

What are the steps for a successful clinical research career? The voyage to Ithaca

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Podcast Episode

Education & Training

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Enrique de Madera, president of the Spanish Association of Gastroenterology, discusses his UEG Journal paper outlining five career stages in clinical research—beginner, competent, expert, champion, and legend—with specific skills and milestones for each phase.

KEY POINTS

- The guest argues that improving patient care should be the main aim of research, whether through direct clinical research or indirect basic science benefits.
- Beginners should take basic statistics and clinical practice courses, learn English if needed, find a mentor, and start with retrospective studies to develop skills in database management and statistical software.
- At the competent level, researchers should develop leadership, take advanced statistics courses, find a statistical advisor, create national collaborator groups, and publish first observational studies as first author.
- Experts should assemble their own teams with mentees, work with expert statisticians, lead multicentre prospective studies and single-centre randomised controlled trials, and publish as senior author to give visibility to team members.
- The speaker emphasizes that researchers should choose the career stage that aligns with their personal life objectives and makes them happy, rather than feeling obligated to reach the highest levels.

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