

# National Institute of Pathology

(Indian Council of Medical Research)



## NEWS Letter

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### Journal Club: An important component of postgraduate medical education

*Dr. Avninder Singh*

#### Introduction

The earliest reference to a Journal Club (JC) is mentioned in the biography of Sir James Paget but it is Sir William Osler who is mostly recognized as the founder of JC in 1875. He began this tradition at McGill university in Montreal, Canada and later at the John Hopkins University, Baltimore established 'The Book & Journal Club' which was designed to review the latest medical research in addition to provide a forum for the new members to recommend new works for the hospital library. Since these early years JCs have become omnipresent with medical education and teaching. Initially, the JC served to help practitioners to stay abreast with latest developments in treatment and patient care but as they evolved over decades, more recently they have been used as a forum to teach critical appraisal skills, research design, clinical decision making and relevant epidemiology and medical biostatistics associated with evolving advances in medical knowledge. They are now regarded as useful vehicle to teach medical students critical appraisal techniques thereby enriching their understanding of medical literature. They also help to promote the practice of evidence based medicine.

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### **Goals of a journal club**

The common goals of a JC are:

- 1) To keep residents and post graduate students up to date with the latest available literature
- 2) The JC should have an impact in improving clinical practice among attending members
- 3) To teach techniques in the evaluation of medical literature including medical statistics and medical epidemiology so that residents become well versed with the art of critical reading
- 4) To generate interest in medical students towards research

### **Organization of a Journal Club**

Many JCs begin with a flurry of enthusiasm and activity but gradually start languishing in a few years because of many reasons. The most important starting step in establishing a JC is to have an interested person or a small group of persons who are committed to its organization and execution. A designated in-charge or JC leader augurs well for the effective running of a successful JC. This JC leader can be the head of the department, a dedicated faculty or even an interested chief resident. Most importantly this person must be someone with strong interest in postgraduate education and a firm belief that a JC plays an important role in it. Journal club (JC) exercises help residents to update themselves with the current literature.

### **The role of the presenter:**

1. Choose the clinical or research question either from an area of interest or from a list of suggestions given by the faculty.
2. Ensure the topic of seminar is circulated to members at least a week before Journal Club.
3. Arrive in time to set up the presentation to enable a timely start
4. Keep to time - presentation to be no longer than 30 minutes
5. Arrange feedback by audience ( preferred)
6. Hopefully the papers chosen will spark discussion and possibly a controversy. The aim is not to select “the perfect paper” but about appraising what evidence is available even if it is fundamentally flawed.

### **The role of the Chairperson/Facilitator:**

1. Will be familiar with the paper being presented
2. Will help facilitate discussion
3. Will complete feedback on the presenter if requested

### **The role of non-presenting members:**

1. To arrive promptly
2. To have read the paper beforehand
3. To participate in discussion

### Factors associated with a successful Journal Club

1. **Curriculum:** The topic of articles being presented in a JC is important to a successful running of a JC. The articles chosen should be interesting, of relevance to the residents and should be of contemporary value. They should conveniently fit into the resident's schedule also keeping in mind that they have clinical relevance and can be in the form of original articles, short reviews, topic seminars or examination oriented topics which also teach fundamental techniques of critical appraisal. Coverage of latest hot topics or controversial topics are known to generate more resident participation
2. **Attendance:** The resident and faculty attendance is also an important factor in the longevity of a JC. A JC with a high turnout of faculty members will have a higher resident participation. The type of moderator also influences the JC. A motivated faculty member as a moderator of the JC is crucial for good strength of participation. While a good moderator is important the skill of the Director or the head of the department in leading these sessions is also important in the smooth conduct of the JC. When snack or tea or coffee is provided after or during the JC, the resident and faculty participation may be more compared to the lack of it.
3. **Resident preparation time:** JC topics should ideally be given to residents 2-3 weeks in advance so that the resident has sufficient preparation time. The faculty or the moderator should have 1-2 session of discussions before the JC to plan areas of emphasis and have an approach to presentation. The residents can plan a JC topic given to them or selected by themselves and prepare it with making brief notes of the objective, hypothesis, methodologies used and conclusions derived for better understanding

### Methods to increase resident participation in a JC

The JC can be made successful if it aims to fulfill its intended objectives. The common reasons of discontinuation of JC can be many and include insufficient participation, the lack of time, inadequate preparation and lack of interest in JC.

This can be curtailed by-

- 1) Increasing resident and faculty participation in a JC. High resident attendance rates are associated with smaller 30 minutes to one hour JC program once a week or fortnight. This will keep the interest alive without making it tiring or monotonous
- 2) Mandatory JC attendance will increase attendance of both faculty and residents
- 3) The presenting resident can give a summary of the JC and critically discuss the hypothesis and also highlight the practical learning lessons or the take home message from the presentation
- 4) The faculty can invite additional faculty members from outside who are experts in their own field and ensuing a healthy discussion on the subject can enhance the resident's learning experience

- 5) In order to keep the JC stimulating to its audience it has to be frequently evaluated and it may probably have to undergo periodical refinements. The best way to decide whether any modifications are necessary is to ask the stakeholders whether they are satisfied
- 6) The faculty members also can act as role models to the residents and give their frank evaluation and give suggestions for overall improvement of the JC exercise

### **Conclusion**

Journal Clubs are today an integral part of post graduate training programs. There is no ideal format of a JC and rather it depends on the individual defined goals and parameters. JCs are educationally diverse and allow many principles of learning with foremost objective of making the resident critically appraise himself with latest methodologies so that the presenters can keep themselves updated with latest available knowledge. JCs remain fertile areas of educational research with a lot of promise and provide an adaptable format for biomedical teaching.

*\* The views expressed are purely that of the author.*

### **Congratulations**

**Mr. Dashrath, Mrs. Anita Sharma and  
Mrs. Sonia Khattar,  
on their Promotions.**

## INSTITUTIONAL ACTIVITIES

- Dr. Sujatha George, Yoga and Naturopathy Physician, S.J. Hospital gave a talk on Yoga on the occasion of International Yoga Day organised at NIP on 18<sup>th</sup> June 2015.



## JOURNAL CLUB

- Placental expression of miR-517 a/b and miR517c contributes to trophoblast dysfunction and preeclampsia by Priya Prasad on 5/5/2015.
- Characterization of metabolically quiescent *leishmania* parasites in murine lesions using heavy water labelling by Aditya on 20/5/2015.
- In utero fine particle air pollution and placental expression of genes in the brain-derived neurotrophic factor signalling pathway by Shashi N. Kumar on 26/5/2015.
- Pancreatic cancer exosomes initiate pre-metastatic niche formation in the liver by Nitu Kumari on 2/6/2015
- Osteoclast dysfunction and related diseases by Dr. Koushik Kar on 9/6/2015.

Contd...

- MAPK1 of *Leishmania donovani* modulates antimony susceptibility by down regulating P-glycoprotein efflux pumps by Deepak Kumar Deep on 16/06/2015.
- Macrophage infection via selective capture of HIV-1-Infected CD4+ T Cells by Kumar Avishek Srivastava on 30/06/2015.
- Alternative to the soft-agar assay that permits high-throughput drug and genetic screens for cellular transformation by Renu on 07/07/2015.
- Normal placenta and gestational trophoblastic disease by Dr. Chandra Bhushan on 14/7/2015.
- Transcriptional landscape of psoriasis identifies the involvement of IL36 and IL36RN by Sachita Singh on 14/7/2015.
- EpsteinBarr virus encoded micro RNA BART1 Induces tumor metastasis by regulating PTEN-Dependent pathways in nasopharyngeal carcinoma by Meena Lakhanpal on 21/7/2015.
- Proliferative markers by Dr. Sonam Jain on 21/7/2015.
- Bim is a Crucial regulator of apoptosis induced by mycobacterium tuberculosis by Manish Bhuvan on 11/8/2015.

## भाषा व वाणी

धर्मन्द्र सिंह नेगी

भाषा के माध्यम से ही सभी समाजिक व्यवहार सम्पन्न होते हैं। भाषा मानव की आधारभूत आवश्यकता है। भाषा के कारण ही सभी अभिव्यक्तियाँ सम्भव बनी हैं। मनुष्य अपने भाव विचार से आदान प्रदान हेतु जिस दूसरे साधन को अपनाता है, उसे “भाषा” कहते हैं इसके अंतर्गत मानव और मानवेतर सभी प्राणियों की बोलियों का समावेश होता है। भाषा का सहारा हम अपनी बात दूसरों तक पहुँचाने के लिए व दूसरों की बात खुद समझने के लिए करते हैं। दुनिया में अभी तक इससे अधिक समर्थ और सक्षम साधन नहीं बना है यह सृष्टि परमात्मा द्वारा रचित सुन्दर सृजन है, तो इस सृष्टि में भाषा सबसे महत्वपूर्ण विचार विनिमय साधन है भाषा के माध्यम से सामान्य से लेकर विशेष प्रकार के भाव विचारों का आदान प्रदान होता है। दुनिया में मानव समाज, संस्कृति, सभ्यता या विविध क्षेत्रों में हुए विकास और उस विकास को जन जन तक पहुँचाने का माध्यम एकमात्र भाषा है। बालक बचपन से ही समझ जाता है कि वह भाषा के माध्यम से ही अपनी आवश्यकताओं की पूर्ति कर सकता है, अपने कार्य सम्पन्न कर सकता है। भाषा आत्मविकास, ज्ञानार्जन व कल्पना की उड़ान का माध्यम है। भाषा हमारे लिए बोलचाल का माध्यम होता है। संसार में अनेक भाषाएँ हैं जैसे हिन्दी, संस्कृत, अंग्रेजी, बँगला, गुजराती, पंजाबी, तेलुगु, मलयालम, चीनी, जर्मन व परसियन इत्यादि विभिन्न देशों व प्रदेशों में भिन्न भिन्न भाषायें बोली जाती हैं भाषा कोई भी हो पर उसे बोलने का तरीका ऐसा होना चाहिए कि किसी को आहत न करे तभी कहा गया है कि आप मीठा खाने को चाहे किसी को न दे पर आपकी वाणी इतनी मीठी व शालीनतापूर्ण होनी चाहिए, जो किसी को भी आहत न करे व और वह आपका प्रशंसक बन जाए।

**वाणी में अमृत भी है और विष भी मिठास भी और कडवापन भी।**

वाणी में संयम में रखने वाला व्यक्ति उचाइयों तक पहुँच जाता है, इसके विपरित अनियंत्रित वाणी वाले व्यक्ति का प्रायः जीवन भर असफलता प्राप्त करते हैं, तभी कहा गया है कि मनुष्य को वाणी का महत्व समझना चाहिए

**ऐसी वाणी बोलिए मन का आपा खोए और न को सीतल करे आपहुं सीतल होय।**

किसी भी क्षेत्र में सफलता पाने के लिए व्यक्ति के व्यक्तित्व की निर्णायक भूमिका होती है। व्यक्तित्व विकास के लिए भाषा का महत्व तो है ही, परन्तु इसके साथ ही परन्तु इसके साथ साथ वाणी की मधुरता भी उतना ही आवश्यक है, यह वाणी ही है, जिससे किसी भी मनुष्य के स्वभाव का अंदाजा हो जाता है।

कुछ लोग अपने अहंकार की तुष्टि के लिए अपनी वाणी का दुरुपयोग करते हैं, जिससे झगड़ों की शुरुआत हो जाती है इसलिए अगर आपको कोई संदेश दूसरों तक पहुँचाना है तो कटु वाणी को छोड़कर मीठी वाणी का उपयोग करना चाहिए, मधुरता से सुवचन बोले जाएं तो बात के महत्व का पता चलता है वना अर्थ का अनर्थ ही होता है, इसका यह अर्थ यह नहीं है कि मन में कटुता रखकर मधुर वचनों का प्रयोग करना चाहिए, हमेशा मन की कलुषता को हटाकर हमेशा मधुर भाषा का प्रयोग करना ही हमारा सर्वोत्तम धर्म है।