

Ten Tips for Busy Clinicians to get Published. Wendy Ward, PhD ABPP

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1) Work smarter not harder. Write about what you are doing.

- Case studies,
- case series,
- scoping, or narrative literature reviews on a topic.

Try to get them published in venues that take that kind of work.

2) Make sure someone else has not already published on the topic. If half way through your project, and someone has already published on the topic, try to salvage your work. Review published paper(s) and skip down to the section on future research and look to see if your research or review work addresses those things, so that you can add to that existing database.

3) Get to know your librarian. Health science librarians have really expanded their roles in academic health Centers. They do not just help individuals find an article. They can help with a Systematic literature review. You can give them your parameters and they will do the review for you to support your systematic literature review paper. Also, they can help with references and organizing them as well as tables. They make good partners as co-authors and can help you find the right journals that fit your article. They are well versed in what the literature offers, and this can help you with your writing. I encourage you to have a specialist help you with your project.

4) Get students involved. One student, or team of students or colleagues can help you move a project forward to publication or presentation mode. In turn, this helps the student(s) to build clinical research skills.

Advising a student(s) on your project can:

- leverage your time and theirs,
- get the project done faster,
- mentoring is an educational activity and can be added to your promotion application and CV,
- results in publication

5) Everything that you do, present it at a conference and publish it. Everything cool or interesting that you do, from unique case studies to your clinical experience over time, to a particular research project. Whatever it is, find an outlet whether its' a state, regional or national conference. For everything that you present, commit to publishing it somewhere. You get two bangs for your buck on your CV. Sometimes even more opportunities can arise as projects develop, such as you might present on various aspects of a topic, at different national conferences, or as the project grows, or as you think about next steps.

6) Getting trained in Quality Improvement (QI). A clinician's best friend is a QI project. **Institute for Health Care innovation** has free and low-cost modules. They can help build your QI knowledge as well as assist you in apply QI and process improvements to your clinical area. **LEAN training** is another resource. For example, maybe your patient satisfaction rates are not where you would like them to be, because of clinic flow. You can design a QI project to improve clinic flow, track the outcomes and make your patients happier. If you are doing it in a structured QI way, using that methodology, you can also publish it. In addition, many boards and institutions require a QI project.

Many residents can bank their QI projects while on residency or fellowship for their later board application, so if you need some helpers that are really motivated. They are an option.

7) Block Time to Write. Individuals that are 100% clinical find it really hard to protect time for writing. Block small amounts of time to write, such as 30 minutes, 1 hour or 2 hours. Pad the schedule with double the amount of time to address things that come up.

8) **Really know how to use a reference manager.** It takes a while to get all your references into the software the first time, but then it is easy to change from AMA to APA formats. Use a reference manager to change reference formats easily. You might need to submit your article to a different journal with a different format. Reference managers can be your best friend. The librarian might be able to help you with this in preparation of your manuscript.

9) Look for journals that take reviews, case studies, clinical research (not the most rigorist so not with randomized control trails or with comparison groups but still moves the knowledge forward). There are also certain journals that really look for QI projects. You want to have a list of those journals that target your field, so you don't need to keep resubmitting, and resubmitting. You can use a unique tool called **Journal Author Name Estimator (JANE)**. Cut and paste your abstract into JANE and it will actually rate what the top journal choices are that you can submit to and it will also assess whether the journal is rigorous in scientific review or not. Look for quality scientific outlets and try to get your work into higher impact factor journals. Reviewing the author guidelines can help you with finding the right journal fit and impact.

10) Have a mentor review your article and give you some structured advice before submission.