

## Tips to Increase Knowledge Generation Through Research, During the Ophthalmology Residency

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A goal of the Ophthalmology residency is to develop research, but few specialists perform this activity during their professional practice. One of the reasons is that the training of the specialist seeks to get clinical-surgical skills and uses research as a tool to improve them. In residency programs that require a thesis to obtain the degree of specialist, the deadlines needed to graduate may sometimes interrupt projects; this prevents completing the studies and the resources invested in them are lost, which generates frustration both in the student and in the educational institution.

As many Ophthalmology programs know, the effort that both students and their teachers make to conduct research is considerable and generates information that would hardly be obtained in other conditions. Researchers often wonder whether the information that could help them support their work already exists in any of the ophthalmological centers, which serve thousands of patients per year; the publication of this information, when well documented, can help to design more complex research and is an achievement for both the training specialist and his school.

Ophthalmology residencies already carry out research activities; some of them may wish to consider the following tips, which could help to publish their results more often:

- View research as a duty of the institution, rather than a task of the resident. Its inputs and the benefit of knowledge generation belong to the school.
- Plan the research to publish it, obtaining the degree will be an added benefit.

- Design studies that can conclude during the residency or set up stages during research whose results can be published.
- When the investigation cannot conclude during the resident's training, finish it with other team members, keep a link with the person who started and publish it. This will improve attachment to the school and could reduce plagiarism and redundant work.
- Publish the research in a short timeframe. There are multiple peer-reviewed open access journals, whose publication time is less than one year; the articles are successes that motivate students and their teachers, and supply information that other researchers can consult.
- Working in a research line has the advantage that each published work serves to build the next, with a progressively better structured design. Although each project requires a new sample, measurement procedures standardized in earlier designs make it easier to select subjects.
- Promote collaboration between institutions. Like any construction of knowledge, research benefits from socialization, from conscious practice, from deliberate practice, and it is better when it arises from a situation that institutions find during ophthalmic care; inter-institutional collaboration leads to the construction of knowledge networks.

The proportion of graduate students is an efficacy indicator of resident training institutions; the generation of new, published information is an indicator of quality. We are aware that many Ophthalmology programs have addressed this issue with successful

strategies, and their experience and knowledge is always valuable and a reference for improving scientific productivity.

Our residency programs, as every other program, constantly meet opportunities to optimize processes; companies link research to development and, in Ophthalmology residencies, publishing is an element of the organizational culture that adds value to the educational process. In addition, if the papers come from correctly planned research, conducted following the regulations, they can improve the clinical-surgical performance of the institution and, why not? change clinical practice.

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