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Short Communication

Professional update: The time demand

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In the world of clinical practice, things are moving incredibly quickly. In order to provide our patients with positive outcomes, it is imperative that we, as professionals, continually update and improve our clinical practices. It is claimed that "a day is lost if you don't learn anything new in it." Therefore, daily minor efforts should be made to maintain our knowledge and clinical practice skills as an updated version of ourselves. We must leave our comfort zone and do new things that we may not have done in the past for the same reason.

How to keep up with new information and techniques while managing the busy days of patients some of the concepts could be:

1. It's possible to read professional books in hard copy or soft copy to gain fresh ideas and to review what you've already learned.
2. Attending a training program for professionals, such as Continuing Medical Education, a guest lecture, seminar, workshop, conference, etc., can allow you to learn new information and network with other specialists in your industry.

3. Building a Professional Network: Stay in touch with the newest experts in your sector.
4. Attending seminars, workshops, and other educational activities will allow you to share your knowledge and abilities with others, allowing them to gain from your expertise.
5. Put everything you've learned to use.
6. Find a mentee or take a lesson from a mentor: Professional development is only possible within specified bounds. Then, we require a mentor or leader who has more knowledge and experience than we do. Making someone your mentor and attempting to learn from them is always a good idea. Be a mentor and advisor to your juniors or students (mentee).
7. Subscriptions to journals and periodicals allow you to stay current despite your busy schedule by automatically sending you all fresh updates in your profession on a regular basis.
8. Getting information about current events by visiting knowledge portals such as PubMed, Science Direct, J-Gate, Ovid, Pedro, Dare, Medline, Embase, etc.

Always remember that it is never too late to advance your career. New techniques, guidelines, and technologies are being introduced on a daily basis. I believe that, at the very

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least, we must accept the change and go ahead and update ourselves. We must think globally while acting locally.

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