How to Do Meaningful Research

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Question 1

Over 36 months of training, how much protected time is routinely available to fellows for research?

A. None, only case by case basis
B. 1-2 months
C. 3-4 months
D. 5-7 months
E. > 7 months
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Question 2

In your institution, do fellows have ready access to a statistician?

A. Yes
B. No
C. Not sure
What is MEANINGFUL research?

Sabeeda Kadavath @sabeedak1 · 23h
Replying to @FKeatingMD @ACCinTouch and 10 others
It would be an experience meaningful for the fellow and for the site. The trainee should have effective mentorship and support including regulatory support. There should be research output including presentations at meetings, peer-reviewed publications, and awards of grant funding.

Reza Karimianpour, D.O. @officialdrk12 · 16h
Replying to @FKeatingMD @EPeeps_Bot and 12 others
A meaningful fellow research project is one where the fellow participates or performs every step from IRB to Publication, including determining study objectives, variables, methodology, data collection, analysis, result interpretation, manuscript authorship, editing/publishing.

- Individualized – “fellow-centered care”
- The whole experience – from IRB to publication
- Output – presentation, publication
Question 3

In your institution, is there reliable intramural funding for fellow research?

A. Yes
B. No
“programs may place different emphasis on research, leadership, public health, etc.

It is expected that the program aims will reflect the nuanced program-specific goals for it and its graduates;

for example, it is expected that a program aiming to prepare physician-scientists will have a different curriculum from one focusing on community health.”

“some programs may concentrate their scholarly activity on quality improvement, population health, and/or teaching, while other programs might choose to utilize more classic forms of biomedical research as the focus for scholarship”

Background and Intent: Expose trainees to “how research is designed, conducted, evaluated, explained to patients and applied to patient care.”
In your program what is the overlap in QI or patient safety projects with expected fellow research?

A. None
B. Little
C. A lot
Our Experience with Fellows and Research

“Like other reputable institutions, we are constantly working to advance care.” Dr. Larry Hollier—LSU Health, Chancellor

- Fellowship Applicants:
  - Told of research requirement and multi-campus wide resources.

- Year 1 Fellows:
  - Asked to come up with something easy (e.g., case report) as well a longer term research interest project which can be completed within 3 yrs.
    - Prepare abstract by Labor Day for regional presentation.
  - CITI training/Basic statistical concepts via Office of Research Services.
  - Research and QI conference presentations.

Year 2 Fellows: Coalesce into 3 groups

- “I’m going into Private Practice… don’t foresee doing research.”

- “I’m applying for EP/IC/ etc…Can I join onto a project in progress that would bolster my application?”

- “I’ve got it from here, I’m going into academics. Can I get more research time?”
Keys to Success for Fellows:

• Build in protected time.
  – Ideally 1-2 months uninterrupted.

• Provide a motivating mentor.
  – “nothing drains away energy and enthusiasm like criticism and pessimism”

• Understand statistics.
  – ACC’s “How to Become a Clinical Investigator” conference.

• Participate in hospital quality improvement programs.

• Collaborate locally and beyond.

• Read all you can about the topic.
• Stay focused (work/life balance).
• Work on a topic that interests you.
• Start local.
  – Not all research endeavors will be accepted regionally or nationally.
• Finish the project!
DISCUSSION