

Instructions to Authors

Aim and Scope

The UERMMCI Health Sciences Journal is a peer-reviewed journal published twice a year by the University of the East Ramon Magsaysay Memorial Medical Center Research Institute for Health Sciences. It publishes original articles, reviews, systematic reviews, meta-analyses, case reports and editorials written by the faculty, trainees, students and personnel of the Medical Center.

Style of Papers

All contributions should be written in English. Papers should be written to be intelligible to the professional reader who is not a specialist in the field. The editor and his staff reserve the right to modify manuscripts to eliminate ambiguity and repetitions, and to improve communication between author and reader. If extensive alterations are required, the manuscripts will be returned to the author for revision. Therefore, to minimize delay in publication, manuscripts should be submitted in accordance with the instructions detailed herein. The author may refer to the *Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals 2019* available at www.icmje.org for additional guidance. The editor will not be held responsible for views expressed in this journal.

Submission of Manuscript

A copy of the manuscript, including tables and figures, should be submitted to the editor. The manuscript should be typed on short bond paper, in a single column, double-spaced all throughout, using Times New Roman or Arial 12. All pages, starting from the title page should have page numbers on the lower right-hand corner. Tables, figures and illustrations should be in separate sheets (**not embedded in the text**). This should be accompanied by a cover letter containing the following: 1) corresponding author with complete

contact details; 2) signed declaration by all authors of their involvement and willingness to take public responsibility for the paper's contents; 3) ethics approval when applicable; 4) declaration that the paper has not been published and is not under consideration for publication in another journal; 5) declaration of support/funding when applicable; and 6) declaration of conflict of interest. To facilitate revision of the manuscript, the editor requires submission of an electronic copy in Microsoft Word aside from the printed copy.

All pages of the typed manuscript should be numbered, including those containing declarations, acknowledgments and references. The manuscript should be arranged as follows: 1) title and list of authors, 2) corresponding author with contact details, 3) abstract, 4) key words, 5) introduction, 6) methods, 7) results, 8) discussion, 9) acknowledgments, 10) support/funding, 11) conflict of interest declaration, 12) references, tables and figures. **Tables and figures and their legends should be submitted as a separate Word file. Photographs should be submitted as a separate jpeg file.**

Title, list of authors, corresponding author

The title should be as concise and informative as possible and should contain all key words to facilitate indexing and information retrieval. This should be followed by the list of authors' names to be written as follows: first name, middle initial, family name and highest academic degree. The sequence of names should be agreed upon by the authors. The department or institution of each of the authors should also be provided. Only those qualified based on the *Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals 2019* should be listed as authors. The contact details (affiliation, address, email address, contact number) of the corresponding author should be provided. The corresponding author should be a regular faculty/staff of the Medical Center.

Abstract

This should be a concise structured summary consisting of the Introduction, Methods, Results and Conclusion. It should be no more than 200 words and include the purpose, basic procedures, main findings and principal conclusions of the investigation. New and important information should be emphasized.

Key Words

Two to six key words or phrases, preferably Medical Subject Headings (MeSH) terms, should be provided. This will assist in cross-indexing the article.

Introduction

This should contain a summary of the rationale and objectives of the study and provide an outline of pertinent background material. It should not contain either results or conclusions.

Methods

This should adequately describe the study design, population, selection process, randomization, blinding, study procedures, data collected, and statistical methods used in data analysis.

Results

This should be presented in logical sequence in the text, tables, and figures, avoiding repetitive presentation of the same data. Measurements should be in International System (SI) units. This section should not include material appropriately belonging to the discussion. Results must be statistically analyzed when appropriate.

Discussion

Data mentioned in the results should be explained in relation to any hypothesis advanced in the introduction. This may also include an evaluation of the methodology and the relationship of new information to previously gathered data. Conclusions should be incorporated in the final paragraph and

should be commensurate with and completely supported by data gathered in the study.

Acknowledgments

Only persons who have made genuine contributions and who endorse the data and conclusions should be acknowledged. Authors are responsible for obtaining written permission to utilize any copyrighted text and/or illustrations.

References

It is preferred that references and intext citations be in the National Library of Medicine (Vancouver) format, however, authors may choose to use the American Psychological Association (Harvard) format. The format selected by the authors should be used consistently throughout the manuscript.

References in the NLM/Vancouver style cited in the text shall be written as Arabic numerals in superscript at the end of the sentence in the order in which they appear in the text. Use the format in the *Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals* (updated 2019) which is available at www.icmje.org. Titles of journals should be abbreviated in the reference list according to the style used in Index Medicus. Electronic references should include the date that the material was accessed. Unpublished observations and personal communications may not be used as references. Examples of the correct manner of listing references in the NLM/Vancouver format are illustrated below:

Standard journal article

(List all authors when six or less; when seven or more, list only the first three then add "et al".)

Francis D, Hadler SC, Thompson S, et al. The prevention of hepatitis B with vaccine: Report of the Centers for Disease Control multi-center efficacy trial among homosexual men. *Ann Intern Med* 1982; 97: 362-6.

Krugman S, Overby LR, Mushahwar IK, et al. Viral hepatitis type B: studies on the natural history and prevention reexamined. *N Engl J Med* 1979; 300: 101-6.

Nyland LJ, Grimmer KA. Is undergraduate physiotherapy study a risk factor for low back pain? A prevalence study of LBP in physiotherapy students. Retrieved from: <http://www.Biomed-central.com/1471-2474/4/22>. 2003. [Accessed August 27, 2011].

Rankin J, Tennant PW, Stothard KJ, et al. Maternal body mass index and congenital anomaly risk: A cohort study. *Int J Obes* 2010; 34(9): 1371-80. Available from: <http://ncbi.nlm.nih.gov/pubmed/20368710>. [Accessed August 27, 2011].

Books and other monographs

Personal authors

Adams RD, Victor M. *Principles of Neurology*. New York: McGraw-Hill; 1981.

Chapter in a book

Corbett S. Systemic Response to Injury and Metabolic Support. In: Brunnicardi FC (editor). *Schwartz's Principles of Surgery*. 10th ed. New York: McGraw-Hill; 2015: 13-50.

Tables and figures

These should be submitted as a separate Word or Excel file (NOT AN IMAGE FILE), numbered with Arabic numerals and accompanied by a title and an explanatory caption at the top. Each table must be referred to in the text and an indication of the preferred position in the text should be given. Other explanatory materials should be placed in footnotes below the tables. All non-standard abbreviations should be explained in the footnotes. Vertical

and horizontal rules between entries should be omitted. Each figure (graphs, charts, etc.) should be identified clearly and numbered in Arabic numerals and accompanied by a title and an explanatory caption at the bottom.

Photographs

Photographs and illustrations should be submitted as a separate image file in jpeg format with a resolution of at least 800 x 600 dpi. Each photograph or illustration should be identified as a figure and numbered in Arabic numerals and accompanied by a title and an explanatory caption at the bottom. Specific points of interest in the photograph or illustration should be marked with an arrow or encircled. When symbols, arrows, numbers, and letters are used to identify parts of illustrations, each one should be identified and explained in the legend. Photographs of persons must be retouched to make the subject unidentifiable when possible and be accompanied by written permission from the subject to use the photograph.

For inquiries and concerns, please contact:

**UERMCCI Health Sciences Journal
Research Institute for Health Sciences
2/F Jose M. Cuyegkeng Building
University of the East Ramon Magsaysay
Memorial Medical Center, Inc.
Aurora Boulevard, Barangay Doña Imelda,
Quezon City 1113
Secretary: Mr. Jayson P. Barasona
Telefax: (632) 87161843
(632) 87150861 to 69 local 358
E-mail: research@uerm.edu.ph
jdquebral@uerm.edu.ph**