

How to Survive and Thrive in Fellowship

Margaret Rosenfeld, MD, MPH
Department of Pediatrics/Pulmonary
Seattle Children's
UWSOM

Choices

- Fellowship is finally your chance to pursue what really interests *you*
- Have *passion* for what you work on
- Don't take an "elective" approach to your fellowship

Find Direction Early and Stay On Course

- Consider
 - Length of fellowship (2,3, >3 years)?
 - How much dedicated research time?
 - Are you planning on course work?
 - Where are you headed?
 - Physician-Scientist
 - Clinician-Educator

How Will You Divide Your Time?

- Patient care
- Research
- Course work
- Teaching
- Seminars and conferences
- Administration/leadership

Finding a Research Idea

- Draw your inspiration from the bedside or from life
- Do something important. Is the problem:
 - Frequent?
 - Severe?
 - Preventable or treatable?
- Do something that is feasible given time and resources
- Undertake a project that can lead to subsequent studies

How to Select Projects

- Based on goals
 - Acquire skills in research design, methods
 - Develop your agenda
 - Work with particular people
 - Feasible

Develop a Mission Statement

- Concise statement of what you intend to contribute
- Provides you with
 - Identity / Niche
 - Guiding framework for planning
 - Rationale for saying YES or NO

Mission Statement

I aim to improve our understanding and outcomes of early cystic fibrosis lung disease through epidemiologic studies, outcome measure development, and clinical trials

Have Objectives at 3 Time Points

- ~ 5 years: Big goal
 - To conduct a clinical trial of a respiratory treatment in young children with CF
- ~ 3 years: Worthy in & of itself
 - To conduct cross sectional and longitudinal analyses using existing data
- First Steps
 - To learn epidemiology & biostatistical analysis

Mentors are Key

- Mentors provide methodologic expertise, guidance, moral support, connections
- They are critical to success in academia
- They must be invested in your career
- You can (and should) have more than one

Choosing Your Career Path

- Important to consider early in fellowship so your training matches your long-term goals
- What will be your primary focus?
 - Patient care
 - Research
- Academics?
- Private practice?
- Other?

Goal Setting

- Base on your intended career path
- Be intentional
- Be realistic
- Use your mentors (including peer mentors)
- Set medium and long-term goals; don't live off a short-term to-do list

Applying for Grants: Why?

- Ultimately, necessary step in order to conduct independent research
- Useful skill to develop early
- Gives maximum flexibility in employment
- Successful funding = Academic happiness

Applying for Grants: How

- Start way ahead of the deadline
- Get copies of previously successful applications
- Share early ideas with mentors or collaborators
- Anticipate many revisions

Applying for Grants: Sources

- Foundations
- Pharmaceutical companies
- Academic Societies (APA, SPR)
- NIH (K- awards)
- Local hospitals, medical schools

Applying for Grants: K Awards

- KO8 mentored clinical scientist development award
- K23 mentored patient-oriented research career development award
- Up to \$75K salary support/yr for 3-5 years
- 75% time for research
- \$25K/yr for research expenses

Questions?