



# Child Health Research

Julia Morinis  
PGY 4 Pediatrics

20 October 2010

# Objectives

- To discuss my path to a career in research
- To discuss challenges and strategies to doing research in residency
- To discuss reasons WHY research is an important

*"Every path to a new understanding begins in confusion."*

**Mason Cooley**

# What is research?

- Systematic investigation to establish facts
- “Research” is an active, diligent and systematic process of inquiry in order to discover, interpret or revise facts, events, behaviors, or theories, or to make practical applications with the help of such facts, laws or theories.
- Something that they made me do in residency!

# Introduction


- Who

- What

- Why

- When

- Why



**WARNING!!  
DISCLOSURE**

# Thank you

Dr. Karen Choong

Dr. Rochelle Tucker

Dr. Jack Langer

Dr. Andrew Latchman

Dr. Michelle Butt

Dr. Fred Genesee

Ms. Maria Quigley

Dr. Bosco Paes

Dr. Moyez Ladhani

Dr. Mara Cole

Dr. Patricia Parkin

Dr. Martha Fulford

Dr. Prasanth Murthy



# Who?

Born in Vancouver  
Undergrad – McGill  
BA – Psychology

Medical school –  
McMaster  
Residency – Peds Mac  
MSc- Global Health  
Oxford University



**Undergrad  
Research  
asst. &  
thesis**

**Research  
idea in  
medical  
school**

**Published  
paper, oral  
presentation  
and interest  
sparked!**

**MSc in  
Global  
Health**

**Fellowship  
in Academic  
General  
Pediatrics**

# Where?

- At home
- At McMaster, Oxford, Sick Kids
- **Wherever I could find the mentorship I needed**

# When?

- Late at night
- Research electives
- 3<sup>rd</sup> year non-clinical residency leave

The background features a central horizontal band with a gradient from orange to yellow. Above and below this band are green areas with a repeating pattern of overlapping triangles pointing downwards.

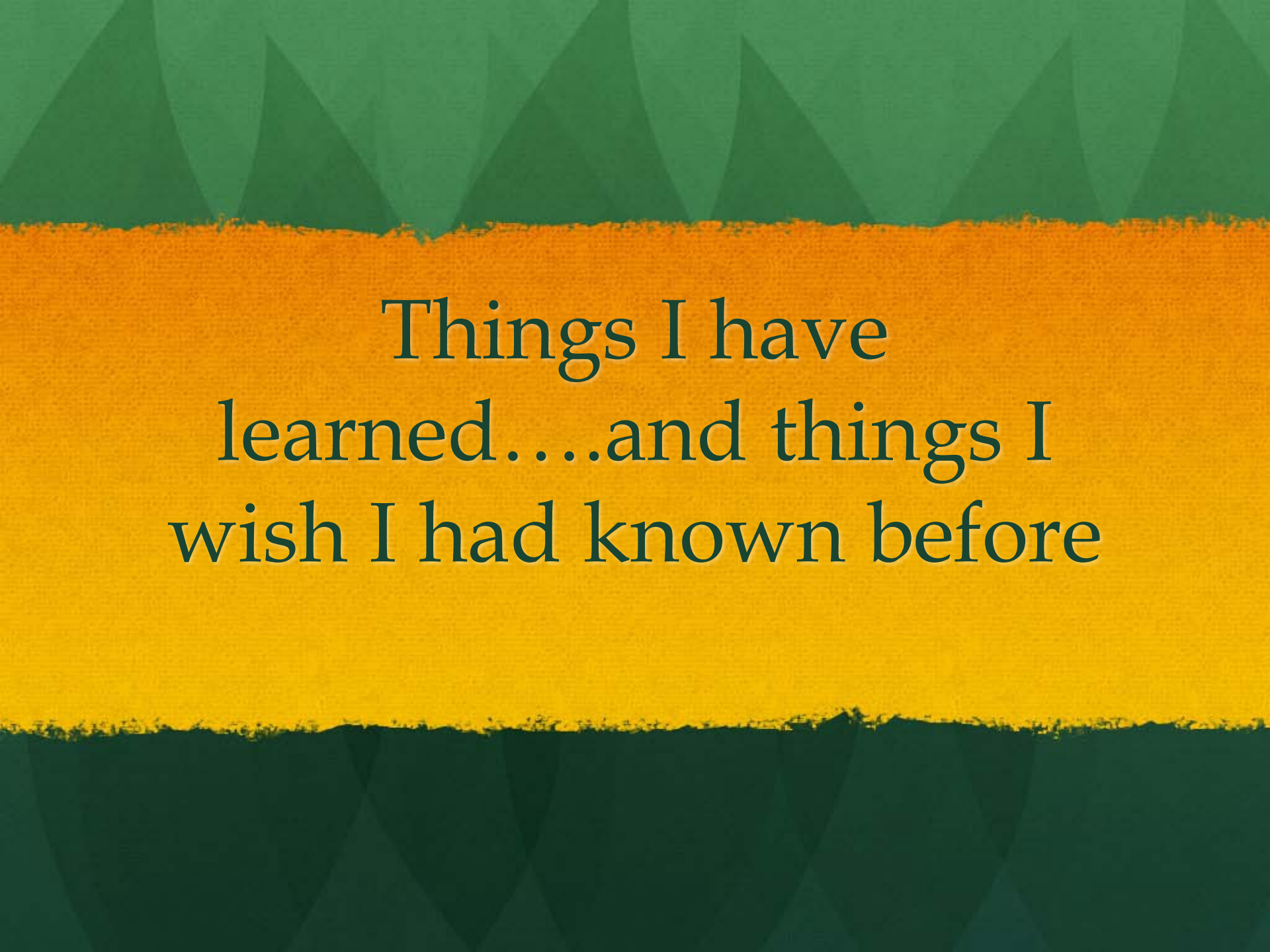
WHY?

# WHY NOT?

- I'm not a scientist
- I've never done it before
- Sooo hard and I really don't have any time

# WHY?

- Different for everyone and may not be for everyone
- To pursue your interests & answer your questions
- To learn something new
- To hone your problem-solving skills
- To challenge yourself in new ways



Things I have  
learned....and things I  
wish I had known before

# Lessons learned

- Don't give up
- Grab the mentor wherever they may be
- Small bites at first
- Choose something you are interested in
- Learn from your successes and your failures

# Steps to Success

- Work
- Think
- Read
- Write
- Speak
- Manage
- Question

# Conclusions

- No formula or path
- May or may not be for everyone
- Good mentorship is the key
- You can do it.....seriously!

[Julia.morinis@medportal.ca](mailto:Julia.morinis@medportal.ca)

Call anytime!



Thank you!