

The HHS Training, which I completed through a series of e learning and quizzes help me understand the ethical consideration of research. I have to add that I am well versed in the origins of these principles because of my military service and getting a better reading about the tragedies that happened during WW2 and how we implemented certain things to make sure things like this never happens again but sadly it has happened since then but this is why we have this training to ensure we stay within the ethical bounds of medicine. By having the IRBs in place helps mitigate these ethical situations from ever arising. I did learn and appreciated the complexity of the regulations set in place, for example the minimum of 5 IRB members that include nonscientist to ensure diverse perspectives. I think this experience is very important for my future career in dietetics, public health or any other field. While taking the quizzes I found the feedback helpful and gave me direct feedback to help me understand what I may have misinterpreted.

One challenge I encountered while doing this training was the complexity of the regulatory language. Even though my wife is in law school and I know these concepts can be redundant and broad, I still found it overwhelming at first. I started to revisit the quizzes and questions multiple times, and I found by taking notes on the key definition help me retain these concepts. I did however enjoy learning this side of science because while some may find it dry, I like to learn about this kind of things along with researching afterwards about how it started and why. These was a high-quality very in-depth learning modules because it gave me a foundation idea for research integrity. This training gave me a clear sense of the professional skills needed to document and communicate with the IRBs but it's a crucial part of the process. I would recommend continuing this training but have more enhancements for engagement. Lastly, look forward to one day of using these skills to help navigate my future career in dietetics and be able to use everything I learned.

