

Challenges Faced by Health Professionals at the Beginning of Research in Pakistan

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Objective: The present research paper is purely focused on the niche segment of the academic consideration in terms of the research projects and studies observed by the health professionals of Pakistan. The researcher of the paper has not only outlined the challenges and the problems of the medical research but also looked out to provide the solutions to overcome those challenges.

Method: The paper has implicated quantitative research method in terms of collecting the primary data by closed ended questionnaire for the sample of about 200 respondents.

Results: Nonetheless, the study has concluded on the direct relationship with that of the findings by statistical means and interpreted the intra connected dots of the research questions with that of the key consideration.

Conclusion: based on the observations done, it can be concluded that researchers who want to increase their number of papers often face issues in handling the respondents and producing quality content.

Keywords: Research, Health Professionals, Medical research

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INTRODUCTION

It is reported that Pakistan possesses the world's weakest education system as compared to the countries such United Kingdom and United States of America [1]. One of the British ranking agencies recorded that Pakistan has been among those countries that ranked 50 for the education system. Though the government of the country has claimed that they invested billions of rupees on the growth and development of education system however, the country still secured the lowest ranking among the first 50 countries included in the list. Moreover, Pakistan has been facing serious challenges to ensure that quality education must have reached to all the children irrespective of the affordability range and prevailing average per capita income rate in the country [1].

Considering the above discussion, leads to the deliberation of the problems and challenges that every other field in the country would have been facing. Taking the medical field into the

foremost discussion, this field of science has faced innumerable challenges whether to take admission, whether to decide for the university, whether to apply for the scholarships, or whether to undergo for the enrollment processes of the different universities. Though when the students turned out to be health professional, the last phases of their semesters to get graduated, they need to undergo the research processes and procedures to collect data and information in order to analyze and represent it to face off the research community with the hypothetical defense.

Problem Statement

Leading the concern towards the topic, a researcher said that medical profession in Pakistan has taken for granted in terms of dishonoring attitude towards the doctors, no payment or less payment to the health professionals, burdenizing the rotated shifts of new doctors during their house jobs, and demoralizing the motivational mediums for the

health professionals [2]. From the final year students' point of views, the problems they reported as the research community issues within the respected institutes, supervisor's behavioral traits, and the limited reach to the resources for the completion of the research studies.

Apart from this, in the health professional field, Pakistan has low level of scientific research due to the reason that the academic institution whether private or government lack in the adequate funding and research facilities to the students [3]. Sometimes the arrogant behavior of the supervisors and not having the proper guidelines for the population to be selected as a sample and the population to be targeted for the collection of primary data, which turns into meaningful information after the detailed assessments. Not only this, the current study is also focused towards the issues and challenges that not only students but also the qualified practitioners within the health profession are facing from the beginning of their research projects in the country like Pakistan.

The research questions for the present paper could have observed as:

- What is the impact of overall education system on the medical research in Pakistan?
- Why research community of Pakistanis unable to meet the international standards?
- What are the challenges the health professionals faced during the research projects?
- How research challenges have been taken by the health professionals at the higher level?
- What are the solutions been observed to sort the challenges?

Literature Review

The researchers in the higher educational institutes especially the health professionals are been under constant pressure since the time when they have had to deal with the research projects during the academic years [4]. Not only this, the health professionals in Pakistan within the academic research community have been

facing the significant challenges in tackling the time management for all the research activities required for the project or any specific study that are of mandatory importance in both managing and conducting the research study.

Apart from that, the lack of records of the public health data in the hospitals and laboratories becomes one of the biggest hindrances to the health professionals of the study. This is because if any of the health professional has chosen to conduct the secondary research method for data collection, the question here arises as of from where the researcher would get data and information of the patients and their histories related to any disease [5].

In addition to this, the research has given rise to curiosity and desires to look and observe for the better solutions to the contextual and theoretical problems in the different fields of education. However in the academic medical sector of Pakistan, the problem is zero tolerance for dissent and discernment of the research studies of the professionals who put all their hard work and efforts in their practical and research projects. Even the data is not properly recorded in the hospitals as well as in the health services institutes that could facilitate the health professionals in future for observing the researches of different diseases and new treatments.

Research Methodology

Based on the assessment of the number of challenges faced by the health professionals for conducting any research project or any research study during the academic years of education as well as the after completing the academics. The present study will be utilizing the explanatory research approach where theoretical perspectives will be tested by the statistical testing as of the frequency and validated cumulative percentage share of the total population [6].

Apart from that, the researcher will be using the quantitative research method for testing the theory in terms of using the close ended questionnaire as the data collection tool [7]. The close ended questionnaire would be consisted of the 3 to 5 statements to which respondents will tick against each statement.

In addition to this, the researcher will be using the sampling technique as the random sampling technique with the idea that the respondents are

easily available to the researcher’s reach. However, the data analysis will be done by using predictive data analysis method that would show up the efficient representation of the collected data and converted into the meaningful information [8].

Findings and Results

In relation to the theoretical and methodological aspects of the current study, the results and findings could have been interpreted in the tabular and with the graphical representation as:

Table-1: Academics and standing level

Academic standing level?		
	Percent	Valid Percent
Under graduate	47.0	47.0
Post graduate	53.0	53.0
Total	100.0	100.0
Do you have information about Pakistan Medline indexed journal?		
	Percent	Valid Percent
Yes	33.0	33.0
No	67.0	67.0
Total	100.0	100.0
Would you like to contribute to conducting research project?		
	Percent	Valid Percent
Yes	76.0	76.0
No	24.0	24.0
Total	100.0	100.0
What issue do you feel at the beginning of conducting research?		
	Percent	Valid Percent
Funding	28.0	28.0
Academic freedom	42.0	42.0
Research value(quality)	30.0	30.0
Total	100.0	100.0

In the Table 1, the sample from the population has been taken more than 200 students within the category of under graduate and post graduate health professionals. 47%health professionals possess the academic level of under graduate while 53% possess post graduate academic level. Moving ahead to other questions of the questionnaire, the second question demonstrated that 67% population does not have the knowledge of Medline Indexed Journals in Pakistan. This 53% is the post graduate health professionals while 47% from the under graduate academic level does not have any idea about the Medline Indexed Journals. The Medline Indexed Journals are the biomedical journals produced by National Library of Medicine. Over 5000 journals have been added to the Medline database and over 12 million journal articles have been read by various researchers and analysts to collect the information [9]. Medline has been served as the great source for medical research because it has been one of the most authoritative, qualities, complete and peer reviewed source for collecting medical information to be analyzed further for exploring and testing the new knowledge.

In addition to this, from the Table 1, in response to the third question, 76% respondents from the under graduate academic status have said YES for contributing to the research projects during their academic fourth year and after graduation when they would become health professionals, they contribute their efforts to the medical research community. Moreover, 24% respondents from the pot graduate status have said NO for the contributions seems they have poor and non-validated experiences during their degree programs.

Moreover, 30% of the respondents emphasized up on the quality content of the research studies or the research projects they have been doing are one of the three issues that is funding, and academic freedom. While on the other side of the coin, 42% voted for the academic freedom in terms of not having the reach to the research studies and articles. Remaining 28% responded as the non-availability of the financial funds to carry out the research project in the constructive manner.

Table-2: Improvement matters

How can these issues be improved?		
	Percent	Valid Percent
Workshops	27.0	27.0
Online course	35.0	35.0
Certificate course	38.0	38.0
Total	100.0	100.0

From the above Table 2, it can be seen that 27% of the respondents have showed for the workshops in the form of training sessions to make the health professionals learn about the tactics and mechanisms of carrying out the research study. 35% voted for the certification courses because certificates from the authenticated institutes would add up the capability of trusting there in their technical skills which would be beneficial in their careers as health professionals. Nonetheless, 38% voted for the online courses. Hence the findings have outlined the positive relationship of contextual and theoretical aspects of the current study with that of the tabular representation of the tested concerns.

Conclusion and Recommendations

From the above analysis, it could be concluded that the education system of Pakistan has no doubt never flourished. It has been mentioned above that due to the innumerable issues in the country, Pakistan has been ranked on the lowest position as 50th position in the list of the weakest education system although government of the country has claimed of the investment of billions of rupees to the growth and development of the education sector.

Out of all the field of education, the paper is concerned towards the medical field and the research community lied within this segment. The health professionals from the different universities have been facing severe issues for carrying out research projects during their academic years of education as well as after becoming the health professionals.

Moreover, the problems have highlighted as the non-availability of the funds to the professionals, quality content by the researchers and analysts, supervisors ignorant attitude, and lack of proper

knowledge and training to the students at their early learning years of university. The findings and outcomes have also portrayed the positive relationship between the questions asked by the researcher including the sample size of about 200 respondents that belonged to under graduate and post graduate academic standard level.

Subsequently, the response depicted the direct relationship with the core concerns of the current study in terms of the research questions, objectives and problem statement. However, the study has also enlightened the solutions through which the challenges of taking out any research study to the health professionals could be eliminated completely or at least could be reduced to some extent. Hence this strategy would serve to be beneficial for promoting to carry out research studies in the medical field by health professionals in the long run.

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