The clinical and scientific mind

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ABSTRACT

Abstract is not required for Editorial

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The human mind, due to its intelligence, curiosity and creativity, has achieved a tremendous and fascinating progress in medicine, technology and science in general. Such progress, however, is complicated by certain setbacks in both the clinical work and the scientific research.

The most important of these is that the previous unitary disciplines have been divided into several subfields and even smaller subunits, each of them requiring a narrow specialization, specific equipment, methods and procedures, but with a consequent loss of certain connections among them. This usually enables, on one hand, good results and a progress in each subfield but, on the other hand, it made difficult to “see the forest for the trees,” that is, to realize the entirety and myriad of interrelationships within a certain discipline. Such loose interconnections in a multidisciplinary subject can sometimes lead to the less reliable results, misdirection, or even a dead end. In addition, new data in each subfield arrive every day which must be incorporated into and processed within the preceding knowledge and skills. This is, obviously, a necessity but, at the same time, it may complicate an already complicated situation.

Some fields of medicine and science are complex per se. For example, a clinical cardiologist must have excellent knowledge of the heart anatomy, embryology, histology, biochemistry, physiology and electrophysiology, as well as in hemodynamics, pathology, pathophysiology, and pharmacology, but also in microbiology, immunology,

cardiosurgery, vascular diseases, pulmonology, nephrology, oncology, radiology (especially in echocardiography, coronarography, CT scan and MRI scan), and in some other disciplines. In addition, cardiologists have immense responsibility for their patients, and are often engaged in research projects. Due to that, some cardiologists, especially the interventional ones who are under a permanent stress, are themselves at a higher risk of suffering myocardial ischemia.

Similarly, a neuroscientist, for example, must be very familiar with the macroscopic and microscopic anatomy of the brain, its biological evolution and embryological development, the structure, ultrastructure and immunohistochemistry of the glia cells, neurons and their synapses, biochemistry and pharmacology of certain neurotransmitters, neuromodulators, cellular receptors and ion channels, electrophysiology, functional principles of the nerve cells and certain neuronal networks, neuropathology, neurology, neuroradiology, endocrinology, psychology, psychiatry, philosophy, etc. In addition, knowledge of electronics, informatics, and statistics is also necessary for successful research.

There are only two solutions for the mentioned problem: an individual's enthusiastic engagement, or perfect team work.

Enthusiasts are completely devoted to their subject of interest. They will try his best to be experts in the entire discipline, regardless of a temporary engagement in this or another subfield, as well as to accept, process and take into consideration a huge number of new information. This often implies a neglect of many other activities and relationships, including his private lives occasionally. On the other hand, they receive a great intellectual reward, sometimes to the level of ecstasy when making a significant scientific discovery, or if managing to cure a large number of certain patients by way of a new medication or therapeutic procedure.

On the other hand, each member of a successful team, albeit engaged in a specific subfield, provides data in an interaction with other experts of the team from various fields and takes them into consideration in his own subject. This permanent exchange of the information,

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knowledge and skills obviously leads to more coherent and valuable results, and to original ideas and methods for future research. Similarly, a medical team consisting of various experts must be formed occasionally to solve a complicated health problem in certain patients.

Nevertheless, whatever choosing to solve problems of multidisciplinary, a geometrical progress in medicine and science will be continued to an unimaginable level in the future.

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Guarantor

The corresponding author is the guarantor of submission.

Conflict of Interest

Authors declare no conflict of interest.

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