

Journal of Preventive and Rehabilitative Medicine



The **Journal of Preventive and Rehabilitative Medicine (JPRM)** is an official Journal of the University of Zambia, School of Health Sciences, housed in the department of Physiotherapy. It publishes original peer-reviewed research reports, Systematic Reviews, Narrative Reviews, Critically Appraised Papers and Clinical/Brief reports on important trends and developments in preventive and rehabilitative medicine and other fields related to health care.

This journal brings researchers from different Universities, Colleges, Health Institutions and other related fields with convincing information on rehabilitation. This encompasses the preventive, curative and rehabilitative utilization of physical, behavioral, and pharmaceutical agents in providing holistic care for individuals with acute and chronic illness and disabilities. The content of the journal is pertinent to all members of medical rehabilitation teams, including physicians, nurses, counselors, therapists, and program managers.

MISSION STATEMENT

The Mission of the Journal of Preventive and Rehabilitative Medicine is to publish original information, with the goal of showing the dynamism of science and the provision of Evidence Based Practice (EBP) and the set-up of interdisciplinary rehabilitation, consequently cultivating the improved health and welfare of persons with acute and chronic illnesses and disabilities thus reducing the cost of management.

PUBLICATIONS

Hard Copies

The Journal of Preventive and Rehabilitative Medicine is expected to publish hard copies four times a year and anticipated to be indexed and have an Impact Factor that is likely to increase annually since inception in 2016.

Online

Manuscript submissions to the JPRM are processed through the University of Zambia Website on-line submission review platform at <http://medicine.unza.zm/research/journal> Reviewed, accepted and formatted articles are published online.

CONTACT DETAILS

Editor-in-Chief
Department of Physiotherapy
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Lusaka, Zambia

INSTRUCTIONS TO AUTHORS

The *Journal of Preventive and Rehabilitative Medicine* publishes original articles that report on vital inclinations and developments in preventive and rehabilitative medicine in the wider interdisciplinary field of rehabilitation. The journal publishes convincing information on preventive, curative and rehabilitative utilization of physical, behavioral, and pharmaceutical agents in providing holistic care for individuals with acute and chronic illness and disabilities. It began publications in 2016 and is expected to publish at least four times a year.

TYPES OF PAPERS

Original Research: Authors are expected to present new and important basic and clinical information, extend existing studies, or provide a new approach to a traditional subject. Manuscripts should be limited to **3000 words** of text and **2,500 words** for observational studies. The paper is expected to have an **Introduction, Methodology, Results, Discussion and Conclusions**. Figures, tables, and references should be limited to the number needed to clarify, amplify, or document the text.

Brief Reports: Provide preliminary communications of new data, research methods and brief case studies of interest in the field of rehabilitation, new ideas, and techniques. Manuscripts should be limited to **1500 words** of text (or **1200 words** plus 1-2 figures or tables, Introduction through Conclusions), and no more than 10 references.

Commentaries (by Invitation): Focus on issues in preventive and rehabilitative medicine. Manuscripts should be limited to **2000 words** of text. The Editorial Board of the JPRM reserves the right to ensure that the author is qualified, through education and professional experience, to write skillfully and suitably about a particular subject before accepting a Commentary for publication. The Editorial Board will choose the author(s) for Invited Commentaries and the author(s)' identity will be anonymous until publication. Authors of the subject article may submit a response for a subsequent issue.

Editorials: Editorials published in JPRM may only be written by the elected members of JPRM, or by members of the Editorial Board. Prior to publication, all editorials are approved by the Editorial Board's Executive Committee. Editorials do not represent the opinions or positions of JPRM or the Editorial Board. Editorials should be limited to **1000 words** of text.

Letters to The Editor: Letters are published at the discretion of the Editorial Board and should be directly related to the published article on which it comments. Letters may not reference unpublished studies or reference "in press" studies that are not publicly available. The Editorial Board reserves the right to solicit a response from the authors of the cited article. Letters must be limited to roughly **500 words** of text, 1 table, and no more than 5 references.

Review Articles (Meta-Analyses): The Editorial Board invites proposals for advanced review articles. Manuscripts should be limited to **5000 words** of text (Introduction through Conclusions), exclusive of references. Systematic reviews of the literature on preventive and rehabilitative medicine are also encouraged very much.

Special Communications: Provide information or an objective analysis of issues in preventive and rehabilitative medicine that does not qualify as a research or clinical paper or commentary. Manuscripts are peer reviewed and should be limited to **5000 words** of text, exclusive of references

SUBMISSION

Preparation Checklist

Authors are required to check off their submissions' compliance as part of the submission process. Submissions may be returned to authors that do not adhere to the following guidelines:

1. *The submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).*
2. *The submission file is in Microsoft Word, RTF, or WordPerfect document file format.*
3. *Where available, URLs for the references have been provided.*
4. *The text is single-spaced; uses a 12-point font; employs italics, rather than underlining (except with URL addresses); and all illustrations, figures, and tables are placed within the text at the appropriate points, rather than at the end.*
5. *The text adheres to the stylistic and bibliographic requirements outlined in the [Author Guidelines](#), which is found in About the Journal.*
6. *If submitting to a peer-reviewed section of the journal, the instructions in [Ensuring a Blind Review](#) have been followed.*

Copyright

It is condition of publication in the journal that the author assign copyright to Journal of Preventive and Rehabilitative Medicine. To this effect all accompanying letters must contain the following statement. The authors being the sole and legitimate holder of the copyright hereby transfer it to the Journal of preventive and rehabilitative medicine

Condition of acceptance

Articles are accepted for publication on condition that they are contributed solely to Journal of preventive and rehabilitative medicine. The editor cannot enter into correspondence about papers considered unsuitable for publication and the decision is final. Neither the editor nor the publishers accept responsibility for the views.

Authorship

The Journal advises potential authors to ensure that only individuals who have made a substantial contribution to the scientific (or otherwise) merit of the work are included on the authorship. Underserved or passive authorship is discouraged. The Journal will normally accept more than six (6) authors per single paper. Papers not fulfilling this requirement will be returned for justification of authorship.

References

The **Vancouver Citation & Reference Style** is recommended in both the text and the reference section. References should be in the order made in the text and numbered accordingly using numbers. These numbers should be inserted at the end of the paper and should consist of the surnames and initials of the authors when six or less, when seven or more, list the first three and add the words *et al.*, title of article, full name of journal, year, volume, first and last page numbers, as follows:

1. Margaret M. Mweshi, Seyi Ladele Amosun, Mary P. Shilalukey-Ngoma, Esther Munalula-Nkandu. Ethnic Pattern of Origin of Children with Spina Bifida Managed at the University Teaching Hospital and Beit Cure Hospital, Lusaka, Zambia 2001-2010. *Science Journal of Public Health* 2015; 3(6):857-861.
2. Joshua Saisha, Margaret M. Mweshi, Martha Banda-Chalwe, Loveness A. Nkhata, Elliot Kafumukache, Micah Simpamba, Namalambo Mwenda - Ng'uni. The Prevalence of Guillian-Barre Syndrome and the Rate of Physiotherapy Referral at the University Teaching Hospital, Lusaka, Zambia. *International Journal of Neurologic Physical Therapy* 2015; 2(1): 1-4.
3. For books, names and initials of all authors, the full title, place of publication, publishers, year of publication and page number should be given.

Authors should personally verify the accuracy of every reference before submitting the paper for publication and should ensure that the listed references correspond exactly to those in the text.

Open access submission

The JPRM has processing charges amounting to US\$100 and payment using Western Union is encouraged for those outside Zambia while for those within the country, money can be paid

directly to the Department of Physiotherapy at the Office of JPRM situated at Ridgeway Campus near the University Teaching Hospital.

Manuscripts can either be submitted through the journal's online system at <http://medicine.unza.zm/research/journal> or sent using the following email addresses jprmunza@gmail.com. The review process will not begin until authors have complied completely with the submission requirements. Compliance includes submission of separate documents in the following order:

1. *Cover letter*
2. *Title page* bearing title, all authors, initials, surnames, main degrees (up to two only) and the name and location of the institution where the work was done
3. *Abstract*: this should briefly outline the content of the paper under the following headlines: background, objectives, methodology, results, conclusions and recommendations. A total of **200-250 words** is recommended for the abstract. Six or seven key words are encouraged at the end of the abstract.
4. *Introduction*
5. *Methods*
6. *Results*
7. *Discussions*
8. *Acknowledgment*
9. *References*

Review articles and other contributions that may not easily comply with the above layouts should have appropriate subheadings instead. Tables and figures should be kept to a minimum. Tables must be comprehensible without reference to the text. Reference should not be cited in the tables. Authors should indicate at approximately what point in the text the tables should appear. Figures, graphs, drawings etc, should be on separate sheets, numbers and executed in black ink and given suitable legends. Illustrations and table should be kept separate from the text.

Revision

When submitting your revised manuscript, at the request of the Editorial Board, please include a document, separate from your cover letter, itemizing your response to each of the suggested revisions and any other changes you have made. Use consecutive line numbering in the text and cite line numbers for each change. In addition, highlight each change in the revised manuscript. You will upload this document in the file upload step as the "Detailed Response to Reviewers." Please note that this file should be blinded and should not include author names or institutional letter head.

If revisions are not received within the time specified in the decision e-mail, the manuscript file will be closed. A revision received after a file has been closed will be handled as a new submission.

An extension beyond the deadline may be granted at the Editorial Board's discretion, but only in extenuating circumstances, given the editors' commitment to prompt publication.

Re-submissions

From time to time an author may receive a decision of "Reject-Resubmit" on their original submission. This is a reject but grants the author the opportunity to revise and resubmit their work under a new manuscript number at any time. The resubmission will be linked to the original submission but there will be no expectation of acceptance. The resubmission will be treated as new.

To submit a resubmission, authors should note the following:

Select RESUBMISSION as the article type. In your cover letter, please 1) reference this manuscript ID number and include an itemized list of the revisions. 2) Use line numbering in the text and reference the revisions made by page and line number in the cover letter. 3) Highlight changes made in one copy of the manuscript text. Submit another copy with all changes accepted and not highlighted. Please add "marked copy" to the file name of the highlighted version and "clean copy" to the file name of the clean version. Submit both clean and highlighted copies under the category titled Manuscript without author identifiers. Both should remain blinded for the review process.