

JOURNAL OF KARNALI EDUCATION HEALTH RESEARCH

1. About journal

Journal of Karnali Education and Health Research (JKEHR) is an open access, peer-reviewed, annually published, multidisciplinary biomedical journal devoted to Health Sciences. JKEHR is an official publication of the Karnali College of the Health Science, Kathmandu, Nepal.

2. Focus and Scope

The journal publishes the original articles, review articles, case reports, and editorials, viewpoints related to, Health services, Public health, Pharmacy, Nursing, Laboratory sciences, and Medical. It aims to provide a platform to researchers to publish their articles

3. Open Access Policy

This journal provides an immediate open access to its content on the principle that making research freely available to the public supports a greater global exchange of knowledge. JKEHR allows readers to read, download, copy, distribute, print, search, or link to the full texts of its articles and allow readers to use them

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JKEHR takes great care to make sure that the research article has maintained such integrity. However, if you suspect any misconduct in our published article, please report it to us. JKEHR reserve the right to investigate misconduct in any suspected article submitted or published in the JKEHR. We will collaborate and communicate with relevant and concerned authority to maintain ethics in research and publication.

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6. Author Struction Style and Format

File format	Manuscript files can be in the following formats: DOC, DOCX, or RTF. Microsoft Word documents should not be locked or protected.
Length	Original research article: 4000-5000 words Review: upto 6000 words Case report: upto 2000 words View point: upto 3000 words Editorial: upto 1500 words
Font	Headings should be in TITLE Case (Not all capitals) and BOLD. Main text should be in Times New Roman font with 12 Font size. Italics should be used for the name of species. Do not underline any text.
Headings	Limit manuscript sections and sub-sections to 3 heading levels. Make sure heading levels are clearly indicated in the manuscript text.
Layout and spacing	Manuscript text should be double-spaced. Margins of 1 inch on all four sides. Do not format text in multiple columns.

Page numbers	Include page numbers at the bottom of each page in manuscript file.
Footnotes	Footnotes are not permitted. If your manuscript contains footnotes, move the information into the main text or the reference list, depending on the content.
Language	Manuscripts must be submitted in English. Numerals at the beginning of the sentence should be spelt out.
Abbreviations	Define abbreviations upon first appearance in the text. Do not use non-standard abbreviations unless they appear at least three times in the text. Keep abbreviations to a minimum.
Reference style	"Vancouver" style

Manuscript Organization

Manuscripts should be organized as follows. Every elements should appear in order and instructions for each element appear below the list.

Beginning section	<ul style="list-style-type: none"> • Title page: List title, authors, and affiliations as first page of manuscript • Abstract • Introduction
Middle section	<ul style="list-style-type: none"> • Materials and Methods • Results • Discussion • Conclusions
Ending section	<ul style="list-style-type: none"> • Acknowledgments • Funding statement • Declaration of conflicting interest • References
Other elements	<ul style="list-style-type: none"> • Tables are inserted immediately after the first paragraph in which they are cited. • Supplementary materials are uploaded separately.

Parts of a Submission

Title

Titles should be written in sentence case (only the first word of the text, proper nouns, and genus names are capitalized). Avoid specialist abbreviations if possible. For clinical trials, systematic reviews, or meta-analyses, the subtitle should include the study design.

Author list

Authorship requirements

Papers should only be submitted for consideration once consent is given by all contributing authors. Those submitting papers should carefully check that all those whose work contributed to the paper are acknowledged as contributing authors. The list of authors should include all those who can legitimately

claim authorship. This is all those who:

- Made a substantial contribution to the concept or design of the work; or acquisition, analysis or interpretation of data,
- Drafted the article or revised it critically for important intellectual content,
- Approved the version to be published,
- Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of content.

Authors should meet the conditions of all of the points above. 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.

Acquisition of funding, collection of data, or general supervision of the research group alone does not

constitute authorship, although all contributors who do not meet the criteria for authorship should be listed in the Acknowledgments section.

The corresponding author must provide an ORCID iD at the time of submission by entering it in the user profile in the submission system.

Author names and affiliations

Enter author names on the title page of the manuscript and in the online submission system.

Write author names in the following order:

- First name (or initials, if used)
- Middle name (or initials, if used)
- Last name (surname, family name)

Each author on the list must have an affiliation. The affiliation includes department, university, or organizational affiliation and its location, including city, state/province (if applicable), and country. If an author has multiple affiliations, enter all affiliations on the title page only. In the submission system, enter only the preferred or primary affiliation. Author affiliations will be listed in the typeset PDF article in the same order that authors are listed in the submission.

Author names will be published exactly as they appear in the manuscript file. Double check the information to ensure it is correct.

Corresponding author

The submitting author is automatically designated as the corresponding author in the submission system. The corresponding author is the primary contact for the journal office and the only author able to view or change the manuscript while it is under editorial consideration.

Whoever is designated as a corresponding author on the title page of the manuscript file will be listed as such upon publication.

Responsibilities:

The corresponding author takes responsibility for and speaks on behalf of all authors.

Pre-publication:

- Ensure that the manuscript is in full adherence with all JKEHR editorial and publishing policies.
- Ensure that all authors have access to the final version of the manuscript that is submitted to the journal, and agree to the author list and author contributions.
- Ensure that all authors have seen the final draft of the manuscript before it is published.
- Provide to the journal written confirmation that all authors consent to any requested changes in the manuscript's authorship.

Post-publication:

- Continue to be the point of contact for queries about the published paper.
- Inform all coauthors of any matters arising and ensure such matters are dealt with promptly.

Author Contributions

The contributions of all authors must be described. The submitting author is responsible for providing the contributions of all authors at submission. We expect that all authors will have reviewed, discussed, and agreed to their individual contributions ahead of this time. Contributions will be published with the final article, and they should accurately reflect contributions to the work.

Contributor Role	Role Definition
Conceptualization	Ideas; formulation or evolution of overarching research goals and aims.
Data Curation	Management activities to annotate (produce metadata), scrub data and maintain research data (including software code, where it is necessary for interpreting the data itself) for initial use and later reuse.
Formal Analysis	Application of statistical, mathematical, computational, or other formal techniques to analyze or synthesize study data.

Contributor Role	Role Definition
Funding Acquisition	Acquisition of the financial support for the project leading to this publication.
Investigation	Conducting a research and investigation process, specifically performing the experiments, or data/evidence collection.
Methodology	Development or design of methodology; creation of models
Project Administration	Management and coordination responsibility for the research activity planning and execution.
Resources	Provision of study materials, reagents, materials, patients, laboratory samples, animals, instrumentation, computing resources, or other analysis tools.
Software	Programming, software development; designing computer programs; implementation of the computer code and supporting algorithms; testing of existing code components.
Supervision	Oversight and leadership responsibility for the research activity planning and execution, including mentorship external to the core team.
Validation	Verification, whether as a part of the activity or separate, of the overall replication/reproducibility of results/experiments and other research outputs.
Visualization	Preparation, creation and/or presentation of the published work, specifically visualization/data presentation.
Writing – Original Draft Preparation	Creation and/or presentation of the published work, specifically writing the initial draft (including substantive translation).
Writing – Review & Editing	Preparation, creation and/or presentation of the published work by those from the original research group, specifically critical review, commentary or revision – including pre- or post-publication stages.

Cover letter

All manuscripts should be accompanied by a cover

letter with the following information:

- The title of the paper.
- A brief description of the significance of the paper to the readers.
- A statement confirming that the material is original, has not already been published, and has not and will not be submitted for publication elsewhere as long as it is under consideration by the JKEHR. This does not include preprints.

Cover letters should be uploaded with the manuscript documents.

Article Processing Charge (APC)

The Journal of Karnali Education and Health Research (JKHR) does not charge APC for the initial submission, review and publication of the manuscript both in Online as well as Print version.

Manuscript types

Original research articles: The word limit is 4000-5000 including abstract, table, figures and references. References should be not more than 30 for original research articles. Full reports should include separate sections entitled Abstract, Introduction, Materials and Methods, Results, Discussion, and conclusion. The abstract should not include sub-headings, and should contain no more than 250 words. The following sections should be included after the text: Acknowledgments, Funding Statement, and Declaration of Conflicting Interests. Manuscripts should end with a listing of all authors' current addresses, including affiliation, city, country, and email address, followed by References.

Review Article: Review article summarizes the current state of understanding on a topic and analyses or discusses research previously published by others on the subject matter, rather than reporting new experimental results and which does not fit into the category of a systematic review. They are thorough literature reviews that identify historical and current trends in the topic, gaps in the research (areas for further exploration), and current debates or controversies. It has to be about 6,000 words without counting abstract (200 words) and references (>50 and usually <100). It

undergoes a rigorous peer-review process.

Case reports: Short reports of no more than 2000 words can describe a single case or small case series. These must present novel information on diagnostic or therapeutic challenge providing an insight over leading clinical significance or implications. Case reports should include an abstract (≤ 250 words) offering a brief and clear description of the area, a Case Report section including only clinical information that is relevant to the manuscript, a brief discussion, and conclusion.

Viewpoints: They include articles based on authors' perspective to provide views on the challenges or issues related to health sciences so as to raise the voice, awareness, new ideas, provoke concepts, and hence improve the health. Word count should be limited to 3000 (including abstract: 250 words, and references: upto 10)

Editorial: There should be no abstract, headings and sub-headings, table, and figures in editorial. Word count should be limited to 1500 (including abstract: 250 words, and references: upto 10)

Manuscript formatting

Spacing: The text should be in 12 point type, fully double-spaced, leaving a margin of 1 inch on all sides. Pages should be numbered consecutively.

Title page: The title page must be the first page of the main document. This should include, in the following sequence, the title, a list of all authors, and author institutions, identified by superscripts in Arabic numerals. The corresponding author should be denoted by an asterisk, with address, e-mail, and phone number in a footnote. Also include a list of up to 6 key words and the word counts for the abstract and for the main text (not including the abstract, figures, or references). The title page should also list the number of figures, and tables.

Abstract: The Abstract comes after the title page in the manuscript file.

The Abstract should:

- Describe the main objective(s) of the study

- Explain how the study was done, including any model organisms used, without methodological detail
- Summarize the most important results and their significance
- Divided into: background, objective, methods, results, and conclusion
- Not exceed 250 words
- Also include a list of up to 6 key words.

Abstract should not contain citations and abbreviations.

Introduction: The introduction should:

- Provide background that puts the manuscript into context and allows readers outside the field to understand the purpose and significance of the study
- Define the problem addressed and why it is important
- Include a brief review of the key literature
- Note any relevant controversies or disagreements in the field
- Conclude with a brief statement of the overall aim of the work and a comment about whether that aim was achieved

Materials and Methods: The Materials and Methods section should provide enough detail on the experimental design and techniques to allow suitably skilled investigators to fully replicate your study. If the method from a previous article is used then this article must be cited and discussed.

If a method or tool is introduced in the study, including software, questionnaires, and scales, the license this is available under and any requirement for permission for use should be stated. If an existing method or tool is used in the research, the authors are responsible for checking the license and obtaining any necessary permission. If permission was required, a statement confirming permission was granted should be included in the Materials and Methods section.

Results, Discussion, Conclusions

Results: Results should be clearly presented. Tables or

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Tables and figures

- Place each table and figures in your manuscript file directly after the paragraph in which it is first cited (read order).
- Table and figure number should be in Arabic (not Roman)
- Tables require a label (e.g., “Table 1”) and brief descriptive title to be placed above the table. Place legends, footnotes, and other text below the table.
- All figures/images should be of high quality (Pixels: more than 300 DPI) and should be cited in text in consecutive numerical order.
- Figures should be numbered in Arabic numerals and cited in the text. All figures should contain a brief legend.
- Tables and figures should be cited in the text within large brackets, such as [Table 1], [Figure 1].

Discussion: Discussion is the interpretation of the results and their relation to the existing status. The information given in any part of the text may be cited but not repeated in discussion.

Conclusions: This should clearly explain the main conclusions of the article, highlighting its importance and relevance.

These sections have no word limit, but the language should be clear and concise.

Authors should explain how the results relate to the hypothesis presented as the basis of the study and provide a succinct explanation of the implications of the findings, particularly in relation to previous related studies and potential future directions for research.

Acknowledgments

Those who contributed to the work but do not meet our authorship criteria should be listed in the Acknowledgments with a description of the contribution. Authors are responsible for ensuring that anyone named in the Acknowledgments agrees to be named

Funding Statement

Authors must state how the research and publication of their article was funded, by naming financially supporting body(s) (written out in full) followed by associated grant number(s) in square brackets (if applicable), for example: “This work was supported by the NHRC [grant numbers xxxx]”, else state that: “This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.”

Declaration of Conflicting Interests

Conflicts of interest (COIs, also known as ‘competing interests’) occur when issues outside research could be reasonably perceived to affect the neutrality or objectivity of the work or its assessment. Please ensure that a ‘Declaration of Conflicting Interests’ statement is included at the end of your manuscript, prior to the references. If no conflict exists, please state that ‘The Author(s) declare(s) that there is no conflict of interest’. Submitting authors are responsible for coauthors declaring their interests.

Supplementary materials

Supplementary materials are the additional parts to a manuscript, such as audio files, video clips, or datasets that might be of interest to readers. All supplementary materials will be subjected to peer review.

A section titled “Supplementary Material” should be included before the references list with a concise description for each supplementary material file. They are published exactly as provided, and are not copyedited.

References

Vancouver style of referencing should be followed. References are listed at the end of the manuscript and numbered in the order that they appear in the text. In the text, cite the reference number in superscript form without bracket (e.g., Although many company employees are working from home in this pandemic, it even has financial disadvantages.¹⁵). Journal of

Karnali Health Science uses the numbered citation (citation-sequence) method and first ten authors, et al. Unavailable, unpublished work, including manuscripts that have been submitted but not yet accepted, and Personal communications should not be cited.

Example:

Published article: Marasine NR, Sankhi S, Lamichhane R, Pakhrin S, Maharjan S, Sankhi S, Marasini NR, Shrestha S. Factors Associated with Knowledge Regarding Uterine Prolapse among Women Attending Gynecology Outpatient Department of Tertiary Care Teaching Hospital. Global Journal of Medical Research. 2020 Oct; 20(6): 9-14

Online article: Krivoy N, Abed El-Ahal W, Bar-Lavie Y, Haddad S. Antibiotic prescription and cost patterns in a general intensive care unit. Pharmacy Practice (Internet). 2007;5(2): 67-73. Available from: <http://scielo.isciii.es/pdf/pharmacin/v5n2/067-073.pdf>

Books: Bates B. Bargaining for life: A social history of tuberculosis. 1st ed. Philadelphia: University of Pennsylvania Press; 1992.

Book chapter: Ansel HC. Pharmaceutical measurement. 13th ed. Philadelphia: Lippincott Williams & Wilkins, 2010. Chapter 3: Pharmaceutical measurement; p.35-47.

Ethical guidelines

In any studies on human or animal subjects, the following ethical guidelines must be observed. For any experiments on humans, all work must be conducted in accordance with the Declaration of Helsinki (1964). Manuscripts describing experimental work which carries a risk of harm to human subjects must include a statement that the experiment was conducted with the human subjects' understanding and consent, as well as a statement that the responsible Institutional Review Board (IRB) or Ethical Committee has approved the experiments. In the case of any animal experiments, the authors must provide a full description of any anesthetic or surgical procedure used, as well as evidence that all possible steps were taken to avoid animal suffering at each stage of the experiment.

Editorial and Peer review process

All submitted articles are subject to assessment and peer review to ensure editorial appropriateness and technical correctness. In order for an article to be accepted for publication, the assigned Editor will first consider if the manuscript meets minimum editorial standards and fits within the scope of the journal. If an article is within scope, then the Editor will ideally ask for at least two external peer reviewers (whose identities will remain anonymous to the authors) to assess the article before confirming a decision to accept. Decisions to reject manuscript relies on the judgement of the Editor.

Revision of manuscripts

Articles typically require revision before final acceptance. Authors are asked to respond by letter to all concerns raised by editors and reviewers. For each concern the authors should explain exactly how they have modified their manuscript based on the concern, or if they feel that no change is needed, they must justify this decision. Changes to the manuscript must be clearly described, with identification of the site of the change. With resubmission, authors should provide marked up version of the earlier submission, with all changes indicated (using Track Changes or highlighting). In response to revised manuscripts, editors may seek additional reviews and/or request a second revision, or they may reach a conclusion as to acceptability for publication. Final decisions are confirmed by the Editor-in-Chief.

Publication and Decision Time: It will take 10-14 days for initial decision without review and 60 days with review.

If you do not receive any information or update about your submission within 2-4 weeks, it could be due to:

- i) incomplete submission or
- ii) submission with inappropriate format, language and supplementary documents or
- iii) ethical issues or research misconduct or other related issues

In such condition, please contact JKEHR without any delay. We ensure that your problem will be heard

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JKEHR editors select potential reviewers based on their expertise in research areas relevant to the manuscript under consideration. Reviewers have to accept an invitation only if they have the knowledge, time and objectivity necessary to provide an unbiased assessment of the research.

The reviewer report should do detail analysis of the submission and consist of much more than a few brief sentences. A suggested format for reviewer report is:

- Summary
- Major issues
- Minor issues

We encourage reviewers to help authors improve their manuscript. The report should give constructive analysis to authors, particularly where revisions are recommended.

Some of the aspects that are to be analyzed by reviewers may include:

- Are the research questions valid?
- Is the sample size sufficient?
- Are ethical approval and consent taken prior data collection?
- Are the methods and study design appropriate for answering the research question?
- Is the reporting of the methods, including any equipment and materials, sufficiently detailed that the research might be reproduced?
- Are statistical tests used appropriately and reported correctly?
- Are the figures and tables clear enough and do they represent the results accurately?
- Has previous relevant research discussed and are those results compared to the current results?
- Do the results of the study support the conclusions?
- Are limitations and strength of the research acknowledged?
- Do the abstract represent accurate summary of the research and results?

- Is the language appropriate, clear and understandable?

Reviewers are encouraged to analyze and focus their reports on research objective, appropriateness of the methodology, whether the conclusions can be supported by the results, and the novelty and potential impact of the study. At the end of their review, reviewers are asked for their decision (any of the following):

- Publish article without any alteration in the manuscript
- Consider only after Minor Changes
- Consider after Major Changes
- Reject: lack of sufficient novelty in the related field

However, it is important to note that the overall decision will be made by the Editor-In-Chief.

Reporting guidelines

It is not mandatory for authors to use reporting guidelines, but reviewer's are encouraged to use relevant guidelines.

- CONSORT for randomized controlled trials
- TREND for non-randomized trials
- PRISMA for systematic review and meta-analyses
- CARE for case reports
- STROBE for observational studies
- STREGA for genetic association studies
- SRQR for qualitative studies
- STARD for diagnostic accuracy studies
- ARRIVE for animal experiments

Best practices for reviewers

Declaring competing interests

A competing interest is anything that interferes with or could be perceived as potentially interfering with, a thorough and objective assessment of a manuscript. Reviewers should decline to review a submission when they:

- Have a recent or current collaborations with any of the authors

-
- Share or have recently shared an affiliation with any author
 - Have direct competition or a history of scientific conflict with any of the authors
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Do not accept a review assignment if you have a competing interest, or don't feel able to give an objective assessment.

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