The Research Trajectory
Or, What to Do Now To Avoid Troubles Later

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Issue #1
What does your next 4 years look like?

- No Summer ‘Break’
- By October/November of next year (2020), will be focused (understandably) on Step 1
- After Step 1, start clinical rotations (spring 2021), many of which will be busy
- Spring/Summer of your 3rd year (2022) will be doing away rotations & subinternships, which are very time intensive and important.
- By Fall of 2022 your applications will be in and will be starting interviews...

So... when are you going to do that research?
Timeline for you, working Backwards

- Spring 2023 – Match into Residency! - Champagne, celebrations, enjoy freedom!
- Winter 2022 – Interview at Programs - Can give updates, if get interview
- ~ August 2022 – Submit application for residency - Your resume gets ‘locked’
- ~ Summer 2022 – Do Subinternships, Away Rotations - VERY busy time
- Spring 2021 - Start clinical rotations - Busy, but can build in research chunks
- October 2020 – Studying (understandably) for Step 1 - Time to focus on task at hand
- From August 2019 to October 2020 - Most ‘unaccounted-for’ time!

Every year from now until mid-Residency, unless completing extra degrees or a research year, you get busier
Issue #2
So you have a completed submitted paper... what next?

- Wait about 2 months to hear from journal
- If rejected, apply elsewhere, wait 2 more months
- If revision, have to revise and resubmit, wait 2 more months
- Once accepted, could have early epub, but not in print for ~6 months

Very likely that it will be about 6-12 months from time of first submission to publication in print!
Problem: Publication Takes Time
Countermeasure: Abstracts!

The bar for getting abstracts accepted is far lower and the time frame is far shorter than for completed manuscripts!
Which Meetings should I submit to?

Local
Regional
National
International
Problem: Time is Finite
Countermeasure: Efficiency

**Option 1:** Work hard for 2-3 years on one project. By time of residency application, it is either ‘in review’ or ‘in press’ but not in print.

**Option 2:** Work hard for 2-3 years on 1-3 projects. For each one submit 4-6 abstracts and 1-2 review papers. Submit first paper drafts once abstracts accepted, and likely 1-2 manuscripts will be in print by time of submitting ERAS... along with 8-12 other deliverables.

Concept: Be thinking from the beginning about ‘Deliverables’ and maximize the number per project.
My responses to you – How’s

How much time? **Consistently** 4-5 hours a week is certainly enough.

How to get involved? Research is an **efficient** pathway to mentorship.

How to find projects/PI? Ask people, look at prior Research Week... *use internet.* Be interested in topic! Don’t **rely** on email

How to be good mentee? Be teachable, tireless, tolerable, and team-oriented. Don’t ask for or require micromanagement. *Recognize the mentor’s perspective.* Don’t **rely** on email

New to research? **Totally fine!** See books on next slide.
My responses to you - Resources

OCTRI

Oregon Clinical and Translational Research Institute

OHSU Library

Workshops

OHSU Author Search

Everybody Codes!

Clinical Epidemiology
How to Do Clinical Practice Research

Basic & Clinical Biostatistics

Users' Guides to the Medical Literature
ESSENTIALS OF EVIDENCE-BASED CLINICAL PRACTICE
One person’s suggestions

• Coursework first! You are in medical school, not a Ph.D program
• Find mentors over the next 2-4 months
• In the field, identify deadlines for abstracts for meetings
• Try to have first abstracts by summer/fall 2020
  ... *Bonus for then having manuscripts to submit right after*
• Write at least one review paper whenever fits in
• Then take a brake from research, and **crush** Step 1
• Go into wrap up/follow up mode as hit the wards, use research blocks for focused work
• ... go to Departmental Research Meetings (segway...)