.com/news-national/health-canada-issues-warning-over-fake-toothbrushes/article973190/>

34. Waldman D. Mouth is 'window on the rest of the body': oral health, dental hygiene is linked to more than teeth, gums. The National Post [Internet]. 2009 Apr 14 [cited 2009 Jun 22]. Available from Canadian Newsstand: <http://cclsw2.vcc.ca:2048/login?url=http://proquest.umi.com/pqdweb?did=1680306071&sid=1&Fmt=3&clientId=6965&RQT=309&VName=PQD>

4.2. Video Recordings

35. Dental dam: still the best dry-field technique [DVD]. Provo (UT): Practical Clinical Courses; 2007.

36. Cuaron A, director; Abraham M, producer. Children of men [DVD]. Universal City (CA): Universal; 2006.

4.3. Dictionary, Encyclopedia or Similar Reference Book

Entries in reference books are either signed or unsigned. The author will be listed at the start or end of the individual entry. An editor(s) will usually be listed at the front of the book but the editor is not included in the citation for reference works.

Unsigned

37. Mosby's dental dictionary. 2nd ed. St. Louis: Mosby Elsevier; 2008. Frenotomy; p. 273.

Signed (and Online)

38. Murchison DF. Dental emergencies. In: Merck Manual of Diagnosis and Therapy [Internet]. 18th ed. Whitehouse Station (NJ): Merck; 2009 [last modified 2009 Mar; cited 2009 Jun 23]. Available from: <http://www.merck.com/mmpe/sec08/ch096/ch096a.html?qt=dental&alt=sh>

5. Personal Communications

Personal communication (with the exception of email) should not be included in the Reference List, as they are unpublished and cannot be easily traced by the reader. Instead, acknowledge personal conversations and letters within the text in parentheses.

Permission

When citing any personal communication, you must have written permission from the cited person(s) to use that communication. Acknowledge the permission in a footnote or in a "Notes" section at the end of the text.

5.1. Lecture notes

Lecturer. Title of Lecture [unpublished lecture notes]. Course code: course name, Institution where delivered; lecture given – date lecture given.

44. Blogs, J., 2008. Single nucleotide polymorphisms: lecture notes, University of Leicester 23rd February 2009.

Remember following points:

1. Journal name abbreviation to be used - using Index Medicus guidelines
2. When you are writing your paper, always quote the science and not the scientist. Although the names of researchers are quoted extensively in the behavioral sciences, they do not need to be quoted in clinical research. When you cite the work of other researchers, you need to compare your results with their results or say what they found. You should do this without using the authors' names in the text. Rather than writing *Smith et al. found that the prevalence of diabetes in 1998 was 8%*, it is much more informative to write, *In a cross-sectional study conducted in 1998, the prevalence of diabetes was 8%*
3. When you are citing the literature in a paper, always use conservative phrases
Never say *It is widely believed that ...* when you have few recent references to back up the claim, or *Much recent interest has centered around ...* when few people have published on the topic in recent years

4.4. Conferences

Author(s) of paper – Family name and initials. Title of paper. In: Editor(s) Family name and initials, editor(s). Title of conference; Date of conference; Place of conference. Place of publication: Publisher's name; Year of publication. p. Page numbers.

A whole conference

39. Kimura J, Shibasaki H, editors. Recent advances in clinical neurophysiology. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology; 1995 Oct 15-19; Kyoto, Japan. Amsterdam: Elsevier; 1996.

A conference paper

40. Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Reinhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992. p.1561-5.

Conversation

41. "...in conversation with a fellow student from the Dental Hygiene program (Affleck, Ben. Conversation with: Matt Damon. 2008 Sep 07.)."

Personal Letter

42. "...this information was later confirmed in a letter (Hepburn, Katherine. Letter to: Spencer Tracy. 2005 Mar 03. 4 pages.)."

Email

43. Email correspondence is included in the Reference List as emails are easily traceable and dated.
28. Bloom, Orlando. Searching Medline for dental hygiene articles [Internet]. Message to: Johnny Depp. 2008 Nov 11 [cited 2009 Jun 22]. [3 paragraphs].

Where to get more help

The official guide to the Vancouver style, with plentiful examples of the things included on this website, and things not included is the NLM publication Citing Medicine, available at <http://www.nlm.nih.gov/citingmedicine>.

The Vancouver Style is part of the International Committee of Medical Journal Editors' Uniform Requirements for Manuscripts Submitted to Biomedical Journals, which are available at <http://www.icmje.org>.

Kathmandu University Medical Journal (KUMJ)

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 - acquisition of data
 - analysis and interpretation of data
2. (check at least 1 of 2 below)
- drafting of the manuscript
 - critical revision of the manuscript for important intellectual content
3. (check at least 1 below)
- statistical analysis
 - obtaining funding
 - administrative, technical, or material support
 - supervision
 - no additional contributions
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- I also understand that the decision of editor will be final regarding the manuscript and publication. I however, have the right to withdraw my manuscript when given a chance (*e.g. after modification*).

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