

## *Editorial*

# **Starting in research**

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The intention is to give an overview of the requirements for setting up a research study. Research drives progress in ophthalmology. The research requires researchers, ophthalmologists who are full of curiosity and who enjoy solving problems.

Any young doctor interested in research should start early in training. It is ideal if a person is in a training centre that already has people and infrastructure to support research. People with ideas, facilities and contact with industry which will allow you to access to new design and new tools are all essential for conducting a research.

However all is not lost if you are training at a place where it does not have lot of active research going on. This may be challenging but, not impossible. With regard to trainees if they have a good idea is to try to win over the support of senior person or find a mentor off sight even in a different country. Reading journals and trade publications, attending conferences, keeping an eye out for unresolved questions will help anybody to have a good idea about a field of research. It is also best to get involved with a randomized clinical trials.

The first step is to do a literature search, and need a good questionnaire, right method and write equipments. The common problem is not having enough subjects in the study and this underscore the importance of consulting a statistician.

In a randomized trial going thorough ethical committee, enrolling patients, informed consent and so on would be hassles to everybody. But it is worth the trouble.

Aside from satisfying scientific curiosity, there is a carrier building aspect to research. Through research a person will have to read a lot, and will gain extra knowledge and experience you wouldn't have had otherwise. Therefore whether or not you continue on the research track the experience is extremely valuable and this will put you into better position to provide your patients with the best possible care.

Considering the research ethics important aspects are autonomy/respect persons, beneficence, non-maleficence and justice. Guides for best practice of all research activities would come under ethics, science, information, health, safety and employment and finance and intellectual property.

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