

Clinician Survey: The Role of Dietary and Pharmacological Interventions in NAFLD/MAFLD

About Mankind Pharma

Mankind Pharma is one of India’s leading pharmaceutical companies, committed to delivering affordable and high-quality medicines. Established in 1995, the company operates with a mission to serve humanity by making healthcare accessible across urban and rural areas. With a strong presence in therapeutic segments such as antibiotics, gastrointestinal, cardiovascular, and gynecology, Mankind also leads in consumer healthcare. The company emphasizes innovation, ethical practices, and trust, impacting millions of lives globally.

Practical Exposure

- Conducted a structured survey with 235 doctors.
- Gained real-world experience in data collection and analysis.
- Learned how clinicians perceive diet, diagnosis & treatment of NAFLD.
- Improved communication, coordination, and professional behavior.
- Understood the real-time challenges doctors face in liver care

Theoretical Understanding

- Studied liver disorders, especially NAFLD & MAFLD.
- Understood the role of diet and pharmacological treatment (e.g. UDCA).
- Learned survey methods and ethical research practices.
- Gained insights into public health and clinical research concepts.
- Gain knownlaged about liver fibrosis and cirrhosis

Usefulness

- Developed real-world survey and research skills.
- Gained insights into doctor perspectives on NAFLD/MAFLD.
- Improved communication and professional interaction with clinicians

Major Learnings During Internship

1. Clinical Insights on NAFLD/MAFLD

Understood doctors’ perspectives on dietary and pharmacological causes and treatments of liver diseases.

2. Survey Design and Execution

Gained practical skills in preparing, distributing, and analyzing structured clinical surveys.

3. Doctor Engagement Skills

Improved communication, presentation, and persuasion skills while interacting with healthcare professionals.

4. Data Handling & Interpretation

Learned how to collect, clean, and draw conclusions from large-scale primary data (235 doctors).

5. Time and Resource Management

Developed efficiency in balancing multiple responsibilities within tight timelines.

6. Professionalism and Ethics

Understood the importance of respectful, ethical conduct in field-based healthcare research.

7. Real-World Application of Public Health Knowledge

Connected academic understanding of liver diseases with actual doctor practices and patient care trends.

Vision

To be a globally admired pharmaceutical company, recognized for its contribution to affordable healthcare, customer-centric approach, and a deep-rooted commitment to the well-being of society.

Mission

To make quality medicines accessible to all by manufacturing and marketing affordable pharmaceutical products. Mankind Pharma aims to improve people’s lives through ethical practices, innovation, and a commitment to excellence in healthcare.

SWOT Analysis

Strengths

- Direct interaction with 235 doctors across multiple specialties
- Real-time data from clinical practice
- Relevant and timely topic (NAFLD/MAFLD is rising globally)
- Improved communication and field research skills

Opportunities

- The survey give deep knowledge of NAFLD/MAFLD, diet, and medicines like UDCA.
- This kind of field experience will help to stand out in future pharma or healthcare interviews.
- Talking to professionals improved our confidence and public speaking.

Weaknesses

- Offline data collection introduced risk of missing/incomplete responses
- Questionnaire limitations: Couldn’t explore follow-up actions or treatment outcomes
- Some doctors had limited awareness of updated dietary links to NAFLD

Threats

- Doctors may not give enough time, making data quality less reliable.
- Some doctors may not be fully aware of updated NAFLD guidelines.
- Misinformation about diet and herbal remedies can confuse responses.

About Clinician Survey

This clinician survey aims to assess medical perspectives on the role of dietary factors—such as refined flour, high carbohydrates, saturated fats, salt, and certain herbal supplements—in the development of NAFLD/MAFLD.

It also explores current pharmacological strategies, including the use of UDCA. The insights gathered will contribute to a better understanding of screening practices, nutritional risks, and therapeutic approaches for improving liver health.

Challenges Faced During Internship

1. Limited Doctor Availability

Many doctors had tight schedules, making it difficult to get detailed responses.

2. Difficulty in Scheduling Follow-ups

Coordinating with doctors for feedback and repeat surveys was time-consuming.

3. Data Inconsistency

Some responses were incomplete or inconsistent, requiring repeated clarification.

4. Time Management

Balancing field visits, data entry, and reporting within internship deadlines was challenging.

5. Gaining Trust

Convincing doctors to participate and share clinical opinions required careful communication and credibility.

Suggestions for the Organization

1. Digitalize Survey Tools

Use mobile-friendly or app-based platforms to simplify responses and improve data accuracy.

2. Create Awareness Materials

Develop brochures or digital guides on NAFLD/MAFLD for patient education support.

3. Follow-up Mechanism

Establish a system for post-survey follow-ups to gather deeper clinical insights.

4. Intern Training Module

Provide a short orientation on professional communication before starting fieldwork.

5. Doctor Recognition

Acknowledge participating doctors with certificates or thank-you notes to boost involvement.

6. Issue Official ID Cards to Interns

Help interns gain credibility and trust during visits by providing proper identification.

