

About Vita Medica Scientica Journal (VMS Journal)

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VMS Journal is an international, peer-reviewed medical and health sciences journal dedicated to publishing high-quality, innovative, and scientifically rigorous research across a broad spectrum of disciplines. Published three times a year—in March, August, and December—VMS Journal provides a trusted platform for the global scientific and clinical community, including those working in internal medicine, surgical sciences, preclinical medical disciplines, and health sciences. The journal is guided by four fundamental principles: Clinical and scientific relevance, capacity to drive change in practice, scientific credibility, and effective, clear communication. VMS Journal seeks to disseminate research that informs and transforms medical education, patient care, and health system performance at local, national, and international levels. We welcome original research articles, systematic reviews, meta-analyses, clinical trials, case reports, viewpoints, and policy analyses. Our mission is to support the advancement of equitable, interdisciplinary, and evidence-based approaches to medicine and health care. VMS Journal encourages submissions that foster collaboration across clinical, surgical, laboratory, and community settings, and that aim to improve health outcomes for individuals and populations.

Focus Areas and Thematic Sections

To reflect the dynamic and evolving landscape of medicine and health sciences, VMS Journal features a variety of thematic areas. Authors may identify relevant themes during submission, or themes may be assigned during editorial review:

· *Rational and Value-Based Medical Practice*

Articles highlighting the benefits of reducing unnecessary tests and treatments across disciplines, promoting effective and patient-centered care.

· *Sex and Gender in Health and Disease*

Research examining the impact of sex and gender on disease presentation, treatment responses, and health service use across the lifespan.

· *Equity and Inclusion in Health Care*

Studies addressing health disparities and access issues, and offering inclusive strategies to improve care delivery and outcomes across all populations.

· *Aging, Geriatric Innovation, and Multimorbidity*

Articles focusing on aging populations, age-related conditions, multimorbidity, and innovations that enhance quality of life and care for older adults.

· *Environment and Planetary Health*

Research investigating the effects of environmental change, pollution, and climate on human health, as well as the health sector's environmental impact.

· *Health Systems, Policy, and Law*

Analyses of how laws, regulations, health system design, and policy innovations influence public health, medical practice, and workforce dynamics.

· *Workforce Health and Well-Being*

Studies exploring burnout, job satisfaction, mental health, and resilience among health professionals, and interventions to improve well-being.

· *Injury Prevention and Public Safety*

Interdisciplinary research addressing injury epidemiology, trauma care, violence prevention, and safety strategies across clinical and community settings.

· *Technology, Innovation, and Digital Health*

Evaluations of emerging technologies—including artificial intelligence, robotics, simulation, and telemedicine—and their effects on health care delivery and outcomes.

· *Foundations of Biomedical Science*

Contributions from preclinical research advancing our understanding of disease mechanisms, diagnostic tools, drug development, and translational science.

Aims & Scope

VMS Journal is an open access journal that publishes national and international manuscripts in the field of medicine and health sciences. VMS Journal, covers human health, medical and zoonotic diseases, diagnosis, treatment, patient care, nursing, drug developments, international and public health, including infectious diseases, immunology, parasitology, tropical diseases and human nutrition.

The journal accepts original articles, review / meta-analysis, brief report, case report, letter to the editor, and manuscripts related to the history of medicine in different disciplines in the field of medicine and health sciences. VMS Journal is an open access, peer-reviewed journal that publishes national and international manuscripts in the fields of medicine, pharmacy, dentistry, sports and health sciences. The journal

covers a wide range of topics including but not limited to:

- Clinical and basic medical sciences
- Pharmaceutical sciences and drug development
- Dentistry and oral health
- Nursing and patient care
- Physical therapy and rehabilitation
- Nutrition and dietetics
- Midwifery and maternal health
- Ergotherapy (occupational therapy)
- Audiology and hearing sciences
- Speech and language therapy
- Sports medicine and exercise science
- Public health and health promotion
- Preventive medicine and epidemiology
- Health education and healthcare management
- Interdisciplinary studies in health sciences

The journal accepts a variety of manuscript types including original research articles, reviews and meta-analyses, brief reports, case reports, letters to the editor, and contributions related to medical history and interdisciplinary approaches within medicine and health sciences. All manuscripts must be submitted electronically to www.vsmjournal.com webpage.

- The language of the journal is English
- It is an international electronic journal.
- Publishes scientific articles in medicine and general health sciences by evaluating them within the framework of the principles of refereeing.
- VMS Journal is an open access journal; that is published articles can be accessed on the journal's online page without any subscription or fee. VMS Journal Open Access Policy is taken as basis for the journal to be open access.

- **Article submission and access is free.**

- Three issues are released every year in April, August and December.

The editorial and publication processes of the journal are shaped in accordance with the guidelines of the International Committee of Medical Journal Editors (ICMJE), World Association of Medical Editors (WAME), Council of Science Editors (CSE), Committee on Publication Ethics (COPE), European Association of Science Editors (EASE), and National Information Standards Organization (NISO). The journal is in conformity with the Principles of Transparency and Best

Practice in Scholarly Publishing (doaj.org/bestpractice).

Processing and publication are free of charge with the journal. No fees are requested from the authors at any point throughout the evaluation and publication process. All manuscripts must be submitted via the online submission system, which is available at www.vmsjournal.com. The journal guidelines, technical information, and the required forms are available on the journal's web page.

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