



# OPHTHALMOLOGY 21

FOUNDATION FOR THE DEVELOPMENT OF OPHTHALMOLOGY



# How to Read Scientific Publications with Understanding?

The man, living in the interference of techno-, socio- and infospheres, is subject to continuous ontogenetic and phylogenetic development. Referring to self-determination, building one's own image and the unimpeded functioning in the modern world, the man still is forced to expand and enhance knowledge on diverse, and often interdependent, mechanisms „governing” both the outside world and the human physiology.

The development of knowledge on the functioning of human – inbiomedical terms – has gained an incredibly rapid pace. Limiting only to scientific journals in the realm of biomedical sciences, the growth of the number of journals and individual scientific papers is almost exponential. People looking for new and reliable information – also grow in strength.

To help those readers, who are making use of this „mine” of information, a number of well managed and constantly updated databases have emerged. These services offer to a wide audience, both researchers and practitioners, plenty of serviceable and user-friendly tools which are helpful in searching for information and reaching a desired content. Most of all, there have been created clear, intuitive and also narrow and precise search criteria, which are a peculiar method of filtering information from the cavernous treasury of medical knowledge.

Undeniable, however, is that the machines shall not replace nor deceive the human intuition, curiosity and perpetual need to enhance the knowledge. In order to obtain satisfactory results of our research, it is necessary to have rudimentary knowledge about the typology of scientific articles, as well as work out skills in proper reading and interpreting the information (frequently written in a specific language), and hence applying it in clinical practice.

In view of the above, we bring forward a proposal to organize a series of courses for doctors, practitioners and researchers who work at universities and research institutes. The courses will address the correct selection of the literature as well as skillful and deliberate extraction of needed and useful, from a practical point of view, pieces of information.

The training is supposed to have a modular structure; each module shall be conducted by an experienced researcher, specialist in a given discipline, as well as a representative of the Patron or the Sponsor of the course. As well as presentation of main speakers you can find below.

We count on your openness, willingness to cooperate and support.

Regards,



Andrzej Grzybowski, MD, PhD, MBA,  
Professor of Ophthalmology

# A detailed plan of the course vs plan of the course that was successfully held in Poland in 2017

How to Effectively Publish in Ophthalmology?

How to Read with Understanding Scientific Publications in Ophthalmology?

## The goal of the course

To be attendants' loadstar as regards transferring the knowledge and publishing original study results, systematic reviews, case reports and letters to the editors in the form of clear and cogent papers.

To arouse medical professionals' interest in broadening and grounding specialist knowledge through regular and insightful reading of scientific articles published in recognized peer-reviewed journals

## Methods of transmitting information

Lecture, talk, slideshow, discussion, questioning session, distribution of printed materials.

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## Duration time

Three-four lesson hours (2.15 – 3.00 hours).

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## Where and when a physician can sign up for the course?

The course is usually an integral part of an international conference or congress, usually held in Polish large cities. It tends to take place on a regular basis (periodically), i.e., one-two times a month during the academic year.

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## What a course participant should learn once completed?

- To feel the need to share knowledge and scientific discoveries;
- To choose the right title, considering a journal's scientific scope, Impact Factor and overseas accessibility;
- To honestly approach to collecting and analyzing empirical data;
- To meticulously analyze and synthetically depict categorical and measurable variables;
- To carefully and properly construct an article, having made themselves acquainted with general rules for publishing and particularly "Instructions for Authors";
- To correctly and transparently create key words and Medical Subject Headings (MeSH);
- To cite other researchers' papers in a proper and prescribed manner;
- To read, comprehend and respond properly to comments from reviewers;
- To competently share work between co-authors;
- To describe and communicate their achievements in accordance with the spirit and the letter of the law.

- To feel the need to broaden and reinforce specialist knowledge;
- To readily juxtapose their own scientific findings with others' discoveries;
- To know where a user can find valuable and reliable reserves of knowledge;
- To skillfully and effectively search scientific data bases, using inter alia key words and Medical Subject Headings (MeSH);
- To differentiate main types of scientific articles, i.e. original papers, systematic reviews, meta-analyses and case reports;
- To successfully struggle through tables, plots and figures while extracting the clue from them;
- To understand and interpret the language of statistics, e.g. sample size, statistical power, mean, median, standard deviation, standard error, confidence limits, P-values, effect sizes, correlation coefficients, various ratios etc.;
- To thoroughly read the text and separate the most interesting details.

# Main speakers



**Andrzej Grzybowski, MD, PhD, MBA, Professor of Ophthalmology –  
President of the Foundation for the Development of Ophthalmology “Ophthalmology 21”**

- Author of over 350 articles published in i.e. NEJM, Ophthalmology, Retina, American Journal of Ophthalmology, BJO, Acta Ophthalmologica, Journal of Neurology, Journal of Cataract & Refractive Surgery, JAMA, Clinics in Dermatology, of total IF over 550.
- Member of editorial board: Acta Ophthalmologica, Clinics in Dermatology, Graefe’s Archive for Clinical and Experimental Ophthalmology, Neuro-Ophthalmology, Saudi Journal of Ophthalmology, Asia Pacific Academy of Ophthalmology Journal, Archive of the History and Philosophy of Medicine, Historia Ophthalmologica Internationalis (Chief Editor), Hansenologia Internationalis, Frontiers in Neurology.
- Member of many international scientific groups: in 2016 he published 73 articles, 35 of them in the international cooperation.



**Mariusz Mianowany, PhD, MPH,  
statistician and clinical study coordinator**

- He has worked as an academic teacher at the Medical University in Łódź, Academy of Humanities and Economics in Łódź, and Higher School of Business Administration and Health Sciences in Łódź.
- Author and co-author of scientific articles (in Polish and English) in the area of preventive medicine, gerontology, epidemiology of non-communicable and parasitic diseases, environmental health and medical mycology.
- Works as a consultant and statistician for companies engaged in pharma-marketing and pharmaceutical consulting, where his responsibilities encompass processing and statistical analysis of empirical data collected during clinical trials, market research, observation and intervention studies, pharmacoeconomic surveys, and health education programmes.
- He also functions as a clinical study coordinator (considering phase II, III and IV clinical trials) in the field of pulmonology, allergology, diabetology, gastroenterology, cardiology, otorhinolaryngology, urology, neurology and dermatology.