

## **Barriers to Publication: Improving Health and Wellness Through Open Dissemination**

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### **Author Notes**

This independent author wrote this concise viewpoint in Vancouver Style, considering the recent dissemination of one of her works in the American Psychological Association and one in the American Medical Association. This manuscript discusses various barriers to publication and the importance of improving open dissemination to promote public health and wellness internationally. All correspondence to Dr. Jaramillo at [MonicaJaramilloDNP@Gmail.com](mailto:MonicaJaramilloDNP@Gmail.com)

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### **INTRODUCTION**

Much has been studied lately regarding best practices for publishing professional manuscripts that contribute to the wellness and health of the global community. Recent literature provides a guide conducive to enhancing the chances for publications such as journals, books, and educational conferences while avoiding some of the burdens associated with this scholarship endeavor.<sup>[1,2]</sup> Unfortunately, insufficient efforts are currently in place globally to improve the publication processes while ensuring knowledge sharing with all individuals equally. There is a worldwide need to increase the publication rates around wellness and public health and the international free and equitable access of all scholarly articles. This advocacy work aims to inspire a global change in practice conducive to improving healthcare publication efforts at many different levels while suggesting further research and studies to ensure the health and well-being of all communities. This concise advocacy manuscript discusses common barriers to publication, improving efforts to publish, expanding open dissemination, and conclusions with recommendations.

### **COMMON BARRIERS TO PUBLICATION**

Knowledge and literacy in health care are vital foundations to ensure the delivery of safe, effective, and competent patient care. Accordingly, healthcare knowledge contributes to health literacy which determines the wellness and health of the public.<sup>[3,4]</sup> Considering the vast benefit of healthcare publications in public health worldwide, analyzing the most current barriers and feasible solutions to mitigate this issue is critical. Publishing barriers can emerge from the authors or healthcare institutions. Some of the authors' challenges include the lack of time, fear of rejection, and feeling stuck with the topic or the manuscript's content.<sup>[1,2]</sup> Similarly, it does not

seem to be a standardized practice for healthcare publications and equal allocation of resources from healthcare institutions worldwide to ensure equitable access free to charge for all authors and readers.<sup>[4]</sup> Although it may not be feasible to mitigate all barriers to publishing soon, creating consciousness and starting the discussions around the concept is a good start.

This advocacy work seeks to begin motivating all stakeholders to consider innovative and caring efforts to facilitate the publishing efforts of authors while increasing open access. It is time to enhance interprofessional collaboration and international partnerships to promote health literacy and the advancement of research while mitigating some of the most common barriers to scholarship. Improving publishing efforts and expanding open access can signify an excellent start, and each stakeholder in the global community can help with this advocacy.

## **IMPROVING EFFORTS TO PUBLISH**

There are as many possible ways to improve publishing and dissemination in health care as barriers to this process.<sup>[1-4]</sup> Some ideas to consider are increasing awareness in all communities by advertising the benefits of current scholarly evidence, mentoring allied health students early in their careers to inspire writing and research, and supporting novice authors' efforts with guidance and advice. In this regard, it will be imperative for healthcare organizations to consider standardizing the author's guidelines to promote an increase in manuscripts for publication. In this author's experience, most healthcare universities across the globe use either the American Psychological Association (APA), American Medical Association (AMA), Harvard, Vancouver, or the Modern Language Association (MLA) styles, to cite some of the many, to train their students in their journeys to future publications and scholarly projects. Still, the author must change the initial writing style of the manuscripts per the publishing journal or editorial policies, most often to another type for the text, headings, and references.

Additionally, affiliating institutions usually have their review committee approve each piece of scholarly work to be published by the employees. These institutional peer reviewers often require manuscripts in the writing style employed by the institution. This process signifies the need for the aspiring author to elaborate the manuscript per the institution's policies and subsequently change it to the preferred style of the selected journal before submission for additional peer review before consideration for either print or electronic publication or both. Furthermore, some publishing journals do not accept independent researchers and authors, and these prestigious professionals may not always be employed when submitting their independent professional work as a contribution to the body of knowledge of health care, which creates another block to publishing. A standardized writing and referencing style across all allied healthcare professions will be ideal. It could not only motivate authors to contribute to advancing their career and research through more publications but also could exponentially expedite the time process between the elaboration of the study or article and public access.

## **EXPANDING OPEN DISSEMINATION**

Health literacy and public access are vital for promoting and ensuring wellness globally. Processing fees for publications and charges to the public to access health-related information can affect publication rates and, therefore, the delivery of health information to the community.<sup>[4,5]</sup> It is time for more organizations to join the efforts of a few local, national, and international organizations, like this one disseminating this work by offering direct open-access publications at no charge. These free online publications are equally available for all individuals worldwide, which promotes diversity, equity, inclusion, and accessibility (DEIA). Open access free for all stakeholders, or at least at a low cost while the change advocacy takes its course globally, could add to health literacy, improving public health and wellness. In this regard,

people of all backgrounds, socioeconomic statuses, races, and cultures, with access to the internet, could read valuable health information and cutting-edge research to complement their studies or support their scholarship efforts.

## **CONCLUSIONS WITH RECOMMENDATIONS**

Publications significantly add to health literacy and all communities' public health, advancing all allied health professions while promoting recent research and DEIA. Unfortunately, many current barriers negatively affect healthcare professional publications worldwide. It is time for a change advocacy conducive to facilitating the publication process while ensuring the equitable dissemination of this valuable information to all individuals. This advocacy manuscript is a call to action for all responsible stakeholders to improve and standardize the process while enhancing public access to all healthcare publications. Improving health care entitles sharing knowledge and collaborating with others to advance all professions. It is time to ensure equal access to information while propelling worldwide public health and wellness by enhancing professional publications and open access.

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