

## Research as a fundamental tool for students in the health field



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Scientific research, in general, plays an important and indispensable role globally, primarily because it enables the expansion of human knowledge. The research process is a fundamental part of our development.

Through research, we can expand our knowledge, first by identifying needs and problems in our environment, then by discovering and better understanding the issues we face as a population, and ultimately by becoming a resource in solving those problems.

With the current technological advances, higher education institutions face the task of recognizing the need to focus on revitalizing research. Worldwide, it is recognized that research capabilities are inherent in individuals who have completed their higher education and earned a professional degree. Therefore, all universities in Mexico must prioritize research, as some institutions unfortunately do not engage in this investigative process. Health research is not limited to physicians; it is a multidimensional and multidisciplinary endeavor involving other professions within the health system, whose contributions to research would generate significant benefits for healthcare delivery, prevention, and health promotion among the population.

As is well known, the university's mission is to seek, develop, and disseminate knowledge in all fields of learning, thereby establishing itself as a reference point for knowledge and technological development (1). From this point on, research becomes essential in any university degree program in the health sciences.

If we implement research at the university level, we expand our opportunities to better prepare for our future as professionals, enabling us to generate new knowledge, solve problems, conduct reality-based diagnoses, interpret and write scientific reports, and develop abstraction, analytical, and synthesis skills.

Some readings acknowledge that there are limitations in the initiatives undertaken by Latin American universities to develop events or actions that promote a scientific spirit among students and fail to improve their research skills (2).

Currently, the health sector in Mexico faces significant challenges in research. Since 2021, health research in Mexico has been in an exceptionally difficult situation. The National Institutes of Health and public research centers have faced situations that alter the course of research processes, such as budget cuts and increasingly pronounced administrative problems.

“The result of nearly eight decades of continuous efforts to ensure that health improvement programs are grounded in scientific evidence is now in grave danger” (3).

However, as young students in the learning process, we can be a significant support for the future continuation of research efforts.

We must bear in mind that this university-level research learning process will serve as a foundation for our professional practice, since this knowledge will enable us to formulate problems better and add something new to the current body of knowledge, which is the purpose of this research process—namely, to produce high-quality research that contributes to health development.

As a medical student who has understood the necessity of research during my educational journey, I believe it is important to encourage and motivate my fellow students to delve into the world of research, thereby developing analytical skills, critical thinking, and communication—all of which are essential for our professional practice as we transition from students to future researchers.

Without a doubt, research is beneficial for students, researchers, educational institutions, and the country. Progress as a society is crucial. Early integration into this field provides us with greater opportunities to gain experience, strengthen skills, and develop a scientific perspective; it fosters professionals who are better equipped for research, resulting in greater potential for development and innovation, addressing each region’s unique problems and challenges with appropriate approaches and solutions—all achieved through research.

For all these reasons, this process is crucial for health students, as it enables progress in the well-being of the population, provides us with early knowledge to drive innovation and development, and creates a favorable future.

One point to highlight in this essay is the promotion of the importance and participation of us as students in research as a future endeavor, not just as an academic matter, but as a contribution to the advancement and growth of healthcare in our country.

*“There is no growth without innovation, nor innovation without learning; that is why research is an essential pillar of educational development.”*