

RESEARCH NEXUS 2026



RESEARCH NEXUS
Empowering Minds, Igniting Curiosity

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join us in
April, May, June, and July



Table Of Contents

1. Organization Overview
2. Founding Story
3. Our Team
4. Milestones Achieved
 - Our Publications
 - Ambassadors
 - International Collaboration
5. Vision and Mission
6. Workshops We Offer
7. Details of Basic Insight Workshop
8. Details of Advanced Mastery Workshop
9. Details of CDC WONDER & GBD Workshop
10. Details of Network Meta-Analysis Workshop
11. Contact Us



ORGANIZATION OVERVIEW

Research Nexus is a student-run organization dedicated to elevating the standards of medical research in Pakistan. We aim to provide comprehensive research awareness and education to medical students across the country. Our focus spans a wide array of research methodologies, including narrative reviews, case reports, randomized controlled trials (RCTs), systematic reviews, meta-analyses, network meta-analyses, CDC WONDER, and Global Burden of Diseases. By empowering the next generation of medical professionals with advanced research skills, we aspire to set new benchmarks in the field of medical research, particularly within Pakistan.

Founding Story

Research Nexus was founded four years ago by MUHAMMAD MOHSINKHAN and UMAIMAH NAEEM, students of JINNAH SINDH MEDICAL UNIVERSITY. What began as a simple initiative in 2023 to teach few students from karachi soon revealed itself as a powerful opportunity, spurred on by the positive feedback we received. Inspired by our Mentor, Dr Uzair Mehmood, we envisioned a future where Pakistan's research community could stand as a leader in Asia. Our ultimate goal is to significantly boost the country's healthcare sector by driving excellence in medical research.



Our Team



Meet Our Core Team FOUNDER

DR. MOHSIN KHAN

Leading Research Nexus as its Founding President has been one of the most fulfilling chapters of my journey.

The most rewarding part, however, is the feedback. Every message from a student sharing how a session clarified their concepts, how their first paper got accepted, or how they finally found direction in research—those moments make it all worth it. They remind me that the purpose we started with is truly being fulfilled.



Meet Our Core Team FOUNDER

DR. UMAIMAH NAEEM

I never imagined that a small thought of teaching just 10 students would one day grow into a thriving network of 1000+ students through Research Nexus.

Grateful to everyone who believed in this mission, trusted the vision, and became a part of this ever-growing community. The journey has just begun—and there's so much more ahead.



Meet Our MEDIA TEAM



ARAJ NAVEED

My experience with Research Nexus has been truly amazing. I've had the opportunity to learn from dedicated mentors while meeting my goals. I'm grateful to contribute my creativity to this platform.



HAFSA AHSUN

Working with Research Nexus has been a great experience for me. The environment is very motivating, and the mentors are always supportive and willing to guide. Through this opportunity, there have been many new things. It's happy to be part of such a positive and encouraging network.

At Research Nexus, we turn curiosity into publications. Meet the team dedicated to your success—because your journey in research is our greatest inspiration.



Meet Our Core Team CEO-RESEARCH NEXUS

SYED HASSAN ALI

Grateful to the founders for the opportunity to lead 90+ ambassadors from medical colleges across Pakistan as Chief Ambassador and overseeing operations as Managing Director, last year.

Now honored to be promoted to CEO of Research Nexus. Looking forward to greater responsibilities and continued growth of Nexus with my team.



Meet Our Team CHIEF MENTOR



ASMA AZAM

My journey with Research Nexus has been truly meaningful. From being an ambassador to mentoring postgraduate students, it has been a space where I learned, grew, and supported others in their research journeys. I am truly grateful to now step into the role of Chief Mentor, and it is an honor to be trusted with this responsibility. I look forward to continuing this journey by supporting, inspiring, and empowering more students to explore research and grow together within this amazing community.



Meet Our Team CHIEF MENTOR



MUHAMMAD SAAD KHAN

Working with Research Nexus as a mentor has been a truly rewarding experience. I had the opportunity to guide talented students, work with supportive colleagues, and contribute to publishing several research papers in high-impact journals. The students' enthusiasm and dedication made the mentoring journey both productive and inspiring. As I step into the role of Chief Mentor, I look forward to supporting both students and fellow mentors, strengthening collaboration, and continuing to build a strong research culture that promotes impactful and high-quality work.

Milestones Achieved

Since our inception, Research Nexus has organized numerous free and paid workshops, both online and offline. We have educated over **2500 medical students** from across **Pakistan, Nepal, and India** representing approximately 100+ medical colleges, in Sindh, KPK, Balochistan and Punjab. In addition to our educational outreach, we maintain a strong online presence through our **YouTube channel, @ResearchNexus**, and our **website, researchnexus.site**. We are also actively engaged on social media platforms, including Instagram, Facebook, and LinkedIn, where we continue to connect with and educate a broader audience.

Haris Bin Khalid
Central park medical College

"The Research Nexus workshop was incredibly insightful, and I gained substantial knowledge about systematic reviews and meta-analyses. One of the highlights of the workshop was being divided into groups, where Umaimah and Mohsin provided invaluable mentorship for our ongoing research projects. I am incredibly excited to attend more workshops organized by Research Nexus."

Zain ul Abedin
King Edward Medical University, Lahore:

"I took advantage of both the basic and advanced courses launched by Research Nexus to set a foundation in my research career. My mentors, Dr. Mohsin and Dr. Umaimah from JSMU, elaborated on the significant concepts through practical illustrations. I recommend beginners to avail themselves of this opportunity to leverage their career."

Amna Kamil
Jinnah Sindh Medical University:

"The course provided a comprehensive overview of research principles and was well-organized. The instruction was clear, and the resources provided were valuable for deepening research skills. Great work by Umaimah and Mohsin for mentoring us and giving their best."

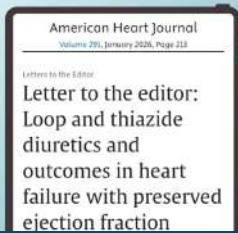
Mehwish Rubbani
University College of Medicine and Dentistry

"Overall, I had a great experience. The people in the Research Nexus team are extremely kind, supportive, and always willing to help, which made the learning process much easier and enjoyable. I truly appreciated their guidance and encouragement, and I would love to continue learning more about research with them in the future."

Our Publications

PUBLICATION ALERT

*Letter to the editor:
Loop and thiazide diuretics and
outcomes in heart failure with
preserved ejection fraction*



WILEY



PUBLICATION

**"A SYSTEMATIC REVIEW AND META ANALYSIS OF
RANDOMIZED CONTROLLED TRIALS ON THE BENEFITS
OF USING LACTOBACILLUS SUPPLEMENTS AS AN
ADJUNCT TREATMENT FOR HELICOBACTER PYLORI
ERADICATION"**

**Asma Azam , Muhammad Abdul Muqtadir Qurashi
Hafiz Shahbaz, Syeda Malaika , Muhammad Mohsin
Umaimah Naeem , Syed atif , Abdul Waheed**



IF: 4.6

PUBLICATION ALERT!

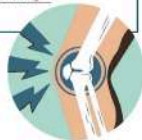
SBA Brazilian Journal of Anesthesiology (English Edition)
Volume 75, Issue 6, November-December 2025, 844694

Letter to the Editor
**Sex-specific considerations in chronic
osteoarthritis pain research:
commentary on Pacheco-Barrios et al.
(2025)**

Iara Panhwer¹, Anzolina Boshia², Safia Panhwer³, Kalpana Singh⁴

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PubMed



researchnexus.site

PUBLICATION ALERT

LETTER

**From incision to discharge: The role
of Enhanced Recovery After Surgery
(ERAS) in modern surgical care**



[Find all of our publications on Instagram](#)

Ambassadors Network

Research Nexus takes pride in our ever-growing Ambassador Network, spanning over **100 public and private universities** across Pakistan. Our ambassadors are passionate medical students and young researchers who serve as the bridge between Research Nexus and their institutions, fostering a culture of research excellence from the ground up. Together, they are building a vibrant community where knowledge, mentorship, and opportunity reach every corner of the country.

International Collaboration

Research Nexus collaborates with MDs and researchers worldwide, fostering international partnerships that bring diverse expertise and innovation together on a global platform.

We partner with international researchers to co-author systematic reviews, meta-analyses, and multi-center studies, connecting participants with global experts and publication opportunities.

Through our international network of clinicians and researchers, we provide participants with global mentorship—from research protocols to publication—guided by international best practices.

We facilitate knowledge exchange between Pakistani researchers and international experts through joint training and collaborative projects, elevating local research to global standards.

Vision And Mission

Our mission at Research Nexus is to empower Pakistan's medical students and doctors with the knowledge and skills needed to conduct impactful research. Our goal is to bridge the gap between medical education and practice by teaching students the fundamentals of research and connecting them with specialists in their respective fields. The role of the doctors is to provide the necessary data, while the students handle tasks such as writing, Institutional Review Board (IRB) approval, submission, and statistical analysis.

Strategic Goals

Educational Outreach: Expand educational programs to reach more medical students across Pakistan, providing them with the tools and knowledge necessary to engage in research.

Doctor Collaboration: Actively involve more doctors in our initiatives, creating a seamless integration between clinical practice and research.

Global Recognition: Position Pakistan as a key player in the global medical research community by consistently delivering groundbreaking research and fostering international collaborations.

Sustainability: Secure long-term partnerships and funding to ensure the sustainability of our programs

Workshops We Offer

Basic Insights Workshop

In this 10-12 days session, participants will gain foundational knowledge in key research methodologies, including cross-sectional studies, Letter to editors (LTES), Case reports, Audits, and the essentials of short communication. Designed for early-stage researchers, this course offers hands-on experience and guidance to develop strong research skills and produce impactful scientific work.

Advanced Mastery Workshop

Under the "Advanced Research Insight" program, we offer comprehensive training in advanced research methodologies, including meta-analysis, systematic reviews, and narrative reviews. This intensive 10-12 days session equips participants with the skills needed to conduct high-level research, analyze complex data, and produce impactful publications. Our expert-led sessions are designed to enhance your research acumen and foster critical thinking for success in academic and clinical research settings.

Workshops We Offer

CDC WONDER & GBD Workshop

In this 10-12 days session, participants will gain practical expertise in utilizing CDC WONDER and the Global Burden of Disease (GBD) dataset for epidemiological research. This workshop focuses on accessing, analyzing, and interpreting public health data to identify trends and disease burdens across populations. Designed for researchers and public health professionals, the course offers hands-on experience with data extraction tools and visualization techniques. Participants will develop skills to conduct secondary data analyses and produce impactful research.

Network Meta- analysis Workshop

In this 10-12 days session, participants will gain specialized knowledge in network meta-analysis, a powerful technique for comparing multiple interventions within a single framework. Designed for researchers aiming to produce high-impact evidence, this course covers indirect comparisons, ranking probabilities, and advanced statistical models. Participants receive hands-on training in software applications and interpretation of complex data networks. Ideal for comparative effectiveness research, this workshop equips learners to conduct robust analyses and contribute to high-level systematic reviews.

Details of **Basic Insight Workshop**

Event Summary

Item	Details
Tentative Dates	April 12–15, 2026
Duration	10-12 days
Fees	Without Mentorship: 4,500 With Mentorship: 5.500
Discounts	Available via promo codes
Courses Included	Cross-sectional studies, Letters to the Editor, Audits, Case reports, Short communications
Mentorship	Availbale on request

Course Outline

1. Foundations of Medical Research

What is Medical Research & its importance
Introduction to different types of journals
Types of research in medicine
How to formulate a research title

2. Literature Search & Access

Search engines for research
Boolean operators
How to access paid research articles for free
What is a Literature Review and how to conduct it

3. Research Planning

Steps of conducting research
Conducting research independently or with a doctor
How to write a synopsis/proposal
Tips, techniques, and importance of introduction writing

4. Methodology & Ethics

Data collection methods (sampling techniques)
How to design a research questionnaire
What is IRB, why approval is needed, and where to apply

5. Statistics & Software

Basics and advanced SPSS (descriptive stats, inferential stats, regression analysis)
R-programming

6. Writing & Publishing

How to write a manuscript
How to write a Letter to the Editor (LTE), case reports & case series
How to write a clinical audit

7. Presentation

How to make a research poster and present it orally

Notes

Mentorship option likely includes post-workshop guidance (e.g., manuscript drafting, publication support).
The workshop covers both beginner and advanced skills, from conceptualization to publication and presentation.
Promo codes for individual discounts may be available.

Details of Advanced Mastery Workshop

Event Summary

Item	Details
Tentative Dates	April 25–28, 2026
Duration	10-12 days
Fees	Without Mentorship: 6,000 With Mentorship: 7500
Discounts	Available via promo codes
Courses Included	Systematic reviews, Meta-analysis, and Narrative reviews
Mentorship	Availbale on request

Course Outline

Module 1: Foundations of Evidence-Based Research

- What is Evidence-Based Medicine (EBM)?
- Types of Research Studies (Descriptive, Analytical, Experimental)
- The Hierarchy of Evidence in Medicine
- Differences Between Meta-Analysis and Systematic Reviews

Module 2: Formulating the Research Question

- Formulating Research Questions (PICO Framework)
- How to Write Clear and Specific Research Questions

Module 3: Advanced Literature Search Strategies

- Introduction to Literature Search Strategies
- Selecting Databases for Literature Search (PubMed, Cochrane Library, etc.)
- Boolean Operators and Search Syntax
- Using MeSH Terms and Keywords
- Searching for Grey Literature and Unpublished Studies

Module 4: Study Selection & Data Management

- Screening Process for Inclusion and Exclusion of Studies (Rayyan AI)
- Data Extraction Process: How to Use Excel
- Addressing Data Quality and Risk of Bias

Module 5: Statistical Analysis & Programming

- Introduction to Statistical Analysis in Meta-Analysis
- R Programming for Meta-Analysis:
 - Installing and loading meta-packages (meta, metafor, dmetar)
 - Calculating effect sizes (OR, RR, MD, SMD)
 - Running fixed-effect and random-effects models
 - Generating forest plots, funnel plots, and Baujat plots
 - Conducting subgroup analysis and meta-regression
 - Assessing publication bias (Egger's test, trim-and-fill)
- Using Review Manager (RevMan) for Meta-Analysis
- Interpreting Meta-Analysis Results

Module 6: Certainty of Evidence & Reporting

- Accessing Certainty of Evidence (GRADE)
- Formulating Summary of Findings (SoF) Tables
- Formulating Meta Protocol on Reporting Standards Like PRISMA
- Registration of Protocol to PROSPERO

Module 7: Publication Strategy & Team Management

- How to Target Well-Known Journals for Publication
- Scheduling the Work Distribution Among Team Members
- Formulating a Work Ethic Rule to Submit the Article Within 45 Days of Learning
- How to Write the Manuscript According to Journal Guidelines to Get Published

Notes

Mentorship option likely includes post-workshop guidance (e.g., manuscript drafting, publication support). The workshop covers both beginner and advanced skills, from conceptualization to publication and presentation. Promo codes for individual discounts may be available.

Details of CDC-WONDER & GBD Workshop

Event Summary

Item	Details
Tentative Dates	June-July, 2026
Duration	10-12 days
Fees	Without Mentorship: 6,000
Courses Included	CDC-WONDER and Global Burden of Disease (GBD)

Course Outline

Module 1: Foundations of Public Health Data Systems

- Introduction to Public Health Data Sources
 - Overview of CDC WONDER and GBD
 - Understanding their purpose, mission, and role in evidence-based decision-making
- The Global Health Landscape
 - Key epidemiological measures: Mortality, morbidity, DALYs, YLLs, YLDs
 - How GBD and CDC WONDER complement each other for comprehensive analysis

Module 2: Navigating CDC WONDER

- System Overview and Interface
 - Navigating the CDC WONDER platform and understanding its databases (mortality, natality, cancer incidence, etc.)
- Building and Refining Queries
 - Formulating basic and advanced queries using filters (age, race, gender, location, time period)
 - Understanding and applying age-adjustment for rates
- Data Export and Management
 - Downloading and formatting data for analysis in spreadsheets and statistical software

Module 3: Understanding the Global Burden of Disease (GBD) Study

- Introduction to the GBD Consortium
 - What is GBD? Overview of the international research network and its collaborative framework
 - Understanding the GBD modeling flowchart and methodology
- GBD Metrics and Interpretation
 - Deep dive into key indicators: DALYs, YLLs, YLDs, and risk factors
 - Analyzing patterns, disparities, and trends across populations, sexes, and time
- Becoming a GBD Collaborator
 - How to register and access GBD resources
 - Understanding the training requirements and collaboration model

Module 4: Data Analysis & Visualization Tools

- GBD Data Exploration
 - Hands-on session: Using the GBD Compare tool to visualize health data
 - Exploring the GBD Results Tool for data extraction
- CDC WONDER Visualization
 - Creating charts, tables, and maps from CDC WONDER data
 - Best practices for presenting public health data
- Introduction to R Programming for Health Data
 - Using R for analyzing and visualizing data from both CDC WONDER and GBD
 - Basic data manipulation and plotting in R

Module 5: From Analysis to Publication

- Structuring Research Questions
 - Formulating research questions answerable with CDC WONDER or GBD data
- Targeting High-Impact Journals
 - Structuring analyses into publishable manuscripts
 - Understanding journal guidelines for database studies
- Data Use Policies and Ethics
 - Citation requirements and ethical use of public health data
 - Addressing data quality and limitations

Module 6: Advanced Workshop & Team Project

- Collaborative Research Project
 - Working in teams to formulate a research question
 - Extracting and analyzing data using CDC WONDER or GBD tools
- Scheduling and Team Management
 - Distributing tasks among team members
 - Formulating a work plan for timely manuscript submission
- Presentation of Findings
 - Presenting research results with data visualizations
 - Peer review and feedback session

Details of Network Meta-analysis Workshop

Event Summary

Item	Details
Tentative Dates	June-July, 2026
Duration	10-12 days
Fees	With Mentorship: 8,000
Courses Included	Systematic Review and Network Meta-analysis

Course Outline

Module 1: Foundations of Network Meta-Analysis

- Introduction to Network Meta-Analysis (NMA)
 - What is NMA? Definition and purpose
 - Distinguishing NMA from pairwise meta-analysis
 - When to use NMA: Clinical and policy decision-making contexts
- Core Concepts
 - Direct vs. indirect evidence
 - Transitivity assumption and its importance
 - Consistency vs. inconsistency in networks
 - Understanding network geometry and graphs

Module 2: Formulating the Research Question

- Extending PICO for NMA
 - Defining populations, interventions, comparators, and outcomes
 - Handling multiple interventions and multi-arm trials
- Protocol Development
 - Registering NMA protocols (PROSPERO, OSF)
 - PRISMA-NMA extension for reporting standards

Module 3: Systematic Review for NMA

- Literature Search Strategies
 - Comprehensive search across multiple databases (PubMed, Cochrane, Embase, etc.)
 - Identifying trials with multiple intervention arms
 - Searching for unpublished and ongoing trials
- Study Selection and Data Extraction
 - Screening using Rayyan AI or Covidence
 - Extracting data for multiple comparisons
 - Handling correlated data from multi-arm trials

Module 4: Risk of Bias and Quality Assessment

- Assessing Individual Studies
 - Using ROB-2 (Risk of Bias 2.0) for randomized trials
 - ROBINS-I for non-randomized studies
- Assessing Confidence in NMA Evidence
 - CINeMA (Confidence in Network Meta-Analysis) framework
 - GRADE approach for NMA

Module 5: Statistical Foundations

- Understanding Effect Measures
 - Odds ratios, risk ratios, mean differences, standardized mean differences
- Fixed-Effect vs. Random-Effects Models in NMA
 - When to use each approach
- Heterogeneity in NMA
 - Measuring and addressing heterogeneity

Module 6: R Programming for Network Meta-Analysis

- Introduction to R for NMA
 - Installing and loading NMA packages: netmeta, gemtc, BUGSnet
- Data Preparation
 - Structuring long-format data for NMA
 - Handling multi-arm trials
- Conducting NMA in R
 - Generating network graphs
 - Running fixed-effect and random-effects models
 - Obtaining league tables and ranking probabilities
- Advanced R Applications
 - Node-splitting analysis for inconsistency assessment
 - Meta-regression in NMA
 - Generating forest plots, rankograms, and SUCRA (Surface Under the Cumulative Ranking) plots

Module 7: Interpreting and Presenting NMA Results

- Network Graphs
 - Visualizing treatment networks
- League Tables
 - Presenting pairwise comparisons with confidence intervals
- Ranking Metrics
 - Understanding SUCRA and P-scores
 - Presenting rankograms
- Inconsistency Assessment
 - Global and local inconsistency testing

Module 8: Advanced Topics (Optional/Extended)

- Bayesian Network Meta-Analysis
 - Introduction to Bayesian methods using gemtc or BUGSnet
 - Understanding priors, convergence, and model diagnostics
- Network Meta-Analysis of Diagnostic Test Accuracy
 - Special considerations for diagnostic studies
- Individual Patient Data (IPD) Network Meta-Analysis
 - Overview and applications

Module 9: Publication and Dissemination

- Manuscript Preparation
 - Structuring an NMA manuscript
 - PRISMA-NMA checklist
- Targeting High-Impact Journals
 - Journals that publish NMA (BMJ, JAMA Network, Lancet specialty journals)
- Team Management
 - Distributing tasks among team members
 - Timeline management for submission within 45-60 days

Thank You

Join us on this journey, where your

passion for research meets a
community dedicated to shaping the
future of knowledge. Together, we
create impact!

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