Ready, Set, Get Published!

Pat Bruckenthal, PhD, APRN-BC, ANP, FAAN
Elaine Miller, PhD, RN, CRRN, FAAN

Conflict of Interest Disclosure

- Authors Conflicts of Interest:
  - P. Bruckenthal, No Conflict of Interest related to this presentation
  - E. Miller, No Conflict of Interest related to this presentation

Objectives

- Describe
- Differentiate
- Construct

Describe steps for developing a publishable manuscript.
Differentiate formats for writing a clinical review, quality improvement, evidence-based project, or research study manuscript.
Construct a work plan for developing a manuscript ready for submission.
Let's get started

- Raise your hand if you have presented a poster
- Raise your hand if you have presented at the podium
- Raise your hand if you have submitted a manuscript
- Raise your hand (if you want to) if you have ever submitted a manuscript and got rejected

Steps for developing a publishable manuscript

- Pre-Writing Phase
  - Time to think
    - Answer specific questions about topic before you begin
    - Pick a journal
    - Review authorship guidelines
    - Find a mentor
    - Solicit writing partners or team
  - Time and place to write
    - Develop a time line
    - Review the literature (again)
Time to think and what to think about

- What is my key overarching message
- Why do I care about this
- What is new or novel about the topic
- What are the processes involved in this issue
- What points do I need to stress
- What are the key messages
- What do I think should be done next
- Who is the intended audience
- Who might want to work on this paper with me

Time and place to write

- Where and when
- Getting started
- Find a writing buddy
- Develop your timeline
- Write your outline
- Assign sections to writing partners

Select a journal

- Identify your audience
- Determine what journals they read
- Determine what various journals publish by reviewing the literature
- Identify a journal that serves your purpose and theirs
- Does the journal have any special focused issues on your topic
- Read the instructions to authors
- Abstract, structure, and references according to journal requirements
Examples of mission statements

• Pain Management Nursing: The purpose of the journal is to provide pain management professionals, particularly nurses, with excellent articles providing insights in the areas of research, evidence-based clinical practice, quality improvement, education, administration, and advocacy. Additional journal features include practice guidelines and pharmacology updates. Submissions must include a specific description of how the content applies to pain management nursing practice.

Journal of Pain and Symptom Management

• is an internationally respected, peer-reviewed journal and serves an interdisciplinary audience of professionals by providing a forum for the publication of the latest clinical research and best practices related to the relief of illness burden among patients afflicted with serious or life-threatening illness.

The Journal has strongly supported both quantitative and qualitative research underpinning the evolving discipline of palliative care, including clinical trials of pain or symptom control therapies, epidemiology of phenomena related to life-threatening disease and end-of-life care, instrument development to enhance clinical assessment and facilitate investigation, and health services studies evaluating the outcomes of diverse therapeutic models. It also offers extensive coverage of clinical practice issues, publishing both systematic and narrative reviews, case series and case reports, and both special articles and columns that present important updates on topics as varied as the international diversity of palliative medicine, the economics of palliative care, and bioethics in end-of-life care.

Pain

• This journal is the official publication of the International Association for the Study of Pain and publishes original research on the nature, mechanisms and treatment of pain. The journal provides a forum for the dissemination of research in the basic and clinical sciences of multidisciplinary interest.
Authorship

• Submission declaration
  Submission of an article implies that the work described has not been published previously (except in the form of an abstract or as part of a published lecture or academic thesis or as an electronic preprint), … that it is not under consideration for publication elsewhere, that its publication is approved by all authors … if accepted, it will not be published elsewhere including electronically in the same form, …

• Authorship
  Pain Management Nursing requires authorship to include a registered nurse as part of the paper to be considered for acceptance.

All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

Writing Phase

• Develop an outline
• Put something down on paper
• If needed, review the structure of a paragraph
• Write quickly, edit later
• Keep to the plan of your outline
• Write the paper in parts
• Put first draft aside
• Revise it
• Have an outsider review it
• Check journal guidelines and submit

Structure of a manuscript

• Research paper (original article, research, integrative review, systematic review)
• SQUIRE guidelines (QI or EBP project)
• General Review Article
• Case Study
• Abstracts
Traditional manuscript format

• Background & Conclusion
  • Background
  • Purpose
  • Method
  • Results
  • Conclusion

QI/EBP project-Squire Guidelines

• Introduction
  • Problem description
  • Academic knowledge
  • Rationale
  • Specific aim
• Methods
  • Content
  • Intervention(s)
  • Study of the intervention
  • Measures
  • Analysis
  • Ethical considerations
• Results
• Discussion
  • Summary
  • Interpretations
  • Limitations
  • Conclusion
• Other
  • Funding
  • Acknowledgements

What is a review article?

• A critical, constructive analysis of the literature in a specific field through summary, classification, analysis, comparison
• A scientific text relying on previously published literature or data
• What is the function of a review article?
  • to organize literature
  • to evaluate literature
  • to identify patterns and trends in the literature
  • to synthesize literature
  • to identify research gaps and recommend new research areas
Review Article Format

- A general introduction of the context
- Key points each with separate subheading
- Toward the end, a recapitulation of the main points covered and take-home messages
- There is a trend towards including information about how the literature was searched (database, keywords, time limits)

Consider the case report

1. Unusual observations
2. Adverse response to therapies
3. Unusual combination of conditions leading to confusion
4. Illustration of a new theory
5. Question regarding a current theory
6. Personal impact

Case Study Report Format

- Patient description
- Case history
- Physical examination results
- Results of pathological tests and other investigations
- Treatment plan
- Expected outcome of the treatment plan
- Actual outcome
- Discussion (connect to existing literature)
- Conclusion
A word or two about abstracts

- Develop a strong abstract
- Review prior accepted abstracts
- Peer review abstract prior to submission
- Adhere to abstract guidelines

Abstract Format

- Summary of your paper / project
- Background & Conclusion
- General format (varies depending on organization)
  - Background
  - Purpose
  - Method
  - Results
  - Conclusions

Abstract Tricks of the Trade

- Put the findings in your title
- Majority of text reserved for results
- Move important message to beginning of sentences
- A ‘word’ about word counts
  - Do not write to the word count
  - Put everything you want in first, then edit
Can Nurse Practitioners Effectively Deliver Pain Coping Skills Training to older adults with OA?

**Background/Purpose:** Arthritis is a major health challenge affecting more than half of the US population over 65 years old. Despite medications, osteoarthritis (OA) remains a prevalent and symptomatic condition. Pain coping skills training (PCST) has demonstrated efficacy for patients with OA, but access to PCST is limited. It is usually only available through trained psychologists or other mental health providers. The purpose of this study was to evaluate if Nurse Practitioners (NPs) could provide PCST to OA patients in community practices.

**Methods:** A multisite, randomized control trial was conducted. Patients (N=256) were randomized to treatment or usual care. Patients in the treatment group received 10 individual PCST sessions designed to promote cognitive-behavioral pain management coping skills. NPs were trained by experts until predetermined levels of competency were met. Outcome assessments for pain intensity, psychological distress, physical function, self-efficacy, and use of coping skills were completed at baseline, posttreatment, 6 and 12 months follow up.

**Results:** Analysis across all assessment points indicated significant improvement in the PCST group compared with the control group for pain intensity, physical function, psychological distress, use of pain coping strategies, and self-efficacy, as well as fatigue, satisfaction with health, and reduced use of pain medications. All outcomes except self-efficacy were maintained through the 12-month follow up. Comparison of patients who were more vs less adherent to PCST suggests greater effectiveness for patients with high adherence.

**Conclusions:** Results support the effectiveness of nurse practitioner delivery of PCST embedded within the practice setting for chronic OA pain. Training for NPs in this skill has potential to increase access to this self-management strategy and has implications to increase the reach to other chronic health conditions.

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Plan for final phase of publication

- Proofread (and read out loud)
- Give to a colleague to proofread
- Follow manuscript guidelines for submission
- Submit
- Plan for response from editor
  - Accept
  - Revise and resubmit (do it!)
  - Reject

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Dealing with the reviews

- These are a gift
- Don’t take it personally
- Use to guide resubmission
- Make sure you address all reviewers concerns (use a cover letter to highlight)

Dealing with rejection

- Acceptance rates on average are 50%
- Take comments out of the trash and unemotionally review them
- How might you revise and improve the paper
- Speak to your mentor
- Consider submission to another journal
Common problems with manuscripts

- Too wordy, too long, text difficult to follow
- Not of interest to readership of journal
- Copy editor issues; grammar, spelling, format
- Content incomplete, insufficient, out-of-date
- Study limitations not well stated, conclusions do not fit data
- Emotionalism-getting carried away, no evidence to support data
- Conflict of interest
- Authorship not fully stated
- Republication use of data


Writing Challenge

Next Steps

- Write down your plan
- Set your timeline (put it in your calendar)
- Identify co-authors
- Pick a journal (Pain Management Nursing)
- Get feedback
- SUBMIT
Let's get to work

Resources