

EDITORIAL

How to become a leader in the medical profession

Joseph A. Bellanti¹, Mario La Rosa^{2,*}, Salvatore Leonardi³, Fabio Midulla⁴, Roberto Ronchetti⁵, Giovanni Piedimonte⁶

* Correspondence to:

mlarosa@unict.it

We are often asked by medical students and physicians-in-training *'How can I be successful in achieving success in the clinical and/or academic medical profession'*.

In particular, some are motivated solely by economic interests, others in acquiring greater leadership, and still others with the preferable incentive of being well-paid and well-respected leaders in their future chosen field of medical expertise!

To achieve success and leadership in the medical field, particularly focusing on both clinical and academic aspects, as well as economic growth, we can summarize our response with one sentence: *'Believe in your project from the bottom of your heart to achieve your ultimate high-quality results'*. The statement underscores the significance of having a deep and genuine conviction in the work or project you are pursuing. When you truly believe in what you are doing, it tends to reflect in the quality of your efforts and the success of its outcomes. Here is a breakdown of its meaning:

A belief in your project: to achieve the best results, it is essential to have unwavering faith in the value and purpose of your project. This belief fuels your motivation, persistence, and commitment to achieving excellence.

From the bottom of your heart: this phrase emphasizes the importance of sincere and genuine belief and the importance of integrity. It is not just superficial or fleeting confidence but a genuinely deeply rooted conviction that comes from your innermost feelings and understanding.

Achieving high-quality results: when your belief is genuine, and not solely tempered by economic gain, it positively impacts the quality of your life's work. You will be more likely to invest time, effort, and attention to detail, resulting in outcomes that stand out for their excellence.

In essence, this advice suggests that when you believe in your project with heartfelt conviction, you are more likely to pour your best efforts into it, leading to positive outcomes that are marked by their exceptional quality and impact.

We would also offer the following specific 10 recommendations and advice for motivated and aspiring medical students and physicians-in-training:

1. **Continuous learning:** always prioritize studying and staying updated with the latest biological, clinical, and methodological knowledge.
2. **Passion and ethics:** dedicate yourself passionately to your work, while upholding ethical principles in your interactions with patients and colleagues, always marked with respect for others.
3. **Vision and dreams:** cultivate a visionary mindset that allows you to imagine and develop innovative projects aligned with your dreams.
4. **Mentorship:** seek out mentors who excel not only in their scientific expertise but also as ethical and life role models.

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¹ Department of Pediatrics, Microbiology and Immunology and International Center for Interdisciplinary Studies of Immunology, Georgetown University Medical Center, Washington, DC, USA

² Full Professor of Pediatrics, University of Catania, Catania, Italy, Pediatric Respiratory Journal Editor in Chief

³ Department of Clinical and Experimental Medicine, Pediatric Respiratory Unit, University of Catania, San Marco Hospital, Catania, Italy

⁴ Department of Infant Motherhood and Urological Sciences, Sapienza University of Rome, Rome, Italy

⁵ Professor emeritus of Pediatrics, Sapienza University of Rome, Rome, Italy

⁶ Departments of Pediatrics, Biochemistry and Molecular Biology, Tulane School of Medicine, Office for Research of Tulane University, New Orleans, LA, USA

5. **Collaborative environment:** surround yourself with a dynamic and enthusiastic team that fosters knowledge exchange, competition, and collaboration.
6. **Self-promotion and management:** learn to effectively market your skills and reputation, increasing your visibility while also developing leadership and management abilities.
7. **Anticipate trends:** stay ahead by anticipating and implementing the latest developments in biology, epidemiology, or clinical practice.
8. **Align with passion:** choose your specialization based on your innate talents and interests, as genuine passion contributes to higher achievements.
9. **Opportunities and networking:** while dedication and competence are crucial, seize luck, special opportunities, influential connections, and relationships to propel your success.
10. **Personal agency:** while external factors can influence your journey, ultimately, you have the power to shape your own destiny and forge your own path.

As the Roman poet Sallustio wisely advises, which he attributes to Appio Claudio Cieci, '*Faber est suae quisque fortunae*' or 'Every individual is the architect of their own destiny'.

This axiom emphasizes the idea that individuals have the power to shape and control their own lives and outcomes through their actions, decisions, and efforts. It encourages self-reliance, personal responsibility, and the recognition that one's destiny is not solely determined by external forces but is influenced by the choices they make and the actions they take.

In summary, success and leadership in the medical field require a combination of continuous learning, dedication, ethical conduct, visionary thinking, effective collaboration, self-promotion, and seizing opportunities. By embracing these principles, aspiring medical professionals can build fulfilling careers that encompass both clinical excellence and leadership prowess.