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**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  
Washington D.C.  
October 11, 2015

Glenn T. Furuta  
University of Colorado School of Medicine  
Digestive Health Institute  
Gastrointestinal Eosinophilic Diseases Program  
Children's Hospital Colorado  
Aurora, CO



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**Physician-scientist**

**Physician- help people feel better**

**Scientist- "discover ways to help people feel better"**

*Barry K. Wershil*

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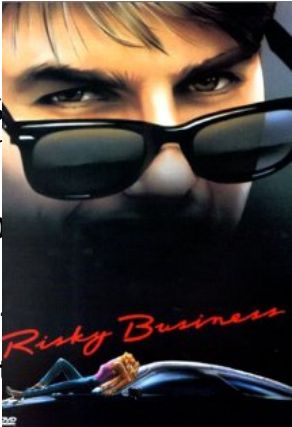
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- 2 %
- Sch
- \$20
- 25- studies may
- no

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Physician-scientist recycle themselves every 3-5... years




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### Innovation

**Barrier to care**



**Your talents**  
*Present and to be acquired*






**Your passion**  
*Blue sky and Big Dreams*



**Feasibility / Support**  
*Present and to be acquired*





[http://artofembodiment.com/wp-content/uploads/2010/08/Pic\\_See-saw\\_XSmall\\_opt.jpg](http://artofembodiment.com/wp-content/uploads/2010/08/Pic_See-saw_XSmall_opt.jpg)

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### Three Questions

- What are you good at?
- What is your passion?
- Are your goals feasible?

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### Academic stool



- Clinical Care
- Research
- Teaching
- Service

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### 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*

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## Academic stool



- Clinical Care
- Research
- Teaching
- Service

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## Research

- Knock down barriers to care
- “You have to be able to measure it, to change it.”

*Robert Sandler*

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## Academic stool



- Clinical Care
- Research
- **Teaching**
- Service

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## Education

**“Protect the future”**

*Robert J. Desnick*

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## Academic stool



- Clinical Care
- Research
- Teaching
- **Service**

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**Service**  
**“Give, save, spend”**  
*Don Furuta*

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**Service**

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

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**“Support”**  
**Can you accomplish your goals?**

- Mentorship
- Money
- Infrastructure
- Relationships

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**“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

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**“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*

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**“Support”**  
**Can you accomplish your goals?**  
**Money**

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


Center for Enteropathic  
Gastrointestinal Disease Research

*John Barnard*

- **Well diversified portfolio-*alphabet soup***
  - National Institutes of Health-N,F,K,R,P,U,CTSA-RFA’s
  - Academia-NASPGHAN, AGA, ACG
  - Industry-industry driven, investigator initiated
  - Institutional
  - Philanthropy-decide on your approach
  - Advocacy

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**“Support”**  
**Can you accomplish your goals?**  
**Money-(win-win!)**

	Qualifications and time commitment	Expectations
National Institutes of Health		
Academia		
Institutional		
Industry		
Philanthropy		
Advocacy		

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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*

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### Win-Win

"If you were in "their" seat, would this make sense?"

*Sean P. Colgan*

- What does the institution value?  
– ROI-, its 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?

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### Finish



"If it doesn't get "published / presented / patented", it never happened."

*Ron Sokol*

- 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."

*Albert Einstein*

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### Three Questions

- What are you good at?
- What is your passion?
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## Predicting scientific success

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

Nature 2012

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