



Challenges and Obstacles of Clinical Medical Education in Iran: A Literature Review

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Abstract

Background: Clinical education is vital for training competent healthcare professionals. In Iran, numerous obstacles hinder quality training and practical skill development. This study aims to identify key challenges in clinical medical education and proposes practical, evidence-based strategies to improve its effectiveness and overall quality.

Materials and Methods: This narrative review involved a comprehensive literature search conducted independently by two reviewers using both Persian and English keywords, including "challenges of clinical education," "medical education," and "quality of clinical education." The search covered reputable databases up to April 2025, including Scopus, PubMed, Web of Science, SID, CIVILICA, and Google Scholar. Relevant data were systematically extracted, analyzed, and categorized into key themes encompassing challenges, impacts, and solutions in clinical medical education.

Results: Clinical medical education in Iran faces multiple interconnected challenges that undermine its overall quality. These challenges include overcrowded and inadequately equipped clinical environments, curricula that lack alignment with practical clinical needs, and weakened faculty-student relationships that negatively affect motivation and engagement. Insufficient educational infrastructure further impedes effective training in evidence-based medicine. Additionally, assessment methods predominantly emphasize rote memorization rather than promoting critical thinking and practical skills. The COVID-19 pandemic has also further limited clinical access. Addressing these issues calls for comprehensive reforms focused on improving infrastructure, modernizing curricula through competency-based training, enhancing faculty development with an emphasis on mentorship and psychological support, implementing structured communication tools, and strengthening academic-clinical collaborations.

Conclusion: Clinical medical education in Iran faces challenges such as inadequate infrastructure, misaligned curricula, weak faculty-student communication, and outdated assessment methods. Improving infrastructure, emphasizing practical skills, enhancing support systems, and adopting competency-based assessments are essential to elevate education quality, prepare competent healthcare professionals, and promote community health.

Key Words: Clinical education, Clinical assessment, Educational challenges, Iran, Medical students.

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1- INTRODUCTION

Clinical education in medical sciences plays a vital role in training competent and skilled professionals by bridging theoretical knowledge with practical skills and preparing students to face the complexities and real-world challenges of healthcare (1, 2). Given the rapid advancements in medical sciences, emerging technologies, and the dynamic, evolving needs of society, there is an increasing need for continuous review of educational structures, teaching methods, and assessment approaches to meet new expectations and enhance the effectiveness of training (3, 4).

Innovative educational approaches, such as evidence-based learning, skill-oriented methods, and continuous support for students in clinical settings, have created numerous opportunities to improve the quality of education (5–7). Furthermore, fostering greater collaboration between faculty and students and creating a supportive and motivating environment are important factors for professional growth and enhancing students' learning motivation.

In Iran, the medical education system is undergoing transformation and development. Despite challenges such as curriculum misalignment, infrastructural limitations, and equipment shortages, there are substantial capacities for reform and advancement (2, 8, 9). Enhancing coordination between theoretical and clinical education, utilizing modern technologies, and focusing on training students capable of addressing complex clinical problems are key priorities to ensure improved education quality and to produce graduates responsive to societal needs (10–14).

Moreover, with the increasing burden of disease and the complexities of the healthcare system, there is a growing need for innovative mechanisms and continuous

improvements in educational programs. In this context, effective interaction between theoretical and practical components, along with sustained support for students, paves the way for better practical learning and greater enthusiasm for the medical profession (15–17).

Accordingly, reviewing the current status of clinical education, identifying opportunities, strengths, and existing challenges, and proposing efficient, evidence-based solutions can provide a suitable foundation for advancing this field and ultimately improving community health and the quality of healthcare services (4, 18–21).

This study aims to identify the challenges and barriers in clinical education of medical sciences in Iran and to propose practical, evidence-based strategies to improve its quality, ultimately supporting the training of a competent and dedicated healthcare workforce.

2- MATERIALS AND METHODS

2-1. Study Design

This study is a narrative review aimed at analyzing and summarizing existing evidence on the challenges, barriers, and strategies to improve the quality of clinical education in medical sciences in Iran. A comprehensive and systematic search was conducted across reputable international and national scientific databases, including PubMed, Scopus, Web of Science, Magiran, CIVILICA, and Google Scholar. To ensure thorough coverage, a combination of Persian and English keywords such as “clinical education,” “medical sciences,” “challenges,” “barriers,” “quality of education,” “Iran,” and related terms was used. The search period was limited to studies published up to April 2025 to include the most recent evidence.

2-2. Article Selection Process

An initial screening of titles and abstracts was independently performed by two researchers. Full texts of articles meeting the preliminary criteria were then carefully reviewed. In cases of disagreement, resolution was sought through discussion between the two reviewers; if consensus was not reached, a third reviewer was consulted to make the final decision.

2-3. Inclusion and Exclusion Criteria

Included studies directly addressed clinical education in medical sciences in Iran and explored challenges, barriers, opportunities, or strategies for quality improvement. Articles unrelated to the topic, duplicates, low-quality studies, and supplementary reports were excluded to ensure relevance and credibility. The inclusion criteria encompassed primary research studies, review articles, qualitative, quantitative, and systematic studies published in Persian and English. The geographical focus was limited to Iran; studies conducted outside this context or unrelated were excluded. Additionally, articles lacking sufficient detail, of inadequate quality, non-peer-reviewed reports, news articles, duplicates, and publications in languages other than Persian and English that were inaccessible for review were excluded. This rigorous selection process was designed to ensure authenticity, relevance, and high data quality for evidence-based analysis.

2-4. Quality Assessment

This review evaluated diverse study types—qualitative, quantitative, systematic, and review articles—focused on clinical medical education in Iran to ensure validity and reliability. Quality appraisal was tailored to each study type: qualitative studies were assessed using the Critical Appraisal Skills Programme (CASP) framework, which evaluates methodology, clarity, rigor in data collection and analysis, and trustworthiness of findings (22). Review

and systematic studies were evaluated based on PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines to ensure transparent reporting, comprehensive search strategies, appropriate inclusion criteria, and minimization of bias throughout the review process (23).

2-5. Data Extraction and Analysis

Two independent reviewers systematically extracted and recorded key information from the selected articles. The data were then organized and coded according to main themes such as challenges, barriers, strategies, and related topics. These organized findings are presented in **Table 1** and discussed in detail in the results section, offering a coherent and comprehensive synthesis.

2-6. Ethical Considerations

As this study is based on the review of published literature and does not involve primary data collection, ethical approval was not required. Nevertheless, intellectual property rights and accurate academic referencing of all sources were strictly observed to uphold research integrity.

3- RESULTS

The challenges in clinical medical education in Iran span multiple domains, including clinical environments, curriculum design, faculty-student interactions, infrastructure, and assessment methods. These interconnected factors collectively undermine the quality of medical training and negatively impact healthcare outcomes. Table 1 and the following sections summarize the main challenges, their impacts, and recommended strategies for improvement.

3-1. Key Challenges and Barriers in Clinical Medical Education in Iran

a) Clinical Environment and Infrastructure

- The quality of clinical settings is often inadequate, with overcrowded wards and insufficient educational and medical resources limiting students' practical learning experiences (24–26).
- Limited access to modern medical equipment and skills centers undermines effective evidence-based medicine (EBM) training (27, 28).
- Inequitable resource allocation and poor planning have caused disparities in educational opportunities across different regions (28, 29).

b) Educational Programs and Curriculum Alignment

- Iranian medical curricula tend to emphasize theoretical knowledge over practical skills and often lack alignment with clinical realities, resulting in gaps in graduate competencies (1, 30, 31).
- Inadequate clinical exposure leads to poor performance in practical assessments such as OSCEs, leaving students unprepared for clinical duties (30, 32).
- Evaluation methods focused on rote memorization hinder the development of critical thinking and practical competencies (27, 33, 34).
- Curriculum analyses reveal misalignment with labor market needs and insufficient implementation of competency-based education (35).

c) Faculty-Student Interaction

- Strained faculty-student relationships and lack of sufficient mentorship reduce student motivation and engagement (33, 34, 36).
- Lack of structured academic support and psychological counseling increases student distress and burnout rates (37–39).
- Similar challenges have been documented in nursing education,

where inadequate instructor support limits student learning (40–42).

3-2. Impacts on Educational Quality and Healthcare Outcomes

- Deficiencies in clinical skills result in reduced readiness for clinical practice and increase the risk of medical errors (43–47).
- Insufficient practical training negatively affects the quality of patient care and has long-term public health consequences (47–49).
- Decreased satisfaction and motivation among students threaten the quality of the future healthcare workforce (50–53).

3-3. Strategies to Improve Clinical Medical Education

- Strengthening infrastructure through adequate funding, modern clinical skills centers, and improved resources is essential (54–57).
- Curriculum reform should focus on competency-based training, practical skills, patient-centered care, and integration of evidence-based medicine (2, 27).
- Faculty development programs emphasizing mentorship skills, humanistic teaching, and structured psychological support can enhance student engagement and reduce burnout (34, 37, 59, 60).
- Revamping assessment methods to incorporate OSCEs and workplace-based assessments with continuous feedback fosters effective skill acquisition (30, 61).
- Enhancing academic-clinical collaboration via joint teaching and structured communication can better align learning goals and bridge the theory-practice gap (62–64).

Table-1: Summary of Challenges, Impacts, Proposed Strategies, and Quality Assessment Results in Clinical Medical Education in Iran.

Domain	Key Challenges	Impacts and Outcomes	Suggested Strategies	References	Quality Assessment Results
Clinical Environment	Limited resources, overcrowding, inadequate infrastructure	Reduced practical learning, educational inequity	Investment in infrastructure and technology	24–29	Moderate to high-quality studies across qualitative and quantitative designs
Educational Programs	Theoretical focus, poor clinical alignment, outdated curricula	Skill gaps, low clinical readiness, poor practical assessment	Competency-based curriculum reform, increased practical training	1, 30–35	High-quality studies; consistent evidence despite some design variability
Faculty-Student Interaction	Insufficient mentorship, low motivation, weak academic support	Student distress, disengagement, reduced learning outcomes	Faculty training, structured mentorship, psychological support	33, 34, 36–39, 40–42	High-quality qualitative (CASP) and mixed quantitative studies support findings
Assessment Methods	Rote memorization emphasis, inadequate practical evaluation	Poor development of critical thinking and skills	Performance-based, continuous assessments, feedback loops	27, 61	Valid and reliable systematic reviews and mixed-method studies
Academic-Clinical Link	Weak collaboration, inconsistent communication	Theory-practice gap, compromised education quality	Joint teaching, structured communication tools	62–64	Limited but high-quality evidence (PRISMA) supports collaboration importance

4- DISCUSSION

Clinical medical education is fundamental to training competent and responsive physicians and plays a crucial role in improving healthcare quality. The findings of this study, supported by existing literature, highlight that clinical education in Iran faces multifaceted challenges across environmental factors, curriculum design, faculty-student interactions, infrastructure, and assessment methods. These interconnected barriers collectively undermine the effectiveness of training and ultimately the quality of healthcare delivery. These results are consistent with international research in medical education.

A key obstacle is the inadequate quality of clinical environments. Insufficient equipment, overcrowded wards, and the lack of well-equipped skills centers limit hands-on learning opportunities and reduce students' exposure to authentic clinical conditions (1, 2, 24). Similar global studies emphasize that the quality of clinical settings significantly influences the

acquisition of clinical skills and learners' confidence; deficient environments impair deep and meaningful learning (65).

Regarding curriculum design, there is a considerable mismatch between educational content and practical clinical needs. An overemphasis on theoretical knowledge at the expense of skill development and critical thinking results in graduates who are ill-prepared for clinical duties and perform poorly in practical exams such as OSCEs (30, 66–69). This issue aligns with findings from successful education systems worldwide that have implemented competency-based curricula focusing on skill acquisition, comprehensive assessment, and practical readiness (70–72).

Faculty-student interactions are also pivotal in fostering motivation and mental well-being. Inadequate mentorship, limited structured support, and impersonal educational relationships increase student stress and burnout, negatively affecting engagement and learning outcomes (39, 73). International evidence suggests that

supportive faculty relationships and positive learning environments substantially enhance learner motivation and educational success (74).

The consequences of these challenges are significant. Insufficient practical skills training reduces graduates' readiness to deliver quality care and increases the risk of medical errors (75–77). Similar international studies confirm that inadequately trained graduates adversely impact patient safety and satisfaction (78).

To address these issues, multifaceted strategies are recommended. Improving infrastructure by establishing and equipping specialized clinical skills centers, along with effective resource allocation, is essential (79). Curriculum reform towards competency-based education—emphasizing patient-centered care, practical skills, and integration of Evidence-Based Medicine (EBM)—is crucial (27, 80, 81). Globally, teaching EBM has been shown to foster critical thinking and enhance clinical decision-making (82).

Enhancing faculty development programs that focus on teaching skills, mentorship, and psychological support can improve student engagement and mental health (74, 83, 84). Revising assessment methods to expand OSCE use and incorporate workplace-based assessments with continuous feedback will promote deeper learning and skill mastery (30, 72, 85, 86).

Finally, strengthening academic-clinical collaboration through joint teaching initiatives and structured communication tools can bridge the theory-practice gap and increase curricular coherence. International experience highlights that integrated networks between academia and clinical sites enhance educational outcomes (62, 87–90).

In summary, overcoming current barriers requires a systemic and comprehensive approach, encompassing infrastructure

enhancement, curricular transformation, faculty empowerment, and robust quality monitoring systems. Implementing such integrated reforms will support the development of a new generation of competent, dedicated, and community-responsive physicians, ultimately improving healthcare delivery nationwide.

5- CONCLUSION

This study identified key challenges in clinical medical education in Iran across several domains, including the quality of clinical environments, curriculum alignment with practical needs, faculty-student interactions, infrastructure, and assessment methods. Insufficient facilities and modern equipment, an overemphasis on theoretical knowledge, and inadequate practical training contribute to reduced student preparedness for clinical practice and adversely affect the quality of healthcare services. Additionally, strained faculty-student relationships and a lack of psychological support diminish student motivation and increase the risk of burnout.

To improve the quality of clinical education, it is essential to strengthen infrastructure by investing in well-equipped clinical skills centers and reform curricula toward competency-based, practical, and patient-centered training. Enhancing faculty development in mentorship, teaching skills, and psychological support, adopting dynamic assessment methods such as OSCE and workplace-based evaluations with continuous feedback, and fostering academic-clinical collaboration through joint teaching and structured communication can bridge the gap between theory and practice and enhance curricular coherence. Implementing these strategies can facilitate the training of skilled, committed healthcare professionals and ultimately advance the clinical education system in Iran.

6- AUTHORS' CONTRIBUTIONS

Study conception or design: AB, and MG; Data analyzing and draft manuscript preparation: SJ, FA, and KS; Critical revision of the paper: AB; Supervision of the research: MG; Final approval of the version to be published: AB, SJ, FA, KS, and MG.

7- CONFLICT OF INTEREST: None.

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