

Submission Preparation Checklist

Before submitting your manuscript, please make sure that all of the following requirements have been met. Manuscripts that do not comply with these guidelines may be returned to the authors.

- The submission has not been previously published, nor is it under consideration by another journal (unless an explanation has been provided in the Comments to the Editor).
- The submission file must be in Microsoft Word format.
- The text should be 1.5-line spaced, use 12-point Times New Roman font, and all tables, figures, and illustrations should be placed within the text at the appropriate locations rather than at the end.
- All tables and figures must have appropriate headings.
- If submitting to a peer-reviewed section of the journal, the instructions in Ensuring a Blind Review have been followed.
- Full URLs, DOIs, PubMed links, or other online links should be provided for all references, where available.
- The manuscript must adhere to the stylistic and bibliographic requirements outlined in the Author Guidelines available under About the Journal. The full names of all authors, along with their complete details (department, institution, email address, etc.), must be entered correctly in the online submission system.

Author Guidelines

The European Journal of Nepalese Healthcare Professions (EJNHP) is a peer-reviewed, open-access biomedical journal published semiannually. The journal welcomes high-quality research covering all areas of biomedical and health sciences. Its primary aim is to provide a strong platform for researchers from Nepal and around the world to disseminate scientific knowledge and promote evidence-based healthcare. EJNHP also seeks to strengthen collaboration between Nepalese healthcare professionals working in Europe and those in Nepal, fostering the exchange of knowledge, research, and professional expertise to improve healthcare services and outcomes.

Article Categories

The European Journal of Nepalese Healthcare Professions (EJNHP) publishes manuscripts in the following categories

- Original Articles
- Systematic Reviews and Meta-analyses
- Review Articles
- Case Reports and Case Series
- Images in Clinical Sciences
- Short Communications
- Editorials
- Viewpoints
- Book Reviews
- Medical Education
- Specially Invited Articles
- Letters to the Editor

Types of Manuscripts

Editorial Articles

Editorials are written by the Editor-in-Chief, members of the Editorial Board, or experts invited by the Editor-in-Chief. These articles are unstructured and are not subject to any word or reference limits.

Original Articles

Original Articles include randomized clinical trials, interventional studies, screening and diagnostic test evaluations, outcome studies, cost-effectiveness analyses, and observational studies (descriptive and analytical). Manuscripts should not exceed 6,000 words, excluding a structured abstract (maximum 250 words), Introduction (350 words), references, tables, and figures. A maximum of 4 tables and/or figures and 30 references is allowed.

Review Articles

Review Articles include systematic reviews, meta-analyses, and critical narrative reviews of the literature. Manuscripts should not exceed 5,000 words, excluding the abstract (maximum 250 words), references, tables, and figures. A maximum of 100 references is permitted.

Narrative Reviews

Narrative Reviews provide a comprehensive overview and critical discussion of a specific topic based on the current literature. These reviews should present balanced, evidence-based perspectives and identify gaps in existing knowledge. Manuscripts should not exceed 4,000 words, excluding the abstract (maximum 250 words), references, tables, and figures. A maximum of 100 references is permitted.

Systematic Reviews and Meta-analyses

Systematic Reviews and Meta-analyses should follow internationally accepted reporting guidelines (e.g., PRISMA). These manuscripts should provide a comprehensive and critical synthesis of the available evidence using transparent and reproducible methods. Manuscripts should not exceed 5,000 words, excluding the abstract (maximum 250 words), references, tables, and figures. A maximum of 100 references is permitted.

Medical Education

This section publishes articles related to medical and health professions education, including undergraduate, postgraduate, and continuing professional education. Manuscripts should not exceed 4,000 words, excluding an unstructured abstract (maximum 250 words), references, tables, and figures. A maximum of 4 tables and/or figures and 30 references is allowed.

Case Reports

Case Reports should describe novel, rare, or clinically significant cases with important diagnostic, therapeutic, or educational value, supported by a brief review of the relevant literature. Manuscripts should not exceed 2500 words, excluding an abstract (maximum 200 words), references, and figures. A maximum of 4 photographs/figures and 15 references is permitted.

Viewpoints

Viewpoints present the author's opinion or perspective on issues related to health, healthcare, medical education, or health policy. Manuscripts should not exceed 2,000 words, excluding references. A maximum of 10 references is allowed.

Letters to the Editor

Letters to the Editor should comment on articles published in the European Journal of Nepalese Healthcare Professions (EJNHP) or discuss issues of interest relevant to the journal's scope. Letters should not exceed 500 words, excluding references, and may include up to 5 references. Letters commenting on published articles should be submitted within one month of the article's publication and must provide the complete citation of the article being discussed.

Short Communications

Short Communications report preliminary findings, novel observations, innovative methods, or concise research of significant scientific interest. Manuscripts should not exceed 1,500 words, excluding the abstract (maximum 150 words), references, tables, and figures. A maximum of 2 tables and/or figures and 15 references is permitted.

Images in Clinical Sciences

This section presents high-quality clinical, radiological, pathological, or laboratory images that have important educational value. Each submission should include a brief description of the clinical context, key findings, and the educational message. The text should not exceed 1500 words, with a maximum of 5 references and up to 4 high-resolution images.

Book Reviews

Book Reviews provide a critical evaluation of recently published books relevant to biomedical and health sciences. Reviews should summarize the book's content, discuss its strengths and limitations, and assess its relevance to readers. Manuscripts should not exceed 2,000 words and may include up to 10 references, if applicable.

Focus and Scope

The journal welcomes high-quality manuscripts from all areas of biomedical and health sciences, including basic medical sciences, clinical medicine, public health, nursing, dentistry, pharmacy, allied health sciences, medical education, health policy, epidemiology, biostatistics, and other interdisciplinary fields related to healthcare. EJNIHP encourages innovative research, evidence-based practice, and scholarly discussions that contribute to improving healthcare services and advancing biomedical knowledge in Nepal and globally.

Authorship

Authorship should be limited to individuals who have made substantial contributions to the conception or design of the study; the acquisition, analysis, or interpretation of data; the drafting of the manuscript or its critical revision for important intellectual content; and who approve the final version for publication. All authors should meet the authorship criteria recommended by the International Committee of Medical Journal Editors (ICMJE) (<https://www.icmje.org/>)

Declaration

Authors must submit a declaration confirming that the manuscript is original, represents valid scientific work, has not been published previously, is not under consideration by another journal, and has not been accepted for publication elsewhere. This declaration must be completed during the online manuscript submission process.

Use of "et al."

In the text, when a reference has three or more authors, cite only the first author's surname followed by *et al.* (e.g., Shrestha et al.). In the reference list, authors should be listed according to the journal's reference style. If there are six or fewer authors, list all authors. If there are more than six authors, list the first six authors followed by *et al.*, unless otherwise specified by the journal's reference style.

Publication Ethics

Originality and Plagiarism

Authors must ensure that their manuscripts are original and have not been published elsewhere. Any ideas, data, text, figures, or statements taken from the work of others must be properly cited or quoted. Plagiarism in any form is unacceptable.

Acknowledgment of Sources

Authors must appropriately acknowledge the work of others by providing accurate citations for all sources used in the manuscript.

Reporting Standards

Authors should present an accurate, honest, and complete account of their research methods, results, and interpretations. The manuscript should include sufficient detail to allow readers to understand and evaluate the study and its implications.

Conflicts of Interest

All authors must disclose any financial or non-financial conflicts of interest, relationships, or activities that could influence, or be perceived to influence, the research or its interpretation.

Financial Disclosure

Authors must clearly state all sources of financial support, including grants, sponsorships, or other funding received for the study. If no funding was received, authors should declare that the research received no specific financial support.

Data Availability and Retention

Authors may be requested to provide the original data supporting their findings for editorial review. They should retain the study data for a reasonable period after publication and, where appropriate, make the data available in accordance with journal policies and ethical guidelines. All research must be conducted in accordance with accepted ethical principles for scientific investigation.

Corrections and Retractions

If an author discovers a significant error or inaccuracy in a published article, they must promptly notify the journal editor and cooperate in issuing a correction, corrigendum, or retraction, as appropriate.

Authors' Contributions

The contribution of each author should be described using the following roles:

- **Conceptualization:** Development of the research idea, objectives, and study design.
- **Data Curation:** Data collection, management, verification, and maintenance.
- **Formal Analysis:** Statistical analysis, data interpretation, and analytical methods.
- **Investigation:** Conducting the research, experiments, or data collection.
- **Methodology:** Development or design of the study methodology and analytical approach.
- **Supervision:** Oversight, mentorship, and overall guidance of the research project.
- **Writing-Original Draft:** Preparation and writing of the initial manuscript.
- **Writing-Review & Editing:** Critical revision, editing, and approval of the final manuscript.

Checklist for Online Submission to the European Journal of Nepalese Healthcare Professions (EJNHP)

The European Journal of Nepalese Healthcare Professions (EJNHP) welcomes submissions of high-quality manuscripts from all areas of biomedical and health sciences. We sincerely appreciate your interest in publishing with EJNHP and thank you for your submission.

Each manuscript is carefully evaluated by the Editorial Office. Due to the large number of submissions received, the review process may take some time. However, every manuscript is given careful and unbiased consideration. After a successful online submission, an automatic confirmation email will be sent to the corresponding author.

Before submitting your manuscript, please ensure that the following documents and information are provided. Submissions that do not comply with the journal requirements or are incomplete may be returned to the authors without review. Please refer to the Author Guidelines for detailed instructions.

Required Documents and Information

1. A cover letter addressed to the Editor-in-Chief, signed or submitted by the corresponding author.
2. A declaration signed by all authors confirming that the manuscript is original, has not been published previously, and is not under consideration by any other journal.
3. A copy of the ethical approval/ethical clearance letter, where applicable.
4. An Authorship Contribution Statement describing the contribution of each author.
5. A manuscript prepared according to the EJNHP Author Guidelines.
6. **ORCID iDs** for all authors (recommended and encouraged), along with their institutional affiliations.
7. Complete details of the corresponding author, including:
 - ❖ Full name
 - ❖ Department
 - ❖ Institution and full postal address
 - ❖ Email address
 - ❖ Telephone number
8. Complete details of all co-authors, including:
 - ❖ Full name
 - ❖ Department
 - ❖ Institution and full postal address
 - ❖ Email address
9. DOIs, PubMed IDs (PMIDs), PubMed links, Google Scholar links, or other permanent online links for all references, where available.

Online Submission

All manuscripts must be submitted through the journal's online submission system. Authors must register before submitting a manuscript. Registered users can log in and complete the online submission process. Authors are encouraged to provide their ORCID iDs during submission.

Important Note

Incomplete submissions including missing required documents, incomplete author information, missing co-author details in the online system, or manuscripts not prepared according to the EJNHP

formatting requirements will be returned to the authors for correction or may be rejected without further consideration.

Supplementary Files

Please upload the following supplementary files along with your manuscript during the online submission process:

1. Cover (Forwarding) Letter
2. Authorship Contribution Form
3. Authors' Declaration Form
4. Manuscript Prepared According to the EJNHP Author Guidelines

For contact

Email:

Phone number:

Manuscript Preparation

Manuscripts should be prepared in accordance with the Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals developed by the International Committee of Medical Journal Editors (ICMJE).

General Formatting

- Manuscripts must be prepared in Microsoft Word using Times New Roman, 12-point font, 1.5-line spacing, and justified alignment.
- Use standard page margins and type on one side of the page.
- Do not use tabs, indents, or extra spaces at the beginning of paragraphs.
- Number all pages consecutively at the bottom of the page, beginning with the title page.
- Include continuous line numbering throughout the manuscript.
- Use American English consistently throughout the manuscript.
- Do not use headers, footers, footnotes, automatic referencing, or text boxes.

Title Page

- The title should be concise, informative, and preferably not exceed 25 words.
- Include the full title of the manuscript on the title page.
- Do not use abbreviations in the title.

Abstract

- The abstract should appear on a separate page.
- Original Articles: Structured abstract (Introduction, Methods, Results, and Conclusion) with a maximum of 250 ± 15 words.
- Case Reports: Unstructured abstract with a maximum of 150 ± 15 words.
- Provide 3–6 keywords arranged in alphabetical order, preferably using Medical Subject Headings (MeSH) terms.

Language and Style

- Avoid abbreviations in the title and abstract except for internationally recognized terms (e.g., WHO, AIDS).
- Spell out abbreviations at first mention in the text, followed by the abbreviation in parentheses (e.g., Knowledge, Attitude, and Practice (KAP)).
- Use generic drug names whenever possible. Brand names, if necessary, should begin with a capital letter.
- Do not use "&" or "@" in the manuscript text.
- Write pH as pH 7.4.
- Sentences should not begin with numerals. Spell out numbers at the beginning of a sentence (e.g., *Eighty-four milligrams* instead of *84 mg*).
- Always place a zero before decimal values less than one (e.g., 0.25, not .25).
- Avoid confusing the letter O with the numeral 0, and the lowercase letter l with the numeral 1.

Units, Numbers, and Percentages

- Use the International System of Units (SI) throughout the manuscript.
- Use metric units (meter, kilogram, liter, etc.) and their decimal multiples.
- Report temperature in degrees Celsius (°C) and blood pressure in millimeters of mercury (mmHg).
- Laboratory values should be reported in SI units, with conventional units in parentheses where appropriate.
- Drug concentrations may be expressed in either SI or mass units; provide the alternative unit where appropriate.
- When reporting numerical values, abbreviate units with a space between the number and the unit (e.g., 25 cm, 10 mg).
- Use the percent symbol (%) without a space (e.g., 25%).
- Report percentages as follows:
 - ✓ Two decimal places for sample sizes greater than 100.
 - ✓ One decimal place for sample sizes between 10 and 100.
 - ✓ Avoid percentages when the sample size is less than 10.

- Currency values should be reported in the local currency together with the equivalent value in US dollars (USD), indicating the exchange rate date where applicable.

Tables and Figures

- Number tables and figures consecutively using Arabic numerals.
- Each table and figure must have a concise title or legend.
- Figure legends should not exceed 40 words.
- Do not duplicate data in both the text and tables or figures.
- Graphs should be accompanied by the underlying numerical data whenever requested.
- Submit high-quality figures (minimum 300 dpi resolution).
- Protect patient confidentiality in all images. Written informed consent must be obtained when patient identification is possible.
- Acknowledge the original source and obtain permission for any reproduced or adapted tables or figures.

Reporting Time and Dates

- Report time using the 12-hour clock with AM/PM (e.g., 09:30 AM).
- Write dates as Month Day, Year (e.g., October 4, 2019).

Revised Manuscripts

- Submit two versions of the revised manuscript:
 - One with tracked changes.
 - One clean copy with all changes accepted.
- Submit a detailed point-by-point response to all reviewer and editor comments, indicating where each revision has been made (e.g., *Methods, page 5, lines 110–118*).
- If any reviewer comment is not addressed, provide a clear scientific justification in the response letter.

Publication Frequency

The journal is published semiannually: published in June and December.

Article Processing Fees

EJNHP does NOT charge authors article submission fees and it does NOT charge article processing fees.

Copyright Information

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Peer Review Process

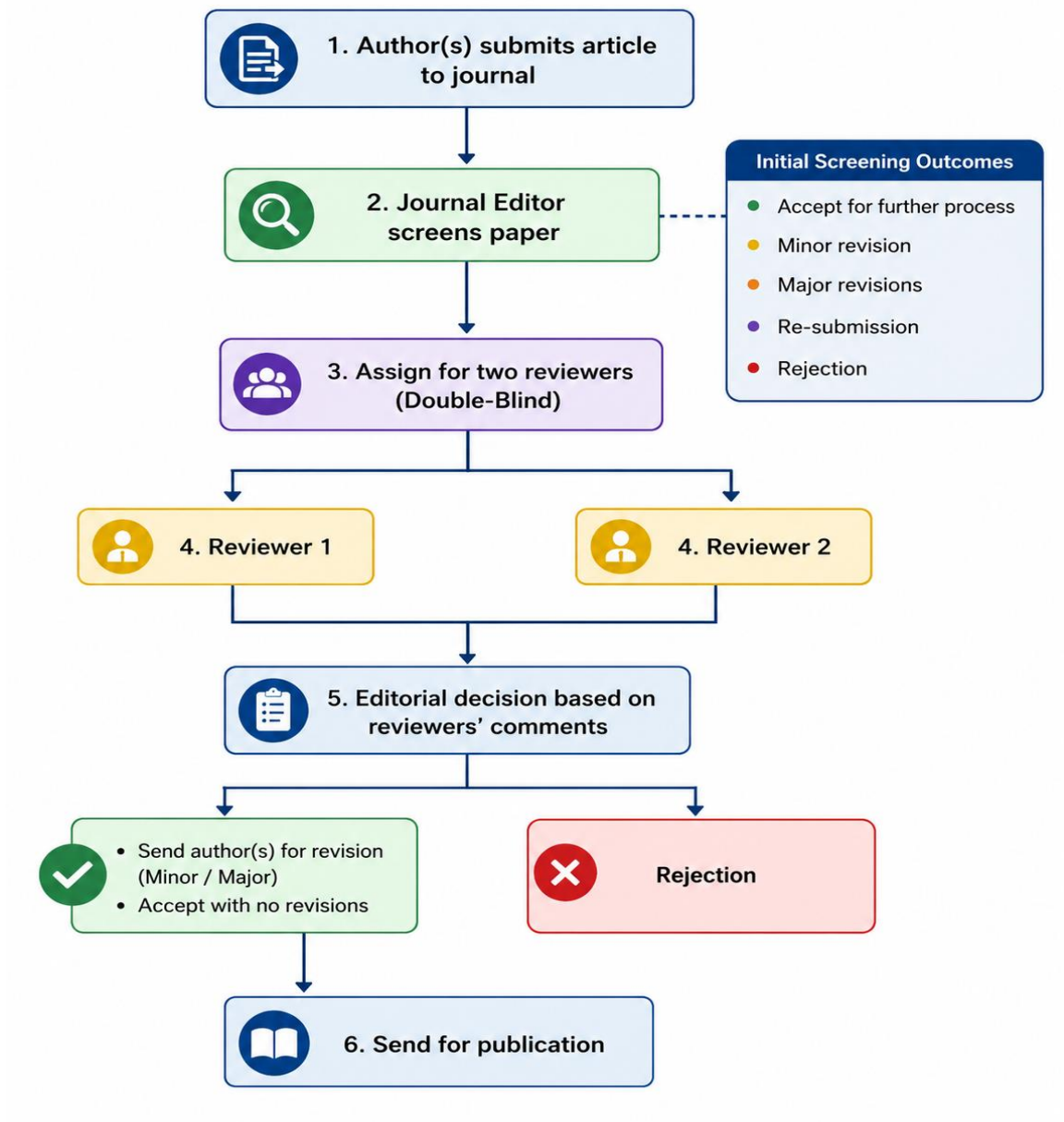
All manuscripts submitted to the European Journal of Nepalese Healthcare Professions (EJNHP) undergo an initial editorial assessment to determine their suitability for the journal. During this stage, the Editorial Office evaluates the manuscript for completeness, compliance with the journal's author guidelines, scope, and originality. All submissions are screened for plagiarism using appropriate software, and manuscripts with an overall similarity index exceeding the journal's acceptable limit (generally less than 10%, excluding references and legitimate quotations) may be returned to the authors or rejected. The initial editorial screening is typically completed within 15 days of submission.

Manuscripts that successfully pass the initial screening are sent for double-blind peer review by at least two independent subject experts. Neither the reviewers nor the authors are aware of each other's identities throughout the review process. The peer review is generally completed within 20–30 days, although this may vary depending on reviewer availability.

Based on the reviewers' recommendations, the Editor-in-Chief, in consultation with the Editorial Board, makes the final decision to accept, request minor or major revisions, or reject the manuscript. The corresponding author is normally informed of the editorial decision within 15 days after the completion of the peer review.

Accepted manuscripts requiring revision are returned to the authors for necessary corrections. After receipt of the revised manuscript, the Editorial Office performs copyediting for grammar, language, punctuation, style, formatting, and consistency. This process is usually completed within 10–15 days.

The copyedited manuscript is then prepared in the journal layout, and a galley proof is sent to the corresponding author for final review. Authors are requested to return the corrected proof within two working days. Only minor typographical or formatting corrections are permitted at this stage. After all final corrections have been incorporated, the manuscript is published in the next available issue of the journal.



TITLE PAGE

The Title Page should be submitted as a separate file and must include the following information:

- **Type of Manuscript:** Clearly specify the manuscript category (e.g., Original Article, Systematic Review, Meta-analysis, Narrative Review, Case Report, Short Communication, Viewpoint, or Letter to the Editor).
- **Title of the Article:** The title should be bold, concise, informative, and accurately reflect the content of the manuscript. Capitalize only the first letter of the first word and proper nouns. Avoid abbreviations, declarative statements, and questions. Descriptive titles are preferred.
- **Short Running Title:** Provide a running title of no more than 45 characters (including spaces).
- **Authors:** List all authors in the order of their contribution. For each author, provide:
 - Full name
 - Department
 - Institution
 - Full institutional address
 - Email address

Clearly identify the corresponding author and provide:

- Full name
- Department(s)
- Institution
- Postal address
- Country
- Email address
- Telephone/Mobile number

The corresponding author is responsible for ensuring that all co-authors have reviewed and approved the final manuscript and consent to its submission.

- **ORCID iD:** Provide the ORCID iD of all authors. Authors who do not have an ORCID iD are encouraged to register free of charge at <https://orcid.org>.
- **Word Count:** State the total word count of the manuscript excluding the abstract, acknowledgments, tables, figures, and references. Also provide the word count of the abstract (excluding keywords).
- **Tables and Figures:** State the total number of tables and figures included in the manuscript (maximum of five combined, unless otherwise specified).
- **References:** State the total number of references. For Original Articles, a minimum of 15 and a maximum of 30 references are recommended. References should be recent and relevant. Wherever available, provide the DOI, PubMed ID (PMID), PubMed link, or other permanent online link for each reference.
- **Page Count:** State the total number of manuscript pages, including tables and figures.

ABSTRACT

The abstract should provide a clear, concise, and accurate summary of the manuscript, highlighting the research problem, methodology, principal findings, and conclusions. It should be self-contained and should not include references, citations, footnotes, tables, figures, or unnecessary details. Except for universally recognized abbreviations (e.g., WHO, HIV), abbreviations should be avoided.

For Original Articles, the abstract must be structured under the following headings: Background, Methods, Results, Conclusion, and Keywords. The abstract should not exceed 250 words (approximately 13-16 lines). The recommended word distribution for each section is as follows:

- **Background (40-50 words; approximately 2-3 lines):** Briefly introduce the research problem within its broader context. Clearly identify the knowledge gap or problem statement and conclude by stating the study objective or purpose.
- **Methods (70-80 words; approximately 4-5 lines):** Describe the study design (observational or experimental), study setting, study population, sampling technique, sample size, and eligibility criteria (inclusion and exclusion). Briefly mention the data collection methods, study variables, statistical analyses performed, and ethical approval obtained from the appropriate ethics review committee.
- **Results (80–100 words; approximately 5-6 lines)**
Present the principal findings corresponding to the study objectives without interpretation or discussion. Include important numerical results such as frequencies, percentages, means, confidence intervals, odds ratios, hazard ratios, or p-values where appropriate. Report findings in the same order as the study objectives and ensure consistency with the tables, figures, and methodology.
- **Conclusion (30-40 words; approximately 2-3 lines):** Summarize the main findings based solely on the study results without introducing new information or numerical data. Briefly state the significance or public health implication of the findings. A concise recommendation may be included where appropriate.
- **Keywords:** Provide 4–6 keywords immediately after the abstract. Keywords should be separated by semicolons (;) and arranged in alphabetical order. Use Medical Subject Headings (MeSH) terms. Keywords should represent the main concepts of the study, including the population, disease or condition, exposure or intervention, methodology, and study setting. Keywords are not included in the abstract word count.

INTRODUCTION

The introduction should provide sufficient background to understand the research problem, establish the need for the study, and clearly state the study objective. It should be written in three paragraphs with a total length of 300–350 words. The introduction should progress from the general context to the specific research problem and conclude with a clear study objective. Appropriate and up-to-date references should be cited using the Vancouver superscript citation style.

First Paragraph: General Background (90–100 words)

Introduce the topic from a global or broader scientific perspective. Briefly describe its magnitude, burden, epidemiology, or importance and explain its relevance to public health, clinical practice, or biomedical science. This paragraph should provide sufficient background for readers unfamiliar with the topic while avoiding excessive detail.

Second Paragraph: Specific Context and Literature Gap (90–110 words)

Narrow the discussion to the national, regional, or local context. Summarize the findings of relevant published studies and explain the current state of knowledge. Clearly identify the research gap by highlighting what is already known and what remains unknown, inconsistent, or insufficiently investigated. Avoid an extensive literature review and include only studies directly relevant to the research question.

Third Paragraph: Study Justification and Objective (110–140 words)

Explain the scientific or public health importance of addressing the identified research gap. Briefly discuss inconsistencies, limitations, or methodological shortcomings of previous studies and justify why the present study is needed. Conclude the final paragraph with one clear and concise sentence stating the study objective, which should directly correspond to the research question and methodology.

METHOD

The Methods section should be written clearly and in sufficient detail to enable replication of the study. It should be organized under the following subheadings, where applicable.

Study Design

State the study design (e.g., cross-sectional, case-control, cohort, randomized controlled trial, qualitative study, mixed-methods study, systematic review, or laboratory-based study). Briefly describe the rationale for the chosen design.

Study Setting

Describe the study location, institution(s), geographical area, and study period. Provide sufficient information about the setting to help readers understand the context of the research.

Study Population

Describe the target population and study participants. Clearly specify the inclusion and exclusion criteria, eligibility requirements, and the source population from which participants were selected.

Sample Size and Sampling Technique

Describe the sample size determination, including the formula, assumptions, and justification where applicable. Clearly state the sampling technique (e.g., simple random, systematic random, stratified, cluster, purposive, or convenience sampling) and explain the participant selection process.

Data Collection

Describe the data collection tools (e.g., questionnaire, interview schedule, checklist, laboratory methods, medical records, or anthropometric measurements), procedures, personnel involved, quality control measures, and any validation or pretesting performed. Standard operating procedures or internationally accepted guidelines should be mentioned where appropriate.

Study Variables and Measurements

Clearly define the primary and secondary outcome variables, exposure variables, independent and dependent variables, and potential confounding variables. Describe operational definitions, measurement methods, diagnostic criteria, classification systems, and reference standards used.

Statistical Analysis

Describe the statistical software used for data management and analysis. Explain the descriptive and inferential statistical methods applied, tests used for hypothesis testing, measures of association, confidence intervals, significance level (e.g., $p < 0.05$), and methods used to control confounding or assess model assumptions, where applicable.

Ethical Considerations

State the name of the Institutional Review Board (IRB) or Ethics Committee that approved the study and provide the approval number, if available. Mention that written informed consent (or assent, where appropriate) was obtained from participants or their legal guardians before data collection. Describe how confidentiality, anonymity, and participants' rights were protected throughout the study in accordance with the Declaration of Helsinki or other relevant ethical guidelines.

Reporting Guidelines

Authors are encouraged to prepare manuscripts according to the appropriate international reporting guideline whenever applicable, such as CONSORT (randomized controlled trials), STROBE (observational studies), PRISMA (systematic reviews and meta-analyses), CARE (case reports), STARD (diagnostic accuracy studies), SRQR/COREQ (qualitative research), or other relevant EQUATOR Network reporting guidelines.

RESULTS

The Results section should present the study findings in a logical sequence corresponding to the study objectives. Results should be reported objectively without interpretation or discussion. Present only the findings that are relevant to the research objectives, avoiding duplication of information in the text, tables, and figures.

Text

- Present the main findings clearly and concisely.
- Report results in the same order as the study objectives or methods.
- Include appropriate statistical findings such as effect estimates, 95% confidence intervals (CI), p-values, and sample size (n) where applicable.
- Do not interpret or discuss the findings in this section.
- Avoid repeating all numerical data presented in tables or figures; instead, summarize the key findings in the text.

Tables

- The number of tables in the main manuscript should not exceed four, unless otherwise justified.
- Each table should have a concise, informative, and self-explanatory title.
- Present frequency and percentage together in a single column as n (%).
- Use two decimal places consistently for numerical data, where appropriate.
- Clearly define all abbreviations and symbols in table footnotes.
- Report the statistical test(s) used, p-values, 95% confidence intervals, sample size (n), and level of statistical significance in the table or its footnotes, where applicable.
- Ensure consistent formatting, alignment, units, and decimal places across all tables.

- Very large or complex tables with numerous variables or categories should be simplified or provided as Supplementary Material.

Figures

- The number of figures in the main manuscript should generally not exceed three, unless justified by the study design.
- Figures should be of high quality with a minimum resolution of 300 dpi.
- Acceptable file formats include TIFF, JPEG, and PNG.
- Each figure should have a concise and informative legend.
- All axis labels, legends, symbols, and annotations should remain clearly readable after resizing for publication.
- Use Times New Roman font (12-point or equivalent) consistently in all figures.
- Multi-panel figures should be clearly labeled as A, B, C, etc.
- Ensure that figures do not duplicate information already presented in the text or tables.

Statistical Reporting

- Clearly report the statistical methods used to generate the results.
- Provide effect estimates (e.g., odds ratios, relative risks, hazard ratios, regression coefficients) together with their 95% confidence intervals, where appropriate.
- Report exact p-values (e.g., $p = 0.032$) whenever possible. Use $p < 0.001$ only when the value is extremely small.
- State the sample size (n) for all analyses.
- Ensure consistency between the text, tables, figures, and the statistical methods described in the Methods section.

DISCUSSION

The Discussion should interpret the study findings in the context of existing evidence and explain their scientific, clinical, or public health significance. The discussion should not simply repeat the results but should explain their meaning and implications.

The discussion is generally organized as follows:

Summary of the Principal Findings

Begin with a brief summary of the most important findings of the study in relation to the research objectives. Do not repeat detailed numerical results presented in the Results section.

Comparison with Previous Studies

Compare the findings with those of relevant national and international studies. Discuss similarities and differences and provide possible explanations for any discrepancies. Where appropriate, explain biological, clinical, epidemiological, or methodological reasons for the observed findings.

Interpretation and Implications

Interpret the findings in the context of current scientific knowledge and explain their clinical, public health, educational, or policy implications. Discuss the relevance and potential impact of the findings while avoiding unsupported speculation.

Strengths and Limitations

Describe the major strengths of the study, including methodological rigor, novelty, or practical significance. Acknowledge the limitations of the study and discuss their potential effect on the validity, interpretation, and generalizability of the findings.

Recommendations

Where appropriate, provide evidence-based recommendations for clinical practice, public health, policy, or future research. The study findings should support recommendations.

General Instructions

- Organize the discussion in a logical sequence from the principal findings to their interpretation and implications.
- Avoid repeating detailed results already presented in the Results section.
- Support statements with current and relevant references, preferably from peer-reviewed journals.
- Avoid over-interpretation, unsupported conclusions, or claims that extend beyond the study findings.
- Use clear, concise, and objective scientific language

CONCLUSION

The conclusion should briefly summarize the principal findings of the study without repeating numerical results. It should clearly state the overall significance of the findings and their implications for clinical practice, public health, research, or policy, where appropriate. Recommendations for future research may be included if supported by the study findings.

The conclusion should generally consist of one short paragraph (100-150 words) and should not introduce new information, references, or unsupported claims.

ACKNOWLEDGMENT

The Acknowledgment section should recognize individuals, organizations, or institutions that contributed to the study but do not meet the ICMJE authorship criteria. Contributions may include technical assistance, data collection, statistical support, language editing, administrative support, or other non-author contributions. Authors should also acknowledge any institution, laboratory, or organization that provided facilities or logistical support for the research. Written permission should be obtained from all individuals whose names are included in the Acknowledgment section. Do not acknowledge individuals who have not made a meaningful contribution to the study. Funding information should not be included in the Acknowledgment section. Financial support should be reported separately under the Funding section

CONFLICTS OF INTEREST

All authors must disclose any financial or non-financial conflicts of interest that could influence, or be perceived to influence, the design, conduct, analysis, interpretation, or reporting of the study. Potential conflicts may include, but are not limited to, employment, institutional affiliations, consultancies, honoraria, speaker fees, advisory board memberships, stock ownership, patents, grants, sponsorships, personal relationships, or other financial or professional interests.

All sources of potential conflict should be declared at the time of manuscript submission.

If no conflicts of interest exist, authors should include the following statement:

Conflict of Interest: None declared.

SOURCE OF FUNDING

Authors must clearly disclose all sources of financial support received for the conduct of the study and the preparation of the manuscript. Funding information should include the name of the funding agency, grant or project number (if applicable), and the role of the funding body in the study design, data collection, data analysis, interpretation of results, manuscript preparation, and the decision to submit the manuscript for publication.

If the funding agency had no role in any aspect of the study, this should be explicitly stated.

If the study did not receive any specific financial support, authors should include the following statement:

Source of Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

AUTHOR/S CONTRIBUTION

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- **Conceptualization:** Development of the research idea, study objectives, and study design.
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- **Formal Analysis:** Statistical analysis, data interpretation, and analytical methodology.
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- List all authors when there are six or fewer authors. If there are seven or more authors, list the first six authors followed by "et al."
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JOURNAL ARTICLE: PRINT

Format

Author(s). Title of the article. *Abbreviated Journal Title*. Year;Volume(Issue):Page-Page.

Example (≤6 authors)

1. Sharma S, Adhikari B, Upadhyay HP, Thapa P. Nutritional status among under-five children in Nepal. *J Nepal Health Res Counc*. 2023;21(2):145-152.

Example (≥7 authors)

2. Upadhyay HP, Sharma S, Thapa P, Adhikari B, Karki R, Singh M, et al. Factors associated with childhood malnutrition in Nepal. *BMC Public Health*. 2024;24(1):325-333.

Note: If a DOI is available, include it at the end of the reference. PMID may also be added where available.

JOURNAL ARTICLE: ONLINE/ELECTRONIC

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Author(s). Title of the article. *Abbreviated Journal Title* [Internet]. Year [cited Year Month Day];Volume(Issue):Page-Page. Available from: URL. doi: DOI. PMID: PMID.

Example

1. Upadhyay HP, Sharma S, Adhikari B, Thapa P. Nutritional status and associated factors among under-five children in Nepal. *BMC Public Health* [Internet]. 2024 [cited 2026 Jul 3];24(1):125. Available from: <https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-024-12345-6>. doi:10.1186/s12889-024-12345-6. PMID: 39567890.

Notes

- Use [Internet] after the journal title for online-only articles.
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- Provide the URL or DOI. If both are available, include both.
- Include the PMID when available.
- Journal titles should be abbreviated according to Index Medicus (MEDLINE).

BOOK: PRINT

Format

Author(s). *Title of the book*. Edition (if not the first). Place of publication: Publisher; Year.

Example (Single Author)

1. Park K. *Park's Textbook of Preventive and Social Medicine*. 27th ed. Jabalpur: Banarsidas Bhanot; 2023.

Example (Multiple Authors)

2. Greenberg RS, Daniels SR, Flanders WD, Eley JW, Boring JR. *Medical Epidemiology*. 5th ed. New York: McGraw-Hill; 2015.

Example (Edited Book)

3. Kumar P, Clark M, editors. *Kumar and Clark's Clinical Medicine*. 10th ed. London: Elsevier; 2021.

BOOK: ONLINE/ELECTRONIC

Format

Author(s). *Title of the book* [Internet]. Edition (if not the first). Place of publication: Publisher; Year [cited Year Month Day]. Available from: URL.

Example

1. World Health Organization. *Guideline on Clinical Management of COVID-19* [Internet]. Geneva: World Health Organization; 2023 [cited 2026 Jul 3]. Available from: <https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2023.1>

Example (with DOI)

2. Gordis L. *Epidemiology* [Internet]. 6th ed. Philadelphia: Elsevier; 2019 [cited 2026 Jul 3]. Available from: <https://doi.org/10.xxxx/xxxxx>. doi:10.xxxx/xxxxx

Note: Include the URL or DOI (preferably DOI when available), the date accessed (cited date), and the edition if it is not the first edition.

Published Report

Format

Author(s) or Organization. *Title of the report*. Report No. Place of publication: Publisher; Year.

Example

1. World Health Organization. *World health statistics 2024*. Geneva: World Health Organization; 2024.

Online Report

Format

Author(s) or Organization. *Title of the report* [Internet]. Place of publication: Publisher; Year [cited Year Month Day]. Available from: URL

Example

2. Nepal Health Research Council. *Annual report 2024* [Internet]. Kathmandu: NHRC; 2024 [cited 2026 Jul 3]. Available from: <https://nhrc.gov.np>

Government Publication

Format

Organization. *Title*. Place of publication: Publisher; Year.

Example

3. Ministry of Health and Population. *Annual Health Report 2023/24*. Kathmandu: Ministry of Health and Population; 2024.

Thesis or Dissertation

Format

Author. *Title* [type of thesis]. Place of publication: Institution; Year.

Example

4. Upadhyay HP. *Knowledge of free health services among nursing students in Nepal* [PhD dissertation]. Kathmandu: Tribhuvan University; 2025.

Conference Paper

Format

Author(s). Title of paper. In: Editor(s), editor(s). *Title of conference proceedings*; Date of conference; Place of conference. Place of publication: Publisher; Year. p. xx-xx.

Example

5. Sharma S, Adhikari B. Bayesian survival analysis in cancer research. In: Singh R, editor. *Proceedings of the International Conference on Medical Statistics*; 2024 Jan 5-7; Varanasi, India. New Delhi: Springer; 2024. p. 55-62.

Conference Abstract

Format

Author(s). Title. *Journal Title*. Year;Volume(Suppl):Abstract number.

Example

6. Upadhyay HP, Sharma S. Bayesian analysis of COVID-19 outcomes. *J Clin Epidemiol*. 2024;158(Suppl 1):S45.

Newspaper Article (Print)

Format

Author. Title of article. *Newspaper Name*. Year Month Day:Page.

Example

7. Sharma R. New strategy for dengue control launched. *The Kathmandu Post*. 2025 Jun 18:5.

Newspaper Article (Online)

Format

Author. Title of article. *Newspaper Name* [Internet]. Year Month Day [cited Year Month Day].

Available from: URL

Example

8. Sharma R. Nepal expands digital health services. *The Kathmandu Post* [Internet]. 2025 Jun 18 [cited 2026 Jul 3]. Available from: <https://kathmandupost.com>

Webpage

Format

Author or Organization. Title of webpage [Internet]. Place of publication: Publisher; Year [updated Year Month Day; cited Year Month Day]. Available from: URL

Example

9. World Health Organization. Malnutrition [Internet]. Geneva: WHO; 2024 [cited 2026 Jul 3]. Available from: <https://www.who.int>

Video (YouTube or Online Video)

Format

Author or Organization. Title of video [Internet]. Place of publication: Publisher; Year Month Day [cited Year Month Day]. Available from: URL

Example

10. World Health Organization. Hand hygiene: Why, how and when? [Internet]. Geneva: WHO; 2023 Oct 15 [cited 2026 Jul 3]. Available from: <https://www.youtube.com/>

Podcast

Format

Author/Host. Title of episode [Internet]. In: Podcast title. Place: Publisher; Year Month Day [cited Year Month Day]. Available from: URL

Example

11. Smith J. Global health challenges [Internet]. In: Public Health Today. London: BMJ; 2024 Mar 15 [cited 2026 Jul 3]. Available from: URL

Dataset

Format

Author(s). Title of dataset [dataset]. Publisher; Year [cited Year Month Day]. Available from: URL

Example

12. World Bank. World Development Indicators [dataset]. Washington (DC): World Bank; 2024 [cited 2026 Jul 3]. Available from: <https://data.worldbank.org>

Clinical Practice Guideline

Format

Organization. *Title of guideline*. Place of publication: Publisher; Year.

Example

13. National Institute for Health and Care Excellence. *Hypertension in adults: diagnosis and management*. London: NICE; 2023.

Cover Letter

Date

To

The Editor-in-Chief

European Journal of Nepalese Healthcare Professions (EJNHP)

Subject: Submission of Manuscript for Publication

Dear Editor-in-Chief,

On behalf of all the authors, I am pleased to submit our manuscript entitled “.....” for consideration for publication in the European Journal of Nepalese Healthcare Professions (EJNHP) under the category of “...”. We confirm that this manuscript is original, has not been published previously, and is not under consideration for publication in any other journal. All authors have read and approved the final version of the manuscript and have agreed to its submission to EJNHP. The study was conducted in accordance with applicable ethical standards. Ethical approval was obtained from the appropriate Institutional Review Board/Ethics Committee, where applicable. We declare that all potential conflicts of interest and sources of financial support have been disclosed in the manuscript.

We believe that our study will be of interest to the readers of EJNHP because it contributes to the advancement of knowledge in biomedical and health sciences.

Thank you for considering our manuscript for publication. We look forward to your response.

Sincerely,

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We, the undersigned authors, hereby declare that

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3. The manuscript is not currently under consideration for publication in any other journal.
4. All authors have made substantial contributions to the study and meet the authorship criteria recommended by the International Committee of Medical Journal Editors (ICMJE).
5. All authors have read and approved the final version of the manuscript.
6. All sources of funding and potential conflicts of interest have been disclosed.
7. Ethical approval was obtained where required, and the research was conducted in accordance with accepted ethical principles.
8. We agree to transfer publication rights to EJNHP upon acceptance of the manuscript, in accordance with the journal's publication policies.

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The contribution of each author in the work is as follows (✓). Except original articles use 'not applicable' **(N/A) wherever necessary**

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