

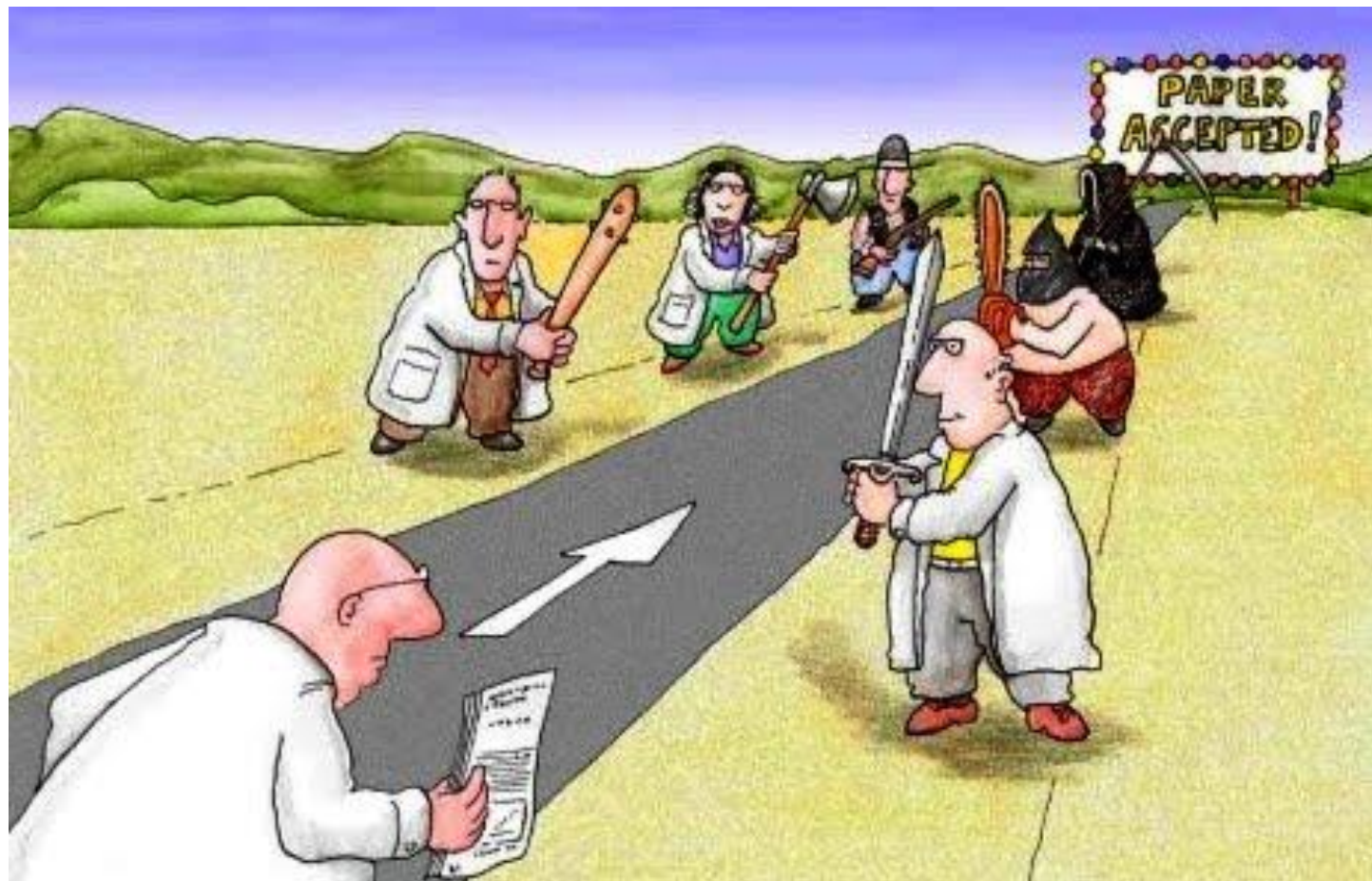
Third IPNA-ESPN Master for Junior Classes

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How to prepare an abstract and a manuscript for submission?

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How to get started?

- **Define your central message (focus):**
 - Summarize it in one (max two) sentences
 - Describe it to your colleague in one minute
 - Write down the three central points of your paper
 - Make a plan



Target a Journal

- Novel findings of general potential interest:
 - Top general journal
- Novel findings in a specific field:
 - Top specialized journal
- Useful data, but limited novelty:
 - Lower ranking journal or a web publication
- Novel findings, but not reproducible or lack control:
 - **Don't publish it!**

Top Journals have “top” requirements for technology and quality

Journals' ranking

- Journal 2015 IF = A/B
- A: the number of times that articles published in 2013-2014 were cited in 2015
- B: the number of papers published in 2013-2014 in this Journal
- IF are widely used to measure the impact of the journals

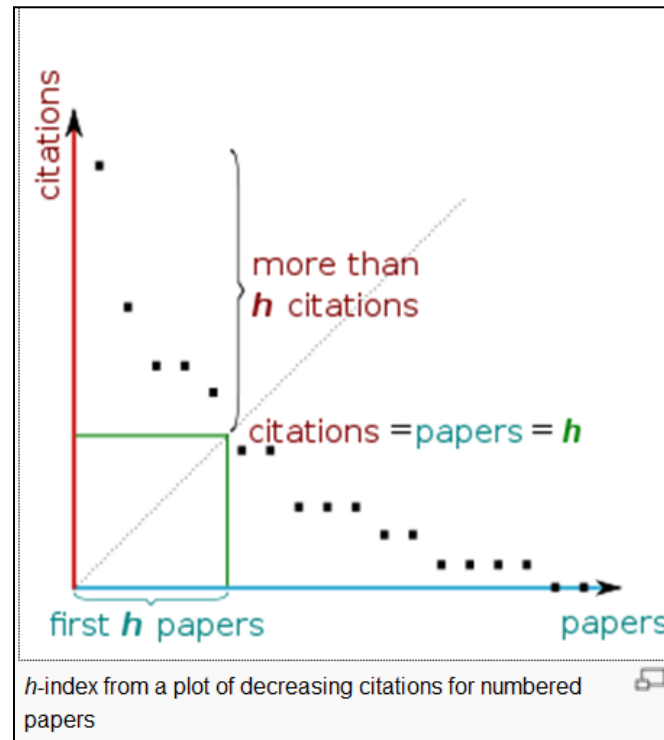
JASN: 8.98

Pediatric Nephrology: 2.33

Clinical nephrology: 1.12

Researchers' Ranking

- Hirsch-index (H-index):
= h number of papers cited h times



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Example: oil spill mediterranean*

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Example: O'Brian C OR OBrian C**

AND ▼

in

Publication Name ▼

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Example: Cancer OR Journal of Cancer Research and Clinical Oncology*

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Consolidate your information

- Ensure that everything you need to write efficiently (all data, references etc) are prepared:
 - Prepare all data summarized into figures/tables:
 - Quality
 - Presentation
 - Statistics
 - Representative examples

all double-checked

Decide about coauthors (ICMJE rules)

- **Substantial contributions** to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work
- **AND:** Drafting the work or revising it critically for important intellectual content
- **AND:** Final approval of the version to be published
- **AND:** Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved

Start writing

- Book time in your agenda (energy, no distraction, not tired)
- Find the right title = main message of your paper (novelty, interesting, concise), avoid vague titles
- Write quickly, don't worry about words, spelling, punctuations in the first draft
- Write in your own voice, don't copy sentences from the references

Number of pages

- Check “Instructions for Authors”
- Introduction: 1-2 pages
- Methods: 2-3 pages
- Results: 2-3 pages
- Tables and figures: 3-6
- Discussion: 2-4 pages
- References: 20-35

Abstract

- **Check the guidelines of the targeted journal**
- Identify the major objectives and conclusions
- Identify the major results from the discussion or results section
- State your hypothesis or method used in the first sentence
- Omit background information, literature review, and detailed description of methods
- Remove extra words and phrases (250 words = optimal size)
- Revise the paragraph so that the abstract conveys only the essential information
- Give the abstract to a colleague (preferably one who is not familiar with your work) and ask him/her whether it makes sense

Effective title and abstract = 50% of success
Many people stop here!

Introduction

- Begin with the background of the problem (from general to specific)
- State the objective of the investigation
- Establish the significance of your work
- Introduce the reader into relevant literature
- Clearly define your hypothesis
- Shortly summarize the major findings and conclusions of your work
- Make sure that introduction is directed to the audience of the Journal
- Be concise (1-2 page)

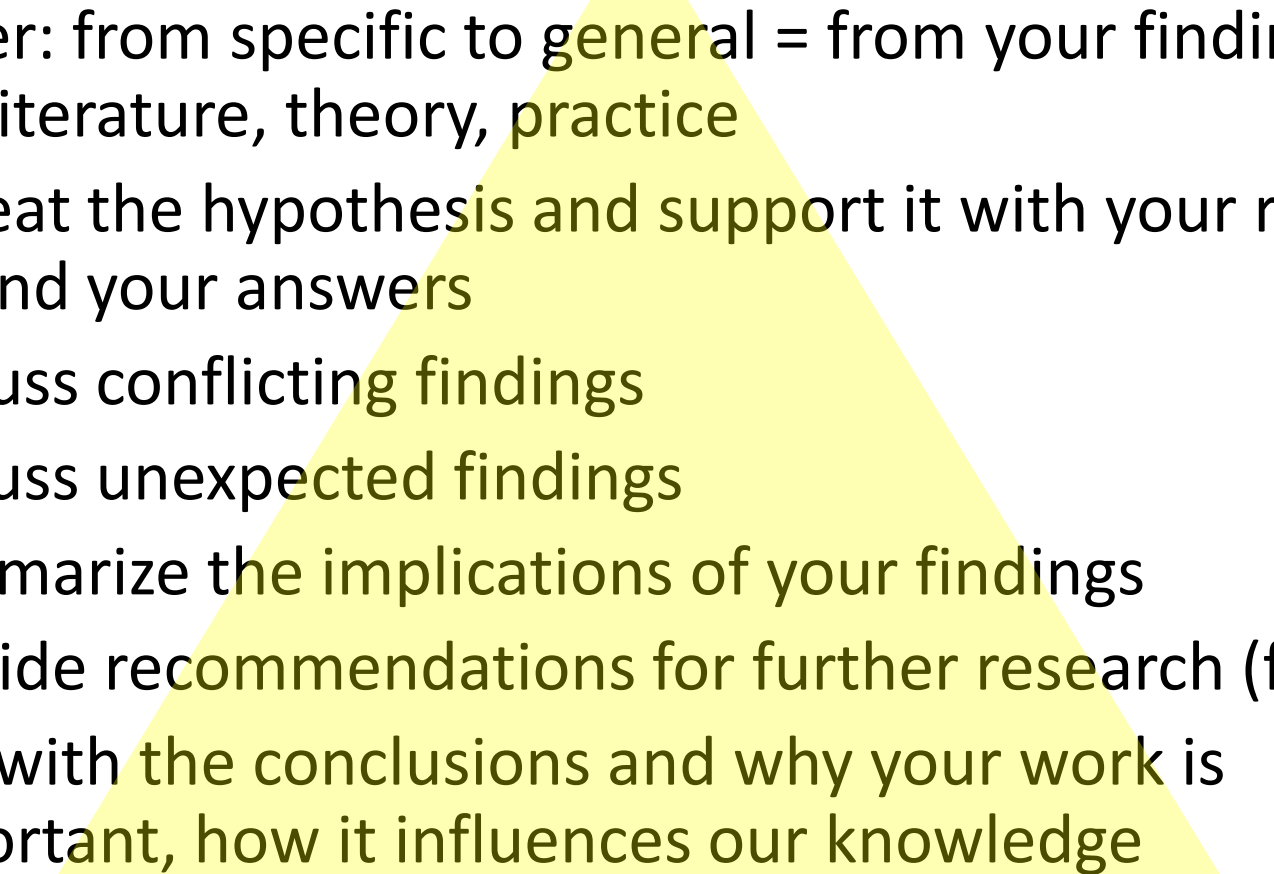
Patients and methods

- Order procedures chronologically using sub-headings
- Use past tense
- Clear description of experimental design (references for all already described procedures)
- Precisely quantify measurements
- Avoid numbering groups (1,2,3 or A,B,C), use “healthy,” “treated” or “untreated” instead
- Precisely quantify measurements
- Describe statistical tests
- Show this section to a colleague and ask whether they would have difficulties in repeating it

Results

- Show only relevant results
- The same order as in “Patients and Methods”
- Describe all figures and tables without duplicating figures’ or tables’ legends
- Express a magnitude of response (% of changes rather than exact data)
- Data should be consistent, supported by statistics
- Consequent numbering of figures, tables
- Tables and figures: headings, and legends. Each table or figure should be sufficiently complete to be read separately from the text
- Use sub-headings

Discussion

- 
- Order: from specific to general = from your findings to the literature, theory, practice
 - Repeat the hypothesis and support it with your results, defend your answers
 - Discuss conflicting findings
 - Discuss unexpected findings
 - Summarize the implications of your findings
 - Provide recommendations for further research (few)
 - End with the conclusions and why your work is important, how it influences our knowledge

References

- Cited references should be fair and balanced
- Try to cite the original discoveries or the reviews by the authors who made the original discoveries
- Check style of the Journal
- Use reference programs
- Double-check the references prior to submission

Figures

- Emphasize trends, patterns, relationships
- Present data too complex for a table
- Add credibility (we believe what we see)
- Interest readers, but not just for decoration
- Avoid color, unless necessary
- A figure is worth a thousand words

Writing tips

- Own story
- Keep it simple; write first draft as though your were explaining it to a layperson
- Avoid imprecise words such as
 - Several, some, quite, relatively...
- Avoid long sentences (max 20-30 words per sentence)
- Be specific, avoid abbreviations
- Attention to language, let your paper being edited (some journals provide editing support); bad language → higher chance of rejection

Short versus Long

“Never use a long word where a short one will do” George Orwell

- the majority of = most
- prioritize = rank
- utilize = use
- in order to = to
- in the event of = “if” or “when”

Courtesy: Editor of Lancet

Avoid redundancy

- In addition, sections were also stained...
- After allocation patients were then...

Use signposts

- Keep readers on track:
 - “On the other hand...”
 - “By contrast, ...”
 - “In some cases, however ...”
 - “Therefore...”
 - “In summary,...”

Courtesy: Editor of Lancet

Other signposts

- **Two factors** are important. **The first** is the ageing of the population; the incidence of ESRD is higher in elderly people than in the general population (the annual incidence in people older than 65 years in the USA is more than 1200 per million). **The second** factor is the global epidemic of type 2 diabetes mellitus....

Covering letter

- Use the editor's name
- State the importance of the question
- State the importance of the findings
- Why have you chosen this journal
- Can suggest impartial reviewers

Courtesy: Editor of Lancet

Submitting process

- Online
- Check whether every required field is completed
- Check the status of your paper online
- Most Journals have information about the duration of review process online

Response to reviews

- Read comments carefully
- Never respond immediately
- Be polite. Avoid a defensive or confrontational tone in your response
- Respond completely to each comment in an orderly, itemized manner, and, if necessary, copy and paste into the letter any substantive changes made to the manuscript
- Change and modify your manuscript where it makes sense
- Reviewers do not always agree with each other, in which case you must make a choice
- If the reviewer is obviously wrong and has made a mistake, you are entitled to provide an argument and provide facts that can be referenced
- If your paper is rejected → submit promptly to another journal (data might become less relevant or even outdated)

Important for young researchers

- Find a supervisor who is dedicated, competent and will read/correct/advise on each sentence of your manuscript:
 - writing a manuscript is a learning process
 - Don't be upset about many corrections



1. Introduction

Proximal tubular cells in the kidney are mainly responsible for the reabsorption of filtered solutes and excretion of waste products and xenobiotics (1). With knowledge of the function and regulation of transporters in these cells it is possible to study pharmacokinetics. ~~In human volunteers, researchers~~ Recently the conditionally immortalized proximal tubular cells (ciPTEC) expressing functional influx and efflux transporters has been successfully developed out of urine of healthy volunteers succeeded in developing a cell line out of urine, expressing functional influx and efflux transporters: the conditionally immortalized proximal tubular cells (ciPTEC) (2).

variations between the gestational ages of a child and the presence of transporters and conceivably drug elimination. Most drugs used in the pediatric population are organic cations, like gentamicin, ~~so especially when there are therefore~~ variations in the renal organic cation transport system ~~are especially, it can give an important impact on drug's pharmacokinetics behavior~~ (5).

The characterization of ciPTECs can be done in different ways, i.e. via characterization of transporters, brush border enzymes or specific proteins, or via functional tests. Aquaporin 1 (AQP1) is a water channel mainly found in the basolateral plasma- and apical brush border membrane of the proximal tubule cell; this channel belongs to the family of aquaporins. ~~These Aquaporins are~~ integrated membrane pore proteins selectively



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