PRACTICAL ASPECTS OF LIFE AS A PHYSICIAN-SCIENTIST:
INNOVATION AND SUPPORT

n=1
North American Society of Pediatric Gastroenterology, Hepatology and Nutrition
Research Skills Conference
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Children's Hospital Colorado
Aurora, CO

Physician-scientist

Physician- help people feel better

Scientist- “discover ways to help people feel better”

Barry K. Wershil
Physician-scientist recycle themselves every 3-5... years

Innovation

Your talents
Present and to be acquired

Your passion
Blue sky and big dreams

Feasibility / Support
Present and to be acquired
Three Questions
• What are you good at?
• What is your passion?
• Are your goals feasible?

Academic stool
• Clinical Care
• Research
• Teaching
• Service

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Clinical care

“Every oak tree started as a nut that held its ground”

Anonymous

“Go fast, go alone; go far, go together”

African proverb

Academic stool

• Clinical Care
• Research
• Teaching
• Service

Research

• Knock down barriers to care

• “You have to be able to measure it, to change it.”

Robert Sandler
Academic stool

- Clinical Care
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- Teaching
- Service

Education

“Protect the future”

Robert J. Desnick

Academic stool

- Clinical Care
- Research
- Teaching
- Service
Service
“Give, save, spend”
Don Furuta

Service
• National / International
  – Academic society-NASPGHAN, AGA, PAS
  – Government-NIH, FDA
• Advocacy-CCFA, APFED, FARE
• Sectional, departmental, institutional
• Community

“Support”
Can you accomplish your goals?
  • Mentorship
  • Money
  • Infrastructure
  • Relationships
“Rivers”

- Baylor College of Medicine-Kay Motil, Bill Klish, Carlos Lifschitz, Rob Shulman
- Harvard Medical School-Allan Walker, Alan Leichtner, Barry K. Wershil, Steven J. Ackerman, Chris Duggan, Sean Colgan, Victor Fox, Sam Nurko, “fellows”
- University of Colorado School of Medicine-Ron Sokol, Mike Narkewicz, “fellows”
- Margaret Stallings, Bill Balistreri, John Barnard-NASPGHAN, Chris Liacouras, Phil Putnam, Sandeep Gupta, Mario Viera

“Support”
Can you accomplish your goals?
Mentors

Mentor-Mentee relationship
walk in front, beside and behind

“Pick one and stick with that person for your lifetime.”
Kay Motil
“Support”
Can you accomplish your goals?
Money

“If you don’t apply / ask, you will never get it!”

John Barnard

• Well diversified portfolio-\textit{alphabet soup}
  – Academia-NASPGHAN, AGA, ACG
  – Industry-industry driven, investigator initiated
  – Institutional
  – Philanthropy-decide on your approach
  – Advocacy

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\textbf{Qualifications and time commitment} & \textbf{Expectations} \\
\hline
National Institutes of Health & \\
Academia & \\
Institutional & \\
Industry & \\
Philanthropy & \\
Advocacy & \\
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“Support”
Can you accomplish your goals?
Money-(win-win!)

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“Support”
Can you accomplish your goals?

• Infrastructure-Finance, Compliance, Pharmacy

• Relationships-Section/Department/Institution
  “Be proactive, not reactive.”

W Allan Walker
Win-Win
“If you were in “their” seat, would this make sense?”

- What does the institution value?
  - ROI, it’s not all about you
- What do you have to give and at what stage can / do you give it?
- What can “they” do to help you achieve your successes?
- What can you do to help them achieve their successes?

Finish
“If it doesn’t get “published / presented / patented”, it never happened.”

- Work with people you like and respect
- Do you feel like you making a difference?
  “At least once a day, allow yourself the freedom, to think and dream for yourself.”

Three Questions
- What are you good at?
- What is your passion?
- Are your goals feasible?
Predicting scientific success

Daniel E. Acuna, Stefano Allesina and Konrad P. Korving present a formula to estimate the future h-index of life scientists.