

## A researcher's story

Using AuthorAID resources to support my research

*Farooq Azam Rathore, 2014*



*Farooq Azam Rathore is Consultant and Assistant Professor at Combined Military Hospital Lahore, Pakistan. In 2001, he graduated with double honors from Army Medical College, Rawalpindi, Pakistan and in 2009 he completed his fellowship training in rehabilitation medicine, qualifying with the fellowship of college of physicians and surgeons of Pakistan in the same year. So far he has 61 publications in national and international biomedical journals, as well as three book chapters.*

“One of the biggest challenges a young researcher from a developing country faces is how to find a good mentor who can guide him or her in the right direction, helping them to realise their potential. While I was unable to find such a mentor in my home country, Pakistan, I was lucky to find a virtual mentor; AuthorAID. The best thing about AuthorAID as a virtual mentor is its 24/7 availability. It offers a wealth of resources and knowledge that are hard to find elsewhere. In addition it offers opportunities for broader networking with likeminded colleagues and peers all around the globe.

**Publishing my first case report was an unforgettable learning experience and I continue to regularly use the AuthorAID website and community to learn about the art and science of medical writing.**

AuthorAID has been my virtual mentor since 2007 when I started my quest into medical writing for the first time - as a young resident at the Armed Forces Institute of Rehabilitation Medicine, Rawalpindi, Pakistan. Publishing my first case report was an unforgettable learning experience and I continue to regularly use the AuthorAID website and community to learn about the art and science of medical writing.

I am a subscriber to the AuthorAID blog posts and use the material available in the AuthorAID library to enhance my knowledge of manuscript writing and submission, as well as how best to understand the peer review process and respond to rejection and reviewers comments. I feel that I am more confident and successful in my medical writing endeavors due to the resources that I have accessed and used in the AuthorAID library.

In 2011 I received a travel grant from AuthorAID to attend and present my paper at the 117th Annual meeting of the Association of Military Surgeons of the United States (AMSUS), held at San Antonio, Texas, USA from 6th-9th November 2011. AMSUS annual conference is the largest global military medicine forum and has been held annually for over a century now. I was the only Pakistani delegate at this conference; I represented my country and delivered an oral paper titled ‘An overview of the Rehabilitation Medicine in Pakistan Armed Forces: The road covered so far and the journey ahead’, which was very much appreciated.



*The second AuthorAID-supported workshop facilitated by Farooq on Medical Writing. This took place at CMH Lahore Medical College, Lahore Cantt, Pakistan in May 2014.*

I strongly believe in the words of Jean-Nicolas Bouilly; ‘Whatever we possess becomes of double value when we have the opportunity of sharing it with others’. I plan to share the knowledge I have learned from my virtual mentor with my colleagues and young researchers. As well as conducting a series of 1-3 day workshops on medical writing – the first of which was held on 7th March 2014 - I am currently supervising three research teams and plan to publish four papers in 2014.

I know that there are scores of young and energetic researchers in the developing countries who are unable to exploit their full potential due to lack of a guide and mentor. I would ask them to make AuthorAID their virtual mentor as I have - they will benefit from a teacher who is available around the clock, never sleeps and can answer the queries of multiple students at the same time”.

AuthorAID is global network that provides support, mentoring, resources, and training for researchers in developing countries

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