

10 tips for Achieving Success in Clinical Research for the Trainee

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1. Define “Success”

Why are YOU doing Research?

- Genuine Interest
- Education
 - Multifaceted clinician/scholar
 - Programme Requirement
- Career development/advancement
- Collaboration



2. Don't be intimidated by “RESEARCH”

- Doing research need not be difficult



Research during pediatric residency: predictors and resident-determined influences.

Ullrich N, Botelho CA, Hibberd P, Bernstein HH; Acad Med. 2003 Dec;78(12):1253-8

- 98% reported doing research prior to residency
- Interest in research during residency is high, but participation in research is low (18%)
- The most commonly identified influences to conducting research were:
 - availability of time (97%)
 - personal interest in research (84%)
 - availability of opportunities (76%)
 - mentors on hand (72%)

3. Be opportunistic

- Always be on the look out for potential research opportunities

“Research is to see what everybody else has seen, and to think what nobody else has thought”

*Albert Szent-Gyorgi (Hungarian Biochemist, 1893-1986);
1937 Nobel Prize for Medicine.*



4. Choose the right project

- Interesting to YOU
- A project that will help you
- Appropriately mentored
- Feasible
 - Realistic time line
 - Resources available – support, personnel and \$\$



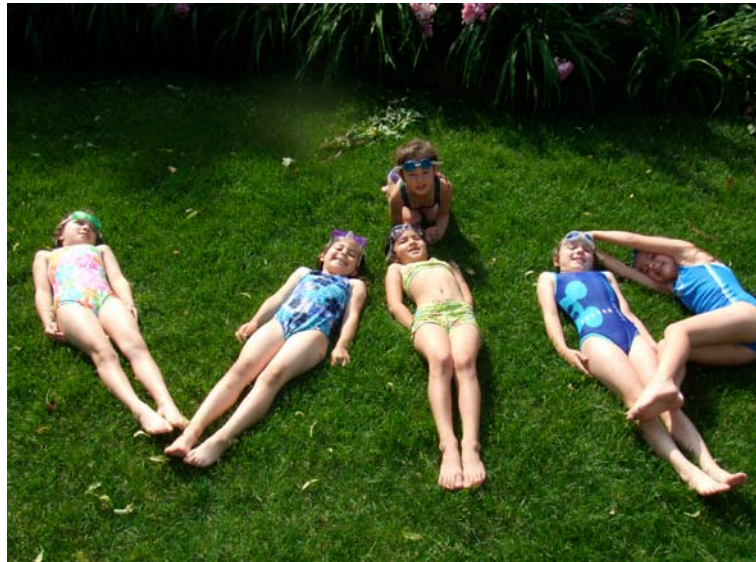
5. Keep it Simple (Clinical Research)

- ☑ Case Report
- ☑ Case Series
- ☑ Review article
- ☑ Critical Appraisal
- ☑ Knowledge translation activities
 - Quality assurance, practice guidelines
- ☑ Observational study:
 - retrospective chart review, cross sectional study

- ☒ Randomized controlled trial
- ☒ Too many projects
- ☒ Expensive Projects

6. Choose the right mentor

- one who will help you achieve “success”
 - <http://fhs.mcmaster.ca/pediatrics/>
- don't be afraid to “use” them
- Choose the right team/collaborators



7. Utilize available resources

Type of Award	Who is eligible	Deadline for application
McMaster Resident research award	Pediatric residents	April 30
RMA Research Scholarship	All residents	August 31
Travel Awards	Pediatric residents	Any time
St. Louis Family Fund	Pediatric residents	March 1
Winnipeg Annual Resident and Fellow Research Competition	2 candidates (1 resident and 1 fellow; 2 residents; or 2 fellows).	April 14, 2009
McMaster Child Health Research Day Award	Trainees (Residents, Fellows, medical students and Graduate students) who present at the Research Day	June
PSI Resident Research	http://www.psifoundation.org/resident_research.htm	Sept 11, 2009 (See website)
CSCI/CIHR	http://www.csci-scrs.org/english/awards-csci-cihr.htm	May 29, 2009 (See website)
PAIRO Trust Fund resident teaching award	http://www.pairo.org/Content/Default.aspx?pg=1293	
Numerous other funding and award opportunities are available from the McMaster Office of Research services (www.mcmaster.ca/ors/)		

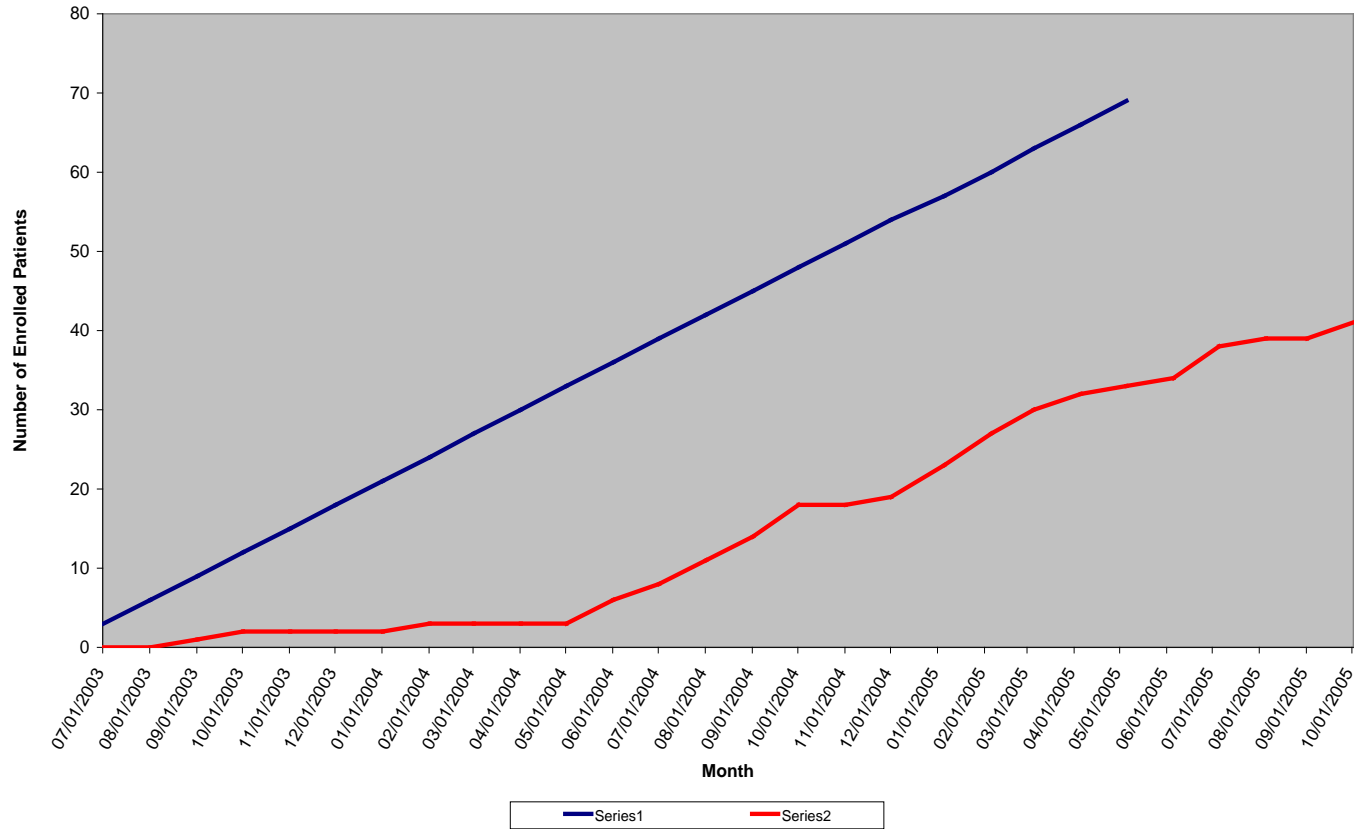
8. Set realistic milestones

*“If we knew what we were doing it wouldn't be research.”
Albert Einstein*

- Have realistic expectations
- Milestones for project execution
- Manuscript preparation and submission
- Present and Publish during your training!
 - Get mileage from your research
 - Impressive, looks great on CV

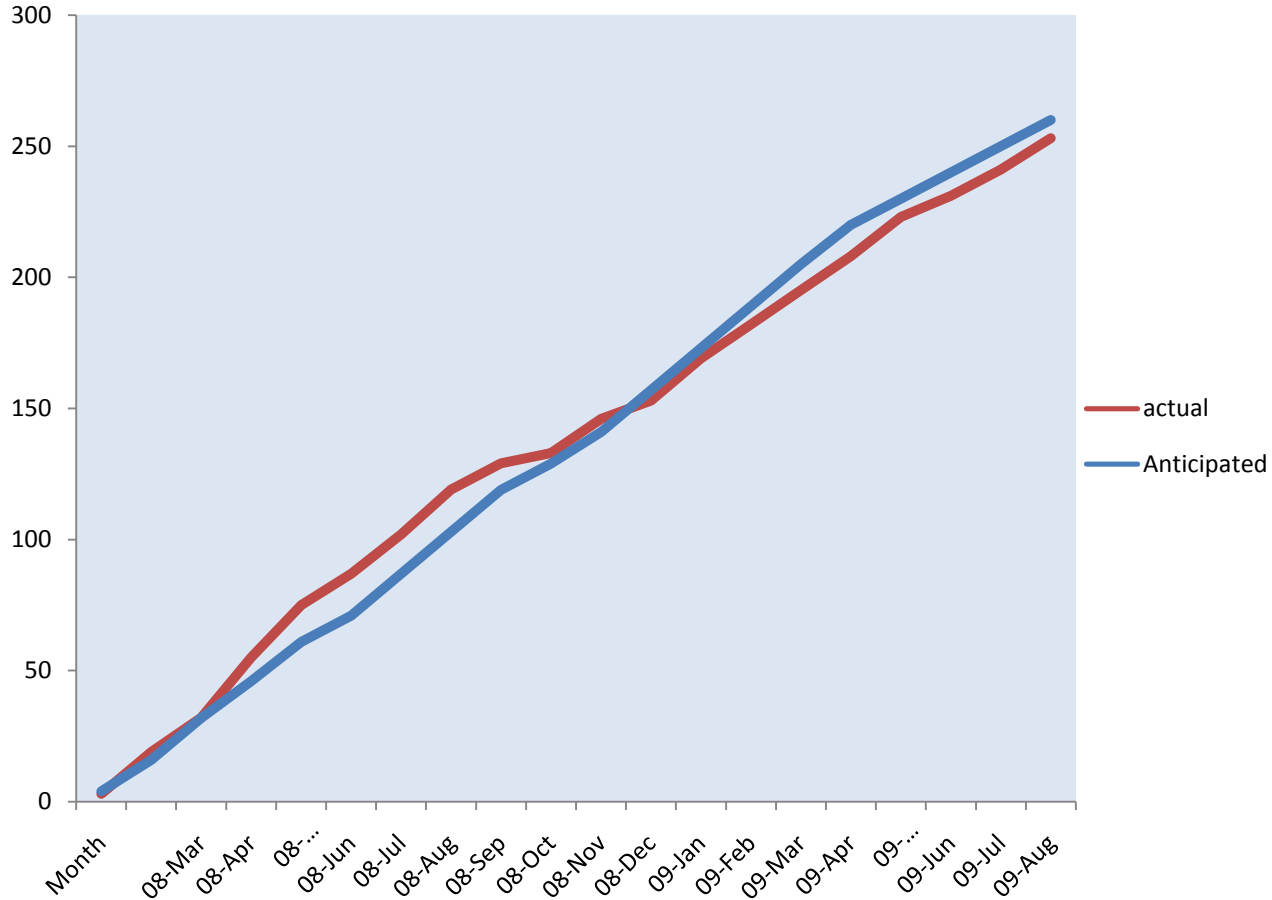
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Vasopressin (VIP) Multi-centred RCT Anticipated vs Actual Enrollment



8. Set realistic milestones

**Vasopressin (VIP) Multi-centred
RCT
Patient Enrolment Rate**



9. Future Goals

- Formal Training
 - Health Research Methodology
 - Medical Education
 - Combined residency/fellowship programmes
- Clinician Investigator Programme



10. Enjoy your Training

- Balance your lifestyle
(see “10 tips to Balancing Lifestyle”)
- Research is Rewarding!

