



GUIDELINES FOR AUTHORS

MedEst Magazine is the official scientific dissemination organ of the University Student Federation (FEU) of the University Of Medical Sciences Of Matanzas, in the Republic of Cuba. It is aimed at students of any branch of health or linked to this sector in the country and other parts of the world. It publishes serial issues quarterly, as well as supplements and special issues dedicated to different scientific topics of interest.

It emerged as a counterpart of the Electronic Medical Journal of Matanzas, exactly in the year of its centenary. Its name is the acronym for Student Medical Magazine. Its logo is made up of a crosier or staff, similar to that of Aesculapius, in which a snake is wrapped and on which a cap rests, symbolizing future professionals in health sciences.

Due to the increase in student research in the province and the need for visualization and positioning thereof, it became necessary to open a new publication source aimed at all students of Medical Sciences; In this way, motivating the interest of future health professionals in entering scientific publication, in order to successfully contribute to the sustainability of the Cuban health system.

AIM

Respond to and cover the publication needs of students of Medical Sciences or those linked to that sector, both Cuban and from other countries; complying with Agreement 25 of Commission 3 of the VII National Congress of the FEU.

MISSION

MedEst is a continuous electronic publication, with the mission of disseminating the scientific-technical work of students and health professionals, Cubans and foreigners; covering all aspects of Medical Sciences.

VISION

MedEst aims to achieve a publication that disseminates quality scientific material, with transparency and accessibility that is a framework of reference at a national and international level for health sciences researchers. Additionally, achieve and maintain better positioning.

GENERAL FEATURES

Manuscripts that have been previously published or are being evaluated for possible publication in another journal are not accepted. However, documents previously published on recognized preprint servers (Scielo Preprints, Medxiv, ArXiv, bioRxiv, Plos and others that are considered by the editorial committee) are accepted.

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If an article is published totally or partially on the web pages of an event or conference, on a preprints server (Scielo Preprints, PMC, Plos, MedRxiv) or academic social network (ResearchGate), the authors must mention the provision in their submission of the document on any of these servers, as well as its exact location.

Each issue is published in electronic version and is accessible through <https://revmedest.sld.cu/index.php/medest> , with open format Open Journal System (OJS), **ISSN 2789-7567** and **RNPS 2524**. MedEst adheres to the uniform requirements for the submission of articles in biomedical journals – publication writing and editing (www.icmje.com) – and promotes the application of international standards or established good practices, both for the preparation of the articles and for your publication.

LANGUAGE

The official language to which the manuscripts must comply will be Spanish. Although articles in English and Portuguese will also be accepted, as long as they conform to the standards and interests of the magazine.

AUTHORSHIP

In accordance with the recommendations for the preparation, reporting, editing and publication of academic works in medical journals published by the International Committee of Medical Journal Editors (www.icmje.org), "Author" is anyone who meets the following conditions:

1. Have made substantial contributions to the conception or design of the scientific research/work; or the acquisition, analysis and interpretation of data.
2. Have written/prepared the final report, or critically reviewed its content.
3. Have approved the final version of the report that will be published.
4. Be accountable for all aspects of the work, ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Note: Authorship changes will not be accepted once the work is uploaded to the magazine platform; nor in order, number of authors or contribution.

Likewise, and according to recommendations from the Medical Sciences Publishing House (ECIMED), authors must declare in the original articles their contribution according to the CRediT taxonomy (Contributor Role Taxonomy). This taxonomy includes 14 roles, used to represent the tasks that contributors typically perform in scientific academic production.

TAXONOMY OF CONTRIBUTOR ROLES

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Each role is defined as follows:

- 1. Conceptualization:** Ideas. Formulation or evolution of the general objectives and goals of the research.
- 2. Data curation:** Management activities to annotate (produce metadata), cleanse and maintain research data (including software code, when this is necessary to interpret the data itself); for initial use and subsequent reuse.
- 3. Formal analysis:** Application of statistical, mathematical, computational or other formal techniques to analyze or synthesize study data.
- 4. Acquisition of funds:** Acquisition of financial support for the project leading to the work in question.
- 5. Research:** Development of research, specifically carrying out experiments or collecting data/evidence.
- 6. Methodology:** Development or design of the methodology. Model creation.
- 7. Project administration:** Planning management and coordination. Execution of the research activity.
- 8. Resources:** Supply of study or other materials, reagents, patients, laboratory samples, animals, instrumentation, computer resources or other analysis tools.
- 9. Software:** Programming, software development. Computer program design. Implementation of computer code and supporting algorithms. Test existing code components.
- 10. Supervision:** Supervision and leadership of the planning and execution of research activities, including external mentoring to the core team.
- 11. Validation:** Verification – either as part of the activity or separately – of the overall replicability/reproduction of the results/experiments and other research products.
- 12. Visualization:** Preparation, creation and/or presentation of published work, specifically the visualization/presentation of data.
- 13. Writing—Original Draft:** Preparation, creation and/or presentation of the published work, specifically the writing of the initial draft (including substantive translation).



14. Writing—Review and Editing: Preparation, creation and/or presentation of the published work by the members of the original research group, specifically critical review, commentary or revision, including the stages before or after publication.

Note: The authorship contribution for all articles will be established according to the previous taxonomy. The authorship roles will be identified in the order that appears below, including each author in the role that corresponds to them and omitting the roles that do not apply in each case:

Author (initials): conceptualization, formal analysis, research...

Author (initials): methodology, software,...

Author (initials): ...

TABLE 1. GENERAL RULES OF ARTICLES SENT TO MEDEST:

Item Types	Características de los artículos					
	Title (words)	Authors	Summary	Extension	References	Figures And Boards
Editorial	15	3	Does not require	1500 words	Up to 10	3
(They are requested by the Editorial Committee of the magazine)						
Letters to the Editor	15	2	Does not require	1500 words	Up to 10	2
Letters from the Director	15	1	Does not require	1500 words	Up to 10	2
Original article	15	6*	Structured (250 words)	5000 words	From 20 to 30 60 % or more from the last 5 years.	6

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Review article	15	4	Structured (250 words)	5000 words	From 20 to 40 60% or more from the last 5 years.	6
Case Presentation	15	4	Structured (250 words)	3000 words	Up to 15 60% or more from the last 5 years	4
Humanities Article	15	4	Structured (250 words)	5000 words	Up to 40	6
Opinion Article	15	3	Unstructured (250 words)	2500 words	Up to 15 60% or more from the last 5 years	4

*There may be more than 6, depending on the scope of the research, and it is the responsibility of the Editorial Committee to accept it or not. It is necessary to declare the contribution of each one according to CREdiT taxonomy

ORIGINAL ARTICLE

- **Title (total words):** 15 words
- **Authors:** up to 6*.
- **Summary:** Structured (250 words).
- **Length:** 5000 words.
- **Bibliographic References:** 20 to 30 (60% or more from the last 5 years)
- **Figures or Tables:** up to 6.

*There may be more than 6, depending on the scope of the research, and it is the responsibility of the Editorial Committee to accept it or not. It is necessary to declare the contribution of each one according to CREdiT taxonomy





It constitutes the highest priority modality for publication in MedEst. It is a written report that communicates for the first time the results of a scientific investigation. It must contain sufficient information and be available so that researchers can evaluate the results and reproduce the experimentation.

The structure of the articles is as follows: Title (Spanish and English); Summary (Spanish and English) and Keywords (Spanish and English); Introduction that ends with the Objectives; Methodological design; Results (including images, figures and tables); Discussion; Conclusions; and Bibliographic References.

- ✓ Conduct OBSERVATIONAL studies per the Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) statement.
- ✓ Articles of systematic review or that contain meta-analyses must be developed using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) declaration format.
- ✓ For health economic evaluations, use the CHEERS guide, and for clinical trials, use the CONSORT guidelines.

If the authors consider it pertinent, they may include the Acknowledgments and/or Annexes sections. The first ones will be placed after the conclusions and before the bibliographical references, while the annexes will be placed after the bibliographical references as the last section of the manuscript.

Introduction: it presents the background and current context of the problem. The research problem (scientific-practical) must be explicitly stated, as well as the justification, making the importance of carrying out the study clear. It should not contain tables or figures. You should give only the necessary references and should not address data from the study or its conclusions. It is characterized by being brief and providing only the necessary explanation so that the reader can understand the development of the research and the entire text of the article. In the last paragraph the objective of the research must appear clearly, always using the appropriate verbs for its writing.

Methodological design: in this section the place and period in which our study is framed, as well as its design, must appear. The universe, the sample (if the latter is used), inclusion and exclusion criteria, and sampling method used will be defined; The variables used in the study and the methods of data collection are declared.

The procedures, techniques and statistical-mathematical analysis carried out on the variables will be presented and explained, which must be adequate and sufficient to achieve the objectives. It must contain the ethical aspects of the study. In general, sufficient details should be provided for the research to be replicable based on this information.



Describe the new or substantially modified methods, stating the reasons why they were used and evaluating their limitations. Accurately identify the medications and chemicals used, without forgetting generic names, doses and routes of administration.

When reporting experiments on human subjects, laboratory animals, or others, indicate whether the procedures followed were in accordance with the Declaration of Helsinki or the ethical standards of the committee (institutional or regional) that oversees experimentation on human subjects. State the approval by any Ethics Committee and Scientific Council.

If it is a clinical trial, these must carry their appropriate registration number, obtained from a Clinical Trials Registry. This number must be verifiable, so the source will appear. In addition, they must comply with the evaluation parameters expressed in the international CONSORT guide.

Results: they must be presented in a clear and coherent manner, following a logical sequence (text, table and graph). The text will be presented in the past tense and in a mainly impersonal way, using tables and graphs as support (no more than six in total). Not all the data in the tables should be repeated in the text; only the most important observations. The results communicated must be all those necessary to meet the objectives of the work and must be consistent with the announced methods. It is a common mistake to place the tables in the annexes, when they should invariably be in this section.

Discussion: the novel and important aspects of the study, as well as its limitations, must be highlighted. The results should not be repeated, but used to support the authors' interpretations, in addition to comparing/contrasting the results with those of other relevant studies and assessing implications in clinical practice and/or in future research, always issuing the evaluations of the authorship. This section must appear independently of the results. It should be avoided that the discussion becomes a review of the topic, or that concepts that have appeared in the introduction are repeated.

Conclusions: they must be a synthesis and abstraction of the knowledge presented, reflecting the answer to the question that gave rise to the study. The conclusion(s) must be related to the objective(s) of the study. On the other hand, priorities should not be established or premature conclusions drawn from work still in progress. They must have an adequate degree of generalization. They respond to the objectives of the study and are in correspondence with the results and the discussion. Do not repeat results.

Acknowledgments: When it is considered necessary, the people, centers or entities that have collaborated or supported the completion of the work will be cited.



Annexes: They may be photos and illustrations that enrich the manuscript from a visual and didactic point of view.

Bibliographic references: 20 to 30 references will be accepted. 60% or more must correspond to the last five years, and 30% to the last two years. The MedEst Student Scientific Journal accepts the standards described in the recommendations for manuscripts submitted to biomedical journals (Vancouver style).

REVIEW ARTICLES

- **Title (total words):** 15 words
- **Authors:** up to 4.
- **Summary:** Structured (250 words).
- **Length:** 5000 words.
- **Bibliographic References:** 20 to 40 (60% or more from the last 5 years)
- **Figures or Tables:** up to 6.

They refer to already published material. They compile, analyze and synthesize the current state of research on a specific topic.

It is structured as follows: Title (Spanish and English); Summary (Spanish and English), including Keywords; Introduction with an objective at the end; Methodological design; Development; Conclusions and Bibliographic References. If the authors consider it pertinent to include the Acknowledgments and/or Annexes sections, the first ones will be placed after the conclusions and before the bibliographic references; while the annexes will be placed after the bibliographic references, as the last section of the manuscript. Optionally, the work may include tables and figures.

Note: Review articles must be prepared with the most up-to-date bibliography possible on the topic being addressed, as well as its access on networks.

Introduction: present brief, clear and appropriate background information, with its bibliographical foundation. It must be a topic of importance and relevance for science. Substantiate the scientific problem that gives rise to the review. Clearly describe the objectives of the work.

Methodological Design: criteria and justification for the selection of the sources consulted. Used search engines, databases and search strategies; as well as the criteria used for the selection of the cited articles. It does not require results, but it must expand in development, as a secondary article that it is. Period taken for review.



Development: exposition in accordance with the objectives of the work. Figures and tables that highlight the relevant aspects, without incurring repetitions of information. Interpretation of the results indicated in the literature consulted. Contrast the differences and coincidences of the studies analyzed. Carry out criticism of the results of the study in light of the works published by other researchers. Describe the possible applicability and generalization of the results. Include new aspects to consider (if necessary). Point out or highlight the limitations or contributions of the review.

Conclusions: they respond to the objectives of the study. Present clear, concrete and relevant conclusions.

Bibliographic references: they must be those necessary and well delimited (with superscript and after the punctuation mark). 60% must correspond to the last 5 years, and of these 75% to the last 3 years. Relevant national and international literature on the topic must be represented. The number of bibliographic citations used should not be less than 20 nor more than 40.

CASE PRESENTATION

- **Title (total words):** 15 words
- **Authors:** up to 4.
- **Summary:** Structured (250 words).
- **Length:** 3000 words.
- **Bibliographic References:** up to 15 (60% or more from the last 5 years)
- **Figures or Tables:** up to 4.

They are articles that describe one or several clinical cases (up to 10) of exceptional observation and novel aspect of a previously known disease or syndrome, which represents a contribution of special interest to the knowledge of the topic at present worldwide. Before writing a report or case presentation, one should check the international literature to see if it has value as a publication. Brevity will be the fundamental characteristic of this type of article.

Note: In its basic content the Material and Methods section is omitted. The results are included in the presentation of the clinical case or cases.

All articles submitted to this section must comply with the provisions of the CARE guidelines.

Title: the title must be clear, considering its contribution to scientific knowledge as a single case or diagnosis, prognosis, therapy or damage; Likewise, it must include indexing (descriptors or keywords that allow electronic tracking).



Summary: briefly describes the entire clinical case, indicating its importance and the educational message that motivates its communication. It must be written in Spanish and English. Structured (Introduction, Objectives, Case Presentation, Conclusions), with a maximum of 250 words.

Keywords: these will be the terms and phrases relevant to the content of the manuscript and obtained from the Health Sciences Descriptors (DeCS). Consult at: <https://decs.bvsalud.org/es/>

Introduction: allows you to put the clinical case in context with the terms of frequency and severity of the symptoms/signs/disease. It shows its importance for the reader to whom it is oriented.

Case Presentation: allows the foundation and support that gives credibility to the clinical case. To do this, the author(s) must evoke and succinctly point out the literature review of other similar cases, describing how this case is different. The process will be described in such a way that it allows us to assert that the diagnosis is correct and, when appropriate, highlight all the possible therapeutic options that justify the chosen option. It must contain images (of any type) that motivate/contribute to the presentation of the clinical case. These will be cited in the text and placed in a logical and coherent order, in relation to the evolution of the manuscript.

Discussion: this section highlights why the clinical case is important, and discussable aspects are explained or clarified. The lessons that can be learned from the clinical case must be included, specifying that the educational message is practical for imitation, that it alerts and avoids errors, diagnostic implications or prognoses that may be questioned in light of the experience of the clinical case presented or published.

Conclusions: the content of this section will succinctly describe the message that should remain from reading it, the recommendations for the management of similar patients or the lines of research that could arise from this clinical case. The conclusion(s) must be cautious, as treatments cannot be recommended or conclusions extrapolated from just one particular clinical case.

Bibliographic references: should be limited to those pertinent to support the discussion, highlight a clinical concept, remember the infrequent/important nature of a condition or support the need to change certain clinical practices. Up to 15 will be accepted.

If the authors consider it pertinent to include the Acknowledgments section, this will be placed after the conclusions and before the bibliographical references.

MEDICAL HUMANITIES

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- **Title (total words):** 15 words
- **Authors:** up to 4.
- **Summary:** Structured (250 words).
- **Length:** 5000 words.
- **Bibliographic References:** up to 40 (60% or more from the last 5 years)
- **Figures or Tables:** up to 6.

This section will present review articles related to the teaching-learning process in all its stages (the pedagogical activity itself, the particular didactics in the different subjects, the teaching methods and means, the study techniques, the teaching styles and the instructive/educational aspects in the student-teacher relationship).

Studies about the material and spiritual life of social groups and human beings in society will also be taken into consideration, as well as results of studies in the field of individual and social psychology, sociology, anthropology, among others.

From a historical point of view, paradigms, personalities, institutions, diseases, instruments, specialties, etc., that have a link to human health will be addressed. They must reflect the result of an investigative process or the experiences of the author.

It is recommended to only include images and figures when necessary, in a rational way. They will be correctly cited in the text and will be presented in the Annexes section, after the conclusions and before the bibliographical references. Their title and necessary explanations will be placed in the caption of the figure or image, as well as the source. If you use images or figures from other bibliographies, you must request the corresponding permission from the owners (authors) and present said permission along with the complementary files of the submission.

Note: the general aspects of each section will be similar to those raised in the bibliographic reviews.

OPINION ARTICLE

- **Title (total words):** 15 words
- **Authors:** up to 3.
- **Summary:** Unstructured (250 words).
- **Length:** 2500 words.
- **Bibliographic References:** up to 15 (60% or more from the last 5 years)
- **Figures or Tables:** up to 4.

This type of article opens the opportunity for the authors to express and argue their opinions about a problem, fact or circumstance of scientific interest in the field of medical sciences and public health. It may cover aspects of healthcare, educational and research services, which extend to issues of promotion, prevention, diagnosis, therapy, prognosis and others of clinical-epidemiological and administrative interest. It may also contain topics of pedagogy and didactics in the field of medical science education, as well as aspects of the development of research in its different ontological,



epistemological and methodological approaches, and the development and introduction of technologies and products.

They are short works, which must be written following the logical order of introduction, development and conclusions - without separating the sections -, and bibliographic references (this section is important to be made on the most up-to-date bibliography on the topic in question; 60% or more of the bibliography used must be from the last 5 years). The number of bibliographic citations used should be between 10 and 15.

The **introduction** must contain the contextualization of the problem, fact or characteristic that generates the opinion of the author or authors, the importance of the aspects on which the opinion is expressed, as well as the justification for the production of the article, closing this section with the objective of the work. The **development** will be written in a concise but appropriate manner, exposing the main theoretical and empirical argumentation on the aspects and issues that generate the opinion of the author or authors, in accordance with the ideas presented and argued by them. Finally, in the **conclusions**, the essential aspects that give rise to the objective are generalized. The author or authors must show power of analysis, synthesis and induce reflection and debate.

EDITORIAL

- **Title (total words):** 15 words
- **Authors:** up to 3.
- **Summary:** Not required.
- **Length:** 1500 words.
- **Bibliographic References:** up to 10 (60% or more from the last 5 years)
- **Figures or Tables:** up to 3.

With few exceptions, it will be written at the request of the Editorial Committee, on a current topic. This is a custom section. Only editors can submit to this section.

Scientific editorials: they represent a rigorous update or an interesting clarification on a certain topic.

Opinion editorials: they collect socio-scientific points of view or positions from the scientific community on a certain topic of common interest to researchers and health professionals.

LETTERS TO THE EDITOR

- **Title (total words):** 15 words
- **Authors:** up to 2.
- **Summary:** Not required.
- **Length:** 1500 words.
- **Bibliographic References:** up to 10 (60% or more from the last 5 years)

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- **Figures or Tables:** up to 2.

They constitute a brief comment, in agreement or disagreement, where the ideas, positions or disagreements of the authors are expressed (no more than 3) with aspects contained in works published in the journal and that may be related to concepts, methodologies, interpretations, results or other aspects.

Letter writing rules:

The title must be informative and concessions not accepted in other original articles are allowed. They can be striking, in an interrogative, exclamatory way or through the use of wordplay. It must begin with an explicit and clear reference in relation to the fact that motivates it, whether it is the article that appeared in the magazine or another cause related to it; and from there an expositional scheme and in a progressive way.

The following paragraphs should present the argument for or against; or additional comments regarding the reason for the letter. If original data are to be presented, the main characteristics of the methodology must be explained in a very summary manner (more summarized than in the original article). The following paragraphs should include a discussion of the reasoning or data provided, and end with a final paragraph as conclusions. Its length will not exceed 1,500 words, not including bibliographic references (which will not exceed 10, with 75% updating).

LETTERS FROM THE DIRECTOR

- **Title (total words):** 15 words
- **Authors:** 1.
- **Summary:** Not required.
- **Length:** 1500 words.
- **Bibliographic References:** up to 10 (60% or more from the last 5 years)
- **Figures or Tables:** up to 2.

The Director responds to the letters addressed to him by the authors, referring to topics addressed by articles published in MedEst. In addition, it may refer to relevant and current topics that have not yet been published, to invite the scientific community to investigate. Topics for debate, scientifically based, are also proposed to be inserted into the magazine's communication system.

PRIVACY

The names and email addresses entered in this magazine will be used exclusively for its stated purposes, and will not be available for any other purpose or person.

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The Open Researcher and Collaborator Identifier (ORCID) is a unique identifier, composed of 16 digits, which aims to provide researchers with an unambiguous author code that clearly distinguishes their scientific production, avoiding related confusion, with scientific authorship and the existence of coincident or similar names; Therefore, its use has become a mandatory requirement for scientific publications and communications.

To edit the ORCID record and complete data, you only have to follow the hyperlink sent by ORCID or enter the website with your username and the chosen password. If your ORCID has not yet been created, you can do so at <https://orcid.org/>.

It is mandatory that the works comply with these indications, as they may be rejected.

ETHICAL PRINCIPLES

Original papers and case presentations submitted to MedEst must have been prepared in compliance with international recommendations on clinical research with people and laboratory animals (Declaration of Helsinki, World Medical Association). In addition, they must have been approved by the Ethics Committee and the Scientific Council of the institution. The articles and opinions published in the journal are the exclusive responsibility of the authors, and not necessarily of the institution to which the journal belongs or its editorial committee. Any ethical violation related to the document or process will be resolved using the protocols established by the International Committee on Ethics in Scientific Publication (COPE). You can consult them at: <https://publicationethics.org/resources/guidelines>

ANTI-PLAGGERY POLICY

The MedEst editorial team requests that authors interested in publishing use original material, over which they have moral rights and that has not been sent for review nor is it partially or totally published in any other national or foreign journal. If the manuscript has been deposited in a conference or preprint server, this must be clarified in the submission. The authors will be responsible for ensuring compliance with the above.

All articles are subjected to scrutiny processes to detect possible plagiarism, adopting the recommendations issued by COPE for the resolution of ethical conflicts (http://publicationethics.org/files/All_Flowcharts_Spanish_0.pdf)

The editors of the journal will always carry out the plagiarism detection process and check the bibliographic references. If the percentage of similarity between texts is greater than **20%**, the work will be considered **plagiarism**, so the editors will contact its authors to clarify the circumstances or assess possible rejection.



If a previous version of the article has been previously published, this must be expressly indicated in the notes. The new version must have substantial new features.

Note: The journal will reject articles that are plagiarized, informing the authors and their respective institutions. In addition, it will sanction authors who committed fraud through regulations related to publishing in the journal.

OPEN ACCESS POLICY

This magazine **DOES NOT APPLY CHARGES FOR PROCESSING OR PUBLICATION OF ARTICLES**, but rather complies with the declaration of open access to information and its texts are available on its website.

The journal provides free and immediate access to its content, under the principle of offering —available and free— the results of research and other scientific articles included in its sections to readers, in addition to supporting the flow of information necessary for greater exchange of global knowledge. This means that its copying and distribution by any means is permitted, as long as it maintains the recognition of its authors and does not make commercial use of the works or make any modifications to them.

The Editorial Group of the Provincial Medical Sciences Information Center of Matanzas reserves the right to introduce style modifications or limit the texts that require it, committing to respect the original content.

PUBLICATION FREQUENCY

The MedEst magazine of Matanzas will publish serial issues in Spanish every four months (January-April, May-August, September-December). Its numbers begin on the first day of the inaugural month, and end on the last day of the terminal month of the period. The number of items per number will be from 8 to 20.

GENERAL ASPECTS AND INSTRUCTIONS TO TAKE INTO ACCOUNT WHEN PRESENTING THE ARTICLE

The instructions are based on the recommendations contained in the uniformity requirements of the International Committee of Medical Journal Editors for preparing manuscripts submitted to biomedical journals. In addition, it uses the Vancouver style.

All submissions must conform to the publication standards set forth herein. Otherwise, they may be rejected without peer review.

METADATA

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The metadata of each of the authors, as well as those referring to the article, must appear on the journal's website (www.revmedest.sld.cu):

- ✓ **Full name(s):** Example: (Juan Antonio) and not (Juan A.).
- ✓ **Surnames.**
- ✓ **Individual email:** It must be a functional email and reviewed periodically.
- ✓ **ORCID Identifier:** It is not enough to have a registration number, but the specialty, master's degree, institution where you work, province and country must also appear, in addition to the publications and events in which you have participated.
- ✓ **Institution:** Your institutional affiliation, which will include: University; Faculty; Hospital, Polyclinic or other institutions; Province; and Country to which the work should be attributed, in this order. The university must have the leading role, as the main source of management of research activity.
- ✓ **Conflict of interest:** Declare that there is no conflict of interest. Conflicts of interest include financial, personal, political, religious interests, among others.
- ✓ **Title, summary and keywords** in Spanish.

GENERAL FORMAT FOR ALL MANUSCRIPTS

- **Sheet type:** letter (21.59x27.94 centimeters).
- **Margins:** default (bottom and top: 2.5 cm; left and right: 3 cm).
- **Font:** Verdana.
- **Font size:** 12 points.
- **Line spacing:** Simple.
- **Alignment:** Justified on both sides.
- **Space between paragraphs:** 1 Enter.

The **sections** of the manuscript (SUMMARY, INTRODUCTION, METHODS...) must be appropriately headed and aligned to the left, using **SHARP CAPITAL LETTERS** and **bold**. Page breaks should not be used. Italics will be used exclusively for words or phrases in other languages, scientific names of medicines and scientific names of animals and plants. The **subsections** will be indicated in bold.

Items will be uploaded as follows:

- ✓ **1. Main Document** (document that is proposed to be published).
- ✓ **2. Complementary files.**
- ✓ General data page. (To be completed if blind peer review is desired. If the authors do not submit it as a supplementary file and include the general data page in the main document, it will be assumed that an open review is authorized.)
- ✓ Database in Excel and/or SPSS (in original articles).
- ✓ Letter of ethical principles for publication.

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It is the entire text or "body" of the manuscript. It must contain the identifying data of the authors (Names and Institution). To facilitate the work of the Editorial Committee, the title (in Spanish and English) will be included before the summary.

COMMON REQUIREMENTS FOR ALL TYPES OF ARTICLES

1. SUMMARY

Its extension and structure depends on the type of article. If structured, it will have: Introduction, Objective, Methodological Design, Development/Results and Conclusions; and will have a maximum length of 250 words. If it is unstructured, it will have a maximum length of 150 words. It is written in the past tense.

2. KEYWORDS

They must be related to the semantic content of the document. It is recommended to use a minimum of 3 key words or phrases, a maximum of 6. At least one of the key words or phrases must appear in the title. They must be obtained from the Health Sciences Descriptors (DeCS). Link: <https://decs.bvsalud.org/es/>

3. BIBLIOGRAPHICAL REFERENCES

This journal complies with the regulations described in the Recommendations for manuscripts submitted to biomedical journals (Vancouver Style), available at: https://ddd.uab.cat/pub/guibib/60727/mvancouver_a2014iSPA.pdf

https://es.wikipedia.org/wiki/Vancouver_Style

<http://recursosuvs.sld.cu/index.php?P=DownloadFile&Id=147>

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SOME EXAMPLES BELOW:

Print magazine article

Author/s. Article title. International abbreviation of the magazine. Year; volume (number): start-end page of the article.



- ✓ Diez Jarrilla JL, Cienfuegos Vázquez M, Suárez Salvador E. Adventitious respiratory sounds: confounding factors. *MedClin (Barc)*. 1997; 109(16): 632-4.

Online magazine article

Author/s. Qualification. Abbreviated journal name [Internet]. Year [access date]; volume (number): pages or length indicator. Available at: email address.

- ✓ Pitangueira JC, Rodrigues Silva L, Costa PR. The effectiveness of intervention programs in the prevention and control of obesity in infants: a systematic review. *Nutr hosp* [Internet]. 2015 [cited 02/15/2017]; 31(4): 1455-64. Available at: <http://ijdo.ssu.ac.ir/article-1-361-fa.pdf>
- ✓ Brown T, Summerbell C. Systematic review of school-based interventions that focus on changing dietary intake and physical activity levels to prevent childhood obesity: an update to the obesity guidance produced by the National Institute for Health and Clinical Excellence. *Obes Rev* [Internet]. 2009; 10(1): 110-41. DOI:10.1111/j.1467-789X.2008.00515.x

Books

Author/s. Title of the book. Edition. Place of publication: Publisher; year.

Jiménez C, Riaño D, Moreno E, Jabbour N. *Advances in abdominal organ transplantation*. Madrid: Cuadecon; 1997.

The first edition does not need to be recorded. The edition is always in Arabic numerals and abbreviation: 2nd ed. [2nd ed.]. If the work is composed of more than one volume, we must cite it after the title of the book: Vol. 3.

Chapter of the book

Author/s of the chapter. Chapter title. In: Director/Coordinator/Literary editor of the book. Title of the book. Edition. Place of publication: Publisher; year. Initial page of the chapter - final page of the chapter.

- ✓ Rader DJ, Hobbs HH. Disorders of lipoprotein metabolism. In: Barnes PJ, Longo DL, Fauci AS, et al, editors. *Harrison principles of internal medicine*. Vol 2. 18aed. Mexico: McGraw-Hill; 2012. p. 3145-3161.

Online monograph

Author/s. Title [Internet]. Publication place; year [access date]. Available at: URL.



- ✓ Pérez Pacheco Y, Peraza Rodríguez G. Fruit consumption in the diet of diabetic patients [Internet]. Antidiabetic Center of Cuba; 2013 [cited 03/25/2014]. Available at: <http://www.diabetescuba.sld.cu/index>

Printed theses

Author. Title of the thesis [type of document and mention of the degree obtained]. [Place of publication]: Name of the University or faculty from which the author graduated; year of publication, total pages.

online thesis

Author. Title of the thesis [type of document and mention of the degree obtained online]. Place of publication: Name of the University or faculty from which the author graduated; year of publication. [Access date]. Available at: email address.

Articles in printed newspapers

Author. Article title. Full name of the newspaper. Day, month and year; Section (if identified): page (column)

Home page of a website

Author/s. Title [Internet]. Place of publication: Publisher; site creation date [update date; access date]. Available at: email address.

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Author/s. Article title. Magazine title. Of next appearance (if it is in English Forthcoming) year (if the date on which it will be published is known).

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When it is considered necessary, the people, centers or entities that have collaborated or supported the completion of the work will be cited. If there are commercial implications, they should also appear in this section. A statement must also be included that each of the people mentioned in the "Acknowledgments" section authorizes being mentioned.

5. TABLES



They collect information in a summarized way and present it efficiently. They also allow information to be displayed with the desired level of detail and precision. The comments made on the data offered will always be referred to in the text and must precede its presentation. They should not be presented in the form of images and will always be placed within the bulk of the manuscript, where it corresponds to the logical order of its writing.

All of them must be numbered consecutively, in the same order in which they are cited for the first time in the text that comments on them. Each table must be accompanied by a short title that will be placed above the body of the table. They must not contain colors and must conform to the orientation of the text, respecting the default right and left margins. Each column in the table must contain a short or abbreviated heading, in bold.

In the **footer of the table**, the font to be used will be **Verdana 10** and the legend, asterisk, note and source will be included (in this order, without putting the word legend, and all its elements are separated by a comma or semicolon). In the case of primary data (surveys, medical records), these do not have sources. For table footnotes, the following symbols must be used, following the same order presented: *, †, ‡, §, ||, ¶, **, ††, ‡‡.

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The figures must be made and photographed with professional quality, or sent to digital reproductions of photographic quality, in JPEG or GIF format. Figures should be self-explanatory as much as possible, since many will be reproduced directly as slides for scientific presentations. However, titles and detailed explanations should be included in the legends, not in the body of the figures. You should check the maximum number of figures according to the type of article. As in tables, the dimensions of the figures must be less than 800 pixels.

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Produced by diagnostic imaging techniques, as well as photographs of pathological specimens or photomicrographs. Clear photographic reproductions should be used, generally sized 127 × 173 mm and up to 580 pixels. Letters, numbers, and symbols included in figures must be clear, uniform, and of sufficient size so that each character remains legible in the reduced version of the published article. Photomicrographs must



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The people included in the photograph must not be identifiable, or must be accompanied by the corresponding written authorization allowing the use of the photograph. Wherever possible, specific permission should be obtained for the publication of these materials.

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It will appear at the end, as a closing. This must be brief and will not exceed the extension line. The word figure will be written abbreviated (Fig.), in bold and centered at the bottom of the figure. The text of the figure will be in Verdana 10 font. If the figure has a legend, it must be placed at the bottom of the figure, aligned to the center and using Verdana 9 font. The figure font will be placed below the number and title of the figure. the figure, centered and with Verdana 9 font. Both the numbering and title and the source must be included in the image of the figure itself.

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Only common abbreviations should be used; Using unusual abbreviations can be extremely confusing for readers. Authors should avoid using abbreviations in the title and abstract of the work. The first time an abbreviation appears in the text, it must be preceded by the full term to which it refers. If the abbreviation or acronym is in another language, it must be clarified in the display of the term that is the Spanish translation of said language. Common units of measurement are excepted.

12. SCIENTIFIC NAMES OF LIVING THINGS:

When it is necessary to write the scientific name of a living being (bacteria, plant, insect, etc.). The writing of these names must be done according to a specific nomenclature or "taxonomic name".

13. SCIENTIFIC NAMES OF DISEASES:

They also have a standardized international name. This precise classification and nomenclature is useful for diagnostic and treatment studies, standardizing causes of illness or death, and other statistical uses. This nomenclature is known as the International Statistical Classification of Diseases and Related Health Problems, and is published and periodically updated by the World Health Organization (WHO).

14. DRUG NAMES:

An International Nonproprietary Name is used that is compiled and updated by the WHO. It can be consulted in a database called MedNet, which includes the official generic names of all drugs.

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LETTER OF ETHICAL PRINCIPLES FOR PUBLICATION

As part of the article's complementary files, the letter of ethical principles for publication must be sent, in order to guarantee compliance with the ethical standards established in the Declaration of Helsinki. In addition, compliance with the code of conduct and good practices of the International Committee of Ethics in Publication, to which the journal adheres, must be stated. **(Look at annex 1)**

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The MedEst journal follows the policy of double-blind peer review of scientific manuscripts submitted by authors and that comply with established publication standards. In all cases, this review process protects both the authors and the experts who review the works, maintaining special care with established ethical standards and avoiding conflicts of interest.

The works will be reviewed anonymously by two specialists in the object of study and/or methodology used. In the event that experts have differing opinions, a third party will be assigned. Reviewers have a period of seven days to accept or reject the review of the articles, and a period of 30 days from the submission of the request to complete the review process.





The editorial office of the magazine will acknowledge receipt to the authors of the works that arrive, and will subsequently inform them of their acceptance or rejection. It reserves the right to reject articles that it does not deem appropriate for publication; as well as having up to 30 business days from the entry of the article to the review section in the editorial flow for the entire review process that defines its acceptance or rejection.

If the manuscript is rejected, publication will not be possible. If it is sent with recommendations to the author, he must respond within 15 business days, for subsequent publication.

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To publish in the journal, the main author and/or co-authors must be registered. The acceptance or rejection of the manuscript will be defined within 30 days from its entry into the system.

Exceptionally, up to 20 additional days will be available for expert consultations, depending on their complexity. Once the review process begins, there are 90 days for the editorial process; which may be suspended if the author or co-authors do not receive a response to the arbitration comments or communications from the editors.

The extension of the deadline may be cause for rejection mainly due to the loss of validity of the selected topic, its relevance or the timeliness of its citations. After this period of 120-140 days after receiving the article, it will be scheduled to be published in an issue of the journal, according to the editorial decision.

The possibility of an article proposal being accepted depends on two main aspects: the adequate scientific level of the information it offers, as well as a correct structure of the writing according to the presentation and scientific style; that is to say: the content (what is said) and the form (how it is said), which will define its quality for the expected final decision.

ANNEX-1: LETTER OF ETHICAL PRINCIPLES FOR PUBLICATION

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Your study requires institutional authorization. __Yes __No

If the answer is yes, you must present evidence that you have received approval prior to conducting the research.

Informed consent



- Does your research involve participants? __Yes __No
- If the answer is yes, have you received informed consent from the participants? __Yes __No
- If not, please indicate why.
- If you have received informed consent, you must present it in your research.
- If your research involves participants, did you perform data closure? (Debriefing) __Yes __No __N/A
- If you did, explain how you did it. If not, point out why he didn't do it.
- Does your research involve the use of animals? __Yes __No
- If yes, please attach evidence of ethical and legal approval received before starting the study.
- Do primary authorship and other publication credits reflect contributions to the manuscript? __Yes __No
- If not, please indicate why.
- Do you agree with the following terms?: The original author retains the rights to his article, but MedEst Magazine reserves the publication rights, as well as the rights to publish compilations. __Yes __No
- Do you agree to share your data with other competent professionals who seek to verify your claims after publication of the research, as long as the confidentiality of the participants is protected? __Yes __No

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