

## EDITORIAL

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### **Consolidating a project to awaken the scientific spirit at the beginning of physicians' journeys**

The second issue of the Journal of Medical Resident Research (JMRR) consolidates an ambitious project that began in 2019 at the Regional Council of Medicine of State of São Paulo (Cremesp), the medical board of the State of São Paulo, Brazil, inheriting the legacy of the Revista do Médico Residente, launched by the Medical Board of the State of Paraná in 1999. By honoring this legacy, Cremesp values the gold-standard method of training specialist physicians: the medical residency. More than that, it underscores the notion that medical residency is a moment of professional immersion in medical knowledge, according to the tripod of teaching, clinical practice and research. The latter often ends up being overshadowed during training, largely due to the barriers that exist to publish scientific work.

Indeed, for many physicians at the beginning of their careers, getting their manuscript accepted by a journal can seem otherworldly. Furthermore, the process itself is intimidating as the researcher must submit their work to the judgment of demanding reviewers and editors. Many manuscripts must be revised numerous times, which requires resilience. With JMRR, it is no different, as the reviewers and the editorial board value scientific rigor. However, this journal has an additional purpose compared to conventional scientific journals. JMRR offers a didactic environment that supports authors in the long process of reviewing their manuscripts, until the reviewers' requirements are met. The journal also offers translation resources to open the doors of the world to these authors. The goal, above all, is to learn. The final result is to produce an excellent manuscript.

Consolidating this project makes Cremesp very proud and demonstrates to society that the board considers science to be a pillar of its activities. Thus, more than just being consumers of new evidences, physicians must cultivate a critical spirit and scientific curiosity, in order to also be knowledge producers. We invite everyone to read JMRR hoping to awaken this interest in those who are still in the contemplative phase and need a stimulus to do research at the beginning of their careers. In addition, reading this journal is also an opportunity to critically review its articles, contributing with new conclusions, comments and/or hypotheses. By doing so, a virtuous cycle of knowledge exchange that results from scientific endeavor is created.

It is with these words of encouragement that we publish the second issue of JMRR. Doing science is not easy, especially in the context of medical residency, with so many duty hours, so much tiredness and so many sacrifices the resident must make. However, the feeling of reward for contributing to the advancement of science is immeasurable. Count on JMRR and on Cremesp to overcome these obstacles and to continue on this journey. Enjoy reading this issue!

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