

Opinion for Researchers in their Early Careers with a Concentration in Respiratory and Intensive Care Medicine

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Abstract

Despite the significant global burden of respiratory and critical illness, specialist treatment is underutilised in low- and middle-income nations. Academic global pulmonary and critical care medicine (PCCM) is still a relatively new concept, despite the fact that opportunities for trainees in many areas of medicine have grown significantly over the past ten years. These opportunities are typically limited to specific institutions and geographical areas. As a result, junior faculty members and PCCM fellows at universities with a dearth of global health mentorship receive little assistance in developing fulfilling careers in global health. The issue of how interested respiratory therapy students can learn about RRT research within frequently rigorously regulated training programmes therefore arises. There is currently a dearth of material on respiratory therapy students who choose to do research as part of their academic training. As a result, adding a summertime student research observership elective could be one way to expand research exposure. The significance of research for respiratory therapists will be covered in this article, along with the attitudes RRTs currently have toward it and a student-mentor-led experience in an elective research opportunity.

Keywords: Research, Respiratory therapy, Education, Intensive Care Medicine.

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Introduction

These programmes are provided by a range of academic institutions, and they use didactic learning techniques to get students ready for clinical training in emergency and community settings. The clinical practicum normally lasts one year, whereas the didactic portion is typically taught over the course of two years. Students must earn board certified licensure as a graduate from a recognised university in order to properly transition from student to RRT. Many RRTs start their careers at the locations where they received their clinical training after this shift. However, many practising RRTs find themselves performing tasks that often do not come within the purview of traditional practise due to the dynamic nature of the contemporary healthcare system [1].

RRTs will likely be expected to take on some of these unconventional duties in the future, and research is one significant area where roles for respiratory therapists may shift. Research

on respiratory therapy is growing, and as it does, there will surely be a greater need for experienced RRT contributors. However, anecdotal evidence suggests that only a small proportion of RRTs are currently employed as researchers.

Physician-scientist recruitment and retention rates have fallen across numerous medical specialties. The number of physician-scientists has reportedly dropped to an extremely low level, according to various evaluations of this issue and an NIH workshop. The aim of academic medical facilities to conduct research and the advancement of medical science would both likely suffer significantly from a drop in the number of doctors who prioritise this endeavour. Changes in mentoring practises, increased visibility of physician-scientists to trainees, encouraging research experiences in medical school/college, increasing NIH K-series career development grants for junior faculty, and lowering financial barriers to a research career are some of the proposed interventions to buck this trend [2, 3].

We surveyed fellowship trainees and junior faculty in adult and paediatric pulmonary medicine, critical care, and neonatology to characterise impediments to effective career growth and to discover techniques that improve recruitment and retention of physicians in pulmonary/critical care research. The survey's goals included determining the degree to which student loan debt prevents individuals from pursuing careers as physicians and scientists, describing the mentoring experience for junior faculty members and trainees, describing normative data on academic productivity benchmarks, and identifying perceived barriers to advancement and job satisfaction.

The authors want to encourage other students to look for chances like this one by sharing their account of one student's observer ship elective. The observer ship was very rewarding for NM; he gained knowledge about a distinctive aspect of the respiratory profession and met numerous doctors with various backgrounds, all of whom shared the ambition to advance respiratory care as a science [4]. The authors advise starting a conversation with your research and technical network to find potential RRT researchers in order to facilitate this experience.

It is crucial to contact a mentor with a single purpose and certain goals in mind for the elective experience. Outlining one's goals and areas of interest in research will make it easier to find mentors who have experience in areas of study other than the conventional RRT framework [5]. RRTs that are well-suited to serve as research mentors should also be found, and it's possible to pay them for their time and labour during student observer ship. A narrative study of students who have taken research electives to understand their motivation for doing so, survey information to estimate the number of RRTs who work

in research, and a scoping review to organise the research on student observer ships and comprehend their advantages are possible future research directions.

Conclusion

The advancement of the RRT profession depends on research because it enables us to provide patients with the most recent treatments. To help students learn how to correctly traverse the abundance of available literature with a critical eye, dedicated research has become almost universally required in academic settings. Students' interest in research may be piqued by exposure to it, and their passion may inspire them to pursue it as a career. The issue becomes how to include SRTs into the world of research. The unusual experience of an RRT preceptor and SRT who took part in a summer optional observer ship in a clinical research site with a committed research RRT is described in this article.

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