

Research and its Significance in Modern Medicine

The importance of research in all fields of medicine, surgery and allied subjects has become part and parcel of postgraduate medical teaching. The high quality of medical care available to patients nowadays is 'due to the years of hard work and sincere efforts by physicians, scientists, and other medical professionals to explore the causes of diseases and their potential treatments. The tireless effort of these professionals and rapid advancements in diagnosis and treatment has wiped many life-threatening diseases and conditions from this planet. The nature of such research includes the study of basic, clinical and applied research.

It can be preclinical, clinical or Para-clinical in nature and diagnostic, preventive and therapeutic.

Postgraduate medical educational strategies need to be fine-tuned to provide an excellent platform for postgraduates in a rapidly changing health care system. The postgraduates need to be supervised by highly motivated supervisors who have the zeal to pursue and conduct good research and act as role models for their students. An essential aspect of maintaining high standards in medical research is having an intramural or extramural research grant, which acts as a motivational factor for conducting good research. Each Medical university/college should have a well-established mechanism for reviewing postgraduate research proposals by an expert group. There should also be an Institutional Research Committee and Institutional Ethics Committee to review proposals submitted by Postgraduates.

Almost all extramural funding agencies like ICMR, DST, DBT, SERB, DRDO, etc., insist on scientific evaluation of every research proposal and ethical review before submission.

SKIMS is a tertiary care medical institution where more than 100 medical postgraduates and post-doctorates/PhDs

pass out every year. Each one of them submits a thesis on the research work he has undertaken during his postgraduate tenure. All the scholars highlight their research work during the annual SKIMS postgraduate research programme (PGRP). More important is how much of this research work is published nationally or internationally. The scholars and their mentors need to be educated about the importance of publishing the research work. One of the significant barriers to publication is the lack of adequate mentorship and guidance in identifying suitable journals, the submission process and the reply to reviewer's comments. The mentors need to guide the scholars at every level, framing the research question, design of the research protocols, objectives, methodology, inference of results obtained, and finally, selection of scientific journals for publication.

This will help develop the young minds toward research and ultimately lead to better patient outcomes.

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