

INSTRUCTIONS TO CONTRIBUTORS

All correspondence is to be addressed to the Editorial Board, Karnataka Anaesthesia Journal, Department of Anaesthesiology, J.N. Medical College, Belgaum-590 010.

Submission of Contributions

1. All articles accepted for publication in this Journal must be exclusive contributions. Therefore, all manuscripts must be accompanied by the following written statement: "The undersigned author warrants that the article is original, is not under consideration by another journal, and has not been previously published. I sign for and accept responsibility for releasing this material on behalf of any and all co-authors'.
2. Papers which have been published become the property of the Journal and should not be published or reproduced in full or in part without the permission of the Editor.
3. The editorial board cannot be held responsible for views expressed in papers published in the Journal.

Manuscripts

1. Manuscripts must be submitted in English.
2. Manuscripts should be typed on one side of the paper only, with double spacing and margins of at least 2.5 cm not exceeding five typed foolscap sheets. Two copies are required.
3. A summary of not more than 150 words must be sent along with the paper.
4. The title of the papers should be as short as possible. Surnames and initials of all

authors without their qualifications will be printed. Designation of authors will be printed as a footnote.

5. If the manuscript is not accepted, it will not be returned to the author.
6. The proof will be corrected by the members of the Editorial Board. No proofs will be sent for correction to the authors.

Table and Illustrations

1. Each table and its title should be on a separate sheet of paper, and its position indicated in the text. Tables and figures should be numbered in Arabic numerals. Captions should be brief, yet indicate clearly the purpose or content of each table.
2. All illustrations should be submitted unmounted, in black ink drawings of professional quality or glossy photographs. The author's name and the figure number should be written lightly in pencil on the back of each illustration. The word 'Top' should be written in the appropriate place on the back of the illustration. A legend should be supplied for each illustration, with all legends typed on separate sheets of papers with appropriate references to the illustrations concerned.
3. Photographs and illustrations should be 7 cm x 7 cm or x 14 cm.

Case Reports

Case reports of exceptional clinical interest will be published. Case report must not be longer than one typed sheet giving

dissappointments: and this, precisely, constitutes our inability to react immediately to the stressful event. Acute stressful events may be self limiting and could be automatically 'coped.' Chronic events, if left uncoped, could result in emotional behavioural, intellectual and physical illnesses. Enough evidence has now accumulated to prove the association of stress with hypertension., coronary heart disease, muscle tension, peptic ulcer disease, bronchial asthma, ulcerative colitis, and increased susceptibility to some viral disease, to name a few.

No individual could be under continuous stress. A cognitive approach encompasses the ability to recognize the stressor and be "Stress Prepared" to cope with it. Adequate sleep, healthy dietary habits, relaxation, meditation, efficient time management, specially in private practice, constitute coping skills. Taking long or short vacations, turning to nature, developing

hobbies, support seeking, changing gears are regarded as 'stress busters.'

Think again! Would you like to be overstressed and have a "burn out" or would you like developing appropriate coping strategies - the choice is yours. Remember, that you are an important member of your community and it needs you!

Based on a Guest lecturer delivered to the 8th convention of the maharashtra State Anaesthesiologists, held during November 1996 at Ahmednagar.)

- 1) Jackson, S.H., Stress and the anaesthesiologist
Seminars in anaesthesiology Vol XII
1993 282-89
- 2) C. Warren, E.V., Toll, C., Ed. The Stress Workbook
Nocholas Brealey London 1993.
- 3) Seeley H.F., Anaesthesia 51,571-574, 1996.

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