

Small Questions, Big Changes

During a recent international scientific meeting, while discussing Nepal's journey in advanced heart failure care, a question naturally emerged: Are we ready for heart transplantation?

The question appeared straightforward, but the answer proved more complex. Readiness was not simply about performing a surgical procedure. It was about building systems, creating awareness, training teams, developing trust, and cultivating a culture capable of supporting the next step forward. I realized that meaningful progress in medicine rarely begins with a single major event. It begins with preparation. It begins with asking the right questions.

The same may also be true for research: small questions, big changes.

Just as preparing for a future transplant program is not only about performing a complex surgery, the journey itself strengthens the entire system of heart failure care through better teamwork, training, and patient care. Research works in much the same way. Building a culture of research strengthens every component of clinical practice. Its value lies not only in the final publication, but also in the process of asking questions, learning together, and improving the way we care for our patients.

The current issue of the Nepalese Heart Journal reflects this continuum of scientific growth. Original articles seek answers through systematic investigation, viewpoints stimulate discussion and reflection, and case reports remind us that curiosity often begins at the bedside. Another encouraging development has been the growing effort to translate evidence into practice through consensus documents developed in collaboration with the Cardiac Society of Nepal. In a rapidly evolving field, such initiatives provide context-sensitive guidance and help bridge the gap between research findings and everyday clinical decisions.

There are also encouraging signs within Nepal's academic landscape. Across recent issues, we have witnessed growing scientific engagement, increased depth of inquiry, and improving methodological rigor. More importantly, we are seeing the development of a culture in which clinicians are not only consumers of evidence, but also contributors to it.

Hope is the heartbeat of progress. We may not always see immediate breakthroughs from every study, every observation, or every discussion published in these pages. Yet each question asked, each manuscript submitted, and each effort to generate evidence brings us one step closer to stronger cardiovascular care in Nepal.

Because in medicine, hope is not merely optimism; it is sustained by curiosity, strengthened by collaboration, and translated into progress through action.

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