



## PROFESSIONAL IDENTITY AND MEDICINES DEVELOPMENT: ACADEMY ALUMNI REFLECTIONS

The Academy values Professional Identity in Medicines Development. As Dr. Pravin Chopra, member of the Academy's leadership team, reminds us [here](#), "Social scientists have long-proposed that professional identity development is essential in the education of health professionals. Social purpose and belonging empowers individuals to behave confidently and is associated with both career commitment and workplace satisfaction." To that end, we are excited to share another well-written essay from our Academy alumni. This essay was written by Dr. Muhamad Asif Ijaz and asked him to "**Discuss Professional Identity and the Sense of Purpose in Medicines Development and their relevance for professionals involved in the field.**" We are grateful for this valuable contribution to our learning community. Continue to page 2 to read a portion of the essay.

### TABLE OF CONTENTS

Professional Identity and Medicines Development • P. 2

Promoting diversity and equity in publishing • P. 3

Effects of coffee consumption on health in adults • P. 3

CIOMS news and announcements • P. 4

EMA News: Darwin EU and RWEs • P. 4

Ukraine invasion impacting Russian healthcare • P. 5

FDA approves cell therapy for patients with blood cancers • P. 5

TranspariMED assesses publication of clinical trials results in top research funders • P. 6

# PROFESSIONAL IDENTITY AND MEDICINES DEVELOPMENT: INSIGHTS FROM ACADEMY ALUMNI



Professional identity is the image that defines a person vocationally. It underscores how, as a professional, he wants to be known by others and how the community perceives him[1]. Professional identity is an ever-developing status that relies upon, amongst others, education, social norms, values, beliefs, family circumstances, and individual experiences in the personal, social, and work life[1, 2]. As an individual grows or develops through education, social interactions, and on-the-job experiences, they establish new meanings to the different aspects of life[3]. The tasks and duties an individual performs or plans to do change perspective based on their experiences and knowledge[2, 4]. Therefore, Professional Identity development requires constant correlation with social context and introspection, where one can connect the dots with different aspects of life. This contemplation has one essential component and heavily benefits from realizing one's purpose in life, the workplace, or the field in which one works.

Clarity on what a person is doing, what he aspires to be, what motivates him or propels him towards his desired goals, and the challenges that stand in achieving the outcome of interest is essential for clarity around the purpose of life or carrier objectives[5]. Without a clear purpose or identified aspirations, one may feel disconnected from his life and field of work or feel chained or suppressed by his life choices[2]. It may lead to mental or emotional turmoil and feelings of despicable or meaningless existence that gradually builds inside, eventually hindering an individual's personal, professional and social aptitude[1].



Dr. Muhammad Asif Ijaz is a health professional with an academic background in medicine and public health. Dr. Ijaz holds a professional certification in medical affairs and a board certification in lifestyle medicine. He has over a decade of experience working in the clinical research and medical affairs departments of GSK and Ferozsons Laboratories, Pakistan. He has worked as a health researcher in the Ministry of Public Health Qatar for five years.

Click [here](#) to read his complete essay.

## PROMOTING DIVERSITY AND EQUITY IN PUBLISHING

*The Lancet Infectious Diseases* is a publication seeking to increase the diversity and equity of its publications. In a recent article, they acknowledge the importance of diversity, equity, and inclusion in each stage of the publishing process. They also point out an uneven playing field in that the majority of their authors are older white males from high-income countries (HICs). Further, 67% of the submissions for clinical trials published have male corresponding authors. They acknowledge "This situation is not acceptable as the world has a 50% female population and low-income and middle-income countries (LMICs) are disproportionately affected by infectious diseases. It will take some time for the baseline differences in the field to change and we hope this change will occur soon."



However, they are also committed to enacting positive change in publishing that focuses on striking down gender disparities and leveling the publishing playing field. Continue [reading](#) to discover more about what they are doing to advance balanced research representation.<sup>5</sup>

## ACUTE EFFECTS OF COFFEE CONSUMPTION ON HEALTH AMONG AMBULATORY ADULTS



Does one of the world's most popular beverages have any surprising effects on health?

The authors of this original study conducted a prospective, randomized, case-crossover trial to examine the effects of caffeinated coffee on cardiac ectopy and arrhythmias, daily step counts, sleep minutes, and serum glucose levels. A total of 100 adults were fitted with a continuously recording electrocardiogram device, a wrist-worn accelerometer, and a continuous glucose monitor.

Participants downloaded a smartphone application to collect geolocation data. We used daily text messages, sent over a period of 14 days, to randomly instruct participants to consume caffeinated coffee or avoid caffeine. The primary outcome was the mean number of daily premature atrial contractions.<sup>6</sup>

Click [here](#) to discover the results.

## CIOMS NEWS AND ANNOUNCEMENTS

In recent news from CIOMS, during the first quarter of 2023, CIOMS hosted an international meeting on gender considerations in health research, co-organized two webinars, and was represented in discussions exploring the need to revise the World Medical Association's Declaration of Helsinki, as well as convening six virtual CIOMS Working Group meetings. You will also find details of upcoming conferences with CIOMS participation, and a roundup of news and useful resources related to the CIOMS areas of work.

CIOMS will soon be opening a public consultation on a new Working Group report on *Good governance practice for research institutions*.



Click [here](#) to read the most recent CIOMS newsletter.

Read updates, announcements, and more at the main CIOMS website [here](#).

## NEWS FROM THE EMA: DARWIN EU AND RWE



DARWIN EU® completes its first year, achieving significant milestones. This data analysis network has initiated four studies using real-world data to understand diseases, populations, and medicine effects. DARWIN EU® generates real-world evidence to support regulatory decision-making, complementing clinical trials.

In 2023, DARWIN EU® plans to onboard ten more data partners and launch 16 studies. They invite public and private institutions with access to healthcare data to collaborate. The studies conducted so far demonstrate faster performance, increased capacity, and lower costs due to standardized analytics and agile processes.

Continue reading [here](#) for key advancements in real-world data analysis to support improved healthcare outcomes.<sup>7</sup>

## UKRAINE INVASION IMPACTING RUSSIAN HEALTHCARE

Sanctions imposed since Russia’s invasion of Ukraine are beginning to affect an already demoralised health system.

Since the start of Russia’s full-scale invasion of Ukraine more than a year ago, western nations have imposed a raft of sanction packages on the country. Although health care has not been included to date, the indirect effects have been felt with drug shortages and other problems reported. Many doctors believe that worse is to come, with little prospect of the war in Ukraine— and sanctions—ending soon.

“The situation will only deteriorate”, one infectious disease specialist in Moscow, who spoke on condition of anonymity, told The Lancet.



“If the war continues for a long time, sanctions will go beyond existing sectors and may be imposed directly on drugs and medical equipment.”<sup>8</sup>

Read more [here](#).

## FDA APPROVES CELL THERAPY FOR PATIENTS WITH BLOOD CANCERS



The U.S. Food and Drug Administration approved Omisirge (omidubicel-only), a substantially modified allogeneic (donor) cord blood-based cell therapy to quicken the recovery of neutrophils (a subset of white blood cells) in the body and reduce the risk of infection.

The product is intended for use in adults and pediatric patients 12 years and older with blood cancers planned for umbilical cord blood transplantation following a myeloablative conditioning regimen (treatment such as radiation or chemotherapy). “Today’s approval is an important advance in cell therapy treatment in patients with blood cancers,” said Peter Marks, M.D., Ph.D., director of the FDA’s Center for Biologics Evaluation and Research. “Hastening the return of the body’s white blood cells can reduce the possibility of serious or overwhelming infection associated with stem cell transplantation. This approval reflects the FDA’s continued commitment to supporting development of innovative therapies for life-threatening cancers.”

Stem cell transplantation is a common treatment for blood cancers. It involves putting healthy stem cells into the body to help restore the normal production and function of blood cells.<sup>9</sup> Continue reading [here](#).

# TRANSPARIMED ANNOUNCES ASSESSMENT TO INCREASE WIDESPREAD PUBLICATION OF CLINICAL TRIALS RESULTS

Which of the world's top 39 research funders ensure that clinical trial results are made public?

Many clinical trial results are made public late or not at all, harming patients, wasting resources, and slowing down scientific progress. Research funders can – and should – prevent this costly research waste. In the spirit of accountability, TranspariMED has launched an assessment of 39 major research funders across North America, Europe, and Oceania and how those funders comply with the 11 research waste safeguards recommended by the World Health Organization.<sup>10</sup>

Read more [here](#).



## Does this funder ensure that clinical trial results are rapidly made public?

*Research waste safeguards of funders in Europe (maximum=11)*



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## Thanks for reading!

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