

Letter to the Editor

Can a Short Training on Basic Research Skill Development Open up a Window in Adding Values to Clinical Internship that May Adjunct in their Job-hunting Drives, Subsequently?

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Dear Editor,

We, some of AWMC's intern doctors are thrilled to comment on the inception of the Ad-din Research Unit (ARU)¹ which we admire greatly, and therefore accepted its extended activities whole-heartedly.

First things first:

Let us first address the growing concern among intern doctors on our current training and future directions. Such concerns range from trying to recall the generic/trade name of drugs (including dosage and duration) to more serious thoughts such as "Should we (interns) be preparing for our post-graduation during our internship?"

It is during our internship when we must arrive at a precise decision about our future, and we must take the necessary steps to reach our cherished goal. The steps that we take during the span of the internship period are cumulative and multi-faceted. These aforementioned steps must not only hone our clinical skills and guide our treatment protocol, but they must also reveal the complex path towards our post-graduation, *per se*.

Clinical Training Adjunct with Basic Research Skill Development

Now taking AWMCH as the case, the pro-poor, pro-women urban based hospital has been involved with a wide spectrum of excellent clinical practices,

serving countless patients allowing ample opportunities to learn medical science in-depth. Likewise, the ARU (Ad-din Research Unit), since its inception in June 2022, is striving hard to study some of such important cases and infectious disease outbreaks (dengue, hand-foot-mouth disease, etc.) meticulously. And, in doing so, the ARU (converted to MRU Medical Research Unit, AWMC) created ample opportunities for us- the interns in building strong pillars that will, in addition with clinical skills would provide them basic research experience. Thus, this experience has increased our self-confidence in adding values in our resume significantly.

We, a cross-sectionally sliced team of intern doctors placed at the Dept. of Obs & Gynae, felt elated being affiliated with MRU. The team took a small part in its scientific/research activities, from time to time, utilizing our short breaks and gaps- in-between our clinical duties.

Some of our interns fortunately got partially attached with a collaborative research between China and AWMCH-titled "Evaluation of trimester specific changes in gestational lipid profile and placental atherosclerosis in pre-eclamptic (PE) mothers." with Prof. Laila Noor (and Prof. Nahid Yasmin) launched under the supervision of Dr. Kazi Selim Anwar. PE is defined as a "multi-system disorder of *unknown aetiology*" by DC Dutta¹, that has one of the highest rates of maternal mortality (MMR) in Bangladesh.² We, therefore, consider ourselves very fortunate to have delved into this study of this entity that has not been known to be studied in Bangladesh, as of yet. Again, there is an issue to test if it is possible or feasibility to juggle an internship blended with primary research training.^{3,4}

Despite plenty of existing barriers, undoubtedly, we had to navigate a complex system, replay when there were

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recurrent failures, and most of all, we had to keep patience as required. Now that we have discussed the feasibility, let's now foresee how this might benefit our upcoming future, directly or indirectly. Undeniably, in broader sense, today's research may help countless patients tomorrow. Data that we would find might even appear in textbooks, where such clinical entities will no longer be termed as "unknown aetiology."

Highlights on Future Endeavour

In addition, our intern team's involvement in basic research might assist us in achieving professional certification to build up a stronger curriculum vitae (CV), which looks prudently stronger towards facing rampantly growing competition; with its limited space- no matter if we seek for government job or try for international offers.

As an example, following our community-based training on public health will boost our CV, too:

- One-month long residential field site training (RFST) during our 3rd year Community Medicine
- Fortnight long clinical & administrative practice in a selected THCs during our internship

Thus, our partly-associated activities with MRU will pay us back in multi-folded means as follows:

- Not only towards job-hunting
- But also in reaching out a basic knowledge on clinical research
- With a touch of biostatistics/ SPSS- an essential tool used in public health management.

The aforementioned teaching-learning (TL) efforts have provided us with enough confidence to face our job interview, both for clinical and/or public health research specialties. We are convinced that the experience of conducting surveys and collecting data made us clearer with some preliminary knowledge of biostatistics that we also learnt in Community Medicine.

Wrapping Up

We, therefore, envisage that medical students engaging in research & development (R&D) activities, primarily, yet part-timely, should take this golden opportunity R&D activities that the MRU upstretched for us. This really remains much worthy.

To wrap up: Yes! we found R & D activities a bit difficult while kicking it off, but the way the MRU acclimatised us,

in turn, groomed us up as its team-members with due motivation and subsequent short-term training has recharged us to take on R & D opportunities for more successful career. The interns largely remain obliged to Dr. Kazi Selim Anwar, the Head of MRU, who is determined to carry the MRU to international heights with his robust leadership role.

Here, we must extend our gratitude to our respected **Prof. Dr. ARM Luthful Kabir** Sir, Head of the Paediatric Department of AWMCH, who has always pressed upon the importance of research in his captivating talks during our class lectures, and in turn, has inspired us greatly. We had noticed one thing during our part-time involvement that **Prof. ARM Luthful. Kabir, Dr. Richmond R Gomes, Prof. Mahmuda Hassan, Prof. Narayan Bhowmik** and **Dr. Saiful Islam** had been keenly assisting to run MRU activities towards its innovative activities of this unique MRU whole heartedly.

Conclusion

We feel that in these next few weeks, every medical student and intern doctors should be in touch with, the MRU. In retrospect, the end result has shown us that it was, and is, indeed possible to manage our clinical duties along with our beloved research, side by side. It may seem difficult at first, but we must create a climate to let all intern doctors explore more opportunities, particularly in the field of research and development activities, more.

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