

## Editorial

# Real World Evidence — Need for Physician-Scientist/ Clinician-Researcher

“Teacher of the year award goes to COVID-19-Taught us life is about simplicity, spirituality plus uncertainty.”

–Artist Kajol

The first wave of Covid 19 came with the cytokine storm, and the second wave with the thromboembolic phenomenon, presently uncertain what next? Research and medical technology helped in understanding the disease, fast-track vaccine development and offer immunization in record time. The involvement of the clinicians, basic scientists, and the stakeholders’ proactiveness made it possible and reflected the impact of real-world evidence (RWE). RWE is beyond the accepted gold standard evidence based on randomised trials. RWE involves data sourced from clinical trials, observational studies, registries, electronic health records, clinical and health data generated from an authentic source generated in real world setting. Future may be replication of RCT from focussed RWE. Here emerges the tapping of the Physician-Scientist or a Clinician-Researcher. I like the term clini-researcher, describing an astute clinician with an analytical mind and interest to report and share data. Vaidya, in 2011 had written on the hierarchy of randomized trials and emphasized a balance of valid observations and controlled experiments.<sup>[1]</sup>

The availability of human resources, technology and vast potential of medical graduates, India is positioned to tap the talent and guide each one to be a clini-researcher. The future of healthcare rests on the RWE in biomedical research generated by the clinicians, analyzed by the data analysts culminating inaccessible and improved healthcare. Undergraduate and postgraduate medical curriculum needs to ignite the thirst for knowledge and research, the limitation being lack of exposure to research methodology, writing and reading a paper. A study on inclination towards research and the pursuit of a research career among medical students showed that the factors that increased the interest in undertaking research were the availability of a good mentor, knowledge on the research process and the analytical tools required.<sup>[2]</sup> This requires a harmonious, honest, mentor-mentee relationship and a healthy research environment. The role and strength of the mentor needs to be enhanced by workshops, easy access to literature, providing research time and environment in the department and incentives. In 2009, The Forum for Medical Students’ Research, “INFORMER” was formed to advocate research for undergraduate medical



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students in India.<sup>[3]</sup> In this issue, Ajay Pathak takes us through the Indian history of medical research and gives his viewpoint on enhancing medical research. We thank the experts, Ajay Rane and Sandhya Gupta, for a review and sharing their experiences on Enhanced recovery after surgery (ERAS) in older women with pelvic pathology. This article may stimulate surgeons to implement and enhance the quality of postoperative recovery. It is a pleasure to present a mini review on the evaluation of the available risk assessment tools for genitourinary syndrome (GSM) by menopause specialist Camil Castelo-Branco and Eduard Mension.

In the continuity of our series on gender bias and diseases, Sanjay Kalra writes on obesity as a commonplace condition in practice. Madhavi from the perspective of a radiologist, presents a pictorial review on the postmenopausal endometrium by using Magnetic resonance imaging. The original articles and case reports will catch attention, and this issue carries two original work by the Indian Menopause Society.

On behalf of the Indian Menopause Society, we pay our respectful homage to the action-oriented role model clini- researcher Dr. KK Aggarwal, cardiologist, Padma Shri Awardee, Past President of the Indian Medical Association, Founder President of Heart Care Foundation of India. His popular Med talks and eMediNexus included motivational and spiritual aspects of health. He was a passionate COVID warrior and fought it bravely. “Uncertainty-Thy name is life.”

Happy reading! Stay Safe! Vaccinate!

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