Journal of Institute of Medicine Nepal (JIOM Nepal)

Original Article – Template (2026)

Type of article: ……

Original Article

Title: (10-20 words)

……

Authors (full names):

Author affiliations : Department, college/organization, address

Corresponding author:

Name, full qualification/degree, affilition, address, email, ORCID id

Checklist for original article submission
(templates available from journal website)

□ Submission letter	□ Manuscript - unblinded version
□ Authorship letter	□ Manuscript - blinded/anonymized version
□ Declaration letter	□ Study questionnaire (only for questionnaire-based studies)
□ Ethical approval letter (studies involving human participants)	□ Images (if used in manuscript)
□ Manuscript information page	□ Reference file

ABSTRACT

Abstract word count : …… words (limit: 250 words)

(Abstract is a concise summary of your manuscript, a mini-version of your paper. It should give the readers a concise, yet complete understanding of your paper's research and findings. It helps potential readers to determine the relevance of your paper for their own research. Also, it communicates your key findings to those who don't have time to read the whole paper.)

Introduction:

Introduction in 30-40 words

Methods:

Methods 50-60 words

Results:

Results 90-120 words

Conclusions:

Conclusions 25-30 words

Keywords: 5-10 words
Keyword1; keyword2; keyword3; keyword4; keyword5 (in alphabetical order)

Full-text word count (excluding references) : …… words (limit: 2500 words; 5 tables+figures; 30 citations)

INTRODUCTION

Introduction word count : …… words (limit: 250 words or 10% of full-text size whichever is less; 5-8 citations)

- *Provide a context/background for the study by describing*
  - *nature of the problem and its importance; [1,2]*
  - *currently available knowledge, data and evidences; add global and national context[3-5]*
  - *current gap in the knowledge and rational for your study.[6-8]*
- *Narrow down the focus to your particular topic;and*
- *State your research problem and aims/objectives*

METHODS

- *Describe how the study was performed clearly and precisely.*
- *Methods section should describe what was done to answer the research question and to achieve the aims and objectives of the study, and how it was done.*

Methods should describe the following very clearly

1. Study design
2. Site of study
3. Time and duration of study
4. Ethical approval – approval providing center name; approval number
5. Inclusion and exclusion criteria
6. Sample size determination
7. Sample selection
8. Sampling technique
9. Participant consent
10. Study instruments/tools
11. Study procedure
12. Study variables
13. Statistical analyses – statistical tests used
14. Statistical software

RESULTS

Important : Number of tables + figures + graphs : …… (limit : 5 table + figure + graph)

- *Present your findings in a logical sequence in text, tables, and illustrations, with the main or most important ones first.*
- *Use table and figures wherever appropriate. Do not explain table and figures extensively in the text. Instead, state the main finding of the table or figures and then quote table and figure number at the end of the sentence.*
- *All tables and illustrations must be quoted/mentioned somewhere in text. E.g. (Table 1).*
- *Restrict tables and figures to those needed to explain the argument of the paper and to assess its support.*
- *Do not duplicate data in tables, figures and graphs.*
- *Only share relevant data and findings that connect with the goal of the study; too much data may overwhelm a reader.*
- *An effective results section will present the findings of a study without attempting to analyze or interpret them.*

DISCUSSION

- *Do not make it a second results section by excessively repeating the results.*
- *Explore the meaning, importance, and relevance of your study results.*
- *Focus on explaining and evaluating what you found, how the findings are related to current literature available and your study topic.*
  - *Compare and contrast, support and refute your findings with existing literature*
  - *However, do not extensively describe someone else's work*
- *Make arguments to support your overall conclusion.*
- *Organize your writing incorporating these key elements:*
  - *Summary : A brief recap of your key results*
  - *Interpretations : What do your results mean?*
  - *Implications : Why do your results matter?*
  - *Limitations : What can't your results tell us?*
  - *Recommendations : Avenues for further studies or analyses*

CONCLUSIONS

- *Conclusions should be clear and precise; based on the study findings; and should address the aims and objectives of the study.*
- *Link the conclusions with the goals of the study. State the key takeaway messages from your paper.*
- *Consider including a sentence that states the implications of your work.*
- *Avoid already known facts, unqualified statements, generalized statements that are not based on and/or adequately supported by the data of your study.*
- *Especially, avoid making statements on efficacy, safety, benefits or costs of drugs, techniques and procedures unless the study has relevant methodology, data and analyses regarding them.*
- *Do not cite other studies in conclusion.*

CONFLICT OF INTEREST

- *Declare if you have any conflict of interest involved in the research and publication.*

ACKNOWLEDGEMENTS

- *Thank individuals or organizations that supported your study specifically; but do not use literary and flowery word.*

FINANCIAL SUPPORT

- *State the funding agency if the study was supported by any grant.*

AUTHOR CONTRIBUTIONS

- *State the contributions from all authors named in the article.*
- *Author 1 : .....*
- *Author 2 : .....*
- *Author 3 : .....*
- *Author 4 : .....*
- *.....*

REFERENCES

- *In case of multiple authors, list only the first three (3) authors and then put et al*
- *Journal names should always be abbreviated.*
- *Include DOI or Pubmed or Full text or Google scholar or Abstract or ResearchGate or Website full link*
    - *References without any of these links can not be used by authors*
- *Example reference :*

Journal article :

- Buck J, Joshi NS. Cancer- and infection-induced T cell exhaustion are distinct. Nat Immunol. 2023 Oct;24(10):1604-1605. doi: 10.1038/s41590-023-01624-9. PMID: 37709988.

Website :

- World Health Organization. WHO, World Health Organization: WHO. Chronic obstructive pulmonary disease (COPD). Published March 16, 2023. https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd)