

Editorial

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Welcome to the first issue of *The British Student Doctor*. The BSDJ is a peer-reviewed, diamond open-access, medical student journal, which was founded in March 2016, after securing funding from Cardiff University School of Medicine. We recruited and trained an editorial and management team of 15 students, as well as enrolling over 170 peer reviewers from across 4 continents. Within this time frame, *The British Student Doctor*, has reached over 20 UK medical schools, including several internationally. Between September and December, submissions were opened for this first issue, and we received many high-quality submissions. We have also created a YouTube channel, and have currently released two videos, which provide a general overview of the ethos and vision of *The British Student Doctor*. The journal was also presented at the Academy of Medical Educators' conference in London. It was very encouraging to receive such a positive response from medical educators from across the country.

In 2011, a study of over 500 medical students at 7 UK medical schools found that only 14% submit their work to peer-reviewed journals. (1) This statistic is poignant, as this reflects a lack of engagement by medical students in scientific publishing. Evidence-based medicine is the responsibility of every doctor, as it ensures that patient care and management coincides with the latest scientific developments. As medical students, we initially found it difficult to engage with the publication process, because the traditional medical school curriculum provides limited guidance in this field. The complexity of medical journals, and the high-level of expertise required for submitting manuscripts to journals, can be a barrier to participating in academic publishing.

The vision of *The British Student Doctor* is to create a platform for sharing the critical thought and creative flair of medical students, packaged in a simple, modern and accessible way. The aim of the journal is three-fold; firstly, to provide editorial board opportunities to medical students; secondly to engage students with the peer-review process; and finally, to give students the opportunity to publish their work into a journal that has a beautiful, modern and accessible design, whilst still maintaining its scientific rigour. *The British Student Doctor* aims to set the standard for journals moving into the future, which is evident through our marketing and social media presence.

Looking forward, one of our goals for The BSDJ is to obtain a PubMed ID. The reason for this requirement, is that indexing in PubMed is a sign of quality - that the journal's editorial process is credible, objective and transparent. Furthermore, that the research and discussion published within that journal has the rigour and originality necessary to impact on the field of research, and in turn, on clinical practice. PubMed indexing is also important to UK medical students, as it provides up to an additional 2 extra points on the Foundation Programme application. Once a PubMed ID is obtained, all articles previously published in The BSDJ will also be indexed, retrospectively, meaning that the benefits of a PubMed ID will not be missed by authors published in these initial issues.

Currently, the editorial and management board of *The British Student Doctor* is constituted solely of Cardiff University medical students and staff. In due course, we would like to have these positions filled by individuals from a variety of institutions, as we hope to have a diverse editorial board. It is also our aim to increase the multimedia presence of the journal through a YouTube series, to educate students on the editorial and publication process. Finally, we are working to design a smart phone application, so readers can access articles with greater ease from their devices.

The article featured on the front cover of this issue discusses a subject that is increasingly pertinent to health policy discussion - our ageing population. The author, a medical student at Cardiff University, Caitlin Young, discusses the experiences of elderly people in hospitals and provides a reflection on the changes that need to be seen, given the changing demographics of hospital wards. She poses the question; are the elderly "the silent generation", whose views are often not asked for, or are maybe forgotten?

Medicine can be a rewarding career, and there are diverse opportunities open to all medical students. However, with the intense competition that medical students face, it can be difficult for them to find their place within a medical career. In this issue, Professor Andrew Y Finlay discusses how to succeed in medicine. As a Professor of Dermatology, pioneer of the Dermatology Life Quality Index and co-founder of the *Journal of Dermatological Treatment*, alongside many other achievements, his career demonstrates the breadth and variety a career in medicine can offer. His editorial provides valuable insights and practical advice for career development, as well as methods for contributing to the improvement of clinical care.

One of the key aims in founding *The British Student Doctor* is to encourage more medical students to publish their work, and by doing so, improve patient care. Eleni Panagoulas, our Senior Original Research Section Editor, gives a simple four step process to publishing a successful original research article.

It is well known that there is a recruitment crisis in General Practice. Dr Peter Edwards, an Academic Foundation Year Two doctor in Bristol, presents an interesting discussion on this crisis, and why medical students should be wary of the negative stigma and attitudes towards this important, but often undervalued, speciality. Finally, Ffion James, a final year medical student at Cardiff University, provides the unique opportunity in medicine to combine revision alongside creative literacy.

Acknowledgements

Founding *The British Student Doctor* has been the result of a culmination of efforts, and there are a number of people that we wish to extend our gratitude to. Firstly, we would like to thank Professor John Bligh, the former Dean of Cardiff University School of Medicine, for his enthusiasm and support for The BSDJ. By providing our initial funding, it allowed us to align The BSDJ with our vision of a high-quality journal. We are also indebted to the continual efforts and support of Mrs Julie Browne, Senior Lecturer in Academic Practice at Cardiff University. She is not only one of our Faculty Advisory Board members, but also a mentor who has helped and guided us through every step of the process of establishing this journal. Her experience and knowledge is an invaluable asset to our team, and we are grateful for all the time that she has generously donated to us. We would also like to thank the rest of our Faculty Advisory Board, Dr Steve Riley, Dr John Ingram and Dr Debbie Cohen OBE, for their advice and support throughout the year, and their efforts to review all of the articles published in this issue.

Additionally, we would like to thank our publisher, Cardiff University Press, who have helped to guide the development of The BSDJ, as well as providing the Open Journal Systems software that powers our editorial process. We would also like to give a special thank you to Hugh Griffiths, a PhD student in the School of Journalism, Media and Cultural Studies. Hugh has been instrumental in creating the design and branding of *The British Student Doctor*, including our logo.

Thank you to Cardiff University School of Medicine, who have provided support on many different levels; thank you to the Finance Team for managing and processing our accounts, Caitlin Golaup for her encouragement and advice on promotion and posting on social media, and the Health Library staff for creating a space for our promotional materials.

Finally, we would like to thank all of the authors who have contributed to this issue, our peer reviewers, as well as the editorial and management team of *The British Student Doctor*. The publication of this issue is the achievement of a team effort to review the many quality submissions that we received.

We hope you enjoy reading this first issue of *The British Student Doctor*. If you have any ideas, thoughts or comments about any of the articles published in this issue, then please do get in touch via email, or through our social media pages. You can also submit a letter to the Correspondence team, and this will be considered for publication in our next issue, which will be published in June.

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