

EDITOR'S WELCOME

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Welcome to Issue 25 of the New Zealand Medical Student Journal (NZMSJ)! This issue delivers an exceptional calibre of articles from students and clinicians. The focus is on the clinician academic and scientist. We are grateful for the contribution of three prominent professors who are selflessly involved in the advancement of medical education via research, teaching and leadership.

Professor John Windsor, past chair of the Section of Academic Surgery, is an academic surgeon actively involved in improving the entire clinical academic workforce in New Zealand and Australia. He highlights the importance of obtaining foundations of research competency and explains why research should be thought of as being a practical aspect of surgery.

Professor David Murdoch, the Dean of the University of Otago, Christchurch and a clinical microbiologist, describes his fascinating path into research in the area of infectious diseases. He outlines some of the research opportunities that exist within medicine, in New Zealand and abroad, and encourages trainee doctors to become involved in research irrespective of whether they plan to make research a central part of their clinical duties.

Professor Felicity Goodyear-Smith, Head of the Department of General Practice and Primary Healthcare at Auckland University, writes about the relatively young area of academic general practice. She describes her unexpected path into academia and how grassroots research by a GP can practically benefit local and wider communities.

Although these three individuals work within very different areas of medicine and academia, they each convey the multitude of pathways into a career in medical research and highlight its numerous benefits. Indeed, research provides flexibility, variety, opportunity to travel and immense satisfaction for those who harbour intrinsic curiosity.

The Editorial Board invited a student perspective on this theme. Cam Bringans identifies how "Medical Student Scientists" have advanced medicine and why they should continue to do so. With the same twist, the NZMSJ editorial looks at the importance of addressing the clinician academic shortfall with "Medical Student Academics" and how a student journal, such as the NZMSJ, may play a role.

Original research conducted by Cameron Wells analyses the publication and editorial trends of the past 14 years of the NZMSJ; it is one of the longest-running peer-reviewed academic medical journals for students. Some students are unsure of the different research pathways and opportunities, and Ibrahim Al Busaidi aimed to address this in his review of academic opportunities currently available to New Zealand students. Leina Tucker-Masters examines the literature on anxiety and depression in Pacific Youth. Her submission is based on a summer studentship; this should be an encouragement for students with unpublished summer studentship projects. Cameron Castle, along with other final year medical students at the University of Otago, audits the glycaemic control in Otago children with type 1 diabetes. In two case reports, Dr Sarah Correa discusses the treatment for Lupus Nephritis, and Dr Maria Brand evaluates the clinical picture of typhoid fever in a returned traveller from Samoa. Finally, in a precedented first for the NZMSJ, we welcome the publication of all the Auckland Bachelor of Medical Science (Honours) abstracts – thank you Dr Ali Mirjalili. Congratulations to all the BMedSc (Hons) student researchers! Student readers will enjoy reading the fruitful academic and scientific work carried out by their peers. We look forward to submissions from the University of Otago programme in 2018.

The NZMSJ is an excellent avenue to disseminate medical education. Dr Azri Yasin discusses the clinical application and scientific principles of radiotherapy. As per improving student engagement and increasing the readership of the NZMSJ, Dr Sam Hazledine's invited article, 'How to get the job you want', highlights the essential considerations when preparing for a first job interview. Having children while studying for a medical degree is no easy feat, and Dr Tara King, mother of four, shares her personal experience and offers invaluable tips for getting through medical school. In the first of two conference reports, Roshit Bothara reflects on the International Association for Medical Education Europe Conference, and Karen Chung highlights the events at the 2017 New Zealand Medical Students Association (NZMSA) conference in Tauranga. The media reviews section presents a thought-provoking review by Robin Page, Time to Care by Robin Youngson. Cam Bringans, in a combined book review, outlines the life of Neurosurgeon Henry Marsh in his recent two best sellers, Do No Harm and Admission. Finally, Ye Li reviews the Waikato Cardiothoracic Unit Mitral Valve Workshop, with her review 'How to Fix a Broken Heart'. We welcome the Issue 25 partnership with the NZMSA. NZMSA President, Kieran Bunn, outlines the fantastic work the association has undertaken in 2017 to unite, empower and represent the medical students of Aotearoa. Earlier this year it was raised that medical students need a forum to convey their creative writing skills and for the NZMSA to present a taonga when meeting with dignitaries. The NZMSA Creative Writing section in this issue highlights the talent of medical students.

On the journal front, in keeping with the changing landscape of medical publishing, the journal has pushed the international social media boundaries. It now has an engaging Twitter page, dynamic Facebook page and LinkedIn page that are interacting with national and international organisations; retweets by many including the EiC of the Medical Journal of Australia, Professor Nicholas Talley! NZMSJ, just like other mainstream international journals, has introduced Visual Abstracts to promote the academic and research work of students. Examples of our Visual abstracts can be found on the NZMSJ Twitter and Facebook pages. Finally, the journal editorial team has worked exceptionally well over the 2017 academic year, and via our new academic journal management system, Scholastica, the average submission to decision period is now at a record low of 27 days.

Finally, this issue would not have been possible without the academic mentorship and financial support from the University of Otago, University of Auckland, New Zealand Medical Journal and New Zealand Medical Association. We welcome a returning sponsor, Medical Assurance Society (MAS). They have been very supportive, and it is great to see them back the print copy of the journal for all students in New Zealand. We hope you find lots of interesting material to read in Issue 25, which will further your love for medical literature and research. Our final congratulations to the authors who have published for their very first time and to our returning authors.

My tenure as Editor-in-Chief of the New Zealand Medical Student Journal has ended. I would like to thank my fabulous team of reviewers, editors, designers and production staff for their excellent work and tireless commitment. And to our readers, it has been a joy to publish this journal, and I hope you enjoy reading it.

For more information about how to submit your work, see our website www.nzmsj.com/for-authors