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Global Pathways in Medicine and Public Health: A Strategic Journey from Clinical Practice to Research and Policy Impact

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The fields of medicine and public health are constantly evolving, requiring professionals to navigate intricate and multifaceted pathways that connect clinical practice, research, and education across diverse global systems.¹ Achieving success in these domains demands resilience, adaptability, and a comprehensive, interdisciplinary approach to addressing the broad challenges of global health.² This editorial reflects on my career journey, which began in Bangladesh and expanded through significant experiences in both the UK and the USA. Along this path, I faced numerous obstacles, made critical decisions, and experienced life-changing events that have collectively shaped my professional development and outlook.

My journey is more than just a personal narrative; it is intended to serve as a practical guide for future professionals aspiring to build careers in public health and medicine. By sharing my experiences, I aim to highlight the essential steps, strategic considerations, and key factors crucial for pursuing similar paths, particularly within the academic and clinical settings of the UK, USA, and Australia.

Through this paper, I emphasize the importance of strategic career planning, cultural competence, and a commitment to lifelong learning. These elements are indispensable for navigating the complexities of international healthcare systems and achieving success in these dynamic and demanding fields.³

My journey underscores the need for a holistic and adaptable approach, one that is responsive to the evolving nature of global health challenges and the diverse environments in which we operate.

Academic Foundations in Bangladesh

I started my medical career by obtaining a Bachelor of Medicine and Surgery (MBBS) in Bangladesh. This comprehensive curriculum provided the foundation for my medical journey, integrating overwhelming academic study with intensive clinical experience. The program was intricately designed to provide me with the requisite theoretical knowledge and practical skills to effectively tackle a wide range of healthcare challenges, especially in settings with low resources.

Following graduation, I worked as an intern doctor, which was a critical part of my practical training and a significant milestone in my career. This position provided me with great practical experience across multiple medical disciplines, enabling me to use my theoretical knowledge in actual clinical settings. Throughout my year-long internship, I acquired hands-on proficiency in a wide array of fields, including emergency care, gynaecology, internal medicine, surgery, and paediatrics. Collaborating closely with experienced medical experts throughout this experience enhanced my comprehension of everyday clinical operations and refined my diagnostic and therapeutic abilities.

Upon completing my internship, I progressed to the role of General Practitioner in Dhaka, Bangladesh. In this capacity, I was entrusted with a wide array of responsibilities, ranging from managing patient care across various specialties to actively participating in surgical procedures. My duties extended beyond clinical practice to encompass significant administrative tasks, such as coordinating with a

multidisciplinary healthcare team and meticulously maintaining patient records. This role required a strong commitment to upholding high standards of patient care, addressing logistical challenges, and ensuring the efficient operation of the healthcare facility.

My early experience in clinical practice gave me significant insights into the systemic healthcare difficulties that are widespread in Bangladesh. Throughout this period, I directly witnessed the shortcomings in the healthcare system, particularly in areas, like accessibility, allocation of resources, and timely identification of health concerns. These experiences not only enhanced my medical knowledge but also ignited a strong interest in public health and preventative medicine. I realized that addressing the root causes of health problems through community-based initiatives and policy reforms could lead to significant improvements in population health. This realization finally motivated me to pursue advanced education and a career in public health, where I could contribute to addressing these critical issues on a broader scale.

Expanding Educational and Career Opportunities in the UK

In 2021, I decided to expand my knowledge by pursuing a Master of Science (MSc) in Public Health in the UK. I chose the UK to experience a healthcare system markedly different from that of Bangladesh and to gain a global perspective on public health. This journey involved several critical phases, each requiring meticulous planning and execution to ensure success.

Although I initially had a strong passion for a clinical career, my focus gradually shifted towards public health and epidemiology due to their significant global impact. This transition allowed me to contribute more broadly to health improvements on a population level, addressing complex health issues worldwide.

For those aspiring to follow a similar path, the steps I undertook are as follows:

Acknowledgment of Medical Degree: Making sure that my Bangladeshi MBBS degree was accepted globally was the first and most important step. Verifying the school's listing in the 'World Directory of Medical Schools' was necessary to verify its academic qualifications, especially if it was intended for study or employment in the United Kingdom. (Website: <https://www.wdoms.org/>)

Verification and Documentation: I painstakingly collected and checked all necessary paperwork, such as degree certificates, official passports, academic transcripts, and papers proving national identity. It was essential to confirm that all material was valid and comprehensive since any inconsistencies may have caused the application process to be delayed.

Fulfilling the IELTS Requirement: Achieving a high score on the IELTS exam was essential for demonstrating my English language proficiency, a fundamental requirement for admission to universities in English-speaking countries. To gain entry into top-ranked institutions, a minimum overall score of 7.5 and at least 7.0 in each band is typically required. This step demanded rigorous preparation to meet the specific linguistic standards set by these institutions. Additionally, some universities also accept the TOEFL as an alternative measure of English proficiency.

Financial Planning and Securing Scholarships: To finance my education independently, I needed to carefully budget at least 25 lakh BDT, approximately £22,000, to cover both tuition and living expenses. To reduce this financial burden, I actively pursued scholarships and was fortunate to secure an 'International Merit Scholarship' from the British government and the university. Securing a scholarship requires attention to several key factors.

First, maintaining a high CGPA across all subjects in your bachelor's degree is crucial. Additionally, achieving a high IELTS score, crafting a well-structured Statement of Purpose (SOP), obtaining strong recommendation letters, and preparing a professional CV are all essential components. Furthermore, relevant professional experience and involvement in extracurricular activities can significantly enhance your application. Finally, impressing the admissions board during the interview process is vital.

By excelling in these areas, you can greatly increase your chances of receiving a substantial scholarship or stipend for your postgraduate studies abroad, no matter where in the world you choose to study.

Creating a Country-Specific standard CV: I created a CV that is specially adapted to meet the requirements and expectations of UK institutions in terms of academic standing. My academic accomplishments, work experience, and pertinent talents were all emphasized in this CV, which was formatted to fit the academic atmosphere of the United Kingdom.

Creating an Effective Statement of Purpose (SOP): The Statement of Purpose (SOP) was a crucial component of my application. I carefully described my work experiences, my passion for public health, and my academic and professional goals in this essay. The SOP was essential in making a strong case for my candidacy and in showing how the MSc program will help me accomplish my long-term objectives.

University Listing, Selection, and Application: A crucial first step in any academic endeavour is choosing the appropriate institution. To assess the institution's standing internationally, I looked at important variables including the QS World University Ranking and the Times Higher Education Ranking. I also took into account the tuition costs, the university's admission rate for overseas students, and the presence of financial help or scholarships. My decision-making process was also heavily influenced by the curriculum's specificity and accreditation. Using this method, I did a lot of research and chose Anglia Ruskin University in Cambridge because of its strong public health curriculum, plenty of financial aid choices, and well-regarded standing in the academic world.

Interviews and CAS: Another crucial aspect was managing the interview process effectively. This usually included an interview with officials from the institution, who evaluated my suitability for the program, level of academic preparation, and career goals. I was able to get a Confirmation of Acceptance for Studies (CAS) letter, which was a crucial document needed for my visa application, after completing this step. This action confirmed that I had been accepted into the program and that the institution was dedicated to helping me with my studies.

Visa Application and Embassy Interview: Securing a student visa was the last stage in the process, which included applying for and interviewing at the embassy. This required going through a thorough and demanding interview procedure at the UK embassy, which was often handled by UK Visa and Immigration (UKVI) or by a Visa Application Centre such as VFS Global.

Different from the university interview, this interview was essential to confirming my ability to study in the UK. To prove that I fulfilled all the criteria for a student visa, I had to provide my CAS letter, financial records, and other required documents. To guarantee my admittance into the UK and my ability to start my education, I needed to pass this interview.

MSc Program Types: Research-based and taught MSc programs are the two primary categories of MSc programs. A research-based MSc is better if you want to pursue a PhD later, since it provides more opportunity for doing in-depth research. If not, a taught curriculum is appropriate. In most MSc programs, prior interaction with a supervisor is mandatory, particularly for lab-based coursework. The supervisor must approve before you may go forward with your application. Numerous criteria, such as academic standing, course content, IELTS scores, the calibre of your SOP, letters of reference, and your resume, affect your chances of being accepted to university. A minimum cumulative GPA of 3.6 is often needed for PhD programs, while a CGPA of 3.3 to 3.5 is usually required for successful enrolment in MSc programs. You may use organizations like NACES, ECE, or WES to assess your degree and standardize your CGPA. WES or ECE examination is required in order to study in the USA or Canada. MBBS transcripts in the UK and Australia may be assessed via their systems immediately, therefore further processes are often not required.

This well-planned and comprehensive journey to study in the UK ultimately broadened my perspective on public health and laid a strong foundation for my future academic and professional pursuits. The MSc program offered an in-depth exploration of public health within the research-intensive and intellectually stimulating environment of Cambridge. Studying in this historic city, with access to the prestigious Cambridge University Library, provided an exceptional setting for intellectual growth.

My educational experience was further enriched by the proximity to Cambridge University Hospital, one of the most esteemed medical institutions in the UK. Renowned for its clinical excellence and as a leading centre for public health research, the hospital offered an ideal environment for those dedicated to bridging the gap between public health policy and medical practice. The collaborative atmosphere at Cambridge University Hospital allowed me to engage with both public health experts and clinicians, offering a unique perspective on how clinical practice and research intersect to design and implement effective healthcare initiatives.

Upon completing my postgraduate studies in public health, which encompassed key modules such as Essential Issues in Public Health, Health Economics, Strategic Management and Commissioning, Health Policy, Epidemiology and Research Methods, and Addictions and Communicable Disease.

Management, I realized that the intellectually rich and research-focused environment at Cambridge, particularly the collaboration between the public health and clinical sectors, had profoundly influenced my career trajectory. I first intended to follow a clinical route and thought about getting a GMC license in order to work as a general practitioner in the UK. But my experiences in Cambridge changed my viewpoint and made clear how important public health is to bring about systemic change. The multidisciplinary teamwork and exposure to state-of-the-art research highlighted the vital role that public health plays in bridging the gap between lawmakers and medical professionals to guarantee that healthcare services are both universally available and of the highest quality. Rather than pursuing a career in medicine, this insight motivated me to change course and pursue a career in public health, where I could help shape policies that enhance health outcomes broadly.

Navigating Clinical and Public Health Pathways in the UK

The UK offers many avenues for foreign medical graduates to pursue a career in medicine, with the UK Medical Licensing Assessment (UKMLA) acting as a prerequisite for all physicians who want to work in the nation⁴. The UKMLA is a required test that evaluates the knowledge and abilities required for UK medical practice. Comprehensive information on the UKMLA is available on the General Medical Council's (GMC) official website, together with eligibility requirements and preparatory materials. (Website: <https://www.gmc-uk.org/education/medical-licensing-assessment/plab-and-the-mla>)

UKMLA and GMC Registration: International medical graduates aiming to practice medicine in the UK must first pass the UKMLA (UK Medical Licensing Assessment) to qualify for provisional registration with the General Medical Council (GMC). This registration allows them to practice under supervision, marking an essential step toward obtaining a full medical license in the UK. To prepare for the UKMLA, candidates can access a variety of online course materials and resources designed to help them succeed in this crucial exam.⁵

Prospects in Public Health: Foreign medical graduates may choose to work in the UK in public health after completing their training in clinical medicine.⁶ Upon obtaining a GMC PIN, individuals are able to investigate positions as practitioners of public health.⁶ A worthwhile first step for someone looking to progress in this subject is becoming a

Fellow of the Royal Society for Public Health (FRSPH). This internationally recognized credential may greatly improve one's chances of landing a public health job.⁷ (Website: <https://www.rsph.org.uk/membership/grades/fellow.html>)

Specialization via Royal Colleges: The UK's prestigious Royal Colleges provide a variety of postgraduate medical degrees. For people who want to progress in their clinical professions, earning credentials like the Membership of the Royal Colleges of Physicians (MRCP) or the Membership of the Royal Colleges of Surgeons (MRCS) is essential.⁸ In the UK, these credentials are highly valued and necessary for advancement in specialist medical disciplines.⁹ (Website: <https://www.rcp.ac.uk/events-and-education/education-and-learning/exams-and-assessment/mrcp-uk-examination/>)

Transitioning to the United States: The Doctoral Journey

After gaining substantial experience in the UK and completing my MSc in Public Health, I was determined to further expand my knowledge by pursuing a PhD. My main objective was to broaden my understanding of public health globally, so I looked at PhD programs in the US, UK, Australia, Canada, and other countries. Despite receiving multiple PhD offers from prestigious UK universities—my preferred destination—I had to decline them due to delays in fund confirmation. Similarly, I was offered a PhD position at Hasselt University in Belgium, but I had to turn it down for the same reason. My prospects in Canada and Australia were further limited by the unexpectedly low response rates from academics, which ranged between 10% and 15%. In contrast, the United States emerged as the most promising option, providing prompt responses from academics, timely funding confirmation, and a wide range of research opportunities. This favourable environment ultimately led me to choose the United States for my doctoral studies.

My transition to the United States for a PhD was a carefully planned and deliberate process, involving several critical steps to ensure its success.¹⁰ This journey demanded meticulous and comprehensive planning, initiated well over a year in advance. Every stage, from obtaining funds and being accepted to handling the visa application procedure and setting up logistics, was essential to the successful completion of my relocation. It was one of the most challenging experiences I have ever undertaken, yet

the process was also immensely rewarding and fulfilling, providing invaluable preparation for my graduate studies in public health. I meticulously executed each planned and coordinated step of this journey to ensure everything unfolded seamlessly. The following steps were crucial to my success, and aspiring individuals can follow these steps as well.

Choosing research interests and areas of expertise: The initial step in my endeavour was to meticulously define my research topics, ensuring they aligned with my overarching academic and professional objectives. This involved selecting specific areas of public health where I could potentially make a significant impact and contribute meaningfully to research. My research interests include community-based health research, prevention of mental and behavioural health problems, prevention of infectious diseases, molecular biology and cancer research, health disparities among marginalized populations, substance abuse and its prevention, prevention of social stigma and domestic violence, HIV prevention and sexual health promotion, health and social care integration, and the development of evidence-based healthcare systems.

Conducting a Comprehensive Literature Review: To gain a thorough understanding of the current state of research in my chosen field, I conducted a detailed review of the existing literature. By thoroughly examining a minimum of 150 to 300 materials, I was able to carefully assess and improve my research topic. Additionally, this comprehensive review allowed me to locate possible supervisors whose research closely matched my interests. The meticulous approach I took was crucial in ensuring that my research path was well-informed and that I established connections with the most appropriate mentors for my academic career.

Finding and Reaching Out to Possible Supervisors: I searched academic databases including Google Scholar, ResearchGate, PubMed, ORCID, Scopus, and the AD Scientific Index to find suitable supervisors. I compiled an extensive list of 300–600 scholars whose fields of study matched my own. I then started corresponding with them via email, primarily aiming to establish solid scholarly ties before raising the topic of potential funding.

Securing strong Recommendations: Securing outstanding recommendations from professional supervisors and academic mentors was crucial in enhancing the quality of my PhD applications. I obtained letters from a course instructor during my bachelor's program, a supervisor from my

postgraduate studies, and the HR Head from my previous professional position at an NHS Trust in the UK. These recommendations were instrumental in showcasing my research abilities, dedication, and potential as a PhD candidate.

Creating the Statement of Purpose (SOP): I carefully drafted a Statement of Purpose (SOP) to support my PhD application. It not only emphasized my research interests but also showed how these interests complemented the work of possible supervisors. This tailored approach was essential in demonstrating my commitment to the programs I was applying to, as it demonstrated my desire to make a significant contribution to their research endeavours and academic community.

I was able to make a strong case for myself by coordinating my objectives with the faculty's areas of specialization and highlighting my willingness to fully participate in each program's research and academic atmosphere.

Fulfilling the Requirement of GRE: For institutions in the United States and Canada, the GRE (Graduate Record Examination) is often a crucial component of the application process. While not all programs require the GRE, it is essential for many, especially in competitive fields. Prospective students are advised to reach out to graduate coordinators or program directors to confirm whether the GRE is required for their specific application. This step ensures that all admission requirements are met and can significantly impact the chances of acceptance into the desired program.

Creating a Comprehensive Research Proposal: I dedicated considerable time and effort to developing a meticulously structured research proposal, complete with extensive citations. Crafting a strong research proposal is crucial for several reasons. It demonstrates my readiness to undertake PhD-level research and highlights my potential to make significant contributions to the academic community.

A well-crafted research proposal should clearly outline the research question, objectives, and significance of the study. It should provide a comprehensive literature review that situates the proposed research within the existing body of knowledge, identifying gaps that the study aims to fill¹¹. Additionally, the proposal should detail the research methodology, including data collection and analysis techniques, to ensure the study's feasibility and rigor.

The importance of a research proposal lies in its ability to convey the researcher's understanding of the topic, the relevance of the research, and the potential impact of the findings. It serves as a roadmap for the research project, guiding the researcher through each stage of the study and ensuring that the research remains focused and coherent¹².

Before creating a research proposal, several steps should be followed:

Identify a Research Topic: Begin by selecting a research topic that not only aligns with your personal interests but also holds the potential to make a meaningful academic contribution. This involves exploring areas that you are passionate about and that have significant relevance in your field, ensuring that your research will be both engaging and impactful.

Conduct a Literature Review: Undertake a thorough review of existing research to gain a comprehensive understanding of the current state of knowledge in your chosen area. This process helps you identify what has already been studied, uncover gaps in the literature, and determine how your research can address these gaps. A well-conducted literature review provides a solid foundation for your research proposal.

Define Research Questions and Objectives: Clearly formulate the specific questions your research aims to answer and outline the objectives you intend to achieve. This step involves articulating your research questions in a precise and focused manner, ensuring they are aligned with your overall research goals. Well-defined questions and objectives guide your research and provide a clear direction for your study.

Develop a Methodology: Design a detailed research plan that includes the methods you will use for data collection and analysis. This step is crucial for ensuring the feasibility and reliability of your study. Your methodology should be robust and well-structured, detailing the procedures you will follow to gather and analyse data, and explaining why these methods are appropriate for your research questions. A well-developed methodology enhances the credibility and validity of your research.

Seek Feedback: Engage with mentors, advisors, or colleagues to review your proposal. Their insights can be invaluable in refining your ideas and ensuring your proposal meets the highest academic standards. Constructive feedback can help you identify any

weaknesses or gaps in your proposal, allowing you to address them before submission.

Draft and Revise: Begin by writing a comprehensive draft of your proposal. Once you have a solid draft, seek feedback and use it to make revisions. This iterative process of drafting and revising helps to clarify your arguments, strengthen your methodology, and ensure that your proposal is well-structured and persuasive. Each revision should bring you closer to a polished, compelling document that clearly communicates your research objectives and significance.

By following these steps, I was able to create a compelling research proposal that not only showcased my preparedness for PhD-level research but also underscored my potential to contribute meaningfully to the academic community.

Creating a Country-Specific Curriculum Vitae (CV): Considering the requirements of US academic institutions, I prepared a curriculum vitae (CV) that highlighted my professional skills, research experience, and academic achievements.

PhD Applications: I meticulously prepared and sent applications to several institutions in the US and Canada after properly gathering all the required materials. Every application was customized to showcase each institution's distinct research areas and capabilities. The application fee in the US and Canada is usually \$150 USD, and a multi-currency credit card is needed. On the other hand, application expenses are often waived in Australia and the UK, making the procedure somewhat more affordable.

There are two primary methods for applying to PhD programs in the US and the UK:

Centralized Application: With no prior contact with instructors, candidates submit their applications centrally in this highly competitive system, which has an 85% failure rate.

Professor's Endorsement: About 50% of applications submitted via this method—in which candidates apply based on a professor's recommendation—are accepted.

In many European countries, as well as in Australia and Canada, the standard practice is to offer only the latter option. This means that applicants must first contact a supervisor and obtain a signed authorization letter before they can submit their application.

Getting Ready for Admission Interviews:

Considering how important the interview process was, I prepared a lot to discuss my research concept, educational history, and potential contributions to the research team. These interviews were an essential opportunity for me to demonstrate my program fit and my readiness for PhD research.

Getting through the Visa Application and Embassy Interview procedure:

After receiving offers, I had a series of interviews to go through the Visa Application and Embassy Interview procedure with admissions committees and university supervisors. The last challenge I faced after being approved was getting a student visa, which required a rigorous interview process at the US embassy. It was vital to take part in rigorous preparation before to this step, which included going over my documents and certifications in detail.

Many interviews with project directors, department heads, supervisors, and funding agencies are part of the US visa application process. The university admissions committee gave me an 1 to 20 document once I finished these steps successfully, which I needed to apply for a visa. During the embassy interview, a comprehensive background check covering the previous seven years was conducted on the interviewee. This included examining any criminal records, legal violations, social media activity, and educational history.

In the United States, the decision on your visa is usually communicated to you at the embassy interview. But in countries like the United Kingdom, Canada, Australia, and New Zealand, the decision is often needed at least 14 business days after the interview.

Ultimately, I accepted a fully funded PhD position at the University of Louisville in the United States. I am currently pursuing my PhD in Health Promotion and Behavioural Sciences while working as a Graduate Research Assistant in a biomedical research lab at the university. This position has provided an ideal environment for my research, allowing me to deeply explore the public health topics I am most passionate about.

Clinical Pathways in the United States

The United States Medical Licensing Examination (USMLE) is the mandatory path for anybody wishing to pursue a clinical career in the United States. The USMLE is a multi-phase evaluation that is meant to appraise a physician's ability to apply

basic medical knowledge, concepts, and guidelines to ensure the delivery of safe and effective patient care.¹³ The steps involved in the examination process are as follows:

Step 1: This first phase evaluates the basic data that serves as the foundation for clinical treatment, with an emphasis on the fundamental medical sciences.

Step 2 of the application process, Clinical Knowledge (CK), evaluates candidates' use of medical knowledge in clinical settings to verify their competence in patient diagnosis and management.

The second step, called "Clinical Skills," assesses how well a person can engage with patients, conduct physical exams, and effectively communicate findings.

The third and final step ensures that a physician is ready for independent practice by evaluating their ability to use their clinical skills and medical knowledge in an unsupervised practice setting. This evaluation often takes place after a physician graduates from medical school.

The rigorous examination process is essential to ensuring physicians meet the strict requirements required to practice medicine in the United States. It also represents a noteworthy turning point for those looking to pursue a profession in medicine in the nation. To get all the information you need to prepare for and register for the USMLE, visit the official USMLE website. (Website: <https://www.usmle.org/>)

Clinical Pathways in Australia

In Australia, foreign medical graduates who want to practice medicine must adhere to the Australian Medical Council's (AMC) Pathway. This comprehensive process was designed to ensure that medical professionals meet the requirements needed to operate safely and effectively in Australia.¹⁴ The following are the main components of the AMC pathway:

The AMC CAT MCQ Exam is a thorough evaluation that uses a set of multiple-choice questions to assess a candidate's medical knowledge in several specialties. This test is meant to determine how well-prepared international graduates are to advance within the Australian medical system.

After passing the MCQ test, you must take the AMC Clinical test. Applicants need to take part in a clinical evaluation. The test is administered in a virtual

environment, and candidates are assessed on their clinical skills, including their ability to diagnose, arrange treatments, and interact with patients.

Supervised Practice: Applicants must complete a term of supervised practice in an Australian healthcare institution after passing both the clinical and multiple-choice question (MCQ) exams. Completing this stage is crucial for gaining practical experience and demonstrating the ability to use medical knowledge in a real-world situation. Achieving full medical registration in Australia requires completing this supervised practice.

Comprehensive information, including eligibility criteria and preparation materials, may be found on the Australian Medical Council's (AMC) official website for anyone interested in pursuing this specific career path. (Website: <https://www.amc.org.au/pathways/how-to-apply/>)

My Contribution to Advancing Global Health

I have worked closely on research projects that tackle important public health issues throughout my academic and professional career. These initiatives have made a significant contribution to the area of public health by offering insightful information on difficult health concerns. My work is focused on important public health issues and how they affect the health of the world. It falls into many major categories.

One of my primary research interests is investigating respiratory illnesses caused by indoor air pollution, with a particular focus on its impact on respiratory health in low-income environments. This research emphasizes how critical it is to implement focused public health initiatives to reduce the dangers associated with poor indoor air quality, particularly for communities who are more susceptible. The significance of this problem on a local and global level is highlighted in the paper "Relationship Between Indoor Air Pollution and Respiratory Tract Infections: Bangladesh Perspective," which reported my results.

In addition to my research on respiratory infections, I have conducted significant research on microbial dysbiosis in young diabetics. This research delves into the complex interactions between gut microbial imbalances and health outcomes in children with diabetes, providing new insights into the role of the microbiome in managing the disease, particularly in Bangladesh. The study titled "Microbial Dysbiosis in Diabetic Children with Enteric Hepatitis: The Global

Phenomenon & Bangladesh's Contextual Significance" presents these findings.

My research also extends to mental health, especially in the context of the COVID-19 pandemic. My research, "Metacognitive Resilience in Bangladeshi University Students Amidst the COVID-19 Pandemic," examines the psychological impact of the pandemic on students and underscores the importance of resilience-building strategies to support mental health during crises.

Beyond these primary areas, I have actively participated in ongoing studies that address various public health concerns such as drug addiction, mental health problems, and infectious illnesses like dengue and monkeypox, in addition to these main areas of focus. For example, my ongoing research on Bangladeshi university students' shift from tobacco to illegal drug usage sheds light on the relationship between substance addiction and mental health. Furthermore, my study of the Human Monkeypox Virus seeks to improve awareness of and preparedness for newly developing infectious illnesses worldwide.

I have published important articles as the first author, such as the previously stated research on microbial dysbiosis and indoor air pollution. A comprehensive systematic review titled "Deciphering the Mental Crisis: A Comprehensive Systematic Review of the Psychosocial Determinants of Mental Health Decline among Bangladeshi University Students During the COVID-19 Pandemic" is another work I'm waiting to publish. Other ongoing projects I have in the works include investigating mental health issues in Bangladesh, with a particular focus on drug abuse, substance use, and rising suicidal behaviour. I just turned in research on the patterns of dengue transmission among teenagers in Dhaka as well as a narrative assessment on the new threats the Human Monkeypox Virus poses. In collaboration with other scholars, I have co-authored many influential papers. These include research on the epidemiology of suicide in Bangladesh published by Springer Nature Singapore and a scoping review on the mental health consequences of COVID-19 in the Indian subcontinent published in the Nepal Journal of Epidemiology. Through content analysis of online publications, I have also contributed to an investigation of knife crime in the United Kingdom. In addition, I work on current initiatives that address the prevalence of uropathogens isolated from critical care units in South-East Asia and Bangladesh, as well as intimate partner abuse among the LGBTQ+ population in Southeast Asia. A scoping review I did on HIV and violence against female sex workers in

India is also part of my work; it will hopefully be published soon. In addition to my research, I actively contribute to the academic community by reviewing scientific studies for prominent journals. I have evaluated research on violence against HIV-positive women in intimate relationships in Tanzania, as well as studies on experiences of violence in the United States. My reviews also include studies on the outcomes of hospitalized liver cirrhosis patients during the HIV pandemic, specifically focusing on the association between serum electrolyte levels and outcomes among those with hepatic encephalopathy admitted to a tertiary care hospital. Furthermore, I have examined research on the prevalence of microorganisms and antimicrobial resistance in South Indian children and adolescents suffering from chronic rhinosinusitis. My research interests are diverse and include infectious illnesses, mental and behavioural health prevention, community-based health research, and health inequalities among disadvantaged communities. I have a strong commitment to ending drug misuse, lowering societal stigma, stopping domestic abuse, promoting HIV prevention, and improving sexual health. In addition, I work on creating evidence-based healthcare systems and connecting the systems of social and health care.

From a methodological perspective, I excel in primary research, content analysis, meta-analyses, systematic reviews, and case studies. My proficiency extends to statistical analysis using advanced software such as GraphPad Prism, R, Minitab, and SPSS. My expertise is recognized through my editorial board memberships with the *Journal of Current and Advance Medical Research* and the *Bangladesh Journal of Infectious Diseases*.

To stay at the forefront of healthcare research, I actively engage with global research communities, including ResearchGate, ORCID, Frontiers in Public Health, Scopus, PubMed, PLOS ONE, and Google Scholar. These platforms allow me to contribute to and stay updated on the latest advancements in the field. My full list of publications is available on NCBI and Google Scholar, showcasing my ongoing commitment to advancing medical knowledge.

Challenges Faced by International Students While Studying Abroad

Studying abroad offers a wealth of opportunities, but it also comes with its own set of challenges. International students often face cultural adjustments, including language barriers and different social norms, which can impact their daily interactions and academic performance. Navigating

a new educational system with different teaching styles and expectations can also be daunting. Additionally, students may experience homesickness and the stress of being away from their support networks. Financial pressures, such as managing living expenses and tuition fees, add another layer of complexity. Despite these challenges, the experience of studying abroad can be incredibly rewarding, fostering resilience, adaptability, and a broader global perspective.

Recommendations and Suggestions for Aspiring Medical Professionals Seeking Careers Overseas

My primary advice to aspiring medical professionals and those seeking to build a career abroad is to embark on this journey with a harmonious blend of patience, strategic foresight, and an open-minded attitude. Embrace the adventure with a thoughtful and adaptable mindset, ready to navigate the diverse experiences and opportunities that will undoubtedly shape your professional and personal growth.¹⁵ Living abroad presents a wealth of opportunities for both personal and professional growth. You can gain access to state-of-the-art research facilities, experience a variety of healthcare systems, and connect with global networks that can greatly enhance your knowledge and career prospects. However, this path also comes with its own set of challenges. The rigorous demands of exams like the UKMLA or USMLE, the need of strong academic credentials, and the financial burden associated with studying and living abroad may be debilitating. Furthermore, cultural and social adaptation is crucial since adjusting to new living circumstances, learning new communication techniques, and understanding unique healthcare processes are often necessary for effectively navigating an unfamiliar context. Despite these challenges, there are a lot of advantages. Seeking employment abroad provides access to cutting-edge medical knowledge, outstanding clinical experiences, and the chance to contribute significantly to global healthcare initiatives.¹⁶ Therefore, I advise setting out on this adventure with careful preparation—academically, financially, and mentally—while still being flexible enough to overcome any challenges that may arise. Success in this endeavour requires not just outstanding academic achievement but also a strong commitment to lifelong learning, cross-cultural awareness, and the ability to persevere in the face of difficulty.

Limitations of the Editorial

While this editorial provides a comprehensive account of my professional background, it is

important to acknowledge its limitations. As a medical professional seeking a career in either the clinical or public health sector, this narrative serves as a valuable guidebook. However, other professionals may require additional resources tailored to their specific fields. The insights shared are based on my practical experiences in Bangladesh, the UK, and the USA, as well as my extensive travels across Europe, Asia, and Africa. Despite this breadth of experience, it is essential to recognize that my perspective may not fully capture the complexities of managing a global career in public health and medicine. The challenges and strategies discussed may vary depending on individual circumstances, institutional support, and geographical location. Readers are encouraged to consider these factors when applying the concepts and information in this editorial to their own professional journeys.

Conclusion

From Bangladesh to the United Kingdom and then to the United States, my road to success has been marked by unyielding determination, unending learning, and the ability to adapt to new opportunities. My own commitment to enhancing public health and bridging the gap between clinical practice and research has only become stronger with each new step that I take. Those who are interested in pursuing professions in the intertwined disciplines of public health and medicine will find this editorial to be both motivating and instructive as they navigate their own professional paths. It is of the utmost importance that we maintain our dedication to continuous education throughout our lives and make concerted efforts to improve the health care systems of the world, given the dynamic nature of the global economy.

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