

# Research in Residency

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PGY 3

# Objectives

- Not overwhelm you with this talk – being a fresh intern is overwhelming enough.
- Provide an overview of types of research, and what can be reasonably done in residency.
- Who to get in touch with.

# Why do it?

- Because you like research.. duh!
- Because scholarly activity is desired by fellowship programs.
- Scholarly requirement of our residency program.

# Research and clinical responsibilities

- Clinical work comes first -- Take the first 6 months to get used to being an intern!
- Take this time to:
  - Think about what you want to do;
  - what type of research you may be interested in;
  - talk to people about prospective projects;
  - Etc

# Types of research in residency

- Case reports.
- Retrospective/prospective cohort studies.
- Big-data analyses.
- Other types, but harder to do given time/effort needed:
  - Meta-analyses
  - Review articles
  - Book chapters etc

# Benefits of research (yes there are several)

- Critical thinking skills – learning about study design, statistical analyses, writing scientifically, etc.
- Knowledge – refresh and add to your own knowledge about a topic
- Makes you attractive for fellowships and academic jobs, in a world where *publish and perish* is real.
- Contacts – working with others at other institutions.

# How to get started

- Take time to think about subspecialty.
- Approach potential mentors (attendings, fellows, residents...)
- Where else to get ideas?
  - Interesting cases you have seen on wards/ICU
  - Research you did in medical school

- It is better to be a big part of a few projects that are dear to your heart than be involved minimally in many.
- Be mindful of the time commitment – this **will** eat into your free time.
- It pays off.



# Typical timeline

- From conception -> data collection -> analysis -> writing a paper -> submission -> revisions -> acceptance .... about ~1 year.
- Get to present at national and international conferences.
  - Dept of Medicine reimburses expenses.
- Not having “published” manuscripts at application time is **OK**. The effort is what matters more for applications.

# Who do I talk to?

- Cardiology
  - Myself –  
muhammad.panhwar@uhhospitals.org
  - Sadeer Al-Kindi (cardiology fellow)
  - Email attendings
- Gastroenterology
  - Emad Mansoor (GI fellow)
- Nephrology – Dr. Mehboob Rahman
- Other specialties
  - Ask attendings/fellows/residents!