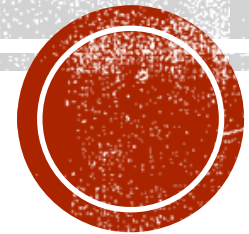


SETTING YOURSELF UP FOR SUCCESS

In Conducting Research



M. DeDonno Ph.D.

ALLEVIATING BARRIERS

- I know I have to get this done, but I find it hard to get motivated
- I have too many other responsibilities that are more important
- I should put this off until I have more time
- I don't like or find the act of research interesting
- I don't have the time to do research
- I don't have the knowledge or resources to do research



FACTORS THAT MAY IMPEDE SUCCESS

- Lack of Space
- Lack of support
- Lack of time
- Lack of knowledge
- Lack of interest
- Lack of patience



LACK OF SPACE

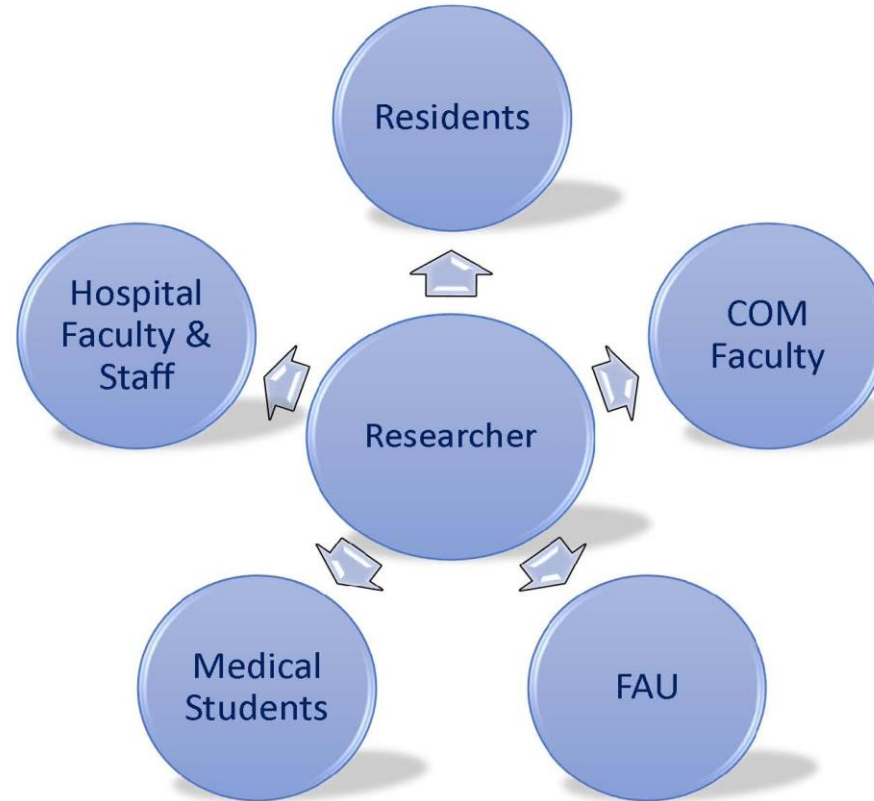
- Misplaced and/or poorly organized material can influence productivity and motivation
 - FAU OneDrive
 - Research Projects
 - Project 1
 - Project 2
 - Project 3



LACK OF SUPPORT

Collaborate360

Collaborate360 is an effective tool that can increase the breadth of knowledge and understanding of different approaches to solving a problem.

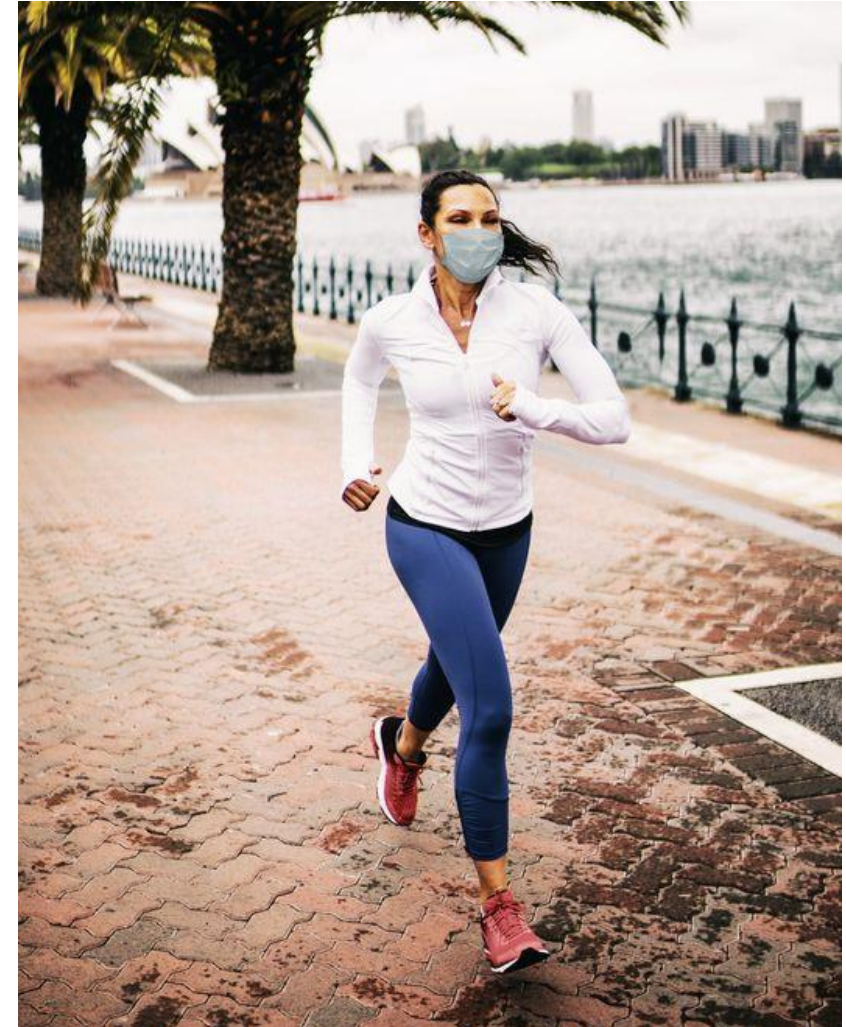


Collaborate360 - A process of considering potential collaborators within an environment. Consider collaborations with College of Medicine faculty, hospital faculty, residents, medical students, and FAU faculty in other colleges such as the College of Education, and College of Nursing.



LACK OF TIME

- I'm so busy, I don't have time to conduct research
 - I'll bet I can change this belief!
- It's not a sprint, but a marathon
- Unlike preparing for an exam, cramming is NOT an option when it comes to research



LACK OF TIME

- Conducting a typical prospective research study
 - Developing a research question 1-6 months
 - Designing methodology 1-3 months
 - Writing protocol 1-2 months
 - Obtaining approvals 1-2 months
 - Collecting data 3-12 months*
 - Analyzing data 1-3 months
 - Creating poster 1-2 months
 - Writing manuscript 1-2 months
 - Publishing 1-6 months



LACK OF TIME

- Building a house – 1000 hrs of effort
 - In 3 months = 11 hour days
 - In 6 months = 5.5 hour days
 - In 9 months = 3.7 hour days
 - In 12 months = 2.7 hour days



LACK OF TIME

- Backward planning (aka backward design, backward goal setting)
 - Start with the desired end result
 - E.g., Presentation at the 2021 American College of Surgeons Trauma Quality Improvement Program (TQIP) annual conference
 - Conference date = November 14-16, 2021. Denver, CO.
Estimated submission deadline August 2021*
 - Create a workplan based on the time from now until the conference submission deadline



LACK OF TIME

- Backward planning example

- Submit poster
- Creating poster
- Analyzing data
- Collecting data
- Obtaining approvals
- Writing protocol
- Designing methodology
- Developing a research question

August

July

June

March, April, May

January, February, 2021

December

October, November

August, September



LACK OF KNOWLEDGE

- www.michaeldedonno.com
- <https://rtop.bmj.com/>
- <http://www.fau.edu/research/research-development/index.php>
- <https://ori.hhs.gov/>



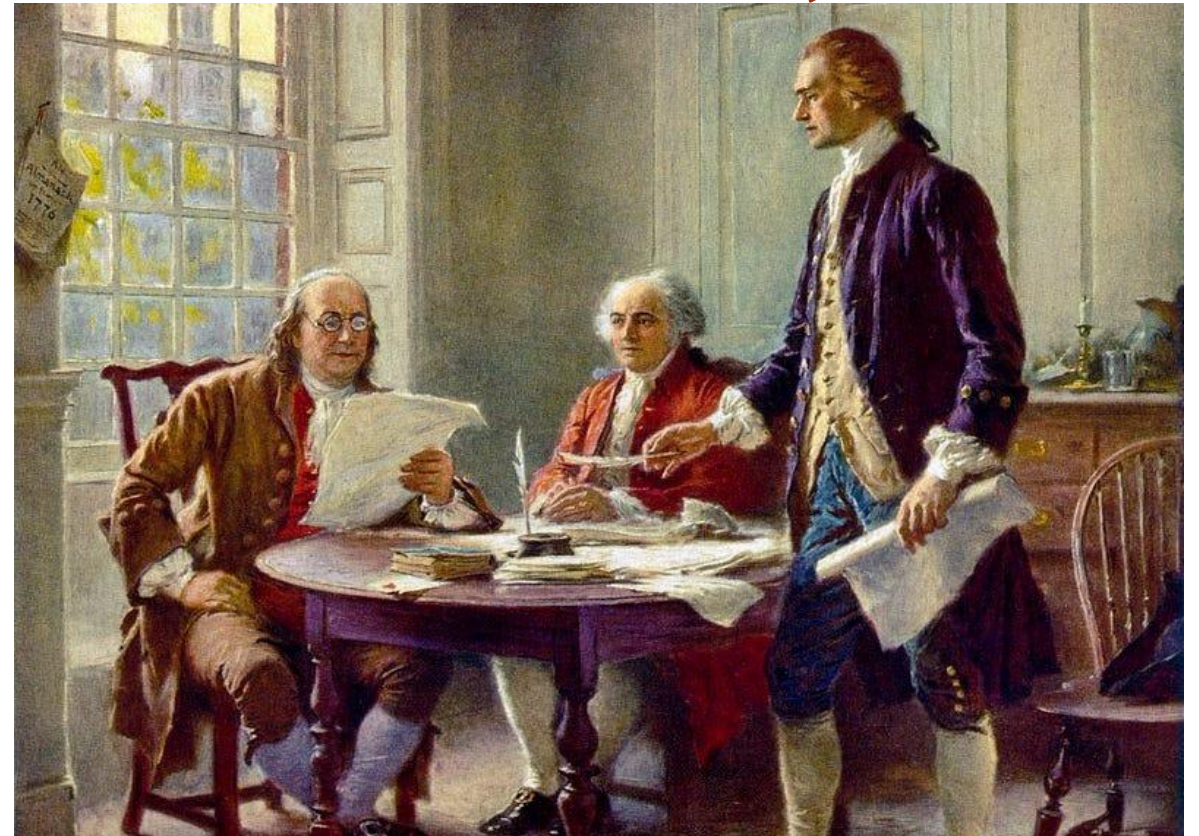
LACK OF INTEREST



LACK OF PATIENCE

- “A good doctor needs to develop an abundance of patience.”
 - Rizo, C. A., Jadad, A. R., & Enkin, M. (2002). What's a good doctor and how do you make one? Doctors should be good companions for people. *BMJ (Clinical research ed.)*, 325(7366), 711.
- Mastering the art of patience is critical to success at the poker table
 - DeDonno, M.A. (2010) Why do poker players go on tilt? *Ante Up Magazine*. A1-3.

If “patience is a virtue” why can’t “hurry the F*** up” be a virtue?



LACK OF PATIENCE

- Tasks typically rushed
 - Developing a research question
 - Conducting a literature review
 - Collecting data



LASTLY, BE STRATEGIC

- With your time

- Create a schedule of work effort for the year.
- Example
 - July, Aug, Sept – 4 hours a week
 - Oct, Nov, Dec – 6 hours a week
 - Jan, Feb, Mar – 8 hours a week
 - Apr, May, June – 4 hours a week

- With your projects

- Be sure to implement projects with varying levels of required effort and time
- Example
 - Case Reports
 - Retrospective studies
 - Prospective studies
 - Database studies

