

# Looking beyond the K: Practical strategies for having a research career without a K award

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## Disclosure

- None of the workshop leaders have any financial conflicts of interest to disclose

## Learning objectives

- To understand what alternatives exist to K awards for initial funding
- To learn about career paths that do not involve career development funding
- To see how alternative paths may be particularly relevant for hospitalists who are doing medical education or quality improvement

## Outline

- |                              |        |              |
|------------------------------|--------|--------------|
| • Introductions:             | 5 min  | All          |
| • Case studies:              | 15 min | Karen Wilson |
| • Alternate funding sources: | 20 min | Samir Shah   |
| • Skill acquisition:         | 20 min | Ron Teufel   |
| • Wrap up and questions      | 15 min | All          |

## CASE STUDIES

### Case #1: Sarah

- 8 years as a pediatric hospitalist
- Administrative roles in her division
- Interest in inpatient asthma management
- Program has MPH available

## Case #2: Mark

- Graduating chief resident
- Interested in quality improvement
- Completed a strong QI project during residency

## Case #3: Kevin

- 5 years as a community hospitalist
- Not previously interested in research
- Notices a PRIS study that looks interesting

## Case #4: Karen

- Research before medical school
- Completed general pediatric fellowship
- Applied for K:
  - 1<sup>st</sup> round: 40<sup>th</sup> %ile
- Offered leadership role precluding 70% time for research

**ALTERNATE FUNDING SOURCES**

## Academic Pediatric Association

- Young Investigator Awards
  - Young Investigator Award- \$10,000
    - APA funds general pediatric issues, including EM and PHM
  - 2 page proposals due in September
  - Top proposals selected for second round
  - 10 page proposal due in December

## American Medical Association

- Seed Grant Program
  - Medical students and residents
  - \$2,500-\$5,000
  - Specific topics (cardiovascular diseases, second-hand smoke, etc)
  - <http://www.ama-assn.org/ama/pub/about-ama/ama-foundation/our-programs/medical-education/seed-grant-research.shtml>

## Other sources

- Disease-specific organizations
  - National Kidney Foundation
  - American Heart Association
  - American Lung Association

## NIH Loan Repayment Program

- Doesn't actually fund projects, but it worth pursuing
- Repays loan debt up to \$35,000/year for up to 4 years
- Designed to encourage people to do pediatric research
- Awarded based on likelihood of continuing research career
- Requires a personal statement and research plan
- Due in November
- Usually written in fellowship

## Other Federal Funding sources

- AHRQ- Health Services Research and Patient Safety
- CDC
- MCHB

## National private funding sources

- Robert Wood Johnson
  - Clinical Scholars Program
  - Faculty Scholars Program (Sandy Jee)
  - Grants
- Commonwealth Fund
- Gerber Foundation (focus on infants)
- Thrasher Research Foundation
- Gates Foundation
- Disease specific foundations:
  - AHA, ALA, ADA



## Local foundations

- Local AHA, ALA, ADA chapters
- Local and State health departments

**SKILL ACQUISITION**

## What kind of skills?

- Research team and teamwork
  - Mentor, peer-mentor/collaborators, research group
- Familiarity with available data
  - HCUP, PHIS, local EMR
- Evidence-based medicine/literature evaluation
- Statistical Analysis
- Quality Improvement Methodology
- Qualitative methods
- Writing manuscripts (e.g., reviewing)
- Grantsmanship

## How can I identify my needed skills?

- What area interests?
  - Research or QI
- What compels you?
  - Stats, EHRs, writing
- Did you submit a grant but not funded?
  - Identify what can be done without \$ and what skills needed
- Who do you want to be in 5-10 years?
  - We all want to be Samir Shah

## Level of Curriculum

- Differing curriculum exits
  - Time, resources, structure,
  - *Vary in skill development potential*
- Fellowship options
- Graduate degrees
- Courses – QI pre-courses, APA RSP, etc
- Workshops – PAS, PHM
- It is honestly endless.... Be persistent in your pursuit of knowledge!

## Workshops

- OK go ahead and check a box  Done
  - Targeted workshop attendance (e.g., qualitative)
- Topic broad
- Depth is limited – it's a sample
- Opportunities at PAS, PHM, Academy Health, etc

## Courses/Pre-Courses

- PAS APA QI Pre-course
- APA Research Scholar Program
- AAP PHM Fellows Conference
- Quality improvement courses
  - Salt Lake City, Cincinnati, and others
- Endless

## Degree Programs

- Most universities have additional degree programs – MPH, MS, MSCR, etc
- Depth of knowledge
  - Represented with extra letters in your title
- Tuition
- Time

## Fellowship Training

- Subspecialty including PHM
  - Programs vary so pick one that fits your career vision
  - May include a degree
- Health Services Research, Quality Improvement, Health Policy, etc
  - Often include a degree
- Program leaders have already figured out tuition, time, and curriculum
- Salary
- Pick program that matches skills you want
- My bias... fellowship is the easy way to get trained

## Common pitfalls

- Mentorship
  - Finding your mentorship team
    - Clinical content expertise
    - Epidemiological expertise
    - Quantitative or qualitative methods expertise
- Protected time
- Access to research support services
- Others?

## Framework for discussion

- What are their options?
- What are the pros and cons for different options?
- What do they need to proceed?
- What kind of mentors do they need?
- What are the next steps?

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**IT'S YOUR STORY... PICK YOUR  
DIRECTION**



**WRAP UP AND QUESTIONS**