

# Resident Research: Perspectives of a DIO and Journal Editor

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# Goals

- ▶ Why is this important?
- ▶ Why should residents do research?
- ▶ What are the obstacles?
- ▶ What are the facilitators?
- ▶ What do we do next?

# My History

- ▶ My first publication came about when I complained to a faculty member about the vile taste of antacids after a bout of acid reflux in medical school. He asked me if anyone had studied taste of antacids, and when I learned that no one had, we devised a wine tasting type study for antacids. It was published as a Letter to the Editor in the NEJM.



# My History

- ▶ I later became interested in headache treatment because we were seeing many patients in the ED who demanded narcotics for their “migraines”. I was looking for an alternative and stumbled upon the use of intravenous ergot compounds. I decided to study them and decided to give prochlorperazine ( Compazine) as a premedication.



# My history

- ▶ After receiving the prochlorperazine most of the patients got better before I could give the ergot or placebo.
- ▶ I was stumped. “Are you sure the headache is gone? I haven’t given you the medicine yet”
- ▶ “Yup, it’s gone.”
- ▶ This led to a study of prochlorperazine vs placebo which ultimately was published in JAMA.

# My History

- ▶ Both examples illustrate some themes about scholarship and publication that we will consider later.
- ▶ Motivation- bad taste of antacids, frustration at headache treatment.
- ▶ Review of literature
- ▶ Study design
- ▶ Mentorship



# What is scholarship?

- ▶ Ernest Boyer Scholarship Reconsidered-1990
- ▶ Four types of Scholarship-
- ▶ Discovery
- ▶ Integration
- ▶ Application
- ▶ Teaching



# Why is scholarship important?

- ▶ Differentiates physician training from other health care providers
- ▶ Critical thinking
- ▶ Improves health care and health and maybe cost
- ▶ Individual growth



# Why should residents do research?

- ▶ Contribute to growth of knowledge in field
- ▶ Learn research skills which will help with literature analysis
- ▶ Identity development
- ▶ Support faculty
- ▶ ACGME requirement?

# What are the obstacles?

- ▶ Motivation
- ▶ Time
- ▶ Lack of mentors
- ▶ Resources
- ▶ IRB
- ▶ Lack of skills and experience
- ▶ Conflicting priorities- training, family, wellness, sleep.

# What are the facilitators?

- ▶ Mentors who help design doable projects
- ▶ Adequate time to accomplish project (dedicated months)
- ▶ Training- CTSC, fellowships, other training
- ▶ Ongoing Community of scholarship support
- ▶ Incentives-financial, time, travel, promotion
- ▶ Support for stats, IRB, writing and submission, research director.

# Next steps

- ▶ Consider broader definitions- literature reviews, case reports, quality improvement, patient safety.
- ▶ Team research projects
- ▶ Cost effectiveness
- ▶ Health services health policy
- ▶ Reconsider research requirements in ACGME based upon goals

# Final Thoughts

- ▶ Research can enrich residency or can be a burden.
- ▶ Resident research should address individual and program goals
- ▶ If a requirement, adequate time, resources, and faculty support needed.

