



# The Importance of Research for the Aspiring Young Scientists

Ricardo Villela, MD<sup>1</sup>

<sup>1</sup> Department of Medicine, National Autonomous University of Honduras, Tegucigalpa, Honduras

Corresponding Author: Ricardo Villela, Tegucigalpa, Honduras.  
[ricardo.villela@ijcrcentral.com](mailto:ricardo.villela@ijcrcentral.com)

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For many years, research served as the primary pillar behind the growth of medical sciences and provided the scientific community with the tools needed to expand their discoveries. Moreover, publishing scientific studies allowed researchers to share and exchange their research findings and ideas with the medical community. Unfortunately, although research remains one of the most important factors behind improved medical care and patient outcome, the limited support and funding provided to researchers create an environment of discouragement. The most surprising findings are the lack of motivation that medical students and young researchers experience in doing unique and significant research, owing to a lack of academic curricula that allow them to do so. I see this as a global health concern because if we fail to nurture young researchers in the medical community, we will not be able to make the necessary breakthroughs for better patient outcomes and the scientific community.

In recent years, fewer students are investing in research, and more are focusing primarily on clinical practice. While clinicians are unquestionably important worldwide, the need for motivated medical researchers is as critical. There are several factors to blame for this situation. According to a recent survey, students are unable to follow research tracks owing to financial difficulties, obstacles in finding opportunities, or a lack of enthusiasm in research due to insufficient exposure to medical research in their medical schools [1]. This becomes a worrisome fact since medical school curricula are not giving much importance to research in the training of future medical generations.

Since typically medical research is not a predominant field in medical education, there have been several programs that have implemented the appropriate changes to their curricula. One of the pioneers in research in medical education was the University of California in San Francisco; they implemented a series of research facilities that incentivize students to become actively involved. The initiatives taken by this university have increased the number of faculty members conducting research; as a result, there has been a four-fold increase in scientific publications [2].

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The above information raises an essential question for medical schools across the world. Shouldn't we be lobbying for more inclusive research for young researchers who want to pursue a career in academia? The value of recruiting and educating medical students about research was demonstrated through COVID-19 times, so why not have young researchers take on the work under proper supervision?

Another barrier that young researchers may encounter is that most funding does not go to the scientists who have not spent a significant amount of time in research. For example, in 2012, only 7% of all NIH grant funding went to researchers under 40 years of age, whereas those between 41 and 60 years obtained 57%, and those who are 61 years and above obtained 28% [3].

However, this should not discourage young researchers from creating a career in research. Of course, there will be many odds, but the pros that a scientific career may offer you and the medical community are invaluable. I would encourage every single young researcher out there to follow their dreams. Research is the future of medicine and certainly, if you are dedicated, you will excel at it.

Get involved in local research, participate in as much training as you can, and most importantly network with people you believe can help you advance in your clinical career. People who wish to pursue not only research but also clinical practice should be aware that research can help them secure a training position. People who want to work in the research and clinical sectors have a better chance of getting a job. In the United States of America, applicants with a strong research background were more likely to secure a residency or fellow position than those with less research experience [4].

This editorial targets any medical doctor or student who aspires to work in research. A research career as a young scientist is achievable if you work hard and recognize that it will be challenging but not impossible. Regardless of the obstacles, you may face, your perseverance will determine your success. The scientific community, on the other hand, needs you now more than ever. We need to promote our research scientists so that our patients may benefit from more original, innovative, and cost-effective disease prevention and therapies. What better way to

do this than with young scientists under the mentorship of experienced researchers?

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