


 

How to Get Started: Your First Study

Maria Oliva-Hemker, M.D.
Stermer Family Professor of Pediatric Inflammatory Bowel Disease
Director, Division of Pediatric Gastroenterology & Nutrition
Johns Hopkins University School of Medicine
Baltimore, MD


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Disclosures



- Abbott Immunology—research funding
- Hoffman LaRoche—consulting

Learning Objectives



- Learn what questions to ask yourself before starting your first study
- Understand the importance of surrounding yourself with the people that you need to perform research
- Be aware the resources needed to be able to complete your study

Job Positions of 3rd Year Pediatric GI Fellows (2007)



- 75% academic medicine
- 13% private practice
- 2% pharmaceutical industry

Qualia CM et al, J Pediatr Gastroenterol Nutr 2008

Pediatric GI Fellows Self-Assessed Confidence in Research and Teaching



- Felt more prepared for clinical work than for a career in research
- Felt more confident in their teaching skills than their research skills (P<0.0001)
- Felt they were at the “beginner” stage for writing grants, designing research protocols and conducting research projects

Qualia CM et al, J Pediatr Gastroenterol Nutr 2008

Questions to Ask About Your Study Before You Start



1. Am I studying an area that I am passionate about?
2. Is my question important and do I have a hypothesis?
3. Is my study able to be completed in a (relatively) short time period?
4. Will the results be publishable (in a good journal)?
5. Will this study help me achieve funding for future research?

Questions to Ask About You and Your Environment Before Starting Your Study



1. Do I have the necessary knowledge?
2. Do I have the right team surrounding me?
3. Do I have the necessary resources?

Do I have the necessary knowledge?



- Read, read, read!
 - Focus on high quality journals
 - Schedule a specific time
- Consider writing a review or case series
- Agree to be a peer reviewer for articles
- Attend meetings/conferences
- Consider taking writing skills classes
- Follow patients with diagnoses aligned to your research interests

9 Types of "Research Mentors"



<http://dentcartoons.blogspot.com>

Identify a Team of Mentors



- Mentorship is critical in academic medicine
 - Increases career success and happiness
 - Increases likelihood of greater research productivity, publishing
 - Provides access to a wider network
 - Helps with academic advancement

Other Team Members Besides Your Mentors

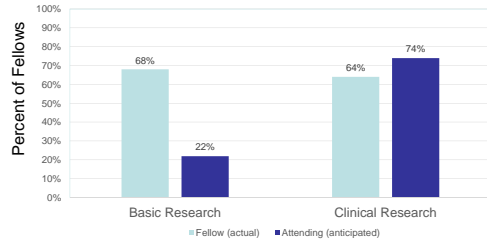


- Technicians
- Research coordinators
- Colleagues
- Biostatisticians/epidemiologists/informatics specialists
- Investigators at other institutions

Other Resources



Active vs Anticipated Research Activity of GI Fellows



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Protected Time



- Research will not be successful without protected time
- 75-80% protected time for laboratory based individuals
- 50% for clinical investigators if research involves patients they see in their clinical practice

Research Costs Money



- Supporting effort of individuals involved in the study
- Laboratory space
 - Supplies
 - Equipment
- Databases
- Processing of biospecimens
- Indirect costs

Regulatory Environment



- Human research protections
 - Institutional Review Board (IRB)
 - Privacy laws (HIPAA)
- Animal care and use programs
- FDA, NIH
- Institutional oversight



The REAL Roadmap to Success



Do Not Be Discouraged with “Failures”



- Experiments that do not work
- Clinical studies that do not have the expected “positive” results
- Failed grant applications
- Rejected papers
- “Scooped” research



Take Home Tips for Getting Started with Your First Study



- Choose a topic that is interesting to you
- Enhance your content knowledge and acquire additional training
- Identify the people, time and resources needed for your study
