

There is No Time Like Present-Being from Elf to the True Self

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ABSTRACT

In the past few years, pharmaceutical industries have been evolving fast along with enhanced ethics in conducting clinical trials to improve the quality of human life. The people like Biostatisticians, Clinical SAS Programmers etc. play a vital role in clinical trial studies to bring up the quality in reports by enhancing the existing analysis or macro-tizing the tedious tasks, in most cases, failure to bring hands-on-work up that's really worthy of sharing to a global audience, having had good situations and surroundings, feeling inspired from inside but failing to act out is because of lacking something to downgrade their spirits. People often fail to think "What Exactly is Needed to Write a Paper" than "What is Overrated by Themselves". This paper covers the worthy points that clear the air between these two declarative sentences. Going by human perceptions, people always expect to have some motivation or support or helping hand in some way to reach their goals. To fill in this motivation and bring up the transformation in people from being ignorant to enlightened, it includes all forthright notes that uplifts their spirits to take a self-initiation which further helps them to be a successful writer. Besides, it speaks up on what are the traits that one needs to exercise in daily life to improve their basic level of thinking on the things simple by nature but making expensive by thinking.

INTRODUCTION: MOTIVATION

Look around, there have been so many unsung heroes in each organization who have single-handedly dealt with complicated projects in terms of technical expertise or statistical knowledge and management skills but failed to project their voice to the global audience. This paper is not to enlighten or fill in wisdom in them on what they do not know but what they already know. We do so many things in daily work life but fail to observe on what we have been learning unconsciously. This is a small and vital effort to bring in awareness on what they become unconsciously in the process of justifying motivational line "There is always a patient waiting out there and the work we do makes a difference in their lives".

In your daily job, while generating SDTM, ADAM and TFLs, we often discuss so many repetitive things that are an integral part of Protocol, SAP and Specifications and make mental notes throughout the completion of the report. If you understand this cycle of steps that you do every day, these actually give you interesting learnings. To put a few of them in a nutshell and help ourselves to imbibe them to develop the qualities that a writer must have.

Before we take you deeper into this paper, we would encourage the audience to take a self-assessment questionnaire and assess themselves accordingly based on following queries; this would earn your confidence and judge on your half-nurtured skills.

Self-Assessment Questionnaire

- 1) Did you ever think of writing paper but failed to initiate? (Y/N)
- 2) Do you think you need great qualities like international authors who write novels, articles, etc.? (Y/N)
- 3) Have you already initiated but fail to find out right topic (Y/N)
- 4) Are you scared of your inabilities? (Y/N)
- 5) Did you ever initiate but failed to follow-up until its completion? (Y/N)

How to Self-Assess Yourself

- 1) If all of your answers are 'Y' then you certainly need to read this paper for further improvements.
- 2) If most of your answers are 'Y' then this would definitely take you on what we have actually been unconsciously learning.
- 3) If some or none of your answers are 'Y' then this would allow you to clear your illusions and strongly motivate you on further basic things.

This paper is trying to present different imaginary characters and be given voice-over to them to improve your self-esteem fighting against mental evil. Let us go by each one of characters and how they try to keep ringing on audience mind to fall them in a trap and how else a reader could face them with the bit of awareness.

HELLO, MYSELF PRE-EXISTING AE, I AM YOUR PHOBIA



It may tend to develop negative psychic in people in such a way preventing people from taking initiative to write a paper. We see so many brave cases knowing patients are already struggling from other side effects but still come forward to participate in clinical trials. This literally explains the way around that there could be some risk but worth taking. Besides, when we are in jeopardy situations, we initiate ourselves to take risks to make the project successful, it literally proclaims that you have already got rid of this Phobia. Just wake up, see and realize then this motto definitely makes you thought provoking and tune your mind saying “yeah, I have it in me, let me try”.

HELLO, MYSELF PLACEBO, I AM YOUR DEMON



This fears you like your-own-shadow that create psychological disorder in whoever is trying something new coming out of their comfort zone. Also qualities of him to penetrate psychological illusions, negative impressions on your mind so that you respond or react to it in negative way and further lead to a state of indecisiveness. This shadow traps patients minds to know how it is getting influenced rather than how it is actually working. In the same way, someone who has intentions to write a paper has nothing to do with “What is supposed to be written in the paper” but tuning their mind frequency to the right direction and to know “what I actually see then what I actually write”. With this awareness of your daily work, one can eliminate the negative impressions on their mind and can courageously say “Dear Placebo, I know very much of you and confident enough that I do not fall trap of you”.

HELLO, MYSELF POST-EXISTING AE, I AM YOUR CHRONIC INFERIOR SYNDROME



This is as simple as developing inferiority in the middle of nowhere and fails to put continued efforts until every last chance. Look at patients; they are heroes behind every drug that is being marketed today. We programmers and patients are mutually inspirational to each other. They will continue to show their bravery although struggling from AEs. Having been inspired from them, and also we had situations where you were inferior and thought you could not pull off your project earlier but you did it with your expertise, knowledge and skill of communicating with people, what you need now is to self-motivate and fill in belief that you could make it. Gather all of your courage and dare to talk to this imaginary beast and say “come what may, I see the end of you”.

HELLO, MYSELF FOLLOW-UP, I AM YOUR HYPERACTIVITY DISORDER



This is one's inability to focus gradually until completion of the paper. If we try to correlate this to our daily work in respective to follow-up, there could be some patients who are persistent and complete the study. There could be some patients who may not complete due to various reasons but what we actually know how important to complete the study and how this weights up to make judgments towards safety and efficacy of the drug, have we known these consequences, we feel bad sometimes towards insufficiency of data. This is actually another way of learning about our personnel lives about not giving up until it's completed and see what you have turned out to be before and after writing a paper.

After overcoming mental evils phase discussed earlier, following are array of actions that one need to pre-meditate before start of writing a paper.

HOW TO SELECT A TOPIC

Let us time travel into the past, open your mail box. There have been many situations you could have repeatedly discussed with statisticians or client on certain analysis in terms of selecting data, deriving variables, way of doing analysis and the conclusions that have drawn from the report. This could be source of selecting a topic, what else are you waiting for, you have topic, knowledge, opinions, expertise of statisticians, some discussion e-mails and pros and cons of doing analysis with some examples, It's time to put all this beautiful knowledge into your words and give a voice in front of a Global Audience.

HOW TO GIVE A FANCY TITLE

Giving the right title and yet to make it catchy is very important to make audiences glued to their seats, this is something that comes with out-of-box thinking along with passion towards the work we do usually, also the subject of interest how we inculcate in ourselves. In relation to selection of a topic, this is more of your subject line that would actually give you an idea on making the title, while we write e-mails, we tend to choose meaningful subject lines for the recipient to understand, grasp and act quickly. You have done this in many cases in your career, just pull those e-mails out and get the title done.

HOW TO WRITE THE ABSTRACT

This part of paper looks very simple but there are challenges involved in it. This is one way of saying when we write e-mails and we would like to express at the bottom of e-mail what we want to take from the recipient or what we want to give to the recipient, this involves the ability to foresee things like what is the purpose of the paper and how we are going to drive the concept and how do we end up with conclusions that are really necessary. This comes by your ability to write e-mails in a beautiful way. We all must have written such e-mails many times and possessed this quality, just realize we already have and put words together with enthusiasm.

This paper leaves you at this this level of discussion and you could have felt like things discussed earlier already made you want to think about writing a paper mentally. It means that you have come to a state that you need self-motivation further and so encouraging a reader to go back and read from the INTRODUCTION again.

CONCLUSION

This paper tries to awaken the wisdom in people and to bring the consciousness of what qualities they have been unconsciously possessing. To do this, we gave our voice in respective to the work we do rather than like a motivational speaker. We hope, the words that we had put together definitely are thought provoking to the audience and help them to come forward to establish themselves as successful writers.

To inspire each person from within, this paper tried to put words into a short story form of people who have been imaginary, hidden and unsung. With the help of the awareness in this paper and to make them real, open and noticed. You can see yourself now from 'Ignorant' to 'Enlightened', unsung to noticed then full evolution of being 'Elf' to 'True-Self'.



REFERENCES

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DISCLAIMER

The contents of this paper are the work of the authors and do not necessarily represent the opinions, recommendations and practices of Novartis Healthcare Private Limited and Inventiv Health Clinical.

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There is No Time Like Present-Being from Elf to the True Self, Continued

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