

# Clinical Research Success

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# Keys to success in academic medicine

- Promotion
- Leadership positions
- External funding
- Prominent committee appointments
- Research collaborations
- Protected time

# What is clinical research?

- Research that elucidates human biology and disease, and its control

## Translational

Application of discoveries in the laboratory.

Pre-clinical development of human studies.

## Human Subjects

Systematic investigation  
- interventional or observational  
- that involves human beings as subjects.

## Epidemiology

Study and analysis of the patterns, causes, and effects of health and disease in populations.

# Skills required

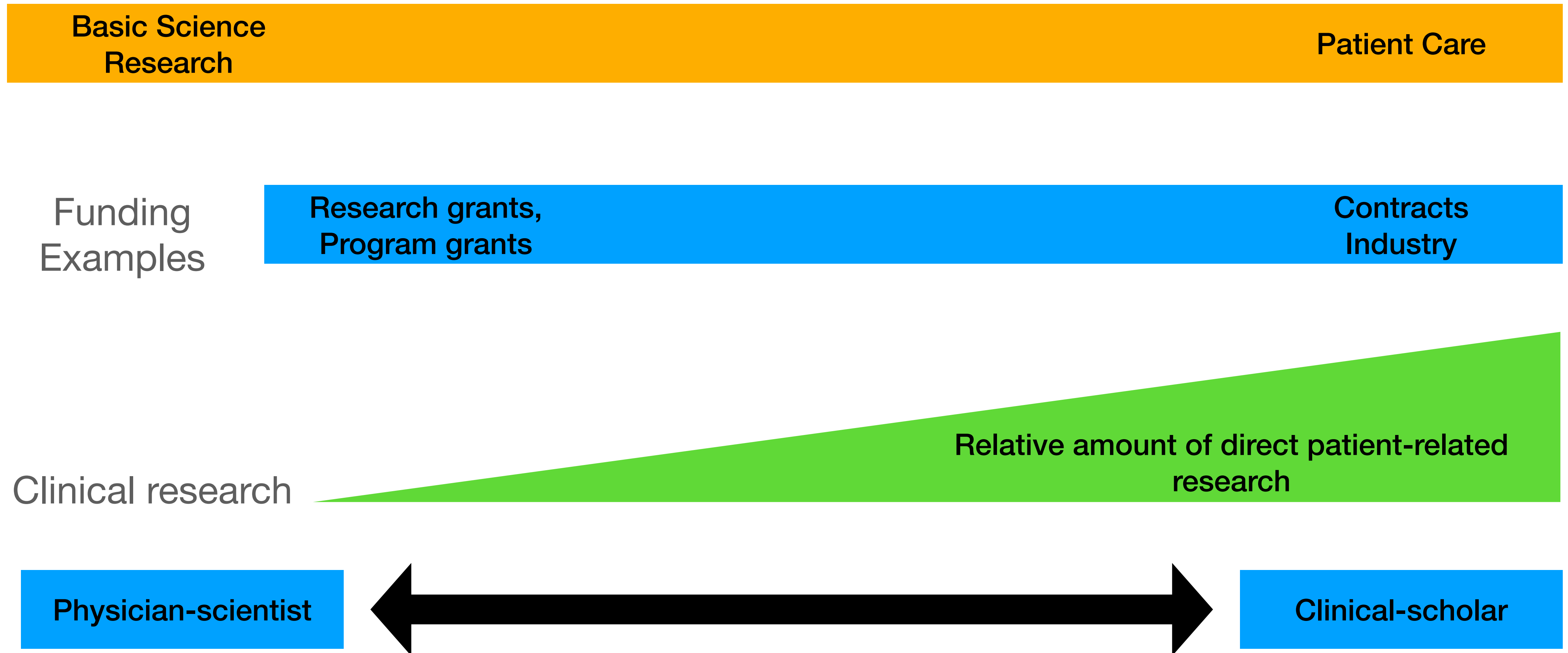
## Challenges to overcome

- IT know-how
- Communication skills
- Management and strategy abilities
- Knowledge of government procedures
- Conflict resolution

# Understanding barriers

- Barriers to clinical research for medical schools
- Larger personal debt
- Insufficient training in clinical research methods
- Delayed rewards
- Paucity of generous mentors

# Training pathways and funding



# 1. Get mentors (noun and verb)

- Research coach/mentor
- Expert in the field
- Positive about you and your career
- Track record of accomplishment
- Make sure the person is far enough along in their careers to share academic credit

## 2. Integrate research into service

- Critically choose an area of study :
  - that you are passionate about
  - that is important and feasible
  - with visible gaps in knowledge
  - wherein you can develop your own “niche”



# 3. The “clinic” can be your laboratory

- Consider how what you do every day can lead to study enrollment.
- Develop a detailed data base and maintain it as you go along.
- Submit the data base for IRB approval and follow careful human subjects protection standards.

# 4. Avoid time sinks

- Open ended meetings
- Cell phones
- Some committees
- Email
- Facebook/social media

**Beware of the tyranny of the urgent**

# 5. Get experience

- Join committees - SHOW UP TO MEETINGS
- Write - WRITE, WRITE, WRITE
- Find protected time - Follow the money/time

# What you can do for yourself

- Choose a topic you are passionate about
- Stagger projects (spread out time commitments)
- Choose projects which intersect (easier grant writing)
- Own your path to success – accountability is yours!
- Set goals and timelines.
- If you cannot commit to it fully, then do not do it!
- Invest in others – always share credit, support others.
- A thoughtful, careful, “no” can be priceless.

**Thanks!**