Guest Editorial

Writing an Effective Medical Manuscript and Avoiding Errors for Smooth Publication

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Abstract

Writing for a biomedical journal is an important part of completing a research project. It is vital to publish original articles or other types of articles in various medical journals. This can be a challenging process, and it requires a sense of responsibility. The process starts with conceiving an idea, forming and conducting the research, and writing about the results, before finally getting it published. Before beginning to write a paper, the language must be properly structured and technical details must be included. Additionally, a cover letter must is sent to the journal's chief editor, mentioning any ethical considerations.

Keywords | Book chapter, Biomedical journals, Ethics, Manuscript, Research, Vancouver style, Harvard style, Website,

Introduction

Let's see, what is research, which was first known in French language in 1577, meant "to go about seeking". Research is the quest for something new for the needs of an inquisitive mind seeking new knowledge.[1]

Research not only involves collecting knowledge from the past but also adding something new to it. It is important to report new results in scientific journals, disseminate information to the larger scientific community, and contribute to the pool of knowledge within the researcher's discipline. It is also essential to provide information that helps others interpret their own research results. It is an obligation of the researcher to complete their work honestly and submit it to a reputable journal. Without publishing, the research can be lost and all efforts would be wasted. The world acknowledges published articles through citation, which increases the value of the article.Publication is the sharing of knowledge and it is mandatory and an obligation.[1-2]

What is an Effective Writing of Research?: The research must be done properly and the objective must be clear and an assumption must be clearly defined. The steps of the research have to be accurate and data collection has to be exact, and its analysis should be professional. Be honest and ethical about this because ethics is important at every stage of your research and its results.

During medical writings, always follow the rules and all aspects of the research should be discussed at the start of the project. The authorship credits should be decided before starting the research and approve the final version. Basic rule of the ethical writing is that always write the original research work done honestly, with no plagiarism involved, no copying, cutting and pasting, no falsification or fabrication, no duplicate

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submission for publication, and no conflict of interest. There must be appropriate authorship with acknowledgements where necessary.[1-4]

Why should Ethics be observed?: Keep in mind that if you do not observe ethics, it will be *"MISCONDUCT"*, Deception, Dishonesty or Negligence", which are not acceptable. Misconduct can have serious consequences: such as retraction of the article, exclusion of authors, reporting to the head of the institution and regulatory bodies, impeding promotion.[4]

What are the Requirements of Writing Research?: Before starting writing the paper, your answer must be yes about these questions, did your article is about something new and interesting and the article will help to increase the knowledge of readers?; Have you finally read the latest literature in the field of your manuscript? , have the your results analyzed properly by appropriate analysis and your finding's significance is verified through biostatistics?, are the methods being valid and reliable. Studies scope and limitations must be addressed and did the findings are writen in a novel way? , was the findings are related to any current hot topic, e.g., COVID-19 etc. ?, is there any solution for any difficult community issue? If writing for publication is challenging but not difficult, it needs, adequate knowledge, better skills, spending adequate time, confidence, commitment and motivation.[5]

Types of Articles: There are various types of research articles in the medical field that serve different purposes. Some common types include:

Original Research Articles: These articles present the findings of a study conducted by the authors. They typically include sections such as introduction, methods, results, discussion, and conclusion.[4]

Review Articles: These articles provide a comprehensive summary of existing research on a particular topic. They analyze and synthesize the findings from multiple studies to give a comprehensive overview.[4-5]

Case Reports: These articles describe unusual or unique cases encountered in clinical practice. They provide detailed information about the patient, diagnosis, treatment, and outcomes. Case reports often play a vital role in identifying and reporting rare or atypical medical conditions or reactions to therapies.[4]

Systematic Reviews and Meta-analyses: These articles use systematic methods to critically analyze and summarize the available evidence on a specific research question. Meta-analyses go a step further and statistically combine the results of multiple studies to provide a more robust analysis.[4-6]

So before submitting, see what is the type of your manuscript? To whom are you speaking and who are you going to read it and lastly, in which journal you are submitting, have you read the instructions for the authors of this journal, etc. Waring for the writers: never gamble by scattering your manuscript to more than one journal and only submit once till its final fate because international ethics standards prohibit multiple simultaneous submissions.[4]

Main Components of the Manuscript: In the medical field, a manuscript typically consists of several main components e.g, title page, abstract, key words, introduction, material/subject methods, results, discussion, conclusion, acknowledgements, disclaimer, Funding source, and Reference.[1,6]

Instructions for "*Title*": This page provides the title of article, names of authors, and their affiliations. It is an important component as it presents essential information about the manuscript. It should not be too short or lengthy, usually it contains 19-25 words. It must be simple & effective because it is the most important part of the article, which must be attractive for the readers.[1,6-7]

Example: Title, authors; *Writing an Effective Medical Manuscript and Avoiding Errors for Smooth Publication. Mulazim Hussain Bukhari,[1] Zeinab Tamannie[2]*

Instructions for writing the abstract.[6-7]

The abstract is a concise summary of the entire manuscript, highlighting the key points of the study. It provides a brief overview of the research question, methods, results, and conclusions. The abstract is often the first section read by readers and plays a crucial role in attracting their attention. There are few types of the abstract of the manuscript.

Descriptive abstracts: It states the summary of the main topics which will attract the readers. Often used in review articles, conference reports and case

reports.

Non-structured abstracts: it summarizes the article's problem, methods, case studies, conclusions, without giving headings.

Structured abstracts: It summarizes the articles with headings according the requirement of the journal. Such types of structured abstracts are used for original research article.

It is a short summary that precedes the text of the journal article and it offers a critical window for the readers to attract the article. It describes an article's scope and significance with enough key information: makes it useful reference for citations for future for readers. The most, if not the only, read part of an article which helps readers to decide if they want to read the whole paper. It must be based on *electronic databases, like PubMed,* or journals may only provide title and abstract. It is the only part of the paper published in conference proceedings and the only part that a potential referee may see when invited to review an article by an editor and it is the only portion of the paper that can hold reader's interest for the longest period of time. But there are many things to Avoid in the abstract, like it should not contain any incomplete sentences. It should not be differing from the main text. There should not be included any citations, illustrations, figures or tables, references to other literature. There should not be included lengthy background information or any abbreviations or terms causing confusion. It must be written with actual results with ethical honesty. Usually, the structured abstract observes the word count, maximum up to 250. Structured abstract contains, objectives, methods, rationale, results, data analysis and conclusion, while the instructed abstract is written in paragraphs without these headings but with same outcome, stating the basic purpose of your study.

For structured abstracts an *objective* is written using command and action words e.g., *"To see the effects of static exercise program and Swiss ball training on all the muscles of hip and pelvic regions in patients with postpartum having low back pain."*

Next part of the structured abstract is writing the methods which will address the *study design*, *study setting*, where, when, who conducted and what was the sample size, how much dose was given? Which research instruments were used and how was data collected and what were the analytical methods, e.g., *"This was single-blind prospective, randomized controlled study. It was conducted at the Rehabilitation Department of Abbas Institute of Medical Sciences, Muzaffarabad. It was conducted from March to December 2021 to December 2022.The study population was 60 postpartum with low backache into 2 identical groups. Patients in group A was advised static core exercises and subjects in group B was given Swiss ball training. The study outcome included a numerical rating scale for pain. Some biostatic test like Oswestry disability index, goniometric, which included the Trunk Stability Rating Scale, were used to draw the inferential. Data was analyzed through SPSS latest version".*

In abstract next main part is writing the results: The important part of the manuscript is writing main finding, with statistical significance in results e.g"result: *Of the 60 patients, 30 (50%) belonged to Group A with a mean age of 28.28 ± 4.7 years and 30 (50%) belonged to Group B with a mean age of 28.57 ± 2.387 years. The within-group difference was significant (p0.05")*.

Conclude your results with a conclusion, and write it concisely and honestly. Notice the main title of the article."

How to write Keywords.[7]

These are important for indexing. This makes it easier to identify and cite the manuscript. When indexing journal articles and books in the life sciences, keywords for medical subject headings should be generated using a carefully selected vocabulary. It acts as a thesaurus to facilitate searching. They should be in alphabetical order and conform to the instructions of the *National Library of Medicine Managed Vocabulary Thesaurus used to index articles in the MEDLINE®/PubMED® database.*

Introduction to Article Writing[1-6:9]

The introduction section provides background information on the research topic and outlines the purpose and significance of the study. The main context of this section is based on the literature review and usually coded from the other sources with citations to establish the context of the reported work. There should overall 300-500 words and should include following things.

1. The problem under investigation should be summarized and discussed in the background of literature review. In writing the introduction, always answer the questions:
2. What was studying?
3. What did we know about it before this study? How will this study enhance our knowledge?

It is based on general information and specific information using by an inverted triangle. (Broader the general information and smaller the specific information). Top broadest part carries the most general information, Apex is the specific problem studied and begin with sentences focusing the topic established by review of pertinent published literature from research journals.

Always write this information with pertinent references cited for published studies. Put here the objective of the study, and hypothesis. Always end the introduction with purpose of the study and its scientific merits and if a new methodology has been used give its merits in comparison to the older methods. Always keep it brief because introduction is not a discussion, so do not compare and contrast the results and different studies here, e.g., *"Pain in the lumbar and pelvic areas is a global health issue and is approximately 8% disability worldwide and affects approximately 75% people at some stage in their lives". (Ref) It is a nonspecific type of Pain, which causes disability and makes the people bed-ridden. (Ref) It has been observed that women after their delivery experience such type of low backache (LBP) which may affects their occupation and daily living". (Ref) The introduction ends with the Objective of the study: e.g., "The current study was designed to see the effects of static exercise program and to compare with Swiss ball training for all muscles of the lower back and pelvic areas in patients with LBP after childbirth". (Ref)*

What are common mistakes in writing the article introduction?: Be careful and vigilant in writing the introduction and do not do the following mistakes

1. Starting with generic or boring opening
2. Too much or not enough information
3. Unclear purpose
4. Lists
5. Confusing structure
6. First-Person anecdotes

Writing the introduction for an article can be tricky, and there are some common mistakes that writers often make. One common mistake is starting with a generic or boring opening. It is important to grab the reader's attention from the very beginning, so avoid cliches or overly formal language. Another mistake is providing too much background information. While it is important to provide context, including too much information in the introduction can overwhelm the reader and make the article feel bogged down. Instead, focus on providing a concise and engaging overview of the main points that will be discussed in the article. Additionally, writers often make the mistake of not clearly stating the purpose or main argument of the article in the introduction. It is important to clearly communicate the main focus of the article so that readers know what to expect and can follow along easily. Finally, another common mistake is not ending the introduction with a strong thesis statement. A thesis statement is essential as it highlights the importance and main theme for rest of the article.

How to write Methodology? [1,6,10,12]

The methods section describes the experimental design, study population, data collection methods, and statistical analyses used. It provides a detailed account of how the study was conducted, allowing readers to replicate the research. It is the most critical section of the manuscript and on the basis of this "A paper will sink or swim on the section. In this section, this is the main bulk of any article which must provide sufficient knowledgeable information for the reader who can reproduce for their own article or research. This actually tells us how was the study carried out and what was exactly done? And what is the strength of its study"? How was the study carried out? How many subjects were used. What was the study site and Study period including the sampling size & design? What was the data was collection protocol and how the data was analyzed (statistical procedures)?

Methodology style of writings must be reader friendly, avoid lengthy sentences & repetition, and void using ambiguous terms. There are different styles of labelling this section i.e., Material & Methods (When material is used as lab testing material), Patients & Methods (for a study on patients) and subjects and Methods (for a study on normal healthy individuals). A good Metho-

dology should have sufficient details to help an investigator in replicating the study and if the methodology has been previously used, it can be taken verbatim and duly referenced.

Use ethical guidelines of the 1975 Helsinki Declaration and if study is on human subjects, start with the approval of the IRB and written and informed consent of patients. An RCT should have the registration details and if animal subjects are used state the approval of the concerned board. Following are the guidelines for formatting the Article

1. Objective: State the precise objective of the study
2. Methods
    - *Design:* Type of study: Cross sectional, Case control, Cohort, RCT
    - *Setting:* Hospital/ community/ institution
    - *Time period:* Month and Year
    - *Patients/subjects/material:* Number, inclusion/ exclusion criteria, socio-demographic features, matching & comparing groups, follow up, type of sample, random or otherwise
    - *Follow-up period*
    - *Statistical methods employed for Data analysis*

Example of Writing the Methods: *This was a prospective and single-blind randomized controlled trial study which was conducted at the Reha-bilitation department of Abbas institute of Medical sciences and CMH Muzaffarabad, from 1.3.2022 to 1.12.2023. The sealed enveloped method was used for randomization. It was comprised of 300 patients with postdelivery low backache. These patients were equally divided into two groups. The patients in Group A, were given static core exercises, while subjects in Group B got training of Swiss ball. Their outcomes were measured by rating the scale of numeric pain, The SPSS-26 was used to collect the data for analysis of the results. The study was approved from the IRB of Azad Jammu Kashmir Medical College Muzaffarabad. The sample size was calculated by using calculator with 95% confidence interval (CI) and 80% power of study. The p value, mean and standard deviation of the primary outcome measure was also calculated on the basis of literature. (Citation).*

Non-probability purposive sampling techniques was used for the collection of samples.

The inclusion criteria were following

1. Women of 20-45 years age and complaining of LBP for a minimum of 2 months after normal delivery.
2. Group A. In this group females who met the eligibility criteria and consented to participation were randomly allocated to Group A who were exposed to static exercise training.
3. Group B. Women in this group were exposed to Swiss ball training. Outcome measures were recorded at baseline and at the end of the 8-week intervention period.
4. In statistics, sample size refers to the number of observations or data points in a sample that are used to make inferences about a larger population. The calculation of sample size is crucial for ensuring accurate and reliable results. One commonly used formula for calculating sample size is: n = (Z^2 * p * (1-p)) / E^2, where: n = required sample size Z = Z-score corresponding to the desired level of confidence p = estimated proportion or percentage of the population with a particular characteristic E=desired margin of error, or maximum allowable difference between the sample estimate and the true population value. To use this formula, you need to determine the desired level of confidence

The data analysis was performed using SPSS 26. The Shapiro-Wilk test was used to assess the normality of the data. For variables that were non-normally distributed, both parametric and non-parametric tests were conducted to examine intra-group and inter-group differences. To determine the significance of intra-group differences, the Mann Whitney U test and Wilcoxon test were applied. A significance level of $P<0.05$ was considered statistically significant.

The study, this was a randomized controlled trial conducted at the Rehabilitation department of Abbas Institute of Medical Sciences and CMH Muzaffarabad from March 1, 2022, to January 12, 2023. The randomization was done using the sealed envelope method. The study included 300 patients experiencing low back-

ache after delivery, with an equal distribution into two groups. Group A received static core exercises, while Group B underwent Swiss ball training. The outcomes were assessed using a numeric pain rating scale, and the data was collected and analyzed using SPSS-26. The study received approval from the IRB of Azad Jammu Kashmir Medical College Muzaffarabad. The sample size was calculated based on a calculator with a 95% confidence interval and 80% power of the study, considering the relevant literature for the p-value, mean, and standard deviation of the primary outcome measure. (Citation)

Non-probability purposive sampling techniques were employed for sample collection.

1. The inclusion criteria included women aged 20-45 years complaining of low back pain for at least 2 months after normal delivery.
2. Group A consisted of eligible females randomly assigned to receive static exercise training, while Group B involved women receiving Swiss ball training.
3. Outcome measures were recorded at baseline and after an 8-week intervention period.
4. Sample size calculation is important in statistics as it determines the number of observations needed to make accurate inferences about a larger population.
5. The formula commonly used for sample size calculation is*: n = (Z^2 * p * (1-p)) / E^2,* where n is the required sample size, Z is the Z-score corresponding to the desired confidence level, p is the estimated proportion or percentage of the population with a specific characteristic, and E is the desired margin of error.
6. To use this formula, you need to specify the desired confidence level.

The data analysis was performed using *SPSS* 26. The normality of the data was assessed using the Shapiro-Wilk test. Parametric and non-parametric tests were conducted for variables that were non-normally distributed to examine intra-group and inter-group differences. The Mann-Whitney U test and Wilcoxon test were used to determine the significance of intra-group differences. A significance level of $P<0.05$ was considered statistically significant.

How to write Results in sequence, examples.[1-11-12,13]

To write the results in sequence of a research article, there are several key steps to follow. First, carefully organize and analyze your collected data, ensuring statistical tests are conducted where appropriate. Then, present the results in a clear and concise manner. Start by providing an overview of the study design and sample size, followed by a brief summary of the data collection process. Next, present your findings, including both descriptive statistics and any statistical analyses performed. Use tables, graphs, and figures to effectively illustrate your results, ensuring they are labeled correctly and easy to interpret. To maintain a logical sequence, present your results in the same order that you addressed your research questions or hypotheses. Be objective and avoid interpretation or discussion of the results at this stage. Ensure you report all relevant findings, even if they did not align with your initial expectations. It is important to be transparent and include any limitations or potential sources of bias.

Exercise Writing the Results: *Out of the 300 women initially enrolled in the study, 270 (90%) completed the entire study (see Figure). In Group A, 130 participants (48%) with a mean age of 28.38 ± 4.8 years completed the study, while Group B consisted of 140 participants (52%) with a mean age of 29.57 ± 3.3 years. Among the participants, 80 (29.6%) were nulliparous (had not given birth before) and 190 (70.4%) were multiparous (had given birth before). The onset of backache varied, with 50 (18.5%) females experiencing it 15 days after childbirth, 150 (55.6%) patients experiencing it after 40 days, and 70 (25.9%) cases reporting it after 2 months. There were no significant differences observed between the two groups (Table-1). However, significant differences were found within each group. (Tables-2, 3).*

Guidelines for Discussion: The discussion should begin with a concise summary of the main findings, followed by a comparison of these findings with the results of similar studies published in the past. It is important to highlight any new and noteworthy findings from the current research and elaborate on their significance. When discussing a research article, it is crucial to follow specific guidelines to ensure a productive and meaningful exchange.[13]

Firstly, it is essential to thoroughly read and comprehend the article before participating in any discussion. This will ensure that all participants are on the same page and can contribute effectively.[14]

Secondly, it is important to approach the discussion with an open mind and respect diverse viewpoints. Encourage others to share their thoughts and actively listen to their perspectives. Always offer constructive feedback and avoid personal attacks or disrespectful comments. Also, it may be useful to prepare specific questions or discussion points to guide the conversation and ensure comprehensive coverage of important areas. Be prepared to provide evidence or examples to support your points and encourage others to do the same.

Lastly, it is important to be mindful of time and stay focused on the main topic. Avoid digressions or derailing the conversation. Stay engaged and contribute meaningfully to the discussion.

When discussing the results in the Discussion section, it is important to place them in the context of existing knowledge and explain any new insights gained from the study. Avoid duplicating the results and structure the discussion according to Docherty & Smith's inverted triangle format.[13-14]

The first paragraph can serve as a mini-abstract, restating the main question, summarizing the findings, indicating the intended conclusion, and outlining what will be covered next. For instance: "The pregnancy-related low back pain (PR-LBP) is a prevalent problem encountered by women. The aim of this study is to assess the efficacy of Swiss ball training and static exercises in managing low back pain after childbirth.

The results indicate that both interventions effectively alleviate pain and improve function. The following discussion will summarize the main findings, compare them with prior research, provide implications for readers, and address remaining questions."

In the subsequent paragraph, begin by summarizing the principal findings of the study. For example: *The findings from our study indicate that both Swiss ball training and static exercises were successful in addressing low back pain following childbirth. Furthermore, a separate experimental study highlighted the positive impact of pelvic floor muscles and core stability exercises in reducing pain, improving abdominal muscle strength, and minimizing disability. However, it is noteworthy that core stability exercises demonstrated significantly greater benefits (Reference).*

Compare these findings with relevant studies. Example is below:

According to a meta-analysis, it has been suggested that core stability exercises are more efficient compared to general exercises in reducing pain and enhancing physical function among individuals with low back pain (Reference).

This is consistent with our study's findings, which also show significant benefits associated with core stability exercises."

How to write the Conclusion.[13]

Writing a strong conclusion for a research article is essential to summarize the main findings and provide a final thought on the subject. To craft an effective conclusion, follow these steps:

1. Restate the main findings: Start by restating the key findings or results of your research. This will serve as a reminder to the reader of the important aspects of the study.
2. Summarize the main points concisely discussed in your article. This will give the reader a clear overview of your research and its implications.
3. Discuss the implications: Explain the significance of your findings in a broader context. Discuss how the research contributes to existing knowledge or the field as a whole, and suggest potential directions for future research.
4. Provide a closing statement: End the conclusion with a closing statement that emphasizes the significance and impact of the research. This could be a reflection or a call to action.
5. No speculations should be included.

Example: *"Both static core exercises and Swiss ball exercises demonstrated similar effectiveness in reducing pain, decreasing disability, and improving lumbar spine mobility in the treatment of postpartum low back pain. Therefore, both exercise protocols can be considered beneficial for the rehabilitation of this condition. However, it is important to acknowledge the limitations of the present study, which include a small sample size*

and a relatively short follow-up period."

Give the acknowledgement: All who helped but do not qualify to be authors. Write the Dis claimer, Conflict of interest and source of fundings.

Example: Both static core exercises and Swiss ball exercises exhibited similar effectiveness in reducing pain, disability levels, and improving lumbar spine mobility among postpartum individuals with low back pain (LBP). Therefore, both exercise protocols can be considered beneficial in rehabilitating postpartum LBP. It is important to acknowledge that this study has certain limitations, such as a small sample size and a relatively short follow-up period.

Acknowledgment: We would like to express our gratitude to all individuals who provided assistance during the research process but did not meet the criteria for authorship.

Disclaimer: The information presented in this research article is intended for academic purposes only and should not be regarded as medical advice. Readers are advised to consult healthcare professionals for personalized recommendations and treatment plans.

Conflict of Interest: The authors have no competing interests to disclose with regards to the publication of this research article.

How to write Reference.[13-16]

There are many sources for references i.e., Reference from, journals, Book or book chapter, Internet, Thesis, Reports, Manuals, newspapers, Monographs, Conference proceedings and Web pages etc.

There are also > 6000 citation styles. Among them the most popular are: Vancouver style (Most journals use), Harvard style, Oxford (Mostly used for thesis),etc, but always follow the style of the journal where you are submitting, the article.

How to write the Vancouver style.[15]

It is usually followed by most journals and should be cited in consecutive numerical order as first mentioned in the text and designated by the reference number in superscript. To cite in Vancouver style, follow these guidelines:

1. *In-text citations:* Use a superscript number at the end of the sentence or phrase that includes the information you are citing. The number should correspond to the reference list entry.
2. *Reference list:* At the end of your document, list all the sources you have cited in numerical order.

Journal article: When citing it, write author's last name and only first and second names, then write the title of the article, then write the journal name in abbreviaton according to the Index Medicus, publication year, number of volume, issue number (in parentheses), and page numbers.

Book: Include the author's last name and initials, title of the book, edition; Example Bukhari MH, Munir M, Adnan M. Comparison of different COVID-19 Vaccine among students. Annals KEMU. 2023;29:14-8. (Vancouver Style)

When Does One Cite Sources?[15]

Citations are used to acknowledge the source of borrowed words or ideas. They are necessary in various situations, including:

1. *Quotes:* When directly quoting someone else's words, the quote should be cited and attributed to its source.
2. *Paraphrase:* If you rephrase someone else's ideas or thoughts in your own words, proper citation is required to acknowledge the original source.
3. *Existing Ideas:* When you express an idea that has already been expressed by someone else, it is essential to cite the original source.
4. *Specific References:* When making a specific reference to the work of another individual or study, proper citation is necessary to give credit to the original source.
5. *Influence on Your Work:* If someone else's work has been influential in shaping or developing your own ideas, it should be cited to recognize their contribution.

1. *Journal References*

2. Book Reference, could be Book chapter and book.

1. *Book*

To cite a reference from a book, include the name of author, book title, date of publication, publisher, & page

numbers. The specific citation style you are using, such as Vanocur or Oxford, may have slightly different formatting guidelines, so make sure to consult the appropriate style guide for detailed instructions. In general, the author's name should be listed as Last name, First Initial. (for example, Bukhari,MH.). The title of the book should be italicized or underlined. The publication date can usually be found on the title page or copyright page. The publisher's name and location can also be found on the title page. For page numbers.

Example: Bukhari MH, Miraj A. Vaccine effects of new variant of COVID-19: A manual for educators (7th ed.). Muzaffarabad, AJKMC.2005:p234

2. *Chapter in a book*

Example: Miyano T, Kobayashi H, Chen SC. Long term results of biliary atresia. In, Gupta DK (ed). Text Book of Neonatal Surgery, 1st edition. New Delhi, Modern Publishers, 2000;288-291.

3. *Internet Reference.* There a three main types of electronic sources from internet by using the websites.

1. *Websites or web pages*; To cite a reference from a website, you need to follow a specific format based on the reference style guide you are using. Here are some general steps to help you:

   1. Start with the author's or name of the organization. If the name of the author is not available, use the ID of the organization responsible for the website.

   2. Include title of the webpage or article in quotation marks.

   3. Provide name of the website in italics or underlined.

   4. Include the URL (web address) of the webpage. If the URL is long or complex, you can use a shortened version.

Examples: AJKMC.PK.EDU [Internet]. Muzaffarabad: Association of Cancer Online Resources, Inc.; c2000-01 [cited 2002 Jul 9]. Available from: http:// www.cancer-pain.org/.

2. Database on the Internet; When citing an online database, the general format is as follows: Author's Last Name, Author's First Initial. (Year of publication). Title of the article. Title of the Journal, Volume(Issue), Page numbers. Database Name. URL or DOI. If there is no specified author, you can use the name of the organization or title of the article instead of the author's name. In cases where the article does not have a specific title, you can use a descriptive phrase enclosed in parentheses.

   For example: *Smith, J. (2020). The impact of technology on education. Journal of Education and Technology, 10(2), 123-135.ProQuest Research Library. https://search.proquest.com/.*

   The American Board of Medical Specialists. c2000 - Available from: http://www.abms.org/ newsearch.asp. [cited 2023 July 8].

3. Journal article: *Bukhari MH, Miraj A, Raja MI, Munir M, Raza I, Zahra A, et al. Protection of Moderna vaccine during speared of Omicron. Annal KEMU. Published Online: 20 June 2022 [cited: October 30, 2012] doi:10.1136/jnnp. 2009. 200329.*

Points to remember;

Do not include references which have not been read, maximum number of references of last 5 years, relevant local references are essential, check to include all references mentioned in the text and are present in the bibliographic section, follow guidelines of journal referencing style where paper is being sent for publication, re-check 3 or 6 authors then et al and should preferably use endnote software.[15-17]

How to put figures, graphs, and tables. [18-20]

Henry Rapoport, Associate Editor of the Journal of Organic Chemistry, emphasizes the significance of graphics in capturing readers' attention. He notes that readers often prioritize visuals and may not continue reading if the graphics are not clear and informative. As a result, reviewers should be mindful of the importance of incorporating visually appealing and informative graphics into the manuscript."[17]

The headings and captions for the figures and tables should be composed in a clear and distinct manner, ensuring they are easily distinguishable. These captions should be comprehensible without the need to read the entire paper and should avoid providing detailed experimental descriptions, as those are provided in the Methods section. The data representation should be

presented in a manner that is reader-friendly and easily comprehensible. If required, color usage can be incorporated, and the images should be of high resolution, well-presented, and accompanied by legible captions that provide relevant details.

Final check of the article before submission. [21]

To ensure a smooth publication process and avoid plagiarism, it is important to follow the Equator Guidelines for article formatting, ICMJE authorship criteria, and COPE guidelines for ethical issues. Use correct language, grammar, and syntax, and always adhere to the journal's guidelines for efficient handling. Verify that all guidelines have been followed. Check the language, grammar, and syntax, and ensure an accurate word count. Review references, tables, and figures for quality and appropriate number. Pay attention to photographs and ensure their quality is suitable for printing with the correct resolution. Review legends for figures and graphs as well. All authors should participate actively and review the order of data presentation to improve the writing style. It is crucial to double-check references, look for typing mistakes, and ensure correct spelling. By following the guidelines, success is more likely, whereas failure to do so increases the chances of rejection.

Please note that while I have made efforts to check your English and improve the clarity of the instructions, it's important to review the content for accuracy and adherence to your specific requirements.

References

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