

PUBLISHING: A SCIENTIFIC LEGACY

By Linda Lim-Varona, MD

This second volume of our school's beloved multidisciplinary journal is taking baby steps to become a full-grown scientific publication forum in the near future. Its name, *Adyo*, is a Tagalog term, which means *sumulong at magpatuloy* (move forward and proceed). In another Tagalog dictionary, *adyo* is defined as "going upstairs; dropping in for a visit when passing by." In both essences, this journal admonishes us to move forward in every step of our lives. More specifically, as a school with a strong emphasis on research, we must *adyo* to pursue research, step up, and proceed with a serious goal to publish all these outputs.

Being in a school where research is a definite requirement in order to graduate from any of its programs, most students would comply with this requirement with the thought of "have it done and over with." But as one research scientist, Philip J. Clapham, strongly worded in an article he wrote for the May 2006 issue of *BioScience Journal*, failure to

publish is a scientific crime. Surely, no one would want to be guilty of this.

So, why is there a need to publish finished research? Dr. Luz Claudio, the author of *How to Write and Publish a Scientific Paper: The Step-by-Step Guide*, enumerates eight valid reasons. First, publishing research to paper will help you clarify your research goals. It will help you in reviewing and interpreting your data and force you to compare your work with that of others. Second, the peer review process gives you important feedback on the validity of the research approach and can provide insight on the next steps for advancing and interpreting your work. Third, communicating the information that you have found will help other researchers advance their work, thus building on the body of knowledge that exists in your field. Next, writing and publishing put your research into a larger context. Further, your published paper can help in the public understanding of a research question. Sixth, having a robust body of published works helps advance your career as you are considered for academic appointments and promotions. Also, publishing helps establish you as an expert in your field of knowledge. Lastly, the peer-reviewed publication provides evidence that helps in the evaluation of the merit of research funding requests.

In this issue, we laud the students, with their research advisers, for taking the time to complete the research process by writing the finished work until its publication. Volume 2 of *Adyo* becomes part of your (and our) legacy to science.



Linda Lim-Varona, MD

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