

The journal *Mediciego* is a scientific publication of the University of Medical Sciences of Ciego de Ávila. It is aimed at students and professionals dedicated to health sciences in Cuba and other parts of the world. Its mission is to publish scientific results related to human health and the training of human resources for the sector. It is a peer-reviewed, open-access journal with continuous publication; it does not charge for processing or for the publication of articles.

Mediciego receives contributions from authors on an ongoing basis. Unpublished scientific articles written in Spanish that are not under review in other journals are accepted. The following types of articles are published: editorials, original articles, brief communications, case reports, review articles, letters to the editor, and featured images in medicine. Other types of communications such as profiles and obituaries may be included, at the discretion of the Editorial Committee.

Priority will be given to original articles, especially those that present analytical designs (cross-sectional, case-control, and cohort), as well as experimental designs.

To submit a manuscript to the journal, all authors must be registered.

Before submitting the article, please consult the general instructions for all articles and the specific requirements for each type, established in the guidelines for authors. Articles will be sent exclusively through the journal's online management system (<https://revmediciego.sld.cu>).

Each article must be accompanied by an attached file with the declaration of authorship and originality. In this document, the authors declare, under oath, their responsibility regarding originality, review method, author roles, conflicts of interest and transfer of rights; it must be signed by all authors and must be answered in all its parts.

Authors (in any role of authorship) who have already submitted an article to Mediciego may only make a new submission six months after the first.

Common requirements for all article types

Originality: Works must be up-to-date and innovative. If they have been previously published, the author is required to notify the publication.

Writing: The submitted document must be written clearly, coherently, with proper syntax and good spelling. Abbreviations, acronyms, and symbols used must be clearly stated. Their use should be minimal.



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Manuscript submission methods: All articles must be submitted in Spanish using 12-point Times New Roman font, with two-centimeter margins and 1.5 line spacing. Compressed files are not accepted.

Title: No more than 15 words. In Spanish and English. No acronyms or abbreviations.

Authors: Full names, two last names, and email addresses must appear for each author. Avoid initials. The main author must provide a phone number.

Each author should include their professional title, scientific degrees, academic degrees, teaching and research categories, and institutional affiliation (university and faculty where they are employed as a full- or part-time professor, then the institution where they work, the vice-director's office, and the department to which they belong). The names of the institutions must be official and up-to-date.

The ORCID digital identifier (<https://orcid.org/>) of each author must be included, and its authenticity and updating will be verified.

At the end of the article text, before the bibliographic references, the authors' contributions must be explicitly declared. To do this, the taxonomy of contributor roles included in the authorship statement that accompanies the submission will be used. (https://credit-niso-org.translate.goog/?_x_tr_sl=en&_x_tr_tl=es&_x_tr_hl=es&_x_tr_pto=tc/) or in spanish (<https://universoabierto.org/2020/01/20/credit-permite-diferenciar-el-reconocimiento-de-la-contribucion-de-cada-coautor-en-un-documento-academico/>).

Attention to unjustified authorship is called when people are included without a significant contribution at work. When the authors need to recognize other people who contributed to the work, but whose contribution does not justify their authorship, they are recommended to include a section of thanks at the end of the work, where they are mentioned. The declaration that each of the aforementioned persons authorizes being mentioned must be sent.

Authors must declare the source of funding for the main human and material resources used in the research.

Authors must provide the primary records of the data used, if requested by the editors. They may even publish them with the article.

In the manuscript, authors must explicitly declare whether or not their work has a conflict of interest and express the approval of the Scientific Council and the Research Ethics Committee of their institution, if applicable.



Abstract: All articles must present an abstract in Spanish and English; the length and content are specified in the specific requirements for each article type.

Keywords: between three and six keywords in Spanish and English; they will be obtained from the Health Sciences Descriptors (DeCS <https://decsfinder.bvsalud.org/dmfs>). In addition, you can consult the MeSH (Medical Subject Headings) for the English language.

<https://www.ncbi.nlm.nih.gov/meh> (preferably short terms, only descriptors). They will be written in alphabetical order, separated by point and coma.

Bibliographic references: This journal meets the requirements established by the International Committee of Biomedical Journal Editors (Vancouver style):

https://www.ncbi.nlm.nih.gov/books/NBK7256/pdf/Bookshelf_NBK7256.pdf. For more information on Vancouver citation style, see <https://www.icmje.org/icmje-recommendations.pdf>.

Citations from relevant sources published in the last five years must be included (75% for original articles, 70% for review articles, and 50% for case reports); national and international literature must be represented. Mention of personal communications and unpublished documents should be avoided unless they provide essential information unavailable from public sources. In this case, the name of the person providing the information and the date of the communication must be cited in parentheses in the text.

All authors of the cited text must be listed (if there are seven or more authors, the first six must be mentioned, followed by et al.). Journal titles must be abbreviated using the Index Medicus. For titles not listed in the Index Medicus, the NLM Catalog (journals referenced in NCBI databases), the journal abbreviation entries in PubMed and MEDLINE, and the ISI Journal Abbreviation Index (an exclusive list of abbreviations for periodical publications) can be consulted.

Attention must be paid to the order of bibliographic elements and the use of punctuation marks prescribed by the style. The electronic addresses (URLs) of references to documents on the Internet should always correspond to the full text and not just the abstract.

Figures and tables: Tables, graphs, and diagrams are not accepted in JPG format; they must be submitted in an editable format. All figures must be of adequate quality and no larger than 800 pixels in width. Photographs must be submitted in JPG format (300 dpi).

Each table must be included in the article text, exactly where cited; they must be numbered consecutively according to the order of presentation and identified with a brief title. Authors must ensure that each table



is appropriately referenced in the text. If data from other sources, published or unpublished, are presented in the tables, the sources in question must be publicly acknowledged.

Tables should be arranged in a simple (standard) grid, and each column should contain an abbreviated heading. Explanations, if necessary, should be included in table footnotes (never in titles or headings), and unusual abbreviations should be explained. The following symbols should be used, in the same order presented: *, †, ‡, §, ‖, ¶, **, ††, ‡‡

Statistical measures of dispersion, such as standard deviation or standard error of the mean, must be appropriately identified. Decimal numbers should be separated by commas, not periods.

Figures must be of professional quality; they must be submitted in a format that allows for high-quality image reproduction (e.g., JPG, PNG, or GIF). Authors should check these images on their computer and verify that they meet the necessary quality requirements before submitting them.

For x-rays, ultrasounds, and other diagnostic imaging techniques, as well as photographs of pathological specimens or photomicrographs, photographic reproductions measuring 127 × 173 mm must be used. Letters, numbers, and symbols included in figures must be clear and uniform, and of sufficient size to remain legible in the reduced version of the article once published. Figures should be as self-explanatory as possible, since many will be reproduced directly as slides for scientific presentations. However, titles and detailed explanations should be included in footnotes, not in the body of the figures.

Microphotographs must contain scale markers. Symbols, arrows, or letters included in them must stand out clearly from the background; their meaning must be clearly explained in a footnote. If photographs of people are used, they should be non-identifiable, or they should be accompanied by written permission permitting their use. Whenever possible, specific permission should be obtained for the publication of these materials. The internal scale of the image should also be explained, and the staining method used should be described.

Charts must be drawn in color (on a white background). Data shown in the body of the chart must be appropriately highlighted against their colors to allow for proper viewing.

Each figure must be included in the article text, exactly where cited, and numbered consecutively according to the order of presentation. If a previously published figure is used, the original source must be acknowledged.

Units of measurement: Metric units (meters, kilograms, or liters) or their decimal multiples must be used for measurements of length, height, weight, and volume. Temperature must be expressed in degrees



Celsius. Blood pressure must be measured in millimeters of mercury (mm Hg), unless the journal specifically requests the use of other units.

Clinical laboratory test results will be reported according to the International System of Units.

If it is necessary to use traditional units, they will be written in parentheses. Example: blood glucose: 5.55 mmol/L (100 mg%/100 ml).

Clinical trials: must have the registration number obtained from a National Clinical Trials Registry (<https://rpcec.sld.cu/>). This number must be verifiable; a reference to the corresponding URL will appear. Furthermore, the manuscript must comply with the evaluation parameters established in the international CONSORT guidelines: <https://www.equator-network.org/reporting-guidelines/consort/>

Ethical Considerations: Submitted research must comply with the ethical guidelines for all types of studies, according to the Declaration of Helsinki, which must be referenced at <https://www.wma.net/policies-post/wma-declaration-of-helsinki/> Approval by your institution's Scientific Council and Research Ethics Committee must be expressed, if applicable.

Specific requirements by type of article

Editorial

It is an article that presents an impartial analysis and, in general, the point of view on a current problem in the field of health sciences or of scientific relevance for the readers; It can be scientific or opinion. Scientific editorials focus the debate on a topic in question and opinion editorials focus on the points of view of the scientific community on a certain topic of common interest.

- Authors: one author.
- Abstract: unstructured; summarizes the topic addressed. Up to 100 words, in the submission metadata.
- Keywords: same as for all types of articles, in the submission metadata.
- Maximum length: 1,000 words.
- Bibliographic references: up to six.

Mediciego publishes editorials commissioned by the editorial committee or upon request of the interested authors.



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Original article

It is a written report that communicates for the first time the results of a scientific investigation with a quantitative, qualitative, or mixed approach; It must contain sufficient and available information so that the results can be assessed and reproduced.

- Authors: up to six.
- Maximum length: 5,000 words, not including bibliographical references.
- Bibliographic references: up to 30.
- Tables, figures or graphs: up to six.

These works will have the following structure: structured abstract, keywords, introduction, methods, results, discussion, conclusions and bibliographical references. Between figures and tables, a maximum of six will be accepted.

Title: brief, understandable, informative and in correspondence with the objective of the article. It should not include acronyms, abbreviations, chemical formulas or proprietary names. Avoid interrogative titles, matches with punctuation marks and serial titles.

Abstract: it must be written in Spanish and English, in impersonal style and past tense, with an extension of no more than 250 words. It must be structured in: introduction, objective, methods, results and conclusions. It should not contain abbreviations or acronyms. The keywords will be obtained from the Descriptors in Health Sciences (DeCS). In addition, the MeSH (Medical Subject Headings) can be consulted for the English language. <http://www.ncbi.nlm.nih.gov/mesh>

Introduction: it will be written in the present tense. It must show the published background that briefly substantiates the work done. It will describe how the subject is situated in previous science and in the international, national, municipal and local contexts. In addition, it must explain its relevance (reference is made to the general scientific and research problem) and justification for carrying out the study, and it will include a last paragraph where its main objective is clearly stated. It should not contain tables or figures.

Methods: they must be written in the past tense; The type of investigation or study, period of duration and place where it was carried out will be expressed. The criteria that characterize the subjects under investigation, the selection of the population, the inclusion, exclusion and exit criteria will be described, as well as the justification for the selection of the sample if necessary and the type of sampling used.



The variables analyzed must be clearly described. It must contain the way and sources of data collection and the procedure followed with the main techniques, including statistics. The classifications, algorithms, flowcharts or other types of scientific contributions from other authors that are used in the research must be duly referenced following the Vancouver style.

Statistical methods should be described in sufficient detail to allow verification of results from the data, report indicators of measurement error or uncertainty (such as confidence intervals), and avoid relying only on statistical hypothesis testing, such as the use of p values, which do not give information about the magnitude of the effect. The computer programs used and their version must be specified.

For more information on the selection and correct reporting of statistical methods, see the *Statistical Analyzes and Methods in the Published Literature (SAMPL) Guidelines*.

At the end, it must be declared, in detail, how the particular ethical aspects for the study were fulfilled. This section must provide sufficient information so that the research can be reproduced by another author if necessary.

Results: they will be written in past tense, with the complement of tables and figures. The results must be in correspondence with the objective of the work and the research methods applied. They will be described with a logical sequence of text, tables and figures. The same information from tables and graphs must not be duplicated in the text.

Discussion: it constitutes a separate section of the results. It must contain a critical review of the study results in light of the works published in the literature on the subject and highlight the novel aspects. Explain in the paragraph prior to the conclusions the scope and limitations of the study, taking into account possible sources of bias or imprecision and their influence on the results, as well as the possible applicability and generalizability of the results.

Conclusions: they are written in past tense. They must originate in the work itself, as statements derived from the study carried out and coincide with the objectives of the research. They should not be a simple repetition of the results, but legitimate elaborations of the authors, built from the most important implications, of the findings identified in the study and where the contribution made to science is declared.

Figures and tables: according to common indications for all types of articles.

Bibliographic references: according to the common indications for all types of articles.



Brief communication

They are works with the same characteristics as the original articles, but published in an abbreviated form due to the specification of their objectives and results. Its structure will be the same as that of the original articles, with a structured abstract of 150 words.

- Authors: up to three.
- Maximum length: 3,000 words, not including bibliographical references.
- Bibliographic references: up to 15.
- Tables, figures or graphs: up to three.

Case report

Those presentations that are of interest due to their novelty, low frequency of presentation, clinical variant, modification of surgical technique, or other characteristics that highlight the need for their publication are accepted.

- Authors: up to three.
- Maximum length: 3,000 words, from introduction to conclusions.
- Bibliographic references: up to 30.
- Figures: up to six.

Title: it must correspond to the most interesting phenomenon (e.g. symptom, disease, diagnosis, test, intervention) that gives rise to the clinical description, treatment or technical variant used. Include the words “case report” in the title.

Abstract: structured as follows: Introduction that includes what the case brings new; Aim; Presentation of the case with the main symptoms of the patient, clinical findings, diagnoses, interventions and results; Conclusion where the main lessons learned with the clinical case are synthesized. It must have a limit of 250 words, and written in Spanish and English.

Keywords: same as for the original articles

Introduction: briefly summarize the background of the clinical case presented, making reference to the pertinent medical literature. At the end, the objective and the reasons for presenting the case must be declared.



Patient information: Describe demographic information (age, gender, skin color, profession); individual, family and psychosocial medical history – including diet, lifestyle and genetic information whenever possible – and details of comorbidities and previous interventions and their results.

Compliance with the ethical component of clinical research: describe the case approval process by the institution's research ethics committee and explain the procedure for obtaining informed consent from the patient to disclose their health situation (includes their permission to publish the pictures). These two supporting documents can be requested from the authors by the editorial committee if it is considered necessary. Adherence to removal of identifying information from all patient-related data must also be declared.

Patient Perspective: The patient should communicate their perspective or experience in the medical care received, whenever possible.

Clinical findings: summarize the findings when performing the physical examination or examination of the patient. Regarding the main symptoms and signs in the patient, the onset, evolution and current state of the condition must be made explicit.

Calendar: Describe important dates and times in the case. For this, tables or figures can be used, always following the indications established for the original articles.

Diagnostic evaluation: summarize, preferably in paragraph format, the evaluation of laboratory, imaging, pathological and other diagnostic procedures; What makes the picture presented by the patient a peculiar case should be highlighted. Reference should also be made to economic, linguistic, cultural or other problems, which constituted limitations in the carried out diagnosis. Also describe the diagnostic reasoning, including other possible diagnoses considered and prognosis where appropriate.

Therapeutic intervention: describe the type or types of intervention (pharmacological, surgical, preventive, self-care); administration of the intervention (dose, concentration, duration); and any changes made with its justification.

Follow-up and results: summarize the follow-up to the case, including: results evaluated by the doctor and the patient, important results of the diagnostic tests of follow-up, evolution of the case and adverse and unexpected events.

In the previous paragraphs, a maximum of six figures will be used (photos, tables, family trees), signs (arrows, circles, or others) must be used to identify the structures commented on in the text.



Discussion: analyze and compare the main findings with other reported cases and with the pertinent medical literature. Point out the pathology, pathophysiology and its meaning. Analyze theories or hypotheses about the implications of the findings. Discuss differential diagnoses. Describe the difficulties in establishing the diagnosis or treatment of the case presented, highlight the strengths and limitations of the study and their possible influence on the results.

Conclusions: they must be clear, justify the presentation of the case and include the contributions to scientific knowledge, as well as the main lessons learned from the case report.

Bibliographic references: they must be written following the indications for all types of articles. The use of updated sources is required (50% of the last five years).

It is recommended to use the CARE checklist <https://revistamedicahondurena.hn/dmsdocument/28-carechecklist-spanish-2013-pdf>

Review article

It is a bibliographic study in which published information on a subject is collected, analyzed, synthesized, interpreted and discussed; includes a critical review of the state of knowledge reported in the literature. It must provide an answer to a problem that has a conceptual or practical connotation and when this is not definitive, at least guidelines for future research must be indicated.

- Authors: up to three.
- Maximum length: 6,000 words, not including bibliographical references.
- Bibliographic references: 25 to 50, exceptionally more.
- Tables, figures or graphs: up to five.

Title: As established in the common requirements for all types of articles.

Abstract: structured in Introduction, Objective, Methods, Development and Conclusions, with a maximum limit of 250 words in Spanish and English. The keywords must comply with the provisions for original articles.

Introduction: present the brief, clear and appropriate background with its bibliographical foundation. It must be a topic of importance and relevance. The scientific problem that originates the review must be substantiated and the objective(s) of the work must be clearly described.

Methods: it must contain the theoretical methods used, the search criteria and justification for the selection of the sources, the search engines used, the period taken for the review, and the languages of



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consultation. Make reference to the number of articles consulted and of them, how many were selected, as well as the inclusion and exclusion criteria.

Aspects to take into account: scientific credibility of the source of origin of the articles, the reproducibility of the method, the objectivity of the evaluations, the diversity of the results and their correct combination. Critiques should be in sufficient detail to allow readers to assess the methodological quality of the studies.

Development: exposition with the subtitles that the author deems appropriate in accordance with the objectives of the work. Figures and tables, in a maximum of five, that highlight the relevant aspects without incurring repetitions of information. Interpretation of the results indicated in the consulted literature. Contrast the differences and coincidences with the studies analyzed. Critique the results of the study in light of the published papers and declare the professional and research experiences of the authors on the subject. Include new aspects to consider (if necessary). Declare the limitations of the study and its possible influence on the results, in the paragraph prior to the conclusions.

Conclusions: they respond to the objectives of the study. They present clear, concrete and pertinent conclusions, as well as the contributions of the review to scientific knowledge.

Bibliographic references: they will meet the requirements for all types of articles and their updating requires 70% of the sources published in the last five years.

Letter to the editor

The Letter to the editor or Director is a brief comment that expresses an agreement or disagreement with aspects contained in the works published in Mediciego: concepts, methodologies, interpretations, results, among others. It may have other purposes, including commenting on health issues and related social issues, journal format issues, biomedical writing, medical education, or making an announcement of interest to the scientific community.

The letters allow interesting ideas and opinions to be exchanged between authors and readers of the journal, which can enrich the evaluation of the original article or the subject matter.

- Authors: up to two.
- Abstract: unstructured; summarizes the main idea of the letter. Up to 100 words, in the submission metadata.
- Keywords: same as for all types of articles, in the submission metadata.



- Maximum length: 1,000 words, not including bibliographical references.

- Bibliographic references: up to six.

The title must be informative and concessions not accepted in other original articles are allowed: they can be striking, in an interrogative, exclamatory or through the use of puns. It must appear in Spanish and English.

The opening paragraph should make explicit and clear reference to the reason for the letter; from there, an expository outline will be developed progressively.

The following paragraphs should be 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 should be briefly explained (more summarized than in the original article). In the following paragraphs the discussion that is made from the reasoning or data provided should appear and end with a last paragraph by way of conclusions.

70% of the referenced sources must have been published in the last five years.

Featured Images in Medicine

Digital images of interest to the scientific community will be published, as they are considered novel findings or of necessary dissemination for the exercise and learning of medical sciences. It is not a case report, the basic element is the images in sequence and the accompanying text is to comment on it.

- Authors: up to two.
- Abstract: unstructured; summarizes the topic addressed. Up to 100 words, in the submission metadata.
- Keywords: same as for all article types, in the submission metadata.
- Maximum length: 2000 words.
- Bibliographic references: not required.
- Figure one with up to six panels.

The images must contain relevant visual information obtained in logical sequences during the application of the clinical method, from the physical examination, the exploratory or resolving surgical intervention, the macroscopic and microscopic diagnostic results, imaging, electrocardiographic, ultrasound, or any other obtained when carrying out the clinical evaluation of the patient. The title must not have more than eight words. It must be sent in GIF, JPG or JPEG format with good technical quality; it can be single or



divided into panels (Panel A, Panel B, Panel C); where arrow markings can be used to identify structures discussed in the accompanying text.

The sending of the image must be accompanied by a brief report, the text of which must refer to important clinical elements with the patient's history, clinical, imaging, pathological and laboratory findings, evolution and treatment.

The ethical component of clinical research must be complied with, by explaining the procedure to obtain the patient's informed consent to disclose the health situation and including their permission to publish the photos. These two supporting documents can be requested from the authors by the editorial committee if deemed necessary. Also, compliance with the elimination of identifying information from all data related to the patient must be declared.

Profiles and obituaries

They will refer to deceased personalities (obituary) or not (profile) who are considered relevant for their contribution to the development of medical sciences in the province of Ciego de Ávila.

- Authors: one author
- Abstract: unstructured; summarizes the topic addressed. Up to 100 words, in the submission metadata.
- Keywords: same as for all types of articles, in the submission metadata.
- Maximum length: 2000 words, not including bibliographical references.
- Bibliographical references: up to five.

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