

PATRONS

Dr. Ram Ratna Upadhayay

Kathmandu, Nepal (1998)

Er. Deepak Bhattarai

Kathmandu, Nepal (1998)

Prof. Pramila Pradhan

Kathmandu, Nepal (1998)

Prof. Naimeswor Prosad Sinha

Dehli, India (1998)

Er. Ram Badan Shrestha

Kathmandu, Nepal (1999)

Dr. Dharma Raj Shrestha

Kathmandu, Nepal (1999)

Dr. Rumiko Okamoto (Shrestha)

Tokyo, Japan (2001)

Dr. Yasuo Sugata

Tokyo, Japan (2001)

Mr. Babu Ram Pokharel

Kathmandu, Nepal (2002)

Mr. Jiro Asahi

Tamada Gakuen, Kobe, Japan (2002)

Dr. Mikio Sekita

Tokiwa Hospital, Miki, Japan (2002)

Mr. Terumasa Kourogi

Tokiwa Hospital, Miki, Japan (2002)

Prof. Sadako Yufune

Kobe, Japan (2002)

Dr. Kazuo Ono

Nakamachi, Sakuragaoka, Nishi-ku, Kobe, Japan (2002)

Mr. Punya Prasad Lohani

Kathmandu, Nepal (2004)

FOUNDER CHIEF-EDITOR

Dr. Hari Krishna Banskota,

MBBS, MD (1998-2002)

EDITORIAL BOARD

(Publication Sub-committee of NMC-IRC)

SUPPORT STAFF

Mr. Sarad Shrestha

Website: www.nmcth.edu | www.journal.nmcth.edu

E-mail: nmcjournal@nmcth.edu

EDITORIAL BOARD

ADVISORY BOARD

Dr. Bhola Rijal

Md. Basruddin Ansari

Dr. Ananda Prasad Shrestha

Dr. Shekhar Babu Rizyal

Prof. Pramod Kumar Chhetri

CHIEF EDITOR

Prof. Shiba Kumar Rai

DEPUTY CHIEF EDITOR

Prof. Sunil Shrestha

EDITORS

Prof. Ritu Amatya

Dr. Vinutha Silvanus

Dr. Aparna Rizyal

Dr. Dhiraj Narayan Manandhar

Dr. Sujata Pudasaini

Dr. Suman Gautam

INTERNATIONAL EDITORS

Prof. Shoji Uga

Kobe Womens' University, Portisland, Kobe, Japan

Emr. Prof. Ramesh Chandler Mahajan

Post-Graduate Institute of Medical Education and Research, Chandigarh, India

Prof. Kazuo Ono

Nakamachi, Sakuragaoka, Nishi-ku, Kobe, Japan

Dr. Indah Tantular

Tropical Disease Research Center, Airlangga University, Surabaya, Indonesia

Prof. Geok Lin Khor

Chief Editor, Malaysian Journal Nutrition, Malaysia

Prof. Sung-Tae Hong

Department of Parasitology and Tropical Medicine, Seoul National University College of Medicine, Seoul, Korea

Prof. Bimal Das

Department of Microbiology, All India Institute of Medical Sciences, New Delhi, India

Dr. Sarmishtha Ghosh

Department of Medicine and Health, International Medical University Center for Education [ICE]

Prof. Russell Stothard

Chair in Medical Parasitology, Liverpool School of Tropical Medicine, Pembroke Place Liverpool, L3 5QA, UK

EDITORIAL POLICY

(Instruction to Authors)

1. Nepal Medical College Journal (NMCJ) is a quarterly Scientific Medical Journal (It was being published biannually till Dec. 2005) published in English by Nepal Medical College Research Division (Gokarneshwor Municipality-8, Kathmandu, Nepal). The Journal is printed in two column format and is supported by patron fee, commercial advertisement and page charge (There was no page charge till Dec. 2005).
2. Subjects covered include all aspects of health and diseases (clinical, experimental public health including medical education). It considers original research papers, short communications, case reports, case series, review articles, editorial commentaries, conference summaries and book reviews.
3. Manuscripts in English (together with a copy of 'Ethical Approval Letter') from investigators / authors from any institutions in any country are considered. The results and ideas contained therein should be original.
4. Manuscript must show the affiliation of all authors including the **ORCID** of the principal/first author and must be accompanied with a scanned/photo copy of **ethical clearance letter** and **license agreement**. The covering letter should clearly state that the manuscript has been seen and approved by all authors and has not been submitted for consideration and will not be submitted to any other Journal(s) till the manuscript remains under consideration for publication in NMCJ. A copy of manuscript (printed) with a covering letter signed by all the author should be submitted to:

The Chief Editor,
Nepal Medical College Journal (NMCJ),
Nepal Medical College,
Attarkhel, Gokarneshwor Municipality-8,
Post Box No. 13344, Kathmandu, Nepal.
Email ID: nmcjournal@nmcth.edu.

However, manuscript can also be submitted to our e-mail ID: **nmcjournal@nmcth.edu** with all documents mentioned above.

5. All persons designated as authors should qualify for authorship (each author must have at least bachelor degree in the related field and should have participated sufficiently in the work to take the public responsibility for the content). A paper with corporate (collective) authorship must specify the key person responsible for the article.
6. Articles for publication will only be accepted after getting signed declaration from the authors that the manuscript has not been submitted elsewhere for publication.
7. If the instructions are not followed, the manuscripts will be returned to the corresponding author for appropriate modifications.
8. Manuscripts meeting the editorial policy will be sent to two anonymous peer reviewers. The suggestion and/or comments of peer reviewers will be communicated to the author for necessary revision / modification / information. If required, manuscript can be sent to third peer reviewer as well.
9. The galley proofs of the articles will be sent to the corresponding authors for minor corrections and must be returned (reached) to the Editorial Secretariat within two weeks (from the date of dispatch). Major alterations (even an addition or deletion of single sentence) will not be accepted.
10. If the manuscript is accepted for publication and published, the paper or the portion thereof will not be published elsewhere unless the consent is obtained in writing from editor of NMCJ.
11. The final decision of whether to publish or not is made by the Editorial Board.

PREPARATION OF MANUSCRIPT

1. **Format:** The whole text including references should be typed or printed by a good quality printer in double space with margins of at least one inch on both sides. The manuscript should be arranged in this order: *Title page, Abstract and Key words, Text in IMRAD system (Introduction, Materials and Methods, Results and Discussion), Acknowledgements, References, Tables, Figures and Legends*. All pages should be numbered in above sequence, beginning with Title page as 1, Abstract as 2 etc.
2. **Title Page:** This should carry (1) a simple, concise and meaningful title of the paper, (2) the abbreviated name of each author(s) with highest academic degree and institutional affiliation, (3) running title (in less than 40 letters), (4) address for correspondence about the articles and for the reprint request and (5) disclaimers, if any.
3. **Abstract:** The second page should carry an abstract of not more than 250 words. It should include objectives and rationale of the study, methods used, main findings and significance of findings. It should be accompanied by 3-6 key words.
4. **Text:** The text should be submitted in Calibri font (size 12) and must be divided into (1) *Introduction*, (2) *Materials and Methods* (in sufficient detail), (3) *Results* and (4) *Discussion* (including conclusion) and these sub heading should be written in capital letters. No 'Tabs' are given in the text. Findings should be analysed by statistical methods and be well interpreted showing level of significance.
5. **Acknowledgements:** All acknowledgments including financial support should be mentioned under this heading
6. **References:** The number of references should be in consecutive order in which they are first mentioned in the text. The references in the text should be identified by Arabic numerals as superscript. The list of references should be in Vancouver System and the name of journal should be abbreviated in accordance with the Index Medicus and should be in *Italic*.

EXAMPLES

a) **Standard Journal Article (including review articles):**

List all authors when six or less; when seven or more, list only first three and add *et al*. For example:

Rai SK, Uga S, Wu Z, Takahashi Y, Matsumura T. Use of polymerase chain reaction in the diagnosis of toxocariasis: an experimental study. *Southeast Asian J Trop Med Public Health* 1997; 28: 541-4.

Debunk RF, Houston MN, Superko R *et al*. A case management system for coronary risk factor modification after acute myocardial infarction. *Ann Intern Med* 1994; 120: 721-9.

b) **Research Notes, Short communication, Letters to the Editor and Editorials:** The pattern should be the same as the of standard Journal article but with mention of research notes, short communication, letter to the editor and editorials accordingly in the parenthesis (after the title). For example:

Uga S, Morimoto M, Saito T, Rai SK. Surface ultrastructure of *Heterophyes heterophyes* (Trematoda: *hetrophyidea*) collected from a man (Research Note) *J Helminthol Soc Wash* 1998; 65: 119-22.

c) **Corporate Author in Journal:**

Ghana Vast Study Team. Vitamin A supplementation in northern Ghana: effects on clinical attendance, hospital admissions and mortality. *Lancet* 1993; 342: 7-12.

Note: Supplement volume or issue of a Journal should be indicated by "Suppl" in parenthesis after the publication year [for example, *Brit Med J* 1990 (Suppl), 13: 121-5].

d) **Personal Author in Book:**

Osten OW. Animal parasites - Their Life cycles and Ecology. 3rd ed. Baltiore-London -Tokyo: Univ Park Press 1974; 16-194.

e) **Editor(s), compiler(s) as authors:**

Firkin F, Chesterman N, Penington D, Bryan R, editors. de Gruchy's Clinical Haematology in Medical Practice (5th ed.). Oxford: Blackwell Science 1989.

f) Corporate Author in Book:

Virginia Law Foundation. The medical and legal implications of AIDS. Charlottesville: The Foundation 1987.

g) Chapter in Book:

Nimmannitya S. Dengue and dengue haemorrhagic fever. In Cook G, editor. Manson's Tropical Diseases (5th ed.). London: WB Saunders 1996: 721-9.

h) Scientific and Technical Report:

WHO. Control of the leishmaniasis 1990, Technical Report Series 1193.

i) Papers accepted for publication:

Hirai K, Takagi E, Okuno Y *et al.* Status of polyunsaturated fatty acids in serum of persons aged 10-72 in Nepal. *Nutr Res* (in press).

7. Tables: Tables should be typed in separate page (in double space). Tables should not be submitted as photographs. They should be numbered consecutively in the order of their first citation in the text. Each table should be supplied with a brief title. Any explanatory matter should be placed in footnotes and should be indicated by symbol. Tables should also contain statistical measure (for example, P values).

8. Illustrations: Figures should be prepared with "low ink to data ratio" and without "3D" effect. Photographs should be sharp (contrast with high resolution) and be in black and white (usually 5x7 inches). Letters, numbers and symbols in the figures should be clear and even throughout and of sufficient size so that it will still be visible when reduced. Title and detailed explanation, if any, should be in the legends for figures, not on the illustrations themselves. Each figure (if printed) should be labeled on its back indicating the Fig. No., author's name and top of the figure and should not be marred with paper clips. Photographs of persons should not be identifiable unless it is accompanied by written permission of person. Figures should be numbered consecutively in the order of their first citation in the text.

9. Units of Measurements: Measurements of length, height, weight and volume should be reported in metric units. Temperature should be in degree Celsius.

10. Abbreviations: Only the standard abbreviations should be used. Abbreviations should be avoided in the Title and Abstract.

11. Page Charge: The page charge per printed page is as follows:

First author associated with Nepal Medical College: Rs. 700.00

First author, Nepali but not associated with Nepal Medical College: Rs. 1,200

First author from India and SAARC countries: Indian Rs. 1,200

First author from other countries: US \$25

Payment could be made in cash or bank draft in favor of NMC Journal.

PDF version of published paper will be available from Website: www.nmcth.edu or www.journal.nmcth.edu free of cost.

12. Advertising Policy: The printed version of journal will be distributed to all libraries of Medical / Health Sciences institutions within the country free of cost. A copy of the same will also be sent to all international editors and patrons. The journal is also exchanged with other journals within the country and outside.

Journal Subscription Rate (Published Quarterly)

(These rates include ordinary postal charge)

Country	Individual (Students)		Individual (Faculties)		Institutional	
	Per copy	Annual	Per copy	Annual	Per copy	Annual
Nepal (NPRs)	400	1,200	600	1,800	1,000	3,000
India & SAARC countries (USD)	8	25	15	45	25	75
Other countries (USD)	12	36	25	75	40	120