**Tips for Young IT Researchers in The Medical and Healthcare Fields**

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Introduction

Researching and writing journals is one of the duties for researchers working in laboratories. However, it is not so easy for most young IT researchers in the medical and healthcare fields, because of their shortage of human relation, facilities, and know-how. My research experiences have taught me that there are some formulas to research efficiently. Finding research subjects is most important to get good results. Next one is selecting kinds of sensors and measuring data. The third one is selecting good academic conferences.

My ideal basic steps of research are as follows:
- 1st step: Making friends with medical personnel, establishing, and keeping a trust relationship with them.
- 2nd step: Finding hopeful research subjects. You must listen about troubles or problems from friends of medical workers and clear the true problems.
- 3rd step: Searching existing systems, tools, and references.
- 4th step: Observing patients to find what presents features of troubles or problems and selecting sensors to detect them.
- 5th step: Developing novel systems or tools, and measuring data using them.
- 6th step: Finding a good academic conference, such as IARIA, and attending it continuingly.

This tutorial introduces tips for young IT researchers to research efficiently based on my experiences.