UNIVERSITY OF KWAZULU-NATAL
INYUVESI YAKWAZULU-NATALI

COLLEGE OF HEALTH SCIENCES

SCHOOL OF MEDICINE

SPECIMEN MMED THESIS

OCTOBER 2024

Title page

[THESIS TITLE]

[NAME OF STUDENT]

A thesis submitted in fulfilment of the academic requirements for the degree of Master of Medicine in the School of Clinical Medicine, College of Health Sciences, University of KwaZulu-Natal

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[MONTH YEAR]

Dedication page

DEDICATION

Dedicated to

[My family, for their unwavering support
[My supervisor, Dr GK Chetty, for sharing his immense knowledge and love of science with me]

…

First page number, Roman numeral i

Appreciation page

APPRECIATION

I acknowledge the support of the following with gratitude:

[*Name of person*] for [whatever their contribution is]

Declaration page

DECLARATION

I, [**Student's name**], declare that:

- The research reported in this dissertation, except where otherwise indicated, is my original work. The Authorship statement on the following page describes my contribution and the contributions of all co-authors and co-investigators.
- This dissertation has not been submitted for any degree or examination at any other university.
- This dissertation does not contain other persons' data, pictures, graphs or other information unless expressly acknowledged as being sourced from those persons.
- This dissertation does not contain the writing of others unless expressly acknowledged as being sourced from them. Where other written sources have been quoted, then:
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[signature of student]

Signed: Date **[date]**

As the candidate's supervisor, I, [Name of supervisor], agree to the submission of this dissertation.

[signature of supervisor]

Signed: Date **[date]**

Authorship page

AUTHORSHIP STATEMENT

AUTHORS

e.g., Dr R Grant: conception of the project (lead); methodology (lead), etc.

ACKNOWLEDGEMENTS

e.g. Ms HR Ngwenya: statistical analysis, etc.

The help of these individuals and institutions is gratefully acknowledged.

Contents page

Right-aligned

TABLE OF CONTENTS

Chapter headings

Page heading

Major heading

Abstract page

ABSTRACT

INTRODUCTION

[Example] Glomerular nephritis is a significant cause of chronic kidney disease worldwide, with a spectrum of clinical manifestations ranging from asymptomatic proteinuria to nephrotic syndrome and end-stage renal disease. [Problem or gap in knowledge] While current treatments have improved patient outcomes, variability in treatment response and long-term prognosis remains poorly understood. [Rationale or purpose] This study aims to describe the clinical and biochemical characteristics of patients with glomerular nephritis, providing insights into potential factors that may influence disease progression and response to therapy.

RESEARCH QUESTION

[Text]

AIMS AND OBJJECTIVES

[Text]

METHODS]

[Text]

RESULTS

[Text]

CONCLUSIONS

[Text]

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Chapter 1 title page

Restart numbering with Arabic numeral 1

CHAPTER 1.
INTRODUCTION AND LITERATURE REVIEW

BACKGROUND AND LITERATURE REVIEW

[Note 1.5 line spacing and three sequential levels of headings below the centred heading at the top.]

Page heading

INTRODUCTION

Major heading

[Example] In modern m[illegible] of clinical research into everyday practice has become increasing[illegible]lly in subspecialties such as oncology, cardiology, and pulmonology. Subspecialists are often tasked with managing complex cases where standard treatment guidelines may not suffice. This thesis seeks to address the ongoing challenge of translating medical research into practical clinical applications by focusing on [specific medical condition], aiming to provide targeted solutions for improving patient care.

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Clinical challenges in subspecialty care

Minor heading

Subspecialties face unique challenges due to the specificit[illegible] they treat. Despite adva[illegible] treatments are still based on generalized protocols rather than individualized care, highlighting the need for research that bridges clinical practice and specialized knowledge.

Medical disciplines

Sub-minor heading

Disciplines such as Internal medicine, cardiology, dermatology and…

Internal medicine

Sub-sub-minor heading

This discipline faces specific challenges…

THE CURRENT PROJECT

RESEARCH QUESTION

[Example] This thesis focuses on the problem of limited research into how [specific factor] influences patient outcomes in [specific medical condition]. To address this, the research will evaluate clinical and biochemical factors that contribute to treatment efficacy and disease progression, aiming to generate actionable insights.

AIMS AND OBJECTIVES

Aim

[Example] To develop a scoring system for the prediction of outcomes in [disease], based on the identification of specific clinical factors influencing outcome.

Objectives

[Example]

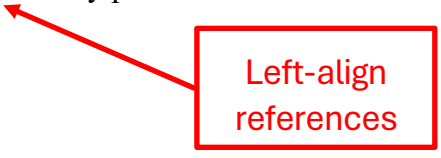
1. Analyze the role of specific clinical factors in influencing disease outcomes.
2. Develop a scoring system to predict outcomes.

METHODOLOGICAL APPROACH TO THE PROBLEM

[Example] As described earlier in this chapter, previous studies of patient outcomes have all been small studies, yielding results with wide confidence intervals that make evaluation of the actual contribution of these factors difficult. In this study, therefore, we set out to circumvent this difficulty by…

REFERENCES

Smith JB, Doe A. Effects of exercise on cardiovascular health in elderly patients: A randomized controlled trial. *J Geriatr Med*. 2022;15(3):123-30. doi:10.1234/jgm.2022.015003.



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Different reference types formatted correctly

Chapter 2 title page

Continue numbering

CHAPTER 2

RESEARCH REPORT

This work is presented as a submission-ready manuscript entitled *The role of [specific factor] in improving clinical outcomes in patients with [specific condition]*.

TITLE

The role of [specific factor] in improving cli [specific condition]

Title page of manuscript. Note: this is a generic format which you should follow. If you have chosen to use the format of a specific journal, then

Continue numbering

AUTHORS

[Example]
Dladla, PKa
Black, KKa
Naicker, Kb

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ABSTRACT

New page

Background

[Example] Patients with [specific condition] often face challenges related to [specific complications]. Emerging evidence suggests that [specific factor] may influence clinical outcomes by [briefly state the mechanism or association]. However, its role in routine clinical management is not well-defined. In this report we discuss our experience with…

Methods

[Example] A total of 45 patients diagnosed with [specific condition] were recruited from [specific center] over a [duration] period. Clinical and biochemical data, including levels of [specific factor], were collected and analyzed using [specific statistical method] to determine the relationship between [specific factor] and patient outcomes…

Results

[Example] Patients with higher levels of [specific factor] demonstrated significant improvements in [specific outcomes], including a [percentage]% reduction in [specific complication]. Subgroup analysis revealed that [specific factor] was particularly effective in patients with [specific characteristic], indicating potential for targeted therapy.

Conclusions

[Example] This study suggests that [specific factor] is a promising marker for improving clinical outcomes in patients with [specific condition]. These results support the integration of [specific factor] into treatment protocols to enhance patient care.

INTRODUCTION

[Example] The management of femoral fracture remains a challenge in clinical practice due to the complex nature of the injury and treatment response (1). Previous studies have indicated the potential role of osteopoietin in influencing outcomes, but evidence remains limited….

This study aims to explore the relationship between osteopoietin levels and clinical outcomes in a sample of patients with neck-of-femur fracture at Greys Hospital, Pietermaritzburg, with the goal of providing insights that can improve patient care in patients with this fracture..

METHODS

[Example] The study was conducted at XYZ Hospital from May till August 2024.. The study was approved by the University of KwaZulu-Natal Bi New page thics Committee (BR35/25556).

Patients

[Example] Fifty-six patients with neck-of-femur fracture were randomly selected from the clinical records kept in the Dept of Orthopaedic Surgery at Greys Hospital… All patients provided informed consent.

Methods

[Example] Data collection included patient demographics, clinical parameters, and laboratory measurements of [specific factor]. The study design was [retrospective/prospective], and data were analyzed using [specific statistical test] to assess the association between [specific factor] and clinical outcomes. Ethical approval was obtained from [institution], and all patients provided informed consent.

Data handling and analysis

[Example] Data were captured and analysed on an Excel spreadsheet. The severity of the fracture was recorded as… Osteopietin levels were correlated with length of hospital stay…Statistical tests were performed with Stata (version 17, StataCorp LLC, College Station, TX, USA).

RESULTS

[Example] The analysis revealed a significant correlation between [specific factor] and improved clinical outcomes, particularly in terms of hospital stay. Patients with higher levels of osteopoietin showed a 20% reduction in hospital stay, compared to those with lower levels. Subgroup analysis further demonstrated that the effect of osteopoietin was more pronounced in patients with radiographic evidence of osteopaenia, suggesting potential benefits for targeted therapeutic interventions (Table 1).

Additionally, multivariate analysis indicated that high levels of osteopoietin were an independent predictor of better outcomes, even after adjusting for confounding variables baseline disease severity.

Headings highlighted with bold

Hospital stay	Low osteopoietin (n=15)	High osteopoietin (n=30)**
30 days or more	6 (40.0%)	2 (6.7%)
15 to 29 days	7 (46.7%)	12 (40.0%)
Less than 14 days	2 (13.3%)	16 (53.3%)

Smaller font

Table 1. Clinical Outcomes Based on Levels of [Specific Factor]. There is a sig association between [specific factor] levels and clinical outcomes (p=0.005).

Legend in smaller font and indented on both

DISCUSSION

[Example] The findings of this study highlight the importance of [oste managing patients with neck-of-femur fracture. The positive correlation between osteopoietin and clinical outcomes suggests that incorporating this marker into treatment protocols could enhance patient care. These results align with previous research on [related topic], but further studies are needed to validate these findings and explore the underlying mechanisms driving this association…

Limitations of the study

[Example] The study is limited by…

Conclusions

[Example] This study provides evidence supporting the role of osteopoietin in improving clinical outcomes in patients with neck-of-femur fracture...

REFERENCES

Smith JB, Doe A. Effects of exercise on cardiovascular health in elderly patients: A randomized controlled trial. *J Geriatr Med*. 2022;15(3):123-30. doi:10.1234/jgm.2022.015003.

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Appendix title page

APPENDIX 1

STUDY PROTOCOL

[Append appendix 1 as PDF after this page. Repeat for subsequent appendices.]