



KERALA UNIVERSITY OF HEALTH SCIENCES, THRISSUR

ReCaB @ KUHS

A NEWSLETTER FOR RESEARCH CAPACITY BUILDING

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From the Editor's Desk

The academic institutions affiliated to the Kerala University of Health Sciences (KUHS), and the Schools of KUHS have an important role in enhancing the research capacity of our faculty and trainees. The efforts in capacity building should go well beyond meeting the stipulated requirements of the courses offered by KUHS.

Let us look at this in some more detail. For many postgraduate courses under KUHS, the trainees must undertake hands-on research. They must submit their thesis or research report before they complete their course. This is based on the understanding that research is essential for knowledge creation. But often we fail to capture the spirit that underlies this requirement. There could be views for and against making a thesis mandatory for postgraduate courses. But let us examine the advantages and the opportunities it offers. The requirement to engage in hands-on research under a supervisor allows the trainee the freedom to think well beyond their theory and practical examinations. The trainee can comprehend the nuances involved in creating the scientific evidence base. The “review

of literature” is about identifying the research reports that are available in databases and undertaking an exercise known as “critical appraisal”. The role of the supervising guide is important here. We shall discuss the scope and processes involved in the art and craft of “review of literature” in one of the forthcoming issues of the newsletter.

Most of the guides are senior health science professionals. Many of them function as healthcare providers, experts, teachers, and at times administrators. One could inadvertently acquire and express certain attitudes and behaviors that might appear as “hierarchical”. Unfortunately, many of us have difficulty in shedding the “instructor” role which is hierarchical. Let us focus on mentorship and explore the mentorship experience in some more detail. See the write up in the next page. A broader understanding of the role of mentorship in research capacity building will promote a healthy transformation of the institutional research culture. Let us be part of that change. Regards,

Dr. K. S. Shaji,
Dean Research
Editor



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Mentorship Matters!

Dr. K. S. Shaji, Dean Research

Many youngsters aspire to engage themselves in health science research. Good mentorship can provide opportunities for professional development and can open up the prospect of a research career. It can lead to long-lasting change by improving the quality of research output and by facilitating career progression.

Mentorship can be considered as a mutually beneficial partnership between the mentor and mentee where the complexity of context and culture is given due consideration. Reciprocity is a core component of this dynamic relationship that values individual development and technical skills¹. To optimize individual development, it is important to focus on both technical skills, often referred to as hard skills, and soft skills, such as leadership and communication².

All those engaged in mentorship as Guides for PhD courses as well as for postgraduate degree courses shall recognize that the mentorship-mentee relationship is expected to be an equitable one. The core of mentorship lies in the efforts to build capacity by nurturing and fostering the intrinsic abilities of the mentee. Authoritarian attitudes and the inability to be mindful of the mentee's academic needs, capabilities, and interests often lead to unwelcome consequences.

The Kerala University of Health Sciences expects all guides to recognize their mentorship role in letter and spirit. The key mandatory principle here is to "help; not harm". Equity and reciprocity shall be in place. There is no place for intimidation or

authoritarian attitudes. Let us accept that some faculty members are endowed with good mentorship skills. Some are not. However, all of us who need to take up mentorship roles should engage in activities that will help to enhance our mentorship skills. Reading more about mentorship is a good beginning. Following it up with useful activities is the way forward. We expect all guides to engage in mentorship capacity-building activities.

Good mentorship is not about following checklists that say what the guides should and should not do. It is all about "understanding" and "making sense" of our mentorship role in an equitable partnership for research capacity building. Feel free to interact and learn from good mentors with good mentorship qualities. We will also help you with online programs. We are designing skill-building programs for PhD Guides as well as Guides engaged in research mentorship of post-graduate trainees of KUHS. Please do join this initiative.

References

1. Prasad S, Sopdie E, Mehta D, et al. Conceptual framework of mentoring in low- and middle-income countries to advance global health. *Am J Trop Med Hyg* 2019;100:9–14.
2. Nzinga J, Boga M, Kagwanja N, et al. An innovative leadership development initiative to support building everyday resilience in health systems. *Health Policy Plan* 2021;36:1023–35.



Recent Publications

1. Thazhe Poyil N J, Vadakkekuttical R J, Radhakrishnan C. Correlation of periodontal inflamed surface area with glycated hemoglobin, interleukin-6 and lipoprotein(a) in type 2 diabetes with retinopathy. World J Diabetes 2024; 15(4): 686-696 [PMID: 38680698 DOI: 10.4239/wjd.v15.i4.686]

News Updates

1. **WHO Published:** The adolescent health indicators recommended by the Global Action for Measurement of Adolescent health
Link: <https://iris.who.int/bitstream/handle/10665/376852/9789240092198-eng.pdf?sequence=1>
2. **WHO Published:** 2023 WHO Global vaccine market report.
Link: <https://iris.who.int/bitstream/handle/10665/376909/B09022-eng.pdf?sequence=1>
3. **WHO Published:** Accelerating programmatic progress and access to biologicals for the control of neglected tropical zoonoses.
Link: <https://iris.who.int/bitstream/handle/10665/376980/WER9923-307-318.pdf?sequence=1>
4. **WHO Published:** Implementation of the global strategy and plan of action on public health, innovation and intellectual property: Report of a global survey 2022
Link: <https://iris.who.int/bitstream/handle/10665/376948/9789240091719-eng.pdf?sequence=1>
5. **WHO Published:** Towards health equity, cohesion and resilience in inner North Macedonia
Link: <https://iris.who.int/bitstream/handle/10665/375915/9789289060950-eng.pdf?sequence=3>
6. **WHO Published:** Partnerships and participation for urban health: policy brief
Link: <https://iris.who.int/bitstream/handle/10665/376971/9789240092587-eng.pdf?sequence=1>
7. **WHO Published:** Guidance on Selection and Use of One Health Operational Tools
Link: <https://iris.who.int/bitstream/handle/10665/376977/9789290211426-eng.pdf?sequence=1>
8. Fiscal policies to promote healthy diets: WHO guideline.
Link: <https://iris.who.int/bitstream/handle/10665/376763/9789240091016-eng.pdf?sequence=1>
9. Technical document published by WHO: **Target product profile for a diagnostic test to confirm cure of visceral leishmaniasis**
Link: <https://iris.who.int/bitstream/handle/10665/378031/9789240091818-eng.pdf?sequence=1>
10. **WHO Published:** Antimicrobial Resistance Diagnostic Initiative
Link: <https://iris.who.int/bitstream/handle/10665/377962/9789240072015-eng.pdf?sequence=1>



Forthcoming Programmes

1. Faculty Development program -Phase II-Batch I for Pharmacy Faculty on 2024 June 27,28,29.

Call for Research Proposals/Fellowships

1. DHR Call for Women Scientist fellowship for the Year 2024-2025.
Link: https://dhrschemes.icmr.org.in/uploads/advertisement/Call_for_proposal_17_MAY_2024.pdf
2. DHR Call for Workshops funding grant in biomedical research. Applications invited on rolling basis.
Link: https://schemes.dhr.gov.in/uploads/advertisement/Call_for_proposal_17_MAY_2024.pdf
3. Start-up grant for fellows undergone long term/short term training supported by DHR
Link: https://dhrschemes.icmr.org.in/uploads/advertisement/Call_for_proposal_17_MAY_2024.pdf
4. Three-day conference for medical students in JIPMER - "CONNAISSANCE 2024" from 28/06/2024.
Link: <https://connaissance.jipmer.net/wp-content/uploads/2024/05/Connaissance-2024-Official-Brochure.pdf>
5. EoI for joint collaboration in R&D, manufacturing, and commercialization of broad specificity Salmonella vaccine useful against typhoid and paratyphoid fever and Salmonella Typhimurium gastroenteritis
Link: https://main.icmr.nic.in/sites/default/files/seminars/EoI_Salmonella_re_publication.pdf
6. Call for research proposals for Short-Term Studentship (STS) exclusively for current 3rd year MBBS/BDS Students in 2024-2025
Link: https://main.icmr.nic.in/sites/default/files/seminars/call_for_proposal_24JUNE_2024.pdf
7. Invitation for Expression of Interest (EoI) for Joint Development & Commercialization of Shigella Vaccine.
Link: https://main.icmr.nic.in/sites/default/files/seminars/EoI01_Novel_Shigella_vaccine_HK.pdf

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