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Firstname Lastname1

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Firstname Lastname2

[orcid.org/0000-0000-0000-0000](http://orcid.org/0000-0000-0000-0000)

Firstname Lastname3

[orcid.org/0000-0000-0000-0000](http://orcid.org/0000-0000-0000-0000)

Firstname Lastname4

[orcid.org/0000-0000-0000-0000](http://orcid.org/0000-0000-0000-0000)

Firstname Lastname5

[orcid.org/0000-0000-0000-0000](http://orcid.org/0000-0000-0000-0000)

Firstname Lastname6

[orcid.org/0000-0000-0000-0000](http://orcid.org/0000-0000-0000-0000)

Firstname Lastname7

[orcid.org/0000-0000-0000-0000](http://orcid.org/0000-0000-0000-0000)

1Affiliation (department/service, institution, city, country).

2Affiliation (department/service, institution, city, country).

3Affiliation (department/service, institution, city, country).

4Affiliation (department/service, institution, city, country).

5Affiliation (department/service, institution, city, country).

6Affiliation (department/service, institution, city, country).

7Affiliation (department/service, institution, city, country).

**Corresponding author:**

Firstname Lastname

**E-mail:** [email@email.com](mailto:email@email.com)

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Abstract



**Introduction**

It should clearly provide a context or basis for the study (i.e. the nature of the problem and its relevance).

**Objective**

## Identify the objective(s) of the study(ies).

**Methods (if applicable)**

Identify the methodological options, referring to the type of study, material/data collection instruments, participants, and methods.

**Results**

Provide the main results of the study.

**Conclusion**

## Link the conclusions to the study objectives, summarize the main points of the argument, and set out recommendations for practice/research/education/management, as appropriate.

Keywords

A minimum of 4 and a maximum of 6, mostly validated in browsers of [**Mesh**](https://www.ncbi.nlm.nih.gov/mesh/) and [**DeCs**](https://decs.bvsalud.org/) indexing terms.

Example: Lived Experience; Palliative Care; Self-Management; Family Caregiver.

## **Introduction**

It should clearly provide a context or basis for the study (i.e. the nature of the problem and its relevance). Refer to important publications on the subject and present the main conclusions. Identify the objective(s) of the study(ies).

**Methods (if applicable)**

Identify the methodological options, referring to the type of study, material/data collection instruments, participants, and methods.

## Reference to all research ethics assurance procedures, all human studies must refer to whether informed consent was obtained, Ethics Committee approval and, if applicable, authorization from the institution(s) where the study took place.

## Please do not identify your study, as all these data will be added by the editorial team, according to the Title Page.

**Results**

Provide the main results of the study.

Subtitles can be added.

Table example

## **Table 1** – Insert here the title of the table

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| Txt 1 | Txt |
| Txt 2 | Txt |

## All figures, tables or charts must be indicated in the text, sequentially as Figure 1, Table 1.

**Discussion**

It is useful to begin the discussion by briefly summarizing the main findings and exploring possible mechanisms or explanations.

The results should be discussed and how they should be interpreted in the light of previous studies and your own goals. Its implications should be discussed in as wide a context as possible.

**Conclusion**

## Link the conclusions to the study objectives, summarize the main points of the argument, and set out recommendations for practice/research/education/management, as appropriate.

**Study limitations**

Authorship

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**Conflicts of interest and Funding**

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