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## 1. What is research?

Research means carrying out different actions or strategies with the aim of discovering or verifying something. These actions are directed towards obtaining or applying new knowledge. In other words, research is the intentional, orderly, and controlled search to verify a theory or discover something new or a new use for something already known. Frequently, we also refer to research as studies, projects, or trials.

## 2. What is health research?

It involves developing a project systematically and organized, aimed at expanding and innovating knowledge about a specific health problem and/or disease. For example, discovering genes related to a disease, finding the causes or origins of an ailment, defining the way to diagnose it, and, among the most common, designing and producing better treatments, among other aspects.

### 3. Who can conduct health research?

Basically, any professional and student, regardless of their level of training, but always supported or directed by a professional. Professionals from various disciplines such as medicine, nursing, dentistry, engineering, statistics, etc., can participate. In some studies, several researchers can be involved; in these cases, one of them is usually designated as the principal investigator, responsible for the entire project. There are also studies conducted by multiple groups or health institutions, known as multicenter studies.



### 4. What is researched in health?

It is essential to know what one wants to investigate, and thus the researcher must have a clear understanding of the question they wish to answer or the problem they want to solve. Some examples are:

- **New diseases:**

Occasionally, new clinical cases appear that are investigated to determine if they involve a known disease or a new one. As occurred with the descriptions of Parkinson's, Alzheimer's, Dysautonomia, Irritable Bowel Syndrome, etc.

- **Causas u orígenes:**

Studies aimed at finding out why or what causes the disease. This is the case with the discovery of the virus that causes COVID-19 or genetic studies for other diseases.

- **Diagnosis:** Defining the manifestations that characterize a disease and the tests or

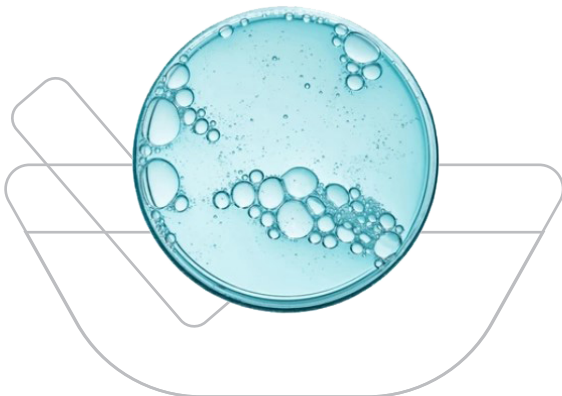
examinations that help determine whether a person suffers from it.

- ***Treatment:***

Many are known as clinical trials, which aim to establish the best method, medication, or device to treat the disease or alleviate symptoms.

- ***Epidemiological studies:***

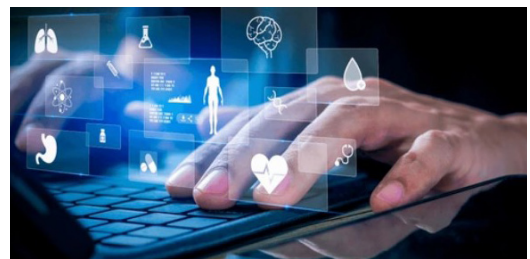
These seek general information, such as what percentage of the population suffers from a disease or is at risk of developing it, in whom it is more common (ethnicity, gender, age, etc.), how it affects quality of life or survival, and the impact of treatments or prevention.



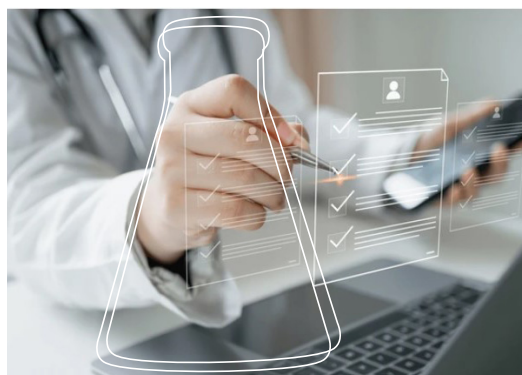
## 5. What is done with the results of health research?

In general, almost all are used to guide decision-making, whether the results are favorable or not. Many of them raise new situations, questions, or problems that lead to additional research. Ideally, they should be published in specialized journals so that the design and results are disseminated, known, and analyzed by other research groups. This gradually produces new scientific information for the management and study of diseases, which will ultimately serve as material for updating textbooks, from which new professionals learn, and already graduated doctors update themselves.

The quality and number of investigations or publications are also considered an indicator of the scientific and academic wealth of a professional, faculty, or clinic.



It is worth noting that at VID Organization and Clínica Cardio VID, we have a large number of professionals who participate in numerous health research studies and publications. We also have a Research Committee that evaluates research projects in which our health services are involved and decides whether the studies will be approved or rejected, or whether we will participate in them.



## Recommended readings

- Procedural Manual for Academic Investigations VID Organization Foundation.
- Day, Robert A. How to Write and Publish Scientific Papers. 3rd ed. Washington, D.C.: PAHO, © 2005. (Scientific and Technical Publication No. 598)

## Pages consulted on the web

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