

RESEARCH IN YOUNG DOCTORS

INVESTIGACIÓN EN MÉDICOS JÓVENES

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EDITORIAL

Evidence-based medicine has improved the safety and efficacy of medical treatments to improve people's health; Even in public health, sufficient evidence to support preventive interventions is a special need in countries with limited budgets, since these countries cannot afford to carry out interventions without evidence of support.

Continuing with this model involves two important issues: the first is that decision makers and treating physicians are able to access the best available evidence to support their interventions; likewise, to be able to differentiate good quality publications and avoid supporting their actions in methodologically deficient studies or with important biases, since this could put the patient's health at risk. Because the concept of evidence-based medicine could be considered relatively new, young doctors have some advantage in this regard, since they were trained with this present paradigm, which would make their assimilation in clinical practice in general easier than in older doctors¹.

Another important issue is the quality of the evidence available to support clinical and public health decisions. Historically in Peru, the research engine has been agreements with foreign institutions, with which scientific studies were conducted for problems formulated in other realities and in other populations, whose conclusions may not necessarily be a reference for decision-making in our reality. For a long time, studies in other countries were taken as a reference, given the absence of studies in local realities.

However, in recent decades and, especially, in recent years; The production of scientific articles with Peruvian affiliation is growing^{2,3}. Although, they have not reached the ideal levels and there is still a gap compared to other countries, including Latin America; There is more local research that seeks to solve the problems that afflict our society. A fundamental part of this impulse is the contribution of young medical researchers, who are part of the most important research teams and even lead evidence-generating groups. This is due to the greater interest that exists in young doctors about research, reflected in the consideration of its importance, not only as an activity generating evidence to improve decision making, but also as a tool for personal development.

Although the conditions are getting better, there is still much to do, as there are still limitations in many young doctors to carry out research, mainly due to the difficulty of combining the activities of clinical practice with scientific activities. That is why it is necessary for research training to begin in pre-grade, involving medical students as collaborators in the research projects of the Faculty or Institute that host them. So that they are formed with the idea that research is part of the activity of a doctor and not as an obligation to fulfill and then not return to it. The Institute of Research in Biomedical Sciences of the Ricardo Palma University adopts an open policy towards young researchers⁴, because it recognizes the importance of its impulse to carry out relevant research to improve the health of our society.

It is the sum of the efforts of young researchers in Peruvian institutions, which will give an invaluable contribution to the development of national scientific research. It is necessary to continue the support, incentives and facilities for young doctors to continue being a key part of this process.

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