

Interview with Arber Gashi about the connection between clinical practice and research

Dear Mr. Gashi, you are currently a resident in internal medicine at the Klinikum Oldenburg and a research fellow in Geriatrics at the Department of Health Services Research where you are pursuing an MD/PhD. **Please briefly introduce yourself and your research project.** #00:00:17-0#

Arber Gashi: Thank you for the invitation. Yes, that is correct. I am currently pursuing an MD/PhD programme at the University of Oldenburg and at the same time I am working as a physician at the Klinikum Oldenburg at the Internal Medicine Department. I was born in Kosovo and as of March 2016, I moved to Germany to take part in an internal medicine residency. As of June 2021, I am also a researcher at the University of Oldenburg and started my MD/PhD programme in December 2021. My research project has to do with fall prevention and the main topic is identifying risk factors for falls in elderly people. More specific, we try to see the effects of a better fitness on the fall risk and fall rate. And of course, also the impact of acute strenuous exercise on fall risk and fall rate in elderly people. #00:01:42-2#

Why did you decide to pursue an MD/PhD at the University of Oldenburg? Please elaborate on both the MD/PhD degree and the decision in favour of Oldenburg. #00:01:51-6#

Arber Gashi: I was always interested in science, doing scientific work and teaching as well as a structured PhD programme. As the MD/PhD at the University of Oldenburg offers both, working in a scientific programme as well as taking part in teaching. Besides that, I moved to Oldenburg because it is a really nice city with a young university and with a young medical university and the chances of advancing further in my career were a perfect fit for me. #00:02:33-6#

Since May 2022 the University of Oldenburg has a Joint MD/PhD funding programme with the University of Groningen. **What opportunities do you see in this binational programme?** #00:02:46-2#

Arber Gashi: I have heard of it briefly and I think it is a great idea and a great programme. I personally don't take part in the Joint MD/PhD programme with the University of Groningen but I am open and willing to cooperate and get to know more. #00:03:08-1#

What would you like to do next in your career? #00:03:11-7#

Arber Gashi: The next steps would be to first finish my residency in internal medicine which will be in July 2024 and the MD/PhD programme also runs until July 2024. Then, I have to get settled and the next two years are crucial in planning my future. I didn't decide yet, what I am going to do with my future and I am going to take the things as they come. #00:03:46-1#

Do you have any advice for future MD/PhD students? #00:03:49-5#

Arber Gashi: Science is fun. Especially medical science and if you can find a programme that fits your passion in medicine then go for it. In this last year, it has been very fun for me working in a multidisciplinary team. It widens your spectrum of knowledge. It is a whole other world. And I would strongly suggest to do so. #00:04:32-5#